



# Learn about Canada's new supplemented foods labelling

Most of us are familiar with vitamin and mineral supplements. But did you know that there are foods and drinks on the market called “supplemented foods”?

These products have added ingredients, like vitamins, minerals and caffeine. Some can pose a risk to your health if you eat or drink too much of them or if they're consumed by someone who's pregnant or part of another vulnerable group.

**Beginning in January 2026, all supplemented foods in Canada will be required to have a table listing the type and amount of any supplemental ingredient added to them, so that consumers can make informed choices.**

Some labels will also show a warning symbol that includes an exclamation mark on the front, as a cue to look for cautions elsewhere on the label. That may tell you to limit how much of it you consume, or if it's not recommended for people under 14 years old.

These new labels are already on some foods.

Learn more at [canada.ca/supplemented-foods](https://canada.ca/supplemented-foods).