



General Restriction and Requirements that Relevant to Prepackaged Food Stuffs Labels

Public Health Directorate

Nutrition Section

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**General Restriction and Requirements that Relevant to
Prepackaged Food Stuffs Labels**

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General Restriction and Requirements that Relevant to Prepackaged Food Stuffs Labels

The labels of the prepackaged foodstuffs must comply with the GCC standards /technical regulations, local regulations and laws, the national regulations and accreted references. These regulations are updated periodically in line with the continuous and varied development in this field, and can be obtained through the competent authorities such as the Ministry of Industry, Commerce and Tourism. All concerned manufacturers, importers and exporters must abide by these technical regulations, specifications and standards that had been approved by ministerial decision.

Standards and Technical Regulations:

Examples of GCC standards and technical regulations for prepackaged food stuffs labels (these regulations are updated continuously, as updated must be reviewed before production or import of prepackaged food stuffs):

Standards /technical regulations title	Standards /technical regulations no.
Labeling of Prepackaged Food Stuffs	GSO 9/2013
Requirements of nutritional labeling	GSO 2233/2012
Labeling requirements for prepackaged products	GSO OIML R 79:2007
General guidelines on claims	GSO/GL 1:2008
General requirements for prepackaged foods for special dietary use	GSO 654:2014
Requirements for nutrition and health claim in the food	GSO 2333/2013
Permitted Health and Nutrition claims made on food and their conditions of use	GSO 05 CDS 2333 /2017

Examples of General Restriction and Requirements that Relevant to Prepackaged Food Stuffs Labels:

- ❖ The product label must include the following:
 - The name of the product.
 - List of active and inactive ingredients(it should not include locally or internationally banned ingredients) with declaring the names of foods and ingredients which cause hypersensitivity
 - Nutritional data: The following nutritional information shall be declared on labels of prepackaged foodstuffs, including such essential elements as (Carbohydrates-Fats-Protein-Dietary fibers-Energy). With the correct writing of their names and shall be set out in their own international units.
 - Net contents
 - The name and the address of the manufacturer or the packing factory
 - Country of origin
 - Date marking and instructions for storage and use
- ❖ Labelling and adjoining explanatory statements shall be in Arabic and, where another language is used, it shall be alongside the Arabic. All the information provided in another language shall be identical with those written in Arabic.
- ❖ Prepackaged food shall not be described on any label or in any labeling in a manner that is false, misleading or deceptive or is likely to create an erroneous impression regarding its character in any respect.
- ❖ Nutrition claims and health claims on prepackaged food stuffs labels should be correct and not misleading or deceptive claims according to scientific and accredited reference which can be obtained through the competent authorities. With avoiding claims that cannot be proven.

- ❖ Foods should not be described as “healthy” or be represented in a manner that implies that a food in itself will impart health. Claims as to good hygienic practice, such as "wholesome", "healthful", "sound" are potentially misleading claims.
- ❖ In the case of adding vitamins, mineral salts or any other dietary elements in the food ingredients, then, the value of each dietary element shall be separately declared in the nutritional information accompanying the prepackaged foodstuff. Products that have a high or rich claim for their nutrient these nutrients must be quantified to ensure that this claim is true.
- ❖ When use any logo a special for quality or organic or halal product...etc., must provide a proof of the validity of this claims.
- ❖ In addition to the expiration period, any specific requirements pertaining to the storage conditions of the food shall be laid down on the label, should the minimum durability be dependent thereupon.
- ❖ Instructions for use including reconstitution directives, where applicable, shall be indicated on the label, if necessary for ensuring a correct and sound utilization of the foodstuff.
- ❖ Cautionary statement must be declared clearly on foodstuff labels that contain ingredients not suitable for certain categories, such as pregnant or lactating women, children or those who suffer from diseases that may affect their health especially cardiovascular disease patients, diabetics, and others.
- ❖ In case of colors (Tartrazine INS 102, Sunset yellow INS 110, Azorubine (Carmoisine) INS 122 and/or Allura red INS 129) added the following shall be declared:
 - Use Distinguishable mark (*).
 - Write the following statement “This material may be having a negative effect on activity and concentration in children” under contents).

