

MyHACCP Study: MyHACCP Study:  
Production of Food Supplements  
2024-2025

**Business name: Strength & Spices Limited**

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<https://myhaccp.food.gov.uk>

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# Management commitment

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I am the management and can confirm that I am committed to food safety management based on HACCP.

## Other evidence of management commitment

I own the company and I am the sole operator running it. I want my company to succeed. I hold a HACCP Level 3 certificate; I invested in this company to succeed. I always have and will continue to do all it takes to ensure full compliance with HACCP principles. We are now also certified by ISO 22000:2018 and conduct yearly external audits.

# Terms of reference

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This **Linear** HACCP plan covers:

**100% natural food supplements (currently a total of 10 products, possibility of this number increasing if the company expands). The capsules are 1000mg size and vegan cellulose. Each product is 60 capsules which are stored in a PET jar. We add tamper proof sealing and a lid. A label surrounds the jar that includes all legal disclaimers, ingredients etc. This year we have added a new product 'Natagra' which is 20 1000mg capsules in an authorized food-safe pouch.**

It will start at **Purchase of raw materials** through to **Final food supplement products delivered to customers**.

The HACCP plan will cover final product safety and will look at the following hazards:

## Physical

- Paper/board
- Flexible plastic
- The raw materials are stored in the packaging we receive them in so to ensure no possibility of physical contamination.

## Chemical

- Cleaning & sanitising chemicals
- Chemical residues migrating from packaging
- The fact we use plastic jars for storage means that there is a slight possibility the jars may have BPA (Bisphenol-A) and also the possibility of having plasticiser for the same reason. As the jars are hard, they may have phthalate (plasticiser).

## Biological

- We have the good hygiene practice (GHP) where we do not expect any biological hazard. The only possibility which is very slim if any is passed to us from the raw materials' sellers themselves.
- However, we have incoming material specification checks to minimize the possibility of this occurring.

## Allergens

- Nuts
- Celery
- Sesame seeds
- Cereals containing gluten
- Peanuts
- We use tahini which is extracted from sesame seeds and sometimes also pine nuts. All of these are highlighted as allergens on our labels.

The company has in place a number of effective prerequisite programmes, including:

- Packaging
- Calibration
- Pest Control
- Traceability
- Audit schedule (incl. HACCP/internal audits)
- Product recall
- Document control
- Supplier approval
- Customer complaints
- Product information / consumer awareness
- Contamination control
- Cleaning and sanitising
- Preventative maintenance
- Standard Operating Procedures (SOPs)
- Finished product specification
- Incoming material specifications
- Measures to prevent cross-contamination
- Personnel hygiene and employee facilities
- Equipment suitability, cleaning and maintenance

The location of the above documents is:

These items are already filed on a software in the premises where they are itemised with easy access for and auditor to audit or the local authority to verify.

The following were used in developing this HACCP plan:

- 1- The Food Safety Act 1990
- 2- Food Standard Act 1999
- 3- The General Food Regulations 2004

- 4- The Food Hygiene Regulations 2006
- 5- Food Information Regulations 2014
- 6- Food standard agency guidance
- 7- Regulation EC 852/2004
- 8- Regulation EC 178/2002
- 9- Regulation EC 2073/2005
- 10- Regulation EC 1169/2001
- 11- Cook safe house rules

# The HACCP team

| Role       | Name                                | Training                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Qualifications                                                                                                                                                                                                                                                                                                                              | Experience                                                                                                                                                                                                                                                                                                                         |
|------------|-------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| HACCP lead | Dr. Mohammed Anabtawi<br>(Internal) | I am a PhD holder and was a Professor of Chemical Engineering. I taught countless students to be engineers. I have a very strong background of practical and technical analysis and laboratory demonstration. I possess excellent managerial and administrative skills as I used to provide consultancy services for large multi-corporation companies. I have tremendous experience when it comes to data analysis. I was an outstanding researcher and have numerous research papers published internationally. I am also a qualified Financial Advisor holding Diploma Level 4. After my retirement in 2007, I managed three restaurants (Canada, Spain & UK). One of which I owned entirely so I am very well versed in all management responsibilities and food safety compliance. | HACCP: Level 3 (2022) Food Hygiene: Level 3 (2015) BSc Chemistry (1978) PhD Chemical Engineering (1986) Financial Advising Diploma: Level 4 (2014) Nutrition - Advanced Level Diploma Herbalism - Advanced Level Diploma Food Allergies Diploma Diabetes & its Awareness Diploma Stress Management Diploma Diamond Grading Diploma: Level 5 | 1- Owning and operating restaurants in Canada, Spain & the UK 2- Internationally renowned researcher and publication author 3- PhD ex-professor of Chemical Engineering 4- Practiced financial advising both for clients as well as my own portfolio management 5- Providing consultancy services for many international companies |

We confirm that the team have sufficient skills (scientific/technical knowledge and HACCP expertise) to ensure that the HACCP study will be effective.

# Product description and intended use

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## Ingredients

Currently, we have 13 natural food supplements: 1 - Immune Booster 2 - Anti-Inflammatory (Inflammation Support) 3 - Anti-Anxiety (Stress & Sleep Support) 4 - Memory Booster (Memory & Brain Support) 5 - Natural Thyroxine (Thyroid Support) 6 - Psoriasis Relief 7 - Blood Pressure Aid 8 - Cholesterol Aid 9 - Natural Skin 10 - Natural Prostate 11. Natagra 12. PMS Relief & Hormone Balance 13. Menopause Support Food Supplement 1 - Immune System Booster (4 ingredients): Suppliers- 1- Maca (Seven Hills Whole Foods, Thames, office park Wakefield, WF2 7AN) 2- Moringa (Seven Hills Whole Foods, Thames, office park Wakefield, WF2 7AN) 3- Turmeric (Lubna Food Ltd. 164 Garnett Street, Bradford, West Yorkshire BD3 9HA, UK, Phone +441274731728, email sales@lubnafoods.com) 4- Black Pepper (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) Food Supplement 2 - Anti-Inflammatory (28 ingredients): Suppliers- 1- Amla (Emporia Cumbria Ltd,170-172 Chichester Street, Rochdale, Lancs OL16 2AU, email sales@emporia.org.uk) 2- Almonds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 3- Asparagus (Spice Root Ltd, 84 Southwark Bridge Road, London SE1 0AS, email info@spice-root.com) 4- Avocado (Alimentos Dona Nata, Josela O de Dominguez No 34, St Antonio, Texas, Zapolitan email condimenioslamixteca@gmail.com) 5- Black Cumin Seeds (Thames Organic Limited,Unit 23 Worthomstow Business Centre, Clifford Rd, Worthemstow, E17 45X London Phone +44776948088) 6- Brazil Nuts (Whole Food Earth,22 Leigh Rd, Ramsgate, Kent UK CT12 5EU) 7- Black Pepper (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 8- Celery (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 9- Chia Seeds (Seven Hills Whole foods G.B, Thames, office park Wakefield, WF2 7AN) 10- Cinnamon (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 11- Cacao (Seven Hills Whole foods G.B, Thames, office park Wakefield, WF2 7AN) 12- Coriander (Old India Spice Company limited,Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 13- Cream of Tartar (Tartaros Conzalo Castello,S.L. C/concepcion Arenal, 32 , 03660 Novelda (Alicante-Spain) 14- Flaxseed (Askoy, Pusula Ltd. Tottenham London, N17 9SR GB, info@toptenwholefoods.com) 15- Garlic (Puregro, Unit 7, Bilton Road, Bletchley, Milton Kyne MK1 1HW, info@purgro.co.uk) 16- Ginger (A Kilo of Spices, Unit 2C Manor Drive Sibley, Loughborough, Leicestershire, LE12 7RZ, sales@akilospices.com) 17- Kale (Sussex Wholefoods, Southcoast House, 35 Chartwell Road, Lancing Business park, BN15 8TU) 18- Moringa (Seven Hills Whole Foods, Thames, office park Wakefield, WF2 7AN) 19- Oats (Hamlyns of Scotland Ltd.,Cairnton Roar, Boyndie, Banff, AB45 2LR, Scotland, UK.) 20- Pomegranate (Al Amgeer Food Ltd, Al Amgeer House, Robottom Close, Walsall, Westmidland. WS2 7EB, UK, info@alamgeer.com) 21- Pumpkin Seeds (Old India Spice Company limited,Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 22- Raisins (Lubna Foods Limited, 164 Garnett Street, Bradford, West Yorkshire BD3 9HA, UK, Phone +441274731728, email sales@lubnafoods.com) 23- Red Chili (Lubna Foods Limited, 164 Garnett Street, Bradford, West Yorkshire BD3 9HA, UK, Phone +441274731728, email sales@lubnafoods.com) 24- Sesame Seeds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 25- Sunflower Seeds (Old India Spice Company limited,Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 26- Tahini (Aldi Stores Limited, P.O.Box 26, Atherstone, Warwickshire CV9 2SH) 27- Turmeric (Lubna Foods Limited, 164 Garnett Street, Bradford, West Yorkshire BD3 9HA, UK, Phone +441274731728, email sales@lubnafoods.com) 28- Walnuts (Natural Choices H B S Food limited Dudley,West Midlands Phone 01384457704, enquiries@naturalchoice.co.uk) Food Supplement 3 - Anti-Anxiety (20 ingredients): 1- Amla (Emporia Cumbria Ltd,170-172 Chichester Street, Rochdale, Lancs OL16 2AU, email sales@emporia.org.uk) 2- Almonds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4

