

TABLE ON THE DIFFERENCES BETWEEN MEDICINES AND DIETARY SUPPLEMENTS

MEDICINE	DIETARY SUPPLEMENT
<p>Typically contains synthetically manufactured, pure medicinal substances.</p> <p>The active substance of the medicine can also be non-synthetic, for example, a substance of plant origin (a herb as such) or a herb product (e.g. extract or tincture).</p>	<p>Contains substances with a nutritional or physiological effect. Such substances include fibres, amino acids, edible fats, fatty acids and carbohydrates, and plants, herbs, or microbes. Can contain vitamins or minerals.</p>
<p>Precise concentration when it contains synthetic medicinal substances.</p> <p>In medicines containing active substances of plant origin, the precision of the concentration depends on the herb product used and the compounds and compound groups it contains.</p>	<p>The concentration may vary.</p>
<p>Covered by pharmaceutical legislation.</p>	<p>Covered by food legislation.</p>
<p>Medicines requiring marketing authorisation are sold in a pharmacy; registered medicines can also be sold elsewhere if the sale is not limited to pharmacies during the registration.</p>	<p>Sold in pharmacies, natural product stores, and grocery stores.</p>
<p>Efficacy and safety are based on extensive studies.</p>	<p>Efficacy and safety have not been proven by testing.</p>
<p>Strict quality requirements and continuous quality control.</p>	<p>Quality is controlled through spot checks.</p>
<p>May cause adverse reactions.</p>	<p>May cause adverse reactions. Low likelihood.</p>
<p>Specific instructions and monitoring for marketing.</p>	<p>Instructions and monitoring for marketing. Factual and sufficient information must be given. Giving misleading information is prohibited. Monitoring afterwards by a food safety authority. May not suggest characteristics related to the prevention, treatment, or curing of illnesses.</p>