Examples of Prepackaged Food Stuffs Labels That Meets the General Restriction and Requirements:

خبز أبيض White Bread



المكونات : طحين - ماء - سكر - محسن للخبز - ملح - خميرة - زيت نباتي
حليب - قد يحتوي على السمسم
مسببات الحساسية: قد يحتوي على السمسم والحليب والجلوتين

Ingredients: flour – water – sugar - bread improver-salt-yeast-plant oil-milk- may contain sesame

Allergic ingredient: May contain sesame, milk and gluten

الوزن الصافي 260 غرام
يحفظ في مكان بارد وجاف
صنع في البحرين

Net weight: 260 gram
Keep in a cool, dry place
Made in Bahrain

تاريخ الإنتاج: 01/02/2021: تاريخ الإنتاج
تاريخ الانتهاء: 04/02/2021: Best before

صنع بواسطة _____
مبنى _____ , طريق _____ , مجمع _____ منطقة _____ Area

حقائق غذائية Nutrition Facts

حجم الحصة: قطعة واحدة بوزن 40 غرام
Serving size: 1 piece 40g (1 1/2 oz)

السعرات 100
Calories 100

السعرات من الدهن 72
Calories from fat 72

عدد الحصص في العبوة: 75
Servings per container: 75

الكمية لكل حصة Amount/Serving	% القيمة اليومية* % Daily Value*
الدهون الكلية Total Fat	8g 12%
الدهون المشبعة Saturated fat	5g 25%
الدهون المتولة Trans fat	0g —
الكوليسترول Cholesterol	20mg 7%
الصوديوم Sodium	1364mg 57%
الكربوهيدرات الكلية Total carbohydrate	15 g 18%
الألياف الغذائية Dietary fiber	0g —
السكر Sugars	15 g —
البروتين Protein	7g 14%

*حددت قيمة النسبة اليومية حسب تفضية محتواها 2000 سعرة. ومن الممكن أن يكون غذائك المناسب أقل أو أكثر حسب إحتياجاتك.
*Percent daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

فيتامينات متعددة Multi-vitamin




الوزن الصافي 260 غرام
30 قرص
يحفظ في مكان بارد وجاف
صنع في البحرين

Net weight: 260 gram
30 tablets
Keep in a cool, dry place
Made in Bahrain

استشر طبيبك قبل إستخدام المنتج في حالة كونك أقل من 18 سنة ، حامل أو مريض. تعاني من إي حالة صحية أو تستخدم إي نوع من الأدوية.

Consult a physician prior to using this product, if under 18 years of age, if pregnant or nursing and if you have any pre-existing medical condition or are taking any medication.