6BY, email [info@oldindiaspiceco.com](mailto:info@oldindiaspiceco.com)) 3- Ashwagandha (Ausha Limited, P.O.Box 1571 Woking GU22 2UQ) 4- Black Cumin Seeds (Thames Organic Limited, Unit 23 Worthomstow Business Centre, Clifford Rd, Worthemstow, E17 45X London Phone +44776948088) 5- Brazil Nuts (Whole Food Earth, 22 Leigh Rd, Ramsgate, Kent UK CT12 5EU) 6- Chia Seeds (Seven Hills Whole foods G.B, Thames, office park Wakefield, WF2 7AN) 7- Cinnamon (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email [info@oldindiaspiceco.com](mailto:info@oldindiaspiceco.com)) 8- Cacao (Seven Hills Whole foods G.B, Thames, office park Wakefield, WF2 7AN) 9- Cream of Tartar (Tartaros Conzalo Castello, S.L. C/concepcion Arenal, 32, 03660 Novelda (Alicante-Spain) 10- Dark Chocolate (Aldi Stores Limited, P.O.Box 26, Atherstone, Warwickshire CV9 2SH) 11- Flaxseed (Askoy, Pusula Ltd. Tottenham London, N17 9SR GB, [info@toptenwholefoods.com](mailto:info@toptenwholefoods.com)) 12- Gingko Biloba (Just Ingredients Essentials, Units 2,3 Tabunacle Road, Wotton-Under-Edge, Gloucestershire, GL12 7EF, [sales@justingredients.co.uk](mailto:sales@justingredients.co.uk)) 13- Moringa (Seven Hills Whole Foods, Thames, office park Wakefield, WF2 7AN) 14- Peanuts (Aldi Stores Limited, P.O.Box 26, Atherstone, Warwickshire CV9 2SH) 15- Pumpkin Seeds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email [info@oldindiaspiceco.com](mailto:info@oldindiaspiceco.com)) 16 Rosemary (Just Ingredients, Units 2,3 Tabunacle Road, Wotton-Under-Edge, Gloucestershire, GL12 7EF, [sales@justingredients.co.uk](mailto:sales@justingredients.co.uk)) 17- Sesame Seeds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email [info@oldindiaspiceco.com](mailto:info@oldindiaspiceco.com)) 18- Sunflower seeds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email [info@oldindiaspiceco.com](mailto:info@oldindiaspiceco.com)) 19- Turmeric (Lubna Foods Limited, 164 Garnett Street, Bradford, West Yorkshire BD3 9HA, UK, Phone +441274731728, email [sales@lubnafoods.com](mailto:sales@lubnafoods.com)) 20- Walnuts (Natural Choices H B S Food limited Dudley, West Midlands Phone 01384457704, [enquiries@naturalchoice.co.uk](mailto:enquiries@naturalchoice.co.uk))

Food supplement 4 - Memory Booster (23 ingredients): 1- Amla (Emporia Cumbria Ltd, 170-172 Chichester Street, Rochdale, Lancs OL16 2AU, email [sales@emporia.org.uk](mailto:sales@emporia.org.uk)) 2- Almonds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email [info@oldindiaspiceco.com](mailto:info@oldindiaspiceco.com)) 3- Avocado (Alimentos Dona Nata, Josela O de Dominguez No 34, St Antonio, Texas, Zapolitan email [condimienioslamixteca@gmail.com](mailto:condimienioslamixteca@gmail.com)) 4- Black Cumin Seeds (Thames Organic Limited, Unit 23 Worthomstow Business Centre, Clifford Rd, Worthemstow, E17 45X London Phone +44776948088) 5- Brazil Nuts (Whole Food Earth, 22 Leigh Rd, Ramsgate, Kent UK CT12 5EU) 5- Celery (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email [info@oldindiaspiceco.com](mailto:info@oldindiaspiceco.com)) 6- Chia Seeds (Seven Hills Whole foods G.B, Thames, office park Wakefield, WF2 7AN) 7- Cinnamon (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email [info@oldindiaspiceco.com](mailto:info@oldindiaspiceco.com)) 8- Cacao (Seven Hills Whole foods G.B, Thames, office park Wakefield, WF2 7AN) 9- Cream of Tartar (Tartaros Conzalo Castello, S.L. C/concepcion Arenal, 32, 03660 Novelda (Alicante-Spain) 10- Dark Chocolate (Aldi Stores Limited, P.O.Box 26, Atherstone, Warwickshire CV9 2SH) 11- Flaxseed (Askoy, Pusula Ltd. Tottenham London, N17 9SR GB, [info@toptenwholefoods.com](mailto:info@toptenwholefoods.com)) 12- Fenugreek (Lubna Foods Limited, 164 Garnett Street, Bradford, West Yorkshire BD3 9HA, UK, Phone +441274731728, email [sales@lubnafoods.com](mailto:sales@lubnafoods.com)) 13- Gingko Biloba (Just Ingredients Essentials, Units 2,3 Tabunacle Road, Wotton-Under-Edge, Gloucestershire, GL12 7EF, [sales@justingredients.co.uk](mailto:sales@justingredients.co.uk)) 14- Ginseng (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email [info@oldindiaspiceco.com](mailto:info@oldindiaspiceco.com)) 15- Moringa (Seven Hills Whole Foods, Thames, office park Wakefield, WF2 7AN) 16- Peanuts (Aldi Stores Limited, P.O.Box 26, Atherstone, Warwickshire CV9 2SH) 17- Pine Seeds (Whole Food Earth, 22 Leigh Rd, Ramsgate, Kent UK CT12 5EU) 18- Pumpkin Seeds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email [info@oldindiaspiceco.com](mailto:info@oldindiaspiceco.com)) 19- Rosemary (Just Ingredients, Units 2,3 Tabunacle Road, Wotton-Under-Edge, Gloucestershire, GL12 7EF, [sales@justingredients.co.uk](mailto:sales@justingredients.co.uk)) 20- Sesame Seeds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email [info@oldindiaspiceco.com](mailto:info@oldindiaspiceco.com)) 21- Sunflower Seeds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email [info@oldindiaspiceco.com](mailto:info@oldindiaspiceco.com)) 22- Turmeric (Lubna Foods Limited, 164 Garnett Street, Bradford, West Yorkshire BD3 9HA, UK, Phone +441274731728, email [sales@lubnafoods.com](mailto:sales@lubnafoods.com)) 23- Walnuts (Natural Choices H B S Food limited Dudley, West Midlands Phone 01384457704, [enquiries@naturalchoice.co.uk](mailto:enquiries@naturalchoice.co.uk))

