



**LALLEMAND INSTAFERM® VITAD® PRODUCTS
GUIDELINES FOR BAKERS MAKING NUTRIENT CONTENT CLAIMS**

USA:

- In accordance to 21 CFR 172.381, Lallemand Instaferm® VitaD® products may be used safely as a source of Vitamin D2 at a maximum level of 400 IU (10 mcg) of Vitamin D per 100 grams of in yeast-leavened baked goods and baking mixes and yeast-leavened baked snack foods
- The Daily Values (DV) for Vitamin D for the general population is 800 IU (20 mcg) [21CFR101.9].
- Manufacturers now have to declare on the label the actual amount in micrograms (mcg) instead of in International Unit (IU). Forty (40) IU of Vitamin D equals to 1 mcg of Vitamin D.†
- Reference amounts customarily consumed per eating occasion (RACC) for bakery products [21CFR101.12]:

Bakery products	Reference amount*	Label statement
Bagels, toaster pastries, muffins (excluding English muffins)	110 g	_ piece(s) (_ g)
Biscuits, croissants, tortillas, soft bread sticks, soft pretzels, corn bread, hush puppies, scones, crumpets, English muffins	55g	_ piece(s) (_ g)
Breads (excluding sweet quick type), rolls	50g	_ piece(s) (_ g) for sliced bread and distinct pieces (e.g., rolls); 2 oz (56 g/_ inch slice) for unsliced bread
Bread sticks - Crackers that are usually not used as snack, melba toast, hard bread sticks, ice cream cones	15 g	_ piece(s) (_ g)

- According to 21 CFR 101.54(e), food needs to contain 10%-19% of the Daily Value (DV) per RACC per eating occasion to be declared a “Good source, “Contains” or “Provides” Vitamin D. Food needs to contain 20% of the Daily Value (DV) per RACC per eating occasion (RACC) in order to be declared a “High,” “Rich In,” or “Excellent Source Of” Vitamin D [21 CFR 101.54(b)].
- Since the RACC for bread has been established at 50g [21CFR101.12] and the new Daily Value for Vitamin D is 800 IU (20 µg), bread must contain 80-152 IU (2-3.8 µg) of vitamin D per 50g for a “Good Source” claim, and 160 IU (4 µg) of vitamin D for an “Excellent Source Of” claim.
- According to 21 CFR 172.381, Lallemand Vitamin D2 bakers yeast (Vita D® yeast) is the only fortifying ingredient which can be used in yeast-leavened baked goods, baking mixes and yeast-leavened baked snack foods at a maximum level of 400 IU (10 µg) of Vitamin D per 100 grams in the finished food.

† US FDA. Food labeling: revision of the nutrition and facts labels. Fed Regist 2016;81:33741–999.

**Customer is solely responsible for validation of all claims, testing and declaration.