Nutrition labelling is voluntary in Japan. However, if nutrient declaration, nutrient content claim such as “X free”, “X% reduced,” and/or nutrient function claim is made on the label of foods offered for sale, nutrition information shall be provided in accordance with Nutrition Labelling Standards under the Health Promotion Act.

1. **Nutrient Declaration (Nutrition Labelling Standards Clause 2-4)**

   **Required nutrition information when any nutrient is declared**
   1. Energy value and amounts of core nutrients (Basic requirements) expressed in kcal per 100g, 100ml, serving, package, or other standard size

   **Voluntary nutrition information**
   2. For the following nutrients, Dietary Reference Intakes (DRIs) have been established in the Nutrition Labelling Standards.

   - 13 vitamins and 12 minerals
   - Sugars (Monosaccharides and Disaccharides)
   - Saturated fats
   - Cholesterol

   3. Nutrients whose DRIs not established in the Nutrition Labelling Standards may also be declared as long as they are based on scientific evidence.

2. **Nutrient Content Claims (Nutrition Labelling Standards Clause 5-10)**

   When a nutrient content claim is made, required nutrition information shall be provided in accordance with the provisions set out in the Nutrition Labelling Standards.

3. **Nutrient Function Claims (Nutrition Labelling Standards Clause 2)**

   Nutrient function claims for 17 vitamins and minerals are permitted. However, contents shall not exceed the upper and lower tolerance level which have been established based on DRIs.