Food supplement 5 - Natural Thyroxine (23 ingredients): 1- Amla (Emporia Cumbria Ltd, 170-172 Chichester Street, Rochdale, Lancs OL16 2AU, email

sales@emporia.org.uk) 2- Almonds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 3- Ashwagandha (Ausha Limited, P.O.Box 1571 Woking GU22 2UQ) 4- Black Cumin Seeds (Thames Organic Limited, Unit 23 Worthomstow Business Centre, Clifford Rd, Worthemstow, E17 45X London Phone +44776948088) 5- Black Pepper (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 6- Brazil Nuts (Whole Food Earth, 22 Leigh Rd, Ramsgate, Kent UK CT12 5EU) 7- Chia Seeds (Seven Hills Whole foods G.B, Thames, office park Wakefield, WF2 7AN) 8- Cinnamon (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 9- Cacao (Seven Hills Whole foods G.B, Thames, office park Wakefield, WF2 7AN) 10- Cream of Tartar (Tartaros Conzalo Castello, S.L. C/concepcion Arenal, 32, 03660 Novelda (Alicante-Spain) 11- Dark Chocolate (Aldi Stores Limited, P.O.Box 26, Atherstone, Warwickshire CV9 2SH) 12- Flaxseed (Askoy, Pusula Ltd. Tottenham London, N17 9SR GB, info@toptenwholefoods.com) 13- Gingko Biloba (Just Ingredients Essentials, Units 2,3 Tabunacle Road, Wotton-Under-Edge, Gloucestershire, GL12 7EF, sales@justingredients.co.uk) 14- Kelp (Just Ingredients Essentials, Units 2,3 Tabunacle Road, Wotton-Under-Edge, Gloucestershire, GL12 7EF, sales@justingredients.co.uk) 15- Maca (Seven Hills Whole Foods, Thames, office park Wakefield, WF2 7AN) 16- Moringa (Seven Hills Whole Foods, Thames, office park Wakefield, WF2 7AN) 17- Peanuts (Aldi Stores Limited, P.O.Box 26, Atherstone, Warwickshire CV9 2SH) 18- Pumpkin Seeds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 19- Rosemary (Just Ingredients, Units 2,3 Tabunacle Road, Wotton-Under-Edge, Gloucestershire, GL12 7EF, sales@justingredients.co.uk) 20- Sesame Seeds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 21- Sunflower Seeds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 22- Turmeric (Lubna Foods Limited, 164 Garnett Street, Bradford, West Yorkshire BD3 9HA, UK, Phone +441274731728, email sales@lubnafoods.com) 23- Walnuts (Natural Choices H B S Food limited Dudley, West Midlands Phone 01384457704, enquiries@naturalchoice.co.uk) Food supplement 6 - Psoriasis Relief (29 ingredients): 1- Amla (Emporia Cumbria Ltd, 170-172 Chichester Street, Rochdale, Lancs OL16 2AU, email sales@emporia.org.uk) 2- Almonds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 3- Asparagus (Spice Root Ltd, 84 Southwark Bridge Road, London SE1 0AS, email info@spice-root.com) 4- Avocado (Alimentos Dona Nata, Josela O de Dominguez No 34, St Antonio, Texas, Zapolitan email condimienioslamixteca@gmail.com) 5- Black Cumin Seeds (Thames Organic Limited, Unit 23 Worthomstow Business Centre, Clifford Rd, Worthemstow, E17 45X London Phone +44776948088) 6- Brazil Nuts (Whole Food Earth, 22 Leigh Rd, Ramsgate, Kent UK CT12 5EU) 7- Black Pepper (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 8- Celery (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 9- Chia Seeds (Seven Hills Whole foods G.B, Thames, office park Wakefield, WF2 7AN) 10- Cinnamon (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 11- Cacao (Seven Hills Whole foods G.B, Thames, office park Wakefield, WF2 7AN) 12- Coriander (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 13- Cream of Tartar (Tartaros Conzalo Castello, S.L. C/concepcion Arenal, 32, 03660 Novelda (Alicante-Spain) 14- Flaxseed (Askoy, Pusula Ltd. Tottenham London, N17 9SR GB, info@toptenwholefoods.com) 15- Garlic (Puregro, Unit 7, Bilton Road, Bletchley, Milton Kyne MK1 1HW, info@purgro.co.uk) 16- Ginger (A Kilo of Spices, Unit 2C Manor Drive Sileby, Loughborough, Leicestershire, LE12 7RZ, sales@akilospices.com) 17- Kale (Sussex Wholefoods, Southcoast House, 35 Chartwell Road, Lancing Business park, BN15 8TU) 18- Moringa (Seven Hills Whole Foods, Thames, office park Wakefield, WF2 7AN) 19- Nettle (Just Ingredients, Units 2,3 Tabunacle Road, Wotton-Under-Edge, Gloucestershire, GL12 7EF, sales@justingredients.co.uk) 20- Oats (Hamlyns of Scotland Ltd., Cairnton Roar, Boyndie, Banff, AB45 2LR, Scotland, UK.) 21- Pomegranate (Al Amgeer Food Ltd, Al Amgeer House, Robottom Close, Walsall, Westmidland. WS2 7EB, UK, info@alamgeer.com) 22- Pumpkin Seeds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 23- Raisins (Lubna Foods Limited, 164 Garnett Street, Bradford, West

