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Minister for Mental Health and Wellbeing



Llywodraeth Cymru
Welsh Government

Our ref: MA /SM/2942/25

Peter Fox MS,
Chair,
Health and Social Care Committee

SeneddHealth@senedd.wales

13 January 2026

Dear Peter,

The Food Supplements (Magnesium L-threonate monohydrate) (Wales) Regulations 2026

I am writing to notify you that I have today laid the above draft Regulations before the Senedd and a plenary debate has been scheduled for 24 February 2026. Subject to Senedd approval of the Regulations, they will come into force on 5 March 2026.

The purpose of these regulations is to add magnesium L-threonate monohydrate to Schedule 2 of the Nutrition (Amendment etc.) (EU Exit) Regulations 2019 (“2019 regulations”) and, in doing so, to authorise its usage in a food supplement on the Welsh market. The regulations also set purity criteria for the substance in Wales in accordance with Regulation 5(1)(b) of the Food Supplement (Wales) Regulations 2003.

I am taking forward this regulatory change following a food business’s application to the Food Standards Authority (FSA), which requested that magnesium L-threonate monohydrate be approved as a novel food under regulation (EU) 2015/2283 on novel foods within the food supplements category and that Schedule 2 of the 2019 regulations be updated. The FSA’s safety assessment and public consultation in relation to this substance can be found here:

- [Safety assessment](#)
- [Risk Management Recommendation](#)
- FSA [consultation](#) (19 December 2024 – 19 February 2025)
- FSA consultation [response](#)

The safety assessment concluded that the substance poses no risks to human health and the majority of the responses to the consultation question on this substance were supportive of its approval as a novel food within the food supplements category and the update to Schedule 2.

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Rydym yn croesawu derbyn gohebiaeth yn Gymraeg. Byddwn yn ateb gohebiaeth a dderbynnir yn Gymraeg yn Gymraeg ac ni fydd gohebu yn Gymraeg yn arwain at oedi.

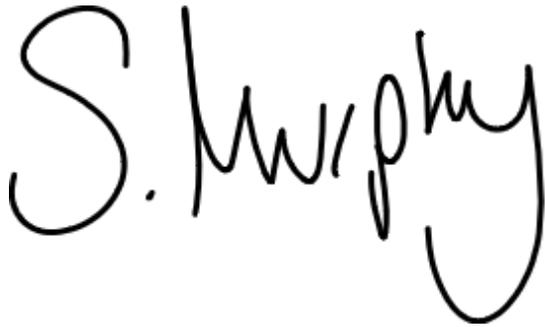
We welcome receiving correspondence in Welsh. Any correspondence received in Welsh will be answered in Welsh and corresponding in Welsh will not lead to a delay in responding.

I will, in parallel, be authorising the substance for use as a novel food in Wales and the effective date for that authorisation will align with the coming into force date for these regulations, if approved by the Senedd.

I am happy to engage with you and the Committee around these Regulations and would welcome your views on what engagement would be of use to you and other members to support your scrutiny work.

I have also sent a letter to the Chair of the Legislation, Justice and Constitution Committee.

Yours sincerely,

A handwritten signature in black ink that reads "S. Murphy". The signature is written in a cursive, flowing style with a large initial "S" and a long, sweeping underline.

Sarah Murphy AS/MS
Minister for Mental Health and Wellbeing