

# ReCHaN

Resource Centre  
for

Health supplements  
and Nutraceuticals

## Vision

Drive science based Food Safety inputs on Nutraceuticals and Health Supplements for ensuring consumer food safety while fostering an innovation friendly environment for the sector and a culture of Food Safety and Quality among manufacturers, businesses, consumers, regulators and all stakeholders.

## Key Focus Area



### Capacity building

of the FBOs to facilitate effective implementation of Standards & Food Safety Management Systems



### Supporting best practices

in science based approaches to regulation & its implementation



### Role of Supplementation

Mapping the potential role of Nutraceuticals & Health Supplements in nutrition and health policy goals

The Resource Centre for Health Supplements and Nutraceuticals (ReCHaN) was established by the Confederation of Indian Industry (CII) in 2017, in partnership with the International Alliance of Dietary/Food Supplement Associations (IADSA). The centre aims to foster an innovation friendly environment and a culture of food safety and quality among manufacturers, businesses, consumers and regulators. The Resource Centre has been working very closely with the Food Safety and Standards Authority of India (FSSAI) towards achieving global excellence in a science-based ecosystem for the sector.

The Health Supplements & Nutraceuticals sector in India has gained significant importance over the years. This is primarily due to a shift in consumer focus on nutrition and health. The sector has immense potential to be unlocked for the health and wellbeing of the population and contribution to the overall economy.



CEO, FSSAI along with national and international experts at ReCHaN 6th Stakeholder Forum, New Delhi

ReCHaN's 6th Stakeholder Forum was organized on 13th July 2023 on "Supplementation for Health and Nutrition" under the theme of "Health Supplements and Nutraceuticals: A Strategic Sector for Growth". The Forum focused on sharing the best practices and the importance and contribution of the sector in the nutrition and health policy framework. Selected stories of knowledge series by IADSA - "Mind the Gap" was presented showcasing the impact of an inadequate intake of micronutrients and the role of supplementation for health and wellbeing. Additionally, the need for broader integration of supplementation into policy was also emphasized at the Forum.

Senior industry leaders shared their insights, highlighting sector's immense contribution to the society at large. They emphasized that India has the potential to emerge as a leader for ingredients and products in the Health Supplements and Nutraceutical category. On botanicals, India's innovative edge was also emphasised. The deliberations also covered the increasing focus on exports where the sector can play an important role in terms of providing quality products to the global consumers.

The forum witnessed participation of around 150 national and international participants across the sector.

## Keynote Address by Chief Guest



**Shri G. Kamala Vardhana Rao**, Secretary, Government of India & Chief Executive Officer, Food Safety & Standards Authority of India (FSSAI)

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*There is a need for strengthening R&D and innovation aspects to address the nutritional requirements and provide innovative solutions for overall wellbeing of people.*

*Additionally, empower consumers by providing relevant and comprehensive information to enable them to make judicious choices.*

”

## Experts Speak



**Prof Manfred Eggersdorfer**, Department of Healthy Ageing, University Medical Center Groningen (UMCG) Netherlands presented on “Mind the Gap” knowledge series by IADSA.

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*For optimal health, adequate intake of micronutrient is important, and supplements can play a significant role in achieving micronutrient requirements which is not often effectively achieved by balanced diet.*

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**Dr Seema Puri**, Professor (retd), Institute of Home Economics, University of Delhi while addressing on “Contribution of Health Supplements and Nutraceuticals towards nutrition and wellbeing.”

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*Supplements are playing a key role in addressing some of the nutritional challenges. There is a growing evidence that supplements can be effective in increasing the quality of the diet and health.*

”



**Mr Simon Pettman**, Executive Director, International Alliance of Dietary/Food Supplement Associations (IADSA) addressed on “Supplements in nutrition and health policy.”

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*Globally, nutrition state as a situation of nutrition, demands rethink around approaches and solutions. We do need new voices, new data and new approaches to navigate through this volatile situation and quickly find new solutions in policy.*

*Quoting the Copenhagen declaration which involved a group of economists, Mr Simon Pettman highlighted that “the group has identified Micronutrient Supplementation among the top investments for development and it can give a 16% return on investment.*

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## Panel discussion

### Moderator



**Dr Nimish Shah**

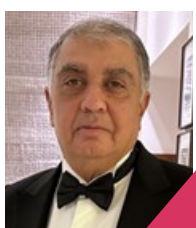
Chairman, CII Expert Group on Food Safety & Quality & General Manager, Regulatory Affairs, Hindustan Unilever Limited

### Panelists



**Dr Shyam Ramakrishnan**

Director, Innovation & Science, Emerging Markets Access Business Group, Amway Global



**Mr Sanjaya Mariwala**

Chairman and Managing Director, OmniActive



**Mr Tarun Arora**

Chief Executive Officer  
Zydus Wellness Ltd

## Key deliberations



**India's potential in botanicals**



**India's export possibilities for Health Supplements and Nutraceuticals category of products**



**Sector's contribution to the growth of overall economy**



**Key drivers and challenges for the growth of the sector**



**Role of supplementation in the well-being of the society at large**





## Key Takeaways

### 1 Focus on R&D and

**innovation:** Industry focus on R&D and innovation will lead to affordable products and innovative solutions leading to the growth of the sector.

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### 3 Building a strong export economy of Health Supplements and Nutraceuticals:

- Strengthening scientific capability
  - Enhancing capability of producing ingredients
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### 5 Collaborative actions to strengthen micronutrient status

### 2 Empowering consumers

by sharing comprehensive information on right combination of type of food and particular supplements.

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### 4 Unlocking India's potential of rich heritage of natural ingredients and strengthening backward integration and traceability.

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## IADSA

International Alliance of Dietary/  
Food Supplement Associations

IADSA brings together associations from 6 continents in the food supplement sector to coordinate discussions in Codex Alimentarius and support governments and the private sector on appropriate and effective regulation and policy.

As a leading expert association, IADSA aims to build science based interactive platforms for policymaking and harmonized approaches to legislation.



**Confederation of Indian Industry**

CII, a premier business association of Industries serves as a reference point for Indian industry and the international business community.

CII has set up a Food and Agriculture Centre of Excellence (FACE) to contribute to the ongoing policy dialogue related to agriculture and food security concerns.

CII, through the Food and Agriculture Centre of Excellence (CII-FACE) provides an integrated approach of action-oriented programs and capacity building addressing issues from the farm gate to consumers.

It works in partnership with government, FSSAI, Industry and other stakeholders.



### Contact us:

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