Yorkshire BD3 9HA, UK, Phone +441274731728, email sales@lubnafoods.com) 24- Red Chili (Lubna Foods Limited, 164 Garnett Street, Bradford, West Yorkshire BD3 9HA, UK, Phone +441274731728, email sales@lubnafoods.com) 25- Sesame Seeds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 26- Sunflower Seeds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 27- Tahini (Aldi Stores Limited, P.O.Box 26, Atherstone, Warwickshire CV9 2SH) 28- Turmeric (Lubna Foods Limited, 164 Garnett Street, Bradford, West Yorkshire BD3 9HA, UK, Phone +441274731728, email sales@lubnafoods.com) 29- Walnuts (Natural Choices H B S Food limited Dudley, West Midlands Phone 01384457704, enquiries@naturalchoice.co.uk) Food supplement 7 - Blood Pressure Aid (15 ingredients): 1- Avocado (Alimentos Dona Nata, Josela O de Dominguez No 34, St Antonio, Texas, Zapolitan email condimenioslamixteca@gmail.com) 2- Beetroot (Ash Spice company, 21 Chapel Ash, Wolverhampton, WV3 0TZ) 3- Blueberries (Natural Choices, HBS food limited. Dudley, West midland, Phone 01384457704, enquires@naturalchoice.co.uk) 4- Calcium Carbonate (Feed, Unit 5 Devonshire, Meadows, Plymouth, PL6 7EZ.) 5- Celery (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 6- Chia Seeds (Seven Hills Whole foods G.B, Thames, office park Wakefield, WF2 7AN) 7- Grape Seeds ( 8- Dry Apple (KORO, KORO Mandels GmbH, Koppenplatz 9, 10115, Berlin, Germany) 9- Flaxseed (Askoy, Pusula Ltd. Tottenham London, N17 9SR GB, info@toptenwholefoods.com) 10- Kale (Sussex Wholefoods, Southcoast House, 35 Chartwell Road, Lancing Business park, BN15 8TU) 11- Garlic (Puregro, Unit 7, Bilton Road, Bletchley, Milton Kyne MK1 1HW, info@purgro.co.uk) 12- Sorrel (Buywholefoodonline.co.uk, Unit B1/B2, Channel view estate, Laundry Road, Minster, Ramsgate, CT12 4HY, UK) 13- Strawberries (Natural Choices, HBS food limited. Dudley, West midland, Phone 01384457704, enquires@naturalchoice.co.uk) 14- Sweet Potato (KORO, KORO Mandels GmbH, Koppenplatz 9, 10115, Berlin, Germany) 15- Hawthorn Berry (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) Food supplement 8 - Cholesterol Aid (14 ingredients): 1- Avocado (Alimentos Dona Nata, Josela O de Dominguez No 34, St Antonio, Texas, Zapolitan email condimenioslamixteca@gmail.com) 2- Black Cumin Seeds (Thames Organic Limited, Unit 23 Worthomstow Business Centre, Clifford Rd, Worthemstow, E17 45X London Phone +44776948088) 3- Blueberries (Natural Choices, HBS food limited. Dudley, West midland, Phone 01384457704, enquires@naturalchoice.co.uk) 4- Cacao (Seven Hills Whole foods G.B, Thames, office park Wakefield, WF2 7AN) 5- Garlic (Puregro, Unit 7, Bilton Road, Bletchley, Milton Kyne MK1 1HW, info@purgro.co.uk) 6- Grape Seeds ( 7- Kale (Sussex Wholefoods, Southcoast House, 35 Chartwell Road, Lancing Business park, BN15 8TU) 8- Oats (Hamlyns of Scotland Ltd., Cairnton Roar, Boyndie, Banff, AB45 2LR, Scotland, UK.) 9- Pumpkin Seeds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 10- Sunflower Seeds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 11- Strawberries (Natural Choices, HBS food limited. Dudley, West midland, Phone 01384457704, enquires@naturalchoice.co.uk) 12- Walnuts (Natural Choices H B S Food limited Dudley, West Midlands Phone 01384457704, enquiries@naturalchoice.co.uk) 13- Hawthorn Berry (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 14- Celery (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) Food supplement 9 - Natural Skin (6 ingredients): 1- Black Cumin Seeds (Thames Organic Limited, Unit 23 Worthomstow Business Centre, Clifford Rd, Worthemstow, E17 45X London Phone +44776948088) 2- Chia Seeds (Seven Hills Whole foods G.B, Thames, office park Wakefield, WF2 7AN) 3- Flaxseed (Askoy, Pusula Ltd. Tottenham London, N17 9SR GB, info@toptenwholefoods.com) 4- Sunflower Seeds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 5- Moringa (Seven Hills Whole Foods, Thames, office park Wakefield, WF2 7AN) 6- Nettle (Just Ingredients, Units 2,3 Tabunacle Road, Wotton-Under-Edge, Gloucestershire, GL12 7EF, sales@justingredients.co.uk) Food supplement 10 - Natural Prostate (13 ingredients): 1- Amla (Emporia Cumbria Ltd, 170-172 Chichester Street, Rochdale, Lancs OL16 2AU, email sales@emporia.org.uk) 2- Almonds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 3-

Asparagus (Spice Root Ltd, 84 Southwark Bridge Road, London SE1 0AS, email info@spice-root.com) 4- Avocado (Alimentos Dona Nata, Josela O de Dominguez No 34, St Antonio, Texas, Zapolitan email condimenioslamixteca@gmail.com) 5- Black Cumin Seeds (Thames Organic Limited, Unit 23 Worthomstow Business Centre, Clifford Rd, Worthemstow, E17 45X London Phone +44776948088) 6- Brazil Nuts (Whole Food Earth, 22 Leigh Rd, Ramsgate, Kent UK CT12 5EU) 7- Black Pepper (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 8- Celery (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 9- Chia Seeds (Seven Hills Whole foods G.B, Thames, office park Wakefield, WF2 7AN) 10- Cinnamon (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 11- Cacao (Seven Hills Whole foods G.B, Thames, office park Wakefield, WF2 7AN) 12- Coriander (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 13- Cream of Tartar (Tartaros Conzalo Castello, S.L. C/concepcion Arenal, 32, 03660 Novelda (Alicante-Spain) 14- Flaxseed (Askoy, Pusula Ltd. Tottenham London, N17 9SR GB, info@toptenwholefoods.com) 15- Garlic (Puregro, Unit 7, Bilton Road, Bletchley, Milton Kyne MK1 1HW, info@purgro.co.uk) 16- Ginger (A Kilo of Spices, Unit 2C Manor Drive Sileby, Loughborough, Leicestershire, LE12 7RZ, sales@akilospices.com) 17- Kale (Sussex Wholefoods, Southcoast House, 35 Chartwell Road, Lancing Business park, BN15 8TU) 18- Moringa (Seven Hills Whole Foods, Thames, office park Wakefield, WF2 7AN) 19- Oats (Hamlyns of Scotland Ltd., Cairnton Roar, Boyndie, Banff, AB45 2LR, Scotland, UK.) 20- Pomegranate (Al Amgeer Food Ltd, Al Amgeer House, Robottom Close, Walsall, Westmidland. WS2 7EB, UK, info@alamgeer.com) 21- Pumpkin Seeds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 22- Raisins (Lubna Foods Limited, 164 Garnett Street, Bradford, West Yorkshire BD3 9HA, UK, Phone +441274731728, email sales@lubnafoods.com) 23- Red Chili (Lubna Foods Limited, 164 Garnett Street, Bradford, West Yorkshire BD3 9HA, UK, Phone +441274731728, email sales@lubnafoods.com) 24- Sesame Seeds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 25- Sunflower Seeds (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 26- Tahini (Aldi Stores Limited, P.O.Box 26, Atherstone, Warwickshire CV9 2SH) 27- Turmeric (Lubna Foods Limited, 164 Garnett Street, Bradford, West Yorkshire BD3 9HA, UK, Phone +441274731728, email sales@lubnafoods.com) 28- Walnuts (Natural Choices H B S Food limited Dudley, West Midlands Phone 01384457704, enquiries@naturalchoice.co.uk) 29- Apple Cider Vinegar (Suzhou Greenway Biotech Co., Ltd., China) 30- Fenugreek (Lubna Foods Limited, 164 Garnett Street, Bradford, West Yorkshire BD3 9HA, UK, Phone +441274731728, email sales@lubnafoods.com) 31- Nettle (Just Ingredients, Units 2,3 Tabunacle Road, Wotton-Under-Edge, Gloucestershire, GL12 7EF, sales@justingredients.co.uk) 32- Pygeum Food supplement 11 - Natagra (14 ingredients): 1. Maca Root - (Seven Hills Whole Foods, Thames, office park Wakefield, WF2 7AN) 2. Arginine - (Feed, Unit 5 Devonshire, Meadows, Plymouth, PL6 7EZ.) 3. Ginseng - (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 4. Tribulus terrestris - (Puregro, Unit 7, Bilton Road, Bletchley, Milton Kyne MK1 1HW, info@purgro.co.uk) 5. Ginger - (Lubna Foods Limited, 164 Garnett Street, Bradford, West Yorkshire BD3 9HA, UK, Phone +441274731728, email sales@lubnafoods.com) 6. Rhodiola Rosea - (Feed, Unit 5 Devonshire, Meadows, Plymouth, PL6 7EZ.) 7. Red Korean Ginseng - (Lubna Foods Limited, 164 Garnett Street, Bradford, West Yorkshire BD3 9HA, UK, Phone +441274731728, email sales@lubnafoods.com) 8. Polypodium - (Puregro, Unit 7, Bilton Road, Bletchley, Milton Kyne MK1 1HW, info@purgro.co.uk) 9. Avena Sativa - (Puregro, Unit 7, Bilton Road, Bletchley, Milton Kyne MK1 1HW, info@purgro.co.uk) 10. Ginkgo Biloba - (Just Ingredients Essentials, Units 2,3 Tabunacle Road, Wotton-Under-Edge, Gloucestershire, GL12 7EF, sales@justingredients.co.uk) 11. Red Chili - (Lubna Foods Limited, 164 Garnett Street, Bradford, West Yorkshire BD3 9HA, UK, Phone +441274731728, email sales@lubnafoods.com) 12. Ashwagandha - (Puregro, Unit 7, Bilton Road, Bletchley, Milton Kyne MK1 1HW, info@purgro.co.uk) 13. Catuaba - (Feed, Unit 5 Devonshire, Meadows, Plymouth, PL6 7EZ.) 14. Watercress - (Lubna Foods Limited, 164 Garnett Street, Bradford, West Yorkshire BD3 9HA, UK, Phone +441274731728,

