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NATIONAL STANDARD OF THE
PEOPLE'S REPUBLIC OF CHINA

GB 24154-2015

**National Food Safety Standard – General Standard for
Sports Nutrition Food**

食品安全国家标准 运动营养食品通则

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National Food Safety Standard – General Standard for Sports Nutrition Food

1 Scope

This Standard is applicable to the sports nutrition food.

2 Terms and Definitions

2.1 Sports nutrition food

The foods that are specially processed in order to meet the physiological and metabolic state, exercise ability and special requirements of certain nutrients for the sports crowd (referring to those who participate in physical exercise 3 or more times a week, each time duration is 30 minutes or more, and each exercise intensity reaches moderate or above).

3 Product Classification

3.1 Classification by characteristic nutrients

NOTE: Sports nutrition foods that are designed for different needs such as energy and protein; it is divided into three categories.

3.1.1 Supplementary energy category

Sports nutrition foods taking carbohydrate as the main component, which can provide energy quickly or continuously.

3.1.2 Control energy category

Sports nutrition food that can meet the requirements for taking exercise to control weight; including two categories of promoting energy consumption and energy replacement.

3.1.3 Supplementary protein category

Sports nutrition food taking protein and/or protein hydrolysate as the main component, which can meet the requirements for body tissue growth and repair.

3.2 Classification by sports

NOTE: Sports nutrition foods that are designed for the special needs of different sports; it is divided into three categories.

3.2.1 Speed strength category

Sports nutrition food taking creatine as a characteristic component; it is suitable for crowd taking the following sports such as sprinting, high jump, ball games, weightlifting, wrestling, judo, taekwondo, bodybuilding and strength equipment exercises, etc.

3.2.2 Endurance category

Sports nutrition food taking Vitamin B₁ and B₂ as the characteristic components; it is suitable for crowd taking the following sports such as middle-and-long distance running, jogging, brisk walking, cycling, swimming, rowing, aerobics, dance, outdoor sports, etc.

3.2.3 Post-exercise recovery category

Sports nutrition food taking peptides as characteristic component; it is suitable for crowd who recover after moderate, high-intensity or long-term exercise.

4 Technical Requirements

4.1 Basic requirements

The raw materials that are used in sports nutrition food shall comply with corresponding standards and/or relevant provisions; and substances prohibited by the World Anti-Doping Agency shall not be added.

4.2 Sensory requirements

The color, taste, smell, tissue state and reconstitution of sports nutrition food shall conform to the characteristics of the corresponding product; and there shall be no foreign objects visible with normal vision.

4.3 Technical indicators

4.3.1 The technical indicators that various products classified by characteristic nutrients need to meet the requirements of Table 1. Among them, the proportion of high-quality protein in supplementary protein products shall be no less than 50%.

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