

# NewsLetter



## FSA Update CBD advice

FBOs may amend formulations of products on public list

In February 2020, the Food Standards Agency (FSA) declared that foods containing CBD (Cannabidiol) were considered to be novel and as such required authorisation before being placed on the market.

However, due to the large number of CBD products already on the market, the FSA suggested a pragmatic approach to enforcement. As such, in 2021 the FSA established a public list of CBD food products which met the following criteria:

- were on the market at the time of the FSA announcement on CBD (13 February 2020)
- the FSA had received a novel food application for the products before 31 March 2021
- the FSA had validated the application or agreed that it was progressing towards validation

This public list is still in place and applies to England and Wales only.

Since its publication, only CBD products which appear on the list or have been formally authorised may be placed on the market.

## Updated FSA advice

In 2023, the FSA issued updated consumer advice - advising healthy adults not to consume more than 10mg of CBD per day.

The FSA have also advised on a safe level for Tetrahydrocannabinol (THC) in food of 1 µg/day /kg bw/day, equivalent to 70 µg/day for the average-sized healthy adult.

## Recommendation to FBOs to reformulate

Following the issue of this advice, the FSA recommend that FBOs consider the reformulation of CBD products already on the market, as necessary, by reducing the concentration of CBD products, to at or below the ADI of 10mg of CBD per day and THC safe upper limit of 70 µg/day THC, to help consumers not to exceed these daily limits.

Previously, the FSA had stated that any such reformulations would be considered as new products and therefore would be subject to full authorisation rather than being placed on the list.

However, the FSA have now conceded that CBD products already on the public list, which require reformulation, may remain on the list if the FSA are informed of the required changes.

If the changes are acceptable, the list will be updated. The FSA are also encouraging FBOs to update labelling of products on the list to reflect the recommended ADI of 10mg per day.

More information

- [Public List of Cannabidiol Products Guidance](#)
- [Acceptable Daily intake of CBD](#)