



Health  
Canada

Health Products  
and Food Branch

Santé  
Canada

Direction générale des produits  
de santé et des aliments

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October 7, 2021

Dr. Andreas Schulze  
Chair / President  
Garrod Association  
555 University Avenue  
Toronto, ON M5G 1X8  
[andreas.schulze@sickkids.ca](mailto:andreas.schulze@sickkids.ca)

Dear Dr. Schulze,

In 2020, Health Canada received a submission to allow the sale of D-tagatose for use as food ingredient and sweetening ingredient in order to fully or partially replace existing added sugars. A thorough scientific assessment was conducted to ensure that D-tagatose is safe for consumption. The assessment revealed that D-tagatose may be unsuitable for individuals with Hereditary Fructose Intolerance (HFI). This is due to similarities in metabolic pathways between D-tagatose and fructose. However, the overall conclusion was that Health Canada has no objection to the sale of D-tagatose for human food use in Canada.

Health Canada is proactively contacting your organisation to inform you that D-tagatose, which may act similarly to fructose and therefore be of concern for HFI patients, has been permitted to enter the Canadian market. We understand that individuals diagnosed with HFI receive counselling to assist them to correctly identify and avoid "problem foods". D-tagatose will be declared in the list of ingredients on product labels, which should be sufficient to allow consumers to avoid D-tagatose in foods based on this dietary counselling.

We hope that this information will be useful to your members in supporting patients with inherited metabolic disorders. If you have further questions about this matter, please

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contact the Food Directorate's Bureau of Chemical Safety at: [bcbs-bipc@hc-sc.gc.ca](mailto:bcbs-bipc@hc-sc.gc.ca).

Yours sincerely,

A handwritten signature in black ink, appearing to read 'K. McIntyre', written in a cursive style.

Karen E. McIntyre  
Director General, Food Directorate  
Health Canada