

**GOVERNMENT OF INDIA  
MINISTRY OF HEALTH AND FAMILY WELFARE  
DEPARTMENT OF HEALTH AND FAMILY WELFARE**

**RAJYA SABHA  
STARRED QUESTION NO. 105  
TO BE ANSWERED ON THE 9<sup>TH</sup> DECEMBER, 2025**

**STRONGER REGULATIONS AND PUBLIC AWARENESS ON THE SAFETY  
OF PROTEIN POWDERS**

**105 SMT. SUDHA MURTY:**

Will the **Minister of HEALTH AND FAMILY WELFARE** be pleased to state:

- (a) whether Government has taken note of concerns regarding the safety and quality of protein powders and other nutritional supplements sold in the country;
- (b) whether the Food Safety and Standards Authority of India (FSSAI) has conducted any testing, surveillance or assessment of contaminants, adulteration or mislabelling in such products;
- (c) the steps being taken to strengthen regulation, mandatory labelling and standardisation for protein powders to ensure consumer safety; and
- (d) whether Government proposes to launch any public awareness initiatives to educate consumers about the safe and appropriate use of protein supplement?

**ANSWER  
THE MINISTER OF HEALTH AND FAMILY WELFARE  
(SHRI JAGAT PRAKASH NADDA)**

(a) to (d) A Statement is laid on the Table of the House.

**STATEMENT REFERRED TO IN REPLY TO RAJYA SABHA  
STARRED QUESTION NO. 105\* FOR 9<sup>TH</sup> DECEMBER, 2025**

(a) to (d) Food Safety and Standards Authority of India (FSSAI) has notified the Food Safety and Standards (Health Supplements, Nutraceuticals, Food for Special Dietary Use, Food for Special Medical Purpose, Functional Food and Novel Food) Regulations, 2016, to ensure the safety and quality of protein powders and other nutritional supplements sold in country. The said Regulation lay down the list of permissible ingredients, their limits, safety provisions and mandatory labelling requirements such as the target consumer group, recommended duration of use, the quantity of nutrients, where applicable expressed in terms of percentage of the relevant recommended daily allowances as specified by the Indian Council of Medical Research, a warning, “Not to exceed the recommended daily usage” etc. to ensure product quality and consumer safety. Misleading claims and non-compliant products are being acted upon under the provisions of the Food Safety and Standards Act, 2006. Food Business Operators (FBOs) are also required to ensure compliance with all relevant rules and regulations under the Food Safety and Standards Act, 2006.

FSSAI conducts following initiatives to raise awareness about food safety among consumers, the food industry, and citizens:-

- i. **Website and Social Media:** FSSAI’s website and Social Media pages provide accessible information on Standards/Regulations/Advisories related to Food Safety and on detecting food adulterants at home, offering practical tips for consumers. Social media campaign “#HarLabelKuchKehtaHai” is carried out to empower citizens with label literacy for healthier eating habits across citizen.
- ii. FSSAI conducts a nation-wide campaign 'Eat Right India' movement with a focus on preventive and promotive healthcare through social and behavioural change. Eat Safe, Eat Healthy and Eat Sustainable are three core pillars of the campaign.

- iii. Label awareness activities (through Display Board, Nukkad Natak, etc.) are also conducted in various Exhibitions (Like - India International Trade Fair (IITF), AAHAR) and Fairs (Like - Food Festival, Eat Right Mela, etc.).

\*\*\*\*\*