Guidelines for administration of food supplements (English):

The administration of food supplements is only permitted for the daily doses of:

- L-Tryptophan: 0.8 gr
- L-Tyrosine: 2.0 gr
- Choline: 2.0 gr
- GABA: 0.8 gr
- Actimel drink: L.casei Danone cultures (Lactobacillus casei DN 114001)
- Yakult drink: Lactobacillus casei Shirota
- Wincolve: Ecologic®

The administration of food supplements in doses higher than stated above, and medicine (incl. paracetamol) and psycho-active drugs is not permitted (e.g., red bull, energy drinks that contain caffeine, taurine, and nicotine) without requesting permission of the Medical Ethical Committee of the LUMC.