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# Notice of Modification to the *List of Permitted Sweeteners* to Enable the Use of Erythritol in Food Thickener Products

Notice of Modification – *Lists of Permitted Food Additives*

Reference Number: [NOM/ADM-0111]

March 13, 2018

Bureau of Chemical Safety  
Food Directorate  
Health Products and Food Branch



Canada 

# Notice of Modification to the *List of Permitted Sweeteners* to Enable the Use of Erythritol in Food Thickener Products

## Summary

Food additives are regulated in Canada under [Marketing Authorizations](#) (MAs) issued by the Minister of Health and the *Food and Drug Regulations* (Regulations). Approved food additives and their permitted conditions of use are set out in the [Lists of Permitted Food Additives](#) that are incorporated by reference in the MAs and published on the Canada.ca website. A petitioner can request that Health Canada approve a new additive or a new condition of use for an already approved food additive by filing a food additive submission with the Department's Food Directorate. Health Canada uses this premarket approval process to determine whether the scientific data support the safety of food additives when used under specified conditions in foods sold in Canada.

Health Canada's Food Directorate received a food additive submission seeking approval for the use of erythritol in a food thickener product at a level of 2.0%. The food thickener product, which is sold with instructions for use, is intended to be added to low-viscosity foods (e.g. soups, puréed meals, and beverages such as water, milk, coffee, tea, juice, meal replacement beverages, and nutritional supplement beverages) to make them easier to swallow and to reduce the risk of aspiration by individuals who have difficulty swallowing. The purpose of using the erythritol is to offset the flavour that the thickener imparts to food.

Erythritol is already a permitted food additive in Canada. The Food Directorate determined that information related to the safety of erythritol supports extending its use to food thickener products at a level of 2.0%. Therefore, Health Canada has enabled its use in food thickener products at this level by adding the entry shown in the table below to the [List of Permitted Sweeteners](#).

## Modification to the *List of Permitted Sweeteners*

Item No.	Column 1 Additive	Column 2 Permitted in or Upon	Column 3 Maximum Level of Use and Other Conditions
E.1	Erythritol	(21) Food thickener products	(21) 2.0%

## Rationale

Health Canada's Food Directorate completed a premarket safety assessment of the requested use of erythritol. The assessment did not identify any chemical, microbiological, nutritional, or toxicological food safety concerns. Therefore, the Food Directorate has enabled the requested use of erythritol by modifying the [List of Permitted Sweeteners](#) as shown in the above table.

## Other Relevant Information

The *Food and Drug Regulations* require that food additives such as erythritol that do not have food-grade specifications set out in Part B of the Regulations meet the most recent food-grade

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specifications set out in the *Food Chemicals Codex* or the *Combined Compendium of Food Additive Specifications*. The *Food Chemicals Codex* is a compendium of standards for purity and identity for food ingredients, including food additives, published by the United States Pharmacopeial Convention. The *Combined Compendium of Food Additive Specifications*, which contains specifications prepared by the Joint FAO/WHO Expert Committee on Food Additives (JECFA), is published by the Food and Agriculture Organization of the United Nations.

### Implementation and Enforcement

The above modification came into force **March 13, 2018**, the day it was published in the [List of Permitted Sweeteners](#).

The Canadian Food Inspection Agency is responsible for the enforcement of the *Food and Drugs Act* and its associated regulations with respect to foods.

### Contact Information

Health Canada's Food Directorate is committed to reviewing any new scientific information on the safety in use of any food additive, including erythritol. Anyone wishing to submit new scientific information on the use of this additive or to submit any inquiries may do so in writing, by regular mail or electronically. If you wish to contact the Food Directorate electronically, please use the words "**Erythritol (NOM -0111)**" in the subject line of your e-mail.

#### [Bureau of Chemical Safety, Food Directorate](#)

251 Sir Frederick Banting Driveway

Tunney's Pasture, PL: 2202C

Ottawa, Ontario K1A 0L2

E-mail: [bc-s-bipc@hc-sc.gc.ca](mailto:bc-s-bipc@hc-sc.gc.ca)