SAMPLE REPORT — fictional product, fictional company, invented label. For illustration only.

Label compliance check — sample report

Product	“Example D3 + C + Zinc” (brand “ImmunoShield”), 60 capsules — *fictional*
Client	Example Nutrition Ltd — *fictional*
Target market / language	Ireland / English
Daily portion on label	1 capsule: vitamin D3 (cholecalciferol) 125 µg, vitamin C (L-ascorbic acid) 500 mg, zinc (zinc citrate) 15 mg
Ingredients on label	L-ascorbic acid, capsule shell (hydroxypropyl methylcellulose), bulking agent (microcrystalline cellulose), zinc citrate, soy lecithin, cholecalciferol
Checked against	Directive 2002/46/EC; Regulation (EU) No 1169/2011; Regulation (EC) No 1924/2006; Regulation (EU) No 432/2012; EFSA tolerable upper intake levels (consolidated EU texts as published on EUR-Lex)
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Summary

9 findings: 4 high, 4 medium, 1 note. The label cannot be placed on the market as it stands: the legal name and one mandatory statement are missing, and the front panel carries a disease claim and an unauthorised health claim.

Findings

#	Severity	Where / text	Issue	Legal basis	Suggested fix
1	**High**	Front: “ImmunoShield” (brand only)	The legal name “food supplement” is missing. A brand or fancy name cannot replace the legal name.	Directive 2002/46/EC, Art. 6(1); Reg. (EU) No 1169/2011, Art. 17	Add “Food supplement” (in each label language), with the characterising nutrients: “Food supplement with vitamin D, vitamin C and zinc”.
2	**High**	Front: “Protects against colds and flu”	Attributes to the product the property of preventing a human disease. Not permitted for any food, including in advertising.	Directive 2002/46/EC, Art. 6(2); Reg. (EU) No 1169/2011, Art. 7(3)–(4)	Delete. No compliant rewording names a disease.
3	**High**	Front: “Boosts your immunity”	Health claim not in the EU list of authorised claims; “boosts” goes beyond the authorised wording.	Reg. (EC) No 1924/2006, Art. 10(1); Reg. (EU) No 432/2012, Annex	“Vitamin D, vitamin C and zinc contribute to the normal function of the immune system.” Conditions of use: the product is at least a source of each nutrient (met at the stated amounts).
4	**Medium**	Back: health claim without accompanying statements	Where a health claim is used, the label must also carry the statements required for health claims, including the importance of a varied and balanced diet and a healthy lifestyle.	Reg. (EC) No 1924/2006, Art. 10(2)	Add the Art. 10(2) particulars next to the claim.
5	**High**	Back: mandatory statements	“Do not exceed the recommended daily dose” and “Keep out of the reach of young	Directive 2002/46/EC, Art. 6(3)(c)–(e)	Add: “Food supplements should not be used as a substitute for a

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			children" are present. The statement that food supplements should not be used as a substitute for a varied diet is missing.		varied and balanced diet." Check preferred national wording.
6	**Medium**	Back: "Modern diets can't give you enough vitamin D"	Implies that a balanced and varied diet cannot provide appropriate quantities of nutrients.	Directive 2002/46/EC, Art. 7	Delete.
7	**Medium**	Nutrition table	Amounts are per daily portion in correct units, but % of reference values is missing for vitamin D.	Directive 2002/46/EC, Art. 8(1)–(2); Reg. (EU) No 1169/2011, Annex XIII, Part A	Vitamin D 125 µg = 2,500 % NRV (NRV 5 µg); vitamin C 500 mg = 625 % (NRV 80 mg); zinc 15 mg = 150 % (NRV 10 mg).
8	**Medium**	Ingredients: "soy lecithin"	Soybeans are an Annex II allergen; the allergen is not emphasised in the ingredients list.	Reg. (EU) No 1169/2011, Art. 21(1)(b) and Annex II	Emphasise by font, style or background colour, e.g. "**soy** lecithin".
9	**Note**	Vitamin D 125 µg per daily portion	Above the EFSA tolerable upper intake level for adults (100 µg/day; EFSA NDA Panel, 2023). No EU maximum amount has been set under Art. 5 of the Directive; check national maximum amounts in each target country. Full dose review is part of the Dose & limit check.	Directive 2002/46/EC, Art. 5; EFSA Journal 2023;21(8):8145	Consider reducing to ≤ 100 µg, or confirm national limits before marketing.

Checked and compliant

- Net quantity (60 capsules, 21 g) in the same field of vision as the name — Reg. 1169/2011, Art. 9(1)(e), 13(5)

- Best-before date and storage conditions present — Art. 9(1)(f)–(g)
- Operator name and EU address present — Art. 9(1)(h)
- x-height measured ≥ 1.2 mm on the artwork — Art. 13(2)
- Zinc 15 mg/day below the EFSA UL of 25 mg/day; vitamin C: EFSA did not set a UL

Scope and limits

Document review of the label artwork supplied by the client, against the EU texts listed above. National rules (notification, national maximum amounts, preferred wording) are flagged but not checked in full unless ordered. Not legal advice; responsibility for the label remains with the food business operator.