email sales@lubnafoods.com) 12. 13. Menopause Support Food supplement 12 - PMS Relief & Hormone Balance (12 ingredients): 1- Agnus Castus (Alimentos Dona Nata, Josela O de Dominguez No 34, St Antonio, Texas, Zapolitan email condimenioslamixteca@gmail.com) 2- Aloe Vera (Thames Organic Limited, Unit 23 Worthomstow Business Centre, Clifford Rd, Worthemstow, E17 45X London Phone +44776948088) 3- Ashwagandha (Natural Choices, HBS food limited. Dudley, West midland, Phone 01384457704, enquires@naturalchoice.co.uk) 4- Asparagus (Seven Hills Whole foods G.B, Thames, office park Wakefield, WF2 7AN) 5- Cramp Bark (Puregro, Unit 7, Bilton Road, Bletchley, Milton Kyne MK1 1HW, info@purgro.co.uk) 6- Dong Quai ((Hamlyns of Scotland Ltd., Cairnton Roar, Boyndie, Banff, AB45 2LR, Scotland, UK.) 7- Ginger (Sussex Wholefoods, Southcoast House, 35 Chartwell Road, Lancing Business park, BN15 8TU) 8- Ginkgo Biloba (Just Ingredients, Units 2,3 Tabunacle Road, Wotton-Under-Edge, Gloucestershire, GL12 7EF, sales@justingredients.co.uk) 9- Ginseng (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 10- Peony (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 11- Sage (Natural Choices, HBS food limited. Dudley, West midland, Phone 01384457704, enquires@naturalchoice.co.uk) 12- Turmeric (Natural Choices H B S Food limited Dudley, West Midlands Phone 01384457704, enquiries@naturalchoice.co.uk) Food supplement 13 - Menopause Support (18 ingredients): 1- Agnus Castus (Alimentos Dona Nata, Josela O de Dominguez No 34, St Antonio, Texas, Zapolitan email condimenioslamixteca@gmail.com) 2- Aloe Vera (Thames Organic Limited, Unit 23 Worthomstow Business Centre, Clifford Rd, Worthemstow, E17 45X London Phone +44776948088) 3- Ashwagandha (Natural Choices, HBS food limited. Dudley, West midland, Phone 01384457704, enquires@naturalchoice.co.uk) 4- Asparagus (Seven Hills Whole foods G.B, Thames, office park Wakefield, WF2 7AN) 5- Black Cohosh (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 6 Bladder Wrack (Just Ingredients, Units 2,3 Tabunacle Road, Wotton-Under-Edge, Gloucestershire, GL12 7EF, sales@justingredients.co.uk) 7- Dong Quai ((Hamlyns of Scotland Ltd., Cairnton Roar, Boyndie, Banff, AB45 2LR, Scotland, UK.) 8- Ginkgo Biloba (Just Ingredients, Units 2,3 Tabunacle Road, Wotton-Under-Edge, Gloucestershire, GL12 7EF, sales@justingredients.co.uk) 9- Ginseng (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com) 10- Turmeric (Lubna Foods Limited, 164 Garnett Street, Bradford, West Yorkshire BD3 9HA, UK, Phone +441274731728, email sales@lubnafoods.com) 10- Walnuts (Natural Choices H B S Food limited Dudley, West Midlands Phone 01384457704, enquiries@naturalchoice.co.uk) 11- Maca (Just Ingredients Essentials, Units 2,3 Tabunacle Road, Wotton-Under-Edge, Gloucestershire, GL12 7EF, sales@justingredients.co.uk) 12- Milk Thistle (Askoy, Pusula Ltd. Tottenham London, N17 9SR GB, info@topenwholefoods.com) 13- Passion Flower (Just Ingredients Essentials, Units 2,3 Tabunacle Road, Wotton-Under-Edge, Gloucestershire, GL12 7EF, sales@justingredients.co.uk) 14- Peony (Seven Hills Whole Foods, Thames, office park Wakefield, WF2 7AN) 15- Ziziphus (Aldi Stores Limited, P.O.Box 26, Atherstone, Warwickshire CV9 2SH) 16- Rehmania (Seven Hills Whole Foods, Thames, office park Wakefield, WF2 7AN) 17- Red Clover (Aldi Stores Limited, P.O.Box 26, Atherstone, Warwickshire CV9 2SH) 18- Sage (Old India Spice Company limited, Ulverscroft Rd, Leicester LE4 6BY, email info@oldindiaspiceco.com)

## Physical properties

The product is in a powder form filled in vegan capsule shells and packaged in jars containing 60 capsules each. 1- Product is produced by mixing a pre-determined percentage of the ingredients, mixed thoroughly into a homogenous mixture and then put into entirely vegan capsule shells. 2- Product has no preservatives, no colouring and no additives. 3- The product is at an ambient temperature and can be stored at room temperature. 4- 60 capsules will be packed in plastic jars and tight lid closed with a tamper seal addition. 5- The products are stored at room temperature in boxes before they are sent directly to our wholesale outlet (Amazon UK). 6- The shelf-life of the products is the expiry date of the ingredient with the shortest expiration date as given by the

supplier of said ingredient used. 7- Products should be stored out of sight and reach of children. 8- Directions of use is clearly stated on the label which is 2 capsules a day; one in the morning and one in the evening.

## Processing

N/A - there is no processing or preservation required. The products are produced by mixing a certain percentage of the ingredients (as stipulated in our recipes). The mixture is put in a heavy duty grinder and mixer. It is mixed thoroughly until homogeneous. A control check is done to ensure removal of any solid seeds not crushed thoroughly. Then the mixture is used in capsule filling. The procedure of the filling is given in the prerequisites. No additive, colouring or preservatives are added to the mixture.

## Packaging

The vegan capsules filled are wiped and cleaned using procedures in the prerequisites. Gloves, hair net and masks are always worn during the entire procedure. The capsules are placed in the jars (60 in each). Another control check is done: jars are weighed to ensure consistency. A tamper seal felt is added and the lid is closed tightly. Jars are stored in our storage room at room temperature.

## Storage

Products are in jars of 60 capsules each which are stored in our storage room on the shelves. The door is always locked and entrance is only permitted to myself and the authorities. Jars are kept in a cardboard box and sealed and labeled ready for transportation to final destination.

## Shelf life of product

The shelf-life of the product is the expiration date marked clearly on the jar (the earliest expiration date of one of the ingredients as given by the supplier of the specific ingredient). All products have a shelf-life of minimum 12 months.

## Storing, handling and preparation advice

On our labels we state clearly that: The product should be stored at room temperature away from sight and reach of children. Directions of use is clearly stated on the label which is 2 capsules a day; one in the morning and one in the evening.

