

Probiotic Regulation Update in Malaysia

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Abstract

The World Health Organization's 2001 definition of probiotics is "live micro-organisms which, when administered in adequate amounts, confer a health benefit on the host". Probiotic products are emerging especially this few years in Malaysia. Malaysia government has been aware of the important of probiotic as a food item and issued relative provisions in the Food Regulation in 1985. Both *Bifidobacterium longum* and *Bifidobacterium lactis* are mentioned specifically in the regulation with minimum of 10^6 cfu/g needed if these 2 species intended to be labelled on the food packaging. However, Malaysia regulation doesn't approve many nutrient functional claims relatively for probiotic. So far, the only nutrient function claims available is for *Bifidobacterium lactis* i) helps improve a beneficial intestinal microflora ii) may help to reduce the incidence of diarrhea. Any functional claims that can be interpreted as having therapeutic health benefits will not allow. Besides food item, probiotic is also getting popular to be made into health supplement. Health supplement is defined as a product which is taken by mouth, intended to supplement the basic diet. Probiotic health supplement currently available in Malaysia can be in tablets, capsules, powdered or liquid form. Different from food item, probiotic supplement need to go through MAL registration with our National Pharmaceutical Control Bureau in order to obtain MAL number before the product can start to be marketed.

Biography

Angel Chong Hui Xian obtained her degree in Bachelor of Nutrition Science with Honours, University Kebangsaan Malaysia at 2011. Since 2012, she has been actively involved in the probiotic product development for the Malaysia Food or Health Industry at Aqurate Ingredient Intl (M) Sdn Bhd. She always alert to the probiotic regulation changes in Malaysia in order to deliver the message to the industry. Now, she is the Sales Manager and is responsible for the R&D in probiotic products for the team.