

ABSTRACT

Health food industry is a new industry which develops in different ways in the different countries and regions. The administration of health food depends on the quality control system, therefore there should be a perfect quality control system to ensure health food's safety and effectiveness. The establishment of the quality control system on the Chinese health food is a way to roundly promote the health food's safety and effectiveness standards, to ensure public health, to promote the rivalship level of health food industry, to impel the understanding and acceptance to the health food in the world, to adjust the structure of health food industry, to regulate the safety, effectiveness, and advertising of the health food. Although there is a good environment for health food development, the sale is up and down from 1993 to 2004 and the consumers have suspected the fact of the health food claims. All these are because there is no perfect quality control system in China, so it is a instant task to establish the quality control system on Chinese health food.

Literature research method (government document, meeting records, journal, news, etc.), observe analysis method, visiting method, discussion method, fact analysis method, comparing analysis method, and consequence method is applied to this thesis. Through these methods, we investigate the quality control system on Chinese health food, American dietary supplement and Japanese Food with Health Claims, and find the shortages of Chinese health food. After studying on these quality control systems, we put forward a best suggestion on Chinese health food and make a system which can be accepted in the world.

Based on the understanding of the definition and contents of the Chinese health food, American dietary supplement and Japanese Food with Health Claims, the three countries' quality control system of the health food is researched in the thesis. we find that: America depends on the advanced technology, the special label conducting and the strong management system to make the dietary supplement products safety and effectiveness; Japan also depends on the advanced technology, but Japan only permit Food with Health Claims in traditional food's form, and the ingredient and mechanism

must be clear in Japan. Because China is a country with long custom of using health food and people get a lot of benefits from Chinese medicine, many products are studied and made from traditional Chinese medicines which are often used as food. Although the health food need to be registered in china, there are a lot of health foods with unclear ingredients in the market. It is because they were made of the material which can be used for medicine and food at the same time.

The United States and Japan has their own merits in quality control system, but China cannot completely use one of their system at present and should choose the good methods which be fit for the Chinese situation. Japan is too strict to their health food, but they have a good standard classification of Food with Health Claims and they studied the mechanism deeply with all kinds of technologies. In the United States, manufacturers do not need to register to FDA, and to get FDA approval before producing or selling dietary supplements, but they must ensure that product label information is truthful and not misleading. FDA is responsible for taking action against any unsafe dietary supplement product after it reaches the market. On the other hand, FDA has a strong team to perform any task. So, these good methods can be used in China. In order to ensure Chinese health food safety and effectiveness, the whole process of good practices (GAP, GMP, GLP, GCP, GSP, HACCP and epidemiology) and the research of the effective ingredient and the function mechanism should be applied and be strengthened. A complete and fast update system is important for governor to conduct. A perfect quality control system is based on the legal status, the theory and the standard classification of the Chinese health food system, which can give a clear and correct direction for the governor and manufactures. The system will impel Chinese health food industry and ensure the products' safety and effectiveness, then foreigners can accept it and benefit its health care. This is a way to make Chinese health food go into the international market.

Key Words: Health food; Quality control system; Safety; Function