# Intended Use

**Name of the product:** Immune Booster, Anti-inflammatory, Anti-Anxiety, Memory Booster, Natural Thyroxine, Psoriasis Relief, Blood Pressure Aid, Natura + Natuiagra

The product is suitable for consumption by the general public.

The product is suitable for the young.

The product is suitable for the elderly.

The product is suitable for pregnant ladies.

The product is suitable for the immunosuppressed / immunocompromised.

The product is not suitable for people with allergies or intolerances.

We have considered the likely abuse / unintended use of the product by the consumer in the following ways:

On all of our labels, we clearly state all legal disclaimers. These include: "Do not exceed the instructed dose" "For allergens see the ingredients in bold" "Store in a cool dry place and keep out of the sight and reach of children" "Food supplements must not be used as a substitute for a varied and balanced diet and healthy lifestyle" However, should the consumer take more than the instructed dose, no harm will be done. The ingredients are entirely food - nuts, seeds, herbs and spices. Regarding the allergies, we clearly state the ingredients, and highlight the allergens with the disclaimer. We are as clear as possible.

# Process flow and confirmation

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We have completed a flow diagram covering all steps in the manufacturing process of this product.

See Appendix A for the flow diagram.

## On-site confirmation of flow diagram

**Hadeel Anabtawi** has confirmed that our flow diagram is correct.

Every process step is identified in our flow diagram.

The flow diagram is an accurate representation of the process from start to finish.

The flow diagram is correct for all shifts (e.g. days, nights and weekend).

The flow diagram is correct during all seasonal variations.

The HACCP lead has signed off and dated the flow diagram as being correct.

The following members of our organisation are responsible for making changes to the flow diagram and storing out of date versions:

- Hadeel Anabtawi, the company co-owner and my daughter is responsible for all final checks and compliance with protocols.
- The reason is because although she is the co-owner, she resides in Cyprus and visits bi-monthly for these checks.

# Identify and list potential hazards

| Step No. | Step Name                                       | Biological                                                               | Chemical                        | Physical                                                                               | Allergens                            |
|----------|-------------------------------------------------|--------------------------------------------------------------------------|---------------------------------|----------------------------------------------------------------------------------------|--------------------------------------|
| 1        | Receive Delivery of Raw Materials (Ingredients) | Infestation<br>Quantity Received Differs<br>Presence/Growth of Bacteria  | Presence of Toxic Contaminants  | Presence of foreign objects                                                            | Cross-Contamination                  |
| 2        | Storage of Raw Materials                        | FIFO Method & Lot Nos.                                                   |                                 | Contamination by Foreign Objects                                                       | Cross-Contamination                  |
| 3        | Preparation of Recipe                           | Incorrect Recipe Followed                                                | Production Cleanliness          | Lot Number & Reference Code                                                            |                                      |
| 4        | Temporary Storage of Mixture                    | Harmful Bacteria Growth                                                  | Interaction Between Ingredients |                                                                                        |                                      |
| 5        | Production of Capsules                          |                                                                          |                                 | Contamination by Foreign Objects                                                       | Product cross-contamination          |
| 6        | Temporary Storage of Capsules                   | Contamination due to Non-Food-Grade Packaging<br>Harmful Bacteria Growth |                                 | Contamination by Foreign Objects                                                       |                                      |
| 7        | Packaging/Labelling of Jars                     | Contamination due to Non-Food-Grade Packaging                            |                                 | Lot Number<br>Best Before Date<br>Contamination by Foreign Objects<br>Label Compliance | Contamination due to Wrong Labelling |

| Step No. | Step Name                   | Biological | Chemical                                                                         | Physical                            | Allergens |
|----------|-----------------------------|------------|----------------------------------------------------------------------------------|-------------------------------------|-----------|
| 8        | Storage of Final Product    |            | Product and Packaging Interaction, Potential for Contamination from Pest Control |                                     |           |
| 9        | Transport to Retail Outlets |            | Presence of Toxic Contaminants                                                   | Contamination During Transportation |           |

# Severity scores

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## 1. Receive Delivery of Raw Materials (Ingredients)

| Hazard                         | Hazard Description                                                                                                                                                        | Severity | Likelihood | Significance |
|--------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|------------|--------------|
| Infestation                    | Potential for infestation of insects and other bugs.                                                                                                                      | 3        | 1          | 3            |
| Quantity Received Differs      | If the quantity of delivered raw materials is different from the quantity ordered, a large surplus of the ingredient may occur. This would increase the risk of spoilage. | 2        | 1          | 2            |
| Presence/Growth of Bacteria    | Potential for presence/growth of bacteria in the raw materials received.                                                                                                  | 3        | 1          | 3            |
| Presence of Toxic Contaminants | Potential for the presence of toxic contaminants in delivered ingredients.                                                                                                | 3        | 1          | 3            |
| Presence of foreign objects    | Potential for the presence of foreign objects in delivered ingredients.                                                                                                   | 3        | 1          | 3            |
| Cross-Contamination            | Potential for cross-contamination from other raw materials that are allergens eg nuts, celery.                                                                            | 3        | 2          | 6            |

## 2. Storage of Raw Materials

| Hazard                           | Hazard Description                                                                             | Severity | Likelihood | Significance |
|----------------------------------|------------------------------------------------------------------------------------------------|----------|------------|--------------|
| FIFO Method & Lot Nos.           | Potential for inventory to not be stored using FIFO method and the supplier's lot numbers.     | 2        | 1          | 2            |
| Contamination by Foreign Objects | Potential for the presence of foreign objects in delivered ingredients.                        | 3        | 1          | 3            |
| Cross-Contamination              | Potential for cross-contamination from other raw materials that are allergens eg nuts, celery. | 3        | 2          | 6            |

### 3. Preparation of Recipe

| Hazard                      | Hazard Description                                                                                                                                                                                 | Severity | Likelihood | Significance |
|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|------------|--------------|
| Incorrect Recipe Followed   | Correct product recipe should be followed, clearly and carefully measuring each ingredient using an accurate and calibrated weighing scale. Mixer and grinder to be used as needed.                | 3        | 1          | 3            |
| Production Cleanliness      | Production area must be clean, disinfected regularly. Mask, gloves, hair net and gown are to be worn at all times. All machinery (mixer and grinder) to be cleaned and disinfected after each use. | 3        | 2          | 6            |
| Lot Number & Reference Code | Mixture produced should be labelled with a reference code that correlates with clear lot numbers of each ingredient used.                                                                          | 3        | 2          | 6            |

### 4. Temporary Storage of Mixture

| Hazard                          | Hazard Description                                                                                       | Severity | Likelihood | Significance |
|---------------------------------|----------------------------------------------------------------------------------------------------------|----------|------------|--------------|
| Harmful Bacteria Growth         | Potential for presence/growth of bacteria in the mixture due to storage at wrong temperatures.           | 3        | 1          | 3            |
| Interaction Between Ingredients | No interaction between ingredients in the finished mixture should occur, or have any potential to occur. | 2        | 1          | 2            |

## 5. Production of Capsules

| Hazard                           | Hazard Description                                                                                 | Severity | Likelihood | Significance |
|----------------------------------|----------------------------------------------------------------------------------------------------|----------|------------|--------------|
| Contamination by Foreign Objects | Potential for the presence of foreign objects eg hair, plastic, paper                              | 3        | 1          | 3            |
| Product cross-contamination      | Potential for cross-contamination of mixture that contains allergens through production machinery. | 3        | 2          | 6            |