صنع بواسطة _____
مبنى _____ , طريق _____ , مجمع _____ منطقة _____ Area

حقائق غذائية Nutrition facts

حجم الحصة: قرص واحد
Serving size: 1 tablets

عدد الحصص في العبوة: 30
Servings per container: 30

الكمية في كل جرعة Amount Per Serving	% القيمة اليومية % Daily Value
سعرة حرارية Calories	15
إجمالي الكربوهيدرات Total Carbohydrates	4 جرام gram **
سكريات Sugars	2 جرام gram **
فيتامين A (as Palmitate) (أينول بيتينات) Vitamin A (as Palmitate)	1050 وحدة دولية IU 84%
فيتامين C (as Ascorbic Acid) (فيتامين سي (حمض الأسكوربيك)) Vitamin C (as Ascorbic Acid)	20 مل جرام milligram 50%
فيتامين D (as Cholecalciferol) (فيتامين دي (الكالسيهول)) Vitamin D (as Cholecalciferol)	400 وحدة دولية IU 100%
فيتامين E (as di-Alpha Tocopheryl Acetate) (فيتامين إي (أدي - الفا - توكوفيريل أيسيتات)) Vitamin E (as di-Alpha Tocopheryl Acetate)	16.5 وحدة دولية IU 165%
فيتامين B-6 (as Pyridoxine Hydrochloride) (فيتامين بي 6 (هيدروكلوريد البيريدوكسين)) Vitamin B-6 (as Pyridoxine Hydrochloride)	2 مل جرام milligram 286%
حمض الفوليك (فيتامين بي 9) Folic Acid	260 ميكروجرام microgram 130%
فيتامين بي 12 (as Cyanocobalamin) (فيتامين بي 12 (سيانوكوبالامين)) Vitamin B-12 (as Cyanocobalamin)	6 ميكروجرام microgram 200%
بيوتين (فيتامين بي 7) Biotin	60 ميكروجرام microgram 40%
حمض البانتوثيك (كالكسيوم دي-بانتوثينات) (فيتامين بي 5) Pantothenic Acid (as Calcium D-Pantothenate)	5.2 مل جرام milligram 104%
يودين (as Potassium Iodide) (يودين بوتاسيوم) (فيتامين بي 1) Iodine (as Potassium Iodide)	42 ميكروجرام microgram 60%
زنك (as Zinc Citrate) (زنك إيسيتات الزنك) Zinc (as Zinc Citrate)	2.7 مل جرام milligram 34%
الكولين (as Choline Bitartrate) (الكولين) Choline (as Choline Bitartrate)	40 ميكروجرام microgram **
إينوزيتول Inositol	40 ميكروجرام microgram **

*حددت قيمة النسبة اليومية حسب تفضية محتواها 2000 سعرة. ومن الممكن أن يكون غذائك المناسب أقل أو أكثر حسب إحتياجاتك.
*Percent daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.
**لم يتم تحديد القيمة اليومية
**Daily value not established

مكونات أخرى: شراب الجلكوز، سكر، ماء
Other ingredient: glucose syrup, water

تاريخ الإنتاج: 01/02/2021: تاريخ الإنتاج
تاريخ الانتهاء: 04/02/2021: Best before

❖ First Example:

A list of all ingredients shall be declared in descending order of ingoing weight

Not misleading or deceptive picture

Nutritional facts table, containing nutritional data, which include essential elements in international units

خبز أبيض
White Bread

المكونات : طحين - ماء - سكر - محسن للخبز - ملح - خميرة - زيت نباتي
حليب - قد يحتوي على السمسم
مسببات الحساسية: قد يحتوي على السمسم والحليب والجلوتين

مقائى غذائية Nutrition Facts		
السعرات 100 Calories 100	حجم الحصة: قطعة واحدة بوزن 40 غرام Serving size: 1 piece 40g [1 1/2 oz]	
السعرات من الدهن 72 Calories from fat 72	عدد الحصص في العبوة: 75 Servings per container: 75	
الكمية لكل حصة Amount/Serving	% القيمة اليومية* % Daily Value*	
الدهون الكلية Total Fat	8g	12%
الدهون المشبعة Saturated fat	5g	25%
الدهون المتحولة Trans fat	0g	—
الكوليسترول Cholesterol	20mg	7%
الصوديوم Sodium	1364mg	57%
الكربوهيدرات الكلية Total carbohydrate	15 g	%18
الألياف الغذائية Dietary fiber	0g	—
السكر Sugars	15 g	—
البروتين Protein	7g	14%

Ingredients: flour – water – sugar - bread improver-salt-yeast-plant oil-milk- may contain sesame
Allergic ingredient: May contain sesame, milk and g

الوزن الصافي 260 جرام
يُحفظ في مكان بارد وجاف
صنع في البحرين

Net weight: 260 gram
Keep in a cool, dry place
Made in Bahrain

Net contents
Instructions for storage
Country of origin

تاريخ الإنتاج: 01/02/2021: Production date
تاريخ الإنتهاء: 04/02/2021: Best before

تاريخ الإنتاج: 01/02/2021: Production date
تاريخ الإنتهاء: 04/02/2021: Best before

صنع بواسطة _____
منطقة _____ Area _____
مبنى _____ Building _____
طريق _____ Road _____
مجمع _____ Bloc _____

Declared names of foods and ingredients which cause hypersensitivity

The name and address of the manufacturer or packer

Labelling and adjoining explanatory statements shall be in Arabic and, where another language is used, it shall be alongside the Arabic

Note: There may be other mandatory data depending on the type of packed food, so it is important to refer to the relevant approved Standards /technical regulations.


