

## **JAPAN: Warning about food supplements with thiotic acid**

The Japanese Ministry of Health, Labour and Welfare (MHLW) has recently issued a warning letter to Dietary/Food Supplement trade associations.

Following the publication of “The National Survey of Insulin Autoimmune Syndrome (IAS)”, the Ministry has concerns about adverse reactions caused by Dietary/Food Supplements containing Thioctic acid ( $\alpha$ -Lipoic acid).

According to this survey, which covered 187 IAS patients, 19 patients took Dietary/Food Supplement routinely and 16 of the 19 took Dietary/Food Supplements containing Thioctic acid routinely. (In an earlier report it was noted that, both the Japanese and Eastern Asian populations are apt to get IAS as a result of a specific generic element such as HLA type (HLA-DRB1\*0406)).

MHLW's warning to the supplement industry includes the following points:

- The level of Thioctic acid in Dietary/Food Supplements containing Thioctic acid should be less than the maximum level of Thioctic acid in drugs.
- In the case of cold sweats and trembling after intake of these Dietary/Food Supplements, stop taking them immediately.

Source: AIFN/IADSA