## 6. Temporary Storage of Capsules

| Hazard                                        | Hazard Description                                                                                     | Severity | Likelihood | Significance |
|-----------------------------------------------|--------------------------------------------------------------------------------------------------------|----------|------------|--------------|
| Contamination due to Non-Food-Grade Packaging | Potential for contamination due to storage containers used not being food-grade safe.                  | 2        | 1          | 2            |
| Harmful Bacteria Growth                       | Potential for presence/growth of bacteria in the stored capsules if not stored at correct temperature. | 2        | 1          | 2            |

| Hazard                           | Hazard Description                                                    | Severity | Likelihood | Significance |
|----------------------------------|-----------------------------------------------------------------------|----------|------------|--------------|
| Contamination by Foreign Objects | Potential for the presence of foreign objects eg hair, plastic, paper | 3        | 1          | 3            |

## 7. Packaging/Labelling of Jars

| Hazard                                        | Hazard Description                                                                                             | Severity | Likelihood | Significance |
|-----------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------|------------|--------------|
| Contamination due to Non-Food-Grade Packaging | Potential for contamination due to packaging used not being food-grade safe.                                   | 3        | 1          | 3            |
| Lot Number                                    | Final product should be labelled with a lot number that corresponds to the specific mixture produced.          | 3        | 2          | 6            |
| Best Before Date                              | Correct best before date should be identified on the final product.                                            | 2        | 2          | 4            |
| Contamination by Foreign Objects              | Potential for the presence of foreign objects eg hair, plastic, paper                                          | 3        | 1          | 3            |
| Label Compliance                              | Labels used must comply with all UK and EU regulations. Disclaimers, allergens etc should be clearly labelled. | 3        | 1          | 3            |
| Contamination due to Wrong Labelling          | Potential for cross-contamination should wrong label be used to identify the capsules.                         | 3        | 1          | 3            |

## 8. Storage of Final Product

| Hazard                                        | Hazard Description                                                                                                                   | Severity | Likelihood | Significance |
|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|----------|------------|--------------|
| Product and Packaging Interaction,            | Potential that the capsules that contain allergens will transfer to the packaging box.                                               | 1        | 1          | 1            |
| Potential for Contamination from Pest Control | Potential for chemicals used during pest control checks to contaminate unless products are stored correctly and eg not on the floor. | 3        | 2          | 6            |

## 9. Transport to Retail Outlets

| Hazard                              | Hazard Description                                 | Severity | Likelihood | Significance |
|-------------------------------------|----------------------------------------------------|----------|------------|--------------|
| Presence of Toxic Contaminants      | Potential for contamination toxic substances       | 3        | 1          | 3            |
| Contamination During Transportation | Potential for contamination of insects or rodents. | 3        | 1          | 3            |

The threshold, above which we consider the hazard to be 'significant' is: **4**

# Control Measures

| Step No. | Step Name.                                      | Hazard                      | Hazard Description                                                                                                                                                                                 | Control Measures                                                                                                                                              |
|----------|-------------------------------------------------|-----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1        | Receive Delivery of Raw Materials (Ingredients) | Cross-Contamination         | Potential for cross-contamination from other raw materials that are allergens eg nuts, celery.                                                                                                     | Visual inspection of each pack of raw material immediately upon delivery and proper storage of pack.                                                          |
| 2        | Storage of Raw Materials                        | Cross-Contamination         | Potential for cross-contamination from other raw materials that are allergens eg nuts, celery.                                                                                                     | Visual inspection of storage method used - allergen ingredients and non-allergen ingredients are stored in different areas of the facility.                   |
| 3        | Preparation of Recipe                           | Production Cleanliness      | Production area must be clean, disinfected regularly. Mask, gloves, hair net and gown are to be worn at all times. All machinery (mixer and grinder) to be cleaned and disinfected after each use. | Visual inspections done every 4 hours, regular testing for bacteria. Proper uniform worn and all hygiene methods followed precisely.                          |
| 3        | Preparation of Recipe                           | Lot Number & Reference Code | Mixture produced should be labelled with a reference code that correlates with clear lot numbers of each ingredient used.                                                                          | Mixture should have its own reference number that correlates with the quantity of each ingredient used and the ingredients' own lot number from the supplier. |

| Step No. | Step Name.                  | Hazard                                        | Hazard Description                                                                                                                   | Control Measures                                                                                                                                                                                       |
|----------|-----------------------------|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5        | Production of Capsules      | Product cross-contamination                   | Potential for cross-contamination of mixture that contains allergens through production machinery.                                   | Visual inspection that only the allergen mixture production materials are used for allergen mixtures. Visual inspection that the non-allergen production materials are used for non-allergen mixtures. |
| 7        | Packaging/Labelling of Jars | Lot Number                                    | Final product should be labelled with a lot number that corresponds to the specific mixture produced.                                | Visual inspection that the final jar is labelled with a lot number that corresponds to the specific mixture produced and its reference number.                                                         |
| 7        | Packaging/Labelling of Jars | Best Before Date                              | Correct best before date should be identified on the final product.                                                                  | Visual inspection of final jar.                                                                                                                                                                        |
| 8        | Storage of Final Product    | Potential for Contamination from Pest Control | Potential for chemicals used during pest control checks to contaminate unless products are stored correctly and eg not on the floor. | Visual inspection that all final products are stored in correct storage and out of reach of pest control.                                                                                              |

# CCPs for significant hazards

For this study, we are using the **Codex** decision tree.

| Step No. | Hazard                      | Control Measures                                                                                                                                              | Decision Tree                                                                           | CCP? |
|----------|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|------|
| 1        | Cross-Contamination         | Visual inspection of each pack of raw material immediately upon delivery and proper storage of pack.                                                          | <b>Q1:</b> Yes<br><b>Q1A:</b> N/A<br><b>Q2:</b> Yes<br><b>Q3:</b> N/A<br><b>Q4:</b> N/A | Yes  |
| 2        | Cross-Contamination         | Visual inspection of storage method used - allergen ingredients and non-allergen ingredients are stored in different areas of the facility.                   | <b>Q1:</b> Yes<br><b>Q1A:</b> N/A<br><b>Q2:</b> Yes<br><b>Q3:</b> N/A<br><b>Q4:</b> N/A | Yes  |
| 3        | Production Cleanliness      | Visual inspections done every 4 hours, regular testing for bacteria. Proper uniform worn and all hygiene methods followed precisely.                          | <b>Q1:</b> Yes<br><b>Q1A:</b> N/A<br><b>Q2:</b> Yes<br><b>Q3:</b> N/A<br><b>Q4:</b> N/A | Yes  |
| 3        | Lot Number & Reference Code | Mixture should have its own reference number that correlates with the quantity of each ingredient used and the ingredients' own lot number from the supplier. | <b>Q1:</b> Yes<br><b>Q1A:</b> N/A<br><b>Q2:</b> Yes<br><b>Q3:</b> N/A<br><b>Q4:</b> N/A | Yes  |

| Step No. | Hazard                                        | Control Measures                                                                                                                                                                                       | Decision Tree                                                                           | CCP? |
|----------|-----------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|------|
| 5        | Product cross-contamination                   | Visual inspection that only the allergen mixture production materials are used for allergen mixtures. Visual inspection that the non-allergen production materials are used for non-allergen mixtures. | <b>Q1:</b> Yes<br><b>Q1A:</b> N/A<br><b>Q2:</b> Yes<br><b>Q3:</b> N/A<br><b>Q4:</b> N/A | Yes  |
| 7        | Lot Number                                    | Visual inspection that the final jar is labelled with a lot number that corresponds to the specific mixture produced and its reference number.                                                         | <b>Q1:</b> Yes<br><b>Q1A:</b> N/A<br><b>Q2:</b> Yes<br><b>Q3:</b> N/A<br><b>Q4:</b> N/A | Yes  |
| 7        | Best Before Date                              | Visual inspection of final jar.                                                                                                                                                                        | <b>Q1:</b> Yes<br><b>Q1A:</b> N/A<br><b>Q2:</b> Yes<br><b>Q3:</b> No<br><b>Q4:</b> N/A  | No   |
| 8        | Potential for Contamination from Pest Control | Visual inspection that all final products are stored in correct storage and out of reach of pest control.                                                                                              | <b>Q1:</b> No<br><b>Q1A:</b> No<br><b>Q2:</b> N/A<br><b>Q3:</b> N/A<br><b>Q4:</b> N/A   | No   |