❖ Second Example:

Not misleading or deceptive picture

Product name

Instructions for use

Nutritional facts table, containing nutritional data, which include essential elements in international units with the value of vitamins and minerals declared separately.



فيتامينات متعددة
Multi-vitamin

Suggested use: قرص واحد يومياً للبالغين
1 tablets per day, for adult use only

Nutrition facts	حقائق غذائية
Serving size: 1 tablets	حجم الحصة: قرص واحد
Servings per container: 30	عدد الحصص في العبوة: 30
Amount Per Serving	% Daily Value
Calories	15 سعرة حرارية
Total Carbohydrates	4 جم gram **
Sugars	2 جم gram **
Vitamin A (as Palmitate)	1050 وحدة دولية IU 84%
Vitamin C (as Ascorbic Acid)	20 مل جرام milligram 50%
Vitamin D (as Cholecalciferol)	400 وحدة دولية IU 100%
Vitamin E (as dl-Alpha Tocopheryl Acetate)	16.5 وحدة دولية IU 165%
Vitamin B-6 (as Pyridoxine Hydrochloride)	2 مل جرام milligram 286%
Folic Acid	260 ميكروجرام microgram 130%
Vitamin B-12 (as Cyanocobalamin)	6 ميكروجرام microgram 200%
Biotin	60 ميكروجرام microgram 40%
Pantothenic Acid (as Calcium D-Pantothenate)	5.2 مل جرام milligram 104%
Iodine (as Potassium Iodide)	42 ميكروجرام microgram 60%
Zinc (as Zinc Citrate)	2.7 مل جرام milligram 34%
Choline (as Choline Bitartrate)	40 ميكروجرام microgram **
Inositol	40 ميكروجرام microgram **

Net contents
Instructions for storage
Country of origin

الوزن الصافي 60
30 قرص
يحفظ في مكان بارد
صنع في البحرين

Net weight: 260 gram
30 tablets
Keep in a cool, dry place
Made in Bahrain

استشر طبيبك قبل إستخدام المنتج في حالة كونك أقل من 18 سنة , حامل أو مريض, تعاني من إي حالة صحية أو تستخدم إي نوع من الأدوية.

Consult a physician prior to using this product, if under 18 years of age, if pregnant or nursing and if you have any pre-existing medical condition or are taking any medication.

Made by _____
Area _____
Block _____
Road _____
Building _____

Net contents Instructions for storage Country of origin

الوزن الصافي 60
30 قرص
يحفظ في مكان بارد
صنع في البحرين

Net weight: 260 gram
30 tablets
Keep in a cool, dry place
Made in Bahrain

استشر طبيبك قبل إستخدام المنتج في حالة كونك أقل من 18 سنة , حامل أو مريض, تعاني من إي حالة صحية أو تستخدم إي نوع من الأدوية.

Consult a physician prior to using this product, if under 18 years of age, if pregnant or nursing and if you have any pre-existing medical condition or are taking any medication.

Made by _____
Area _____
Block _____
Road _____
Building _____

Other ingredient: glucose syrup, water

مكونات أخرى: شراب الجلوكوز, سكر, ماء

تاريخ الإنتاج: 01/02/2021
تاريخ الانتهاء: 04/02/2021

Cautionary statement because the product contain ingredients not suitable for pregnant lactating women, children and those who suffer from diseases


