

## QUESTIONS AND ANSWERS ON CLASSIFICATION OF COMPLEMENTARY HEALTH PRODUCTS (CHP)

### 1. What are the factors that determine the classification of a health product?

A product's classification depends on the product's ingredients, claims made regarding the purpose or benefit of the product, the direction for use and dosage form. For a quick guide to help you derive the classification of a CHP, you can use the CHP Classification Tool (<http://www.hsa.gov.sg/chp-classification-tool>).

### 2. What type of sports supplemental products fall under the scope of health supplements?

Sports supplemental products that fall under the scope of health supplements are products that are used to supplement a diet and support or enhance sports performance such as:

- Strength / endurance / stamina / physical performance
- Muscle recovery time
- Delay fatigue during physical activity
- Healthy muscle mass

Sports supplemental products may contain one or more ingredients. For more information on ingredients that may be used in health supplements intended for sports performance related claims, please refer to the Health Supplements guidelines at <https://www.hsa.gov.sg/health-supplements/>.

Sports supplemental products may be in powder or liquid dosage forms. A health supplement for supporting or enhancing sports performance should have a small defined measurable dose and fixed dosing regimen, for example, 5g scoop/day or 15ml twice a day.

### 3. What type of sports products are not considered as health supplements?

Sports products presented in food form such as energy bars, protein bars, energy drinks, isotonic drinks, sports beverage, smoothies, juice blends are not considered as health supplements.

Proteins and carbohydrates are basic food nutrients. Products containing proteins, such as whey proteins, pea proteins and/or carbohydrates that are intended to supplement proteins or to provide energy are not considered as health supplements, regardless of the dosage form and dosing regimen.

The Singapore Food Agency (SFA) regulates products intended for use as food, including those presented in food form.

**4. What is the average turnaround time for an outcome of a product classification enquiry?**

For product classification enquiries submitted to the HSA, the turnaround time depends on the complexity of the product formula, enquiry and the quality of information submitted. On the average, it takes between 20-30 working days. This turnaround time also depends on the time taken by the company to respond to our requests for clarification or additional information.

For classification enquiries that can be resolved using the Complementary Health Products (CHP) Classification Tool on the HSA website (click [here](#) for the tool), we will not be replying further.

### **CHP Classification Tool**

**5. How does the CHP Classification Tool classify my product?**

The CHP Classification Tool (<http://www.hsa.gov.sg/chp-classification-tool>) guides you through a series of questions on a product's active ingredients, dosage form and claims, and based on your response and the backend algorithm, provides the product's classification.

Before using the tool, you should have information on the active ingredients in the product, dosage form and intended purpose of the product, and select the correct corresponding options when using the CHP Classification Tool, in order to self-classify your product accurately.

**6. Are chewable tablets and effervescent tablets covered by the CHP Classification Tool?**

Coated, uncoated, modified-release, effervescent, soluble, dispersible, chewable tablets that are intended for oral administration are covered under the broad grouping of tablets. Please choose the 'Tablet' option under dosage forms in the CHP Classification Tool if your product is presented as an effervescent or chewable tablet.

**7. Do I need to type out the complete name of my active ingredients in the text box for the question on active ingredients in the CHP Classification Tool?**

The CHP Classification Tool allows a convenient ingredient search from a set of ingredients that have been built into the tool. The ingredients auto-populate in the drop-down list once you type the first few letters or alphabets of your ingredient's name. Do allow some time for the ingredients to load before selecting your ingredient from this drop-down list, as the system may experience a lag depending on the speed of internet connection.

The ingredient search has also been made as comprehensive as possible by including the Latin/Botanical name, English name and Chinese name for ingredients, where applicable. E.g. *Monascus purpureus*, 红曲, Fermentum Rubrum, Red yeast rice.

**8. When do I choose an active ingredient appended with 'others'? For example, '*Curcuma longa* (others)'.**

For botanical ingredients, the specific plant part is described in the naming of the ingredient. E.g. *Curcuma longa* (rhizome). If your product's ingredient is a part of a plant that is not specified in the drop-down list of ingredients, you should select the ingredient with the word 'others' appended.

**9. Why are some dosage forms of products not applicable for self-classification by the CHP Classification Tool?**

The CHP Classification Tool does not cover dosage forms such as powder as it overlaps with food presentation. In determining the classification of such products, the overall representation of the product such as the external appearance, claims, packaging and product's formulation are taken into consideration.

Should you wish to market your product as a food product, please contact the Singapore Food Agency at <http://www.sfa.gov.sg/contact-us> for regulatory requirements and advice.

Should you wish to market your product as a CHP, you may refer to the following web-links for regulatory information and advice:

- Chinese Proprietary Medicines: <https://www.hsa.gov.sg/chinese-proprietary-medicines>
- Health Supplements: <https://www.hsa.gov.sg/health-supplements/overview>
- Homoeopathic Medicines: <https://www.hsa.gov.sg/homeopathic-medicines>
- Medicated oils and balms (MOBs): <https://www.hsa.gov.sg/medicated-oils-and-balms>
- Traditional Medicines: <https://www.hsa.gov.sg/traditional-medicines>