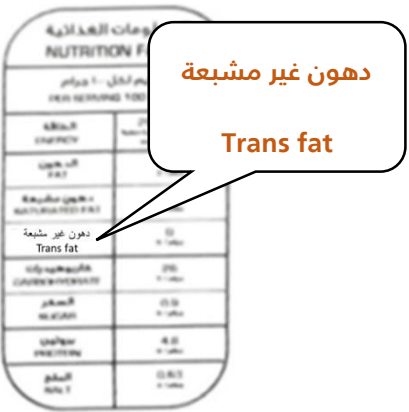
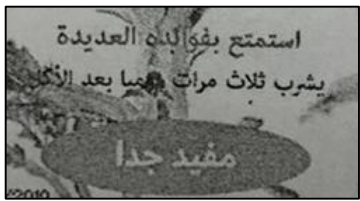

The name and address of the manufacturer or packer


Other ingredients

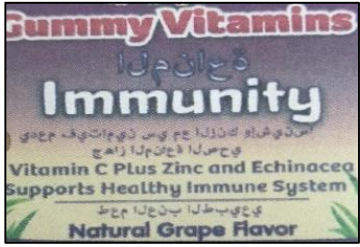
Dates shall be engraved or in relief, printed or stamped by irremovable ink

Note: There may be other mandatory data depending on the type of packed food, so it is important to refer to the relevant approved Standards /technical regulations.

Examples of Common Mistakes on Prepackaged Food Stuffs Labels:

part of prepackaged food stuffs label	mistakes	The required changes	Standards /technical regulations used
	<ul style="list-style-type: none"> Product Label (Bottled drinking water) 	<ul style="list-style-type: none"> Removing <u>Bottled drinking</u> statement, because the product contains ingredients that may affect the taste, and to call it <u>palm-flavored water</u> 	<ul style="list-style-type: none"> Bottled drinking water GSO 1025/2014
	<ul style="list-style-type: none"> Trans Fat in the nutritional facts table, which was mentioned in Arabic as unsaturated fats, is considered an incorrect translation of its name in Arabic. 	<ul style="list-style-type: none"> The Arabic name for Trans-fat should be as the following: “Trans fatty acids” and “trans fats” can be used interchangeably. 	<ul style="list-style-type: none"> Trans Fatty Acids GSO 2483/2015
	<ul style="list-style-type: none"> The phrase (enjoy the many benefits) and the phrase (very beneficial). 	<ul style="list-style-type: none"> The phrase “Enjoy the many benefits” and “very beneficial” should be removed from the food label of the product, as they are health claims that cannot be proven. 	<ul style="list-style-type: none"> General guidelines on claims GSO/GL 1:2008
	<ul style="list-style-type: none"> Nutrition claim (low fat) Nutrition claim (Low Carb) Total fats, saturated fats and cholesterol are not mentioned in 	<ul style="list-style-type: none"> Remove the nutritional claim (low fat), because the product is not low fat, as it contains 4 grams of fat per 100 grams. Removing the nutritional claim (low carb) as there is no specific scale to approve this claim. 	<ul style="list-style-type: none"> Requirements for nutrition and health claim in the food GSO 2333/2013

	<p>the nutritional facts table</p> <ul style="list-style-type: none"> • The amount of trans fatty acids is not mentioned in the nutritional facts table • Not mentioning the percentage of available carbohydrates, including the percentage of total sugars • Nutritional claims are mentioned in English only 	<ul style="list-style-type: none"> • The following nutritional information total fats, saturated fats and cholesterol shall be declared on labels of prepackaged foodstuffs in there international unites. • The following nutritional information trans fats, shall be declared on labels of prepackaged foodstuffs in its international unites. • The percentage of available carbohydrates, including the percentage of total sugars, must be mentioned in the relevant international unit. • List the nutritional claims in Arabic, Labelling and adjoining explanatory statements shall be in Arabic and, where another language is used, it shall be alongside the Arabic. 	<ul style="list-style-type: none"> • Requirements of nutritional labeling GSO 2233/2012 • Trans Fatty Acids GSO 2483/2015 • Requirements of nutritional labeling GSO 2233/2012 • Labeling of Prepackaged Food Stuffs GSO 9/2013
	<ul style="list-style-type: none"> • mentioned (light and healthy) claim 	<ul style="list-style-type: none"> • (Light and healthy) claim should be removed because foods should not be described as “healthy” or be represented in a manner that implies 	<ul style="list-style-type: none"> • Requirements for nutrition and health claim in the food GSO 2333/2013 • General guidelines on

		<p>that a food in itself will impart health. Claims as to good hygienic practice, such as "wholesome", "healthful", "sound" are potentially misleading claims.</p>	<p>claims GSO/GL 1:2008</p>																																													
<table border="1"> <tr> <td>Energy</td> <td>320 Kcal</td> <td>ثلاثمائة واثنان وعشرون كيلو كالوري</td> </tr> <tr> <td>Protein</td> <td>6.6 g</td> <td>ست وستون غراما</td> </tr> <tr> <td>Total Carbohydrate</td> <td>57 g</td> <td>خمسة وستون غراما</td> </tr> <tr> <td>Sugar</td> <td>29.7 g</td> <td>ثلاثون غراما</td> </tr> <tr> <td>Dietary Fiber</td> <td>1.66 g</td> <td>أربعة عشر غراما</td> </tr> <tr> <td>Cholesterol</td> <td>1.1 g</td> <td>أحد عشر غراما</td> </tr> <tr> <td>Total Fat</td> <td>6.8 g</td> <td>سبعة وعشرون غراما</td> </tr> <tr> <td>Saturated Fat</td> <td>1.27 g</td> <td>اثنا عشر غراما</td> </tr> <tr> <td>Monounsaturated Fat</td> <td>3.14 g</td> <td>ثلاثة وعشرون غراما</td> </tr> <tr> <td>Polysaturated Fat</td> <td>2.39 g</td> <td>أربعة وعشرون غراما</td> </tr> <tr> <td>Trans-Fat</td> <td>9 g</td> <td>تسعة غرامات</td> </tr> <tr> <td>Total Unsaturated Fat</td> <td>5.53 g</td> <td>أربعة وعشرون غراما</td> </tr> <tr> <td>Sodium</td> <td>2.12 g</td> <td>واحد وعشرون غراما</td> </tr> <tr> <td>Iron</td> <td>2.65 mg</td> <td>مئتان وستون ملليغراما</td> </tr> <tr> <td>Calcium</td> <td>49 mg</td> <td>أربعة وتسعون ملليغراما</td> </tr> </table>	Energy	320 Kcal	ثلاثمائة واثنان وعشرون كيلو كالوري	Protein	6.6 g	ست وستون غراما	Total Carbohydrate	57 g	خمسة وستون غراما	Sugar	29.7 g	ثلاثون غراما	Dietary Fiber	1.66 g	أربعة عشر غراما	Cholesterol	1.1 g	أحد عشر غراما	Total Fat	6.8 g	سبعة وعشرون غراما	Saturated Fat	1.27 g	اثنا عشر غراما	Monounsaturated Fat	3.14 g	ثلاثة وعشرون غراما	Polysaturated Fat	2.39 g	أربعة وعشرون غراما	Trans-Fat	9 g	تسعة غرامات	Total Unsaturated Fat	5.53 g	أربعة وعشرون غراما	Sodium	2.12 g	واحد وعشرون غراما	Iron	2.65 mg	مئتان وستون ملليغراما	Calcium	49 mg	أربعة وتسعون ملليغراما	<ul style="list-style-type: none"> Cholesterol is mentioned under the list of total carbohydrates 	<ul style="list-style-type: none"> Cholesterol should be mentioned under the list of total fats rather than the list of total carbohydrates. 	<ul style="list-style-type: none"> Labeling of Prepackaged Food Stuffs GSO 9/2013
Energy	320 Kcal	ثلاثمائة واثنان وعشرون كيلو كالوري																																														
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Iron	2.65 mg	مئتان وستون ملليغراما																																														
Calcium	49 mg	أربعة وتسعون ملليغراما																																														
	<ul style="list-style-type: none"> Incorrect translation from English to Arabic language. 	<ul style="list-style-type: none"> The translation must be correct, all the information provided in different language shall be identical, with avoiding spelling mistakes. 	<ul style="list-style-type: none"> Labeling of Prepackaged Food Stuffs GSO 9/2013 																																													