# Critical limits for the CCPs

The following critical limits have been established for the CCPs.

| Step No. | Step Name.                  | Hazard                      | Critical limit                           | How was the critical limit determined?                                                                         | Will the critical limit control the specific hazard? | Can the critical limit be measured or observed in real time? |
|----------|-----------------------------|-----------------------------|------------------------------------------|----------------------------------------------------------------------------------------------------------------|------------------------------------------------------|--------------------------------------------------------------|
| 2        | Storage of Raw Materials    | Cross-Contamination         | No contamination                         | Allergen products and non-allergen products are stored in different locations.                                 | Yes                                                  | Yes                                                          |
| 7        | Packaging/Labelling of Jars | Lot Number                  | Packaging & labelling meets requirements | Packaging supplier has certificate of food-grade compliance and labels used meet all legal required standards. | Yes                                                  | Yes                                                          |
| 3        | Preparation of Recipe       | Production Cleanliness      | Observable clean facility                | Observable clean facility as well as updated cleaning records.                                                 | Yes                                                  | Yes                                                          |
| 3        | Preparation of Recipe       | Lot Number & Reference Code | Clear Reference Code                     | Each product mixture batch produced has clear lot number and reference code.                                   | Yes                                                  | Yes                                                          |

| Step No. | Step Name.                                      | Hazard                      | Critical limit                       | How was the critical limit determined?                                                                            | Will the critical limit control the specific hazard? | Can the critical limit be measured or observed in real time? |
|----------|-------------------------------------------------|-----------------------------|--------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------|--------------------------------------------------------------|
| 5        | Production of Capsules                          | Product cross-contamination | No cross-contamination               | Visual inspection that allergen and non-allergen mixtures are separate.                                           | Yes                                                  | Yes                                                          |
| 1        | Receive Delivery of Raw Materials (Ingredients) | Cross-Contamination         | Raw material packs meet requirements | Any raw materials' packaging received from suppliers that is damaged, open or has been tampered with is observed. | Yes                                                  | Yes                                                          |

# The HACCP Plan

| Process step                                    | Step no. | Hazard              | Control measure                                                                                      | Critical limit                              | Monitoring procedures                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Corrective action                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|-------------------------------------------------|----------|---------------------|------------------------------------------------------------------------------------------------------|---------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Receive Delivery of Raw Materials (Ingredients) | 1        | Cross-Contamination | Visual inspection of each pack of raw material immediately upon delivery and proper storage of pack. | <b>Raw material packs meet requirements</b> | <p>Visual inspection of incoming raw material deliveries</p> <p>Monitoring activity frequency: Upon delivery of each individual raw material pack</p> <p>How the monitoring activities are carried out: During delivery of raw materials ordered, each pack is visually inspected to ensure:</p> <ul style="list-style-type: none"> <li>- no pack is open, damaged or has tampering of any kind</li> <li>- no visual contaminates on the outside of the packaging (dust, dirt, bird droppings)</li> <li>- no presence of undeclared allergens</li> <li>- raw materials comply with the quantity and specifications ordered</li> </ul> <p>The following people are responsible for monitoring actions at this CCP: Dr. Anabtawi</p> <p>The deputy is: Owner</p> <p>The results of monitoring are recorded: Raw Materials Purchase</p> <p>Monitoring records will be checked and signed off by <b>Hadeel Anabtawi</b> at the frequency of: <b>Bi-Monthly</b></p> | <p>Corrective action to be taken: Packs are immediately removed and the supplier is contacted directly. Photographs and records and updated.</p> <p>Personnel who have the authority to take the stated corrective action: Dr. Anabtawi</p> <p>The product would be destroyed and any jars already with outlets would be recalled immediately.</p> <p>Actions for product produced when the CPP was out of control will be recorded in: Raw materials purchase records are updated, production (mixture) records updated. Recall records also updated.</p> <p>All personnel are trained and competent for performing the activities stated.</p> <p>Records of competency are maintained.</p> |

# The HACCP Plan

| Process step             | Step no. | Hazard              | Control measure                                                                                                                             | Critical limit          | Monitoring procedures                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Corrective action                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|--------------------------|----------|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Storage of Raw Materials | 2        | Cross-Contamination | Visual inspection of storage method used - allergen ingredients and non-allergen ingredients are stored in different areas of the facility. | <b>No contamination</b> | <p>Visual inspection of storage shelves</p> <p>Monitoring activity frequency:<br/>Monitoring is carried out upon arrival of any new raw materials receiving. General visual inspection is done on a weekly basis to ensure full compliance.</p> <p>How the monitoring activities are carried out: Storage area is visually inspected to ensure that all allergen ingredients are being stored in a separate area from non-allergen ingredients.<br/>Further weekly visual inspection is carried out to ensure full compliance.</p> <p>The following people are responsible for monitoring actions at this CCP: Dr. Anabtawi</p> <p>The deputy is: Owner</p> <p>The results of monitoring are recorded: Inventory Storage Check</p> <p>Monitoring records will be checked and signed off by <b>Hadeel Anabtawi</b> at the frequency of: <b>Bi-monthly</b></p> | <p>Corrective action to be taken:<br/>All non-allergen ingredients to be destroyed.</p> <p>Personnel who have the authority to take the stated corrective action: Dr. Anabtawi</p> <p>Any products produced are immediately destroyed, records updated and recalls done as needed.</p> <p>Actions for product produced when the CPP was out of control will be recorded in: Inventory records updated, production (mixture) records updated. Recall records updated if done.</p> <p>All personnel are trained and competent for performing the activities stated.</p> <p>Records of competency are maintained.</p> |

# The HACCP Plan

| Process step          | Step no. | Hazard                 | Control measure                                                                                                                      | Critical limit                   | Monitoring procedures                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Corrective action                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-----------------------|----------|------------------------|--------------------------------------------------------------------------------------------------------------------------------------|----------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Preparation of Recipe | 3        | Production Cleanliness | Visual inspections done every 4 hours, regular testing for bacteria. Proper uniform worn and all hygiene methods followed precisely. | <b>Observable clean facility</b> | <p>Visual inspection of area and records and cleaning activities</p> <p>Monitoring activity frequency: On production days, visual inspections of the production area are done every 4 hours.<br/>Daily inspection of cleaning records<br/>Daily check of personnel hygiene practices<br/>Weekly critical inspection of all areas<br/>Every six months, pest control is done by an external party</p> <p>How the monitoring activities are carried out: Production area is visually inspected to ensure cleanliness, sanitised area and properly stored equipment.<br/>Visual inspection that use of gloves, hairnet, mask and gown are being used during production of products.<br/>Visual inspection of updated cleaning records<br/>Visual inspection of pest control records</p> <p>The following people are responsible for monitoring actions at this CCP: Dr. Anabtawi</p> <p>The deputy is: Owner</p> <p>The results of monitoring are recorded: Production (Area) Check</p> <p>Monitoring records will be checked and signed off by <b>Hadeel Anabtawi</b> at the frequency of: <b>Bi-monthly</b></p> | <p>Corrective action to be taken: Cleaning records to be updated, staff training provided and visual inspections done.</p> <p>Personnel who have the authority to take the stated corrective action: Dr. Anabtawi</p> <p>Depends on the extent of control lost which unless significant, no production would be affected.</p> <p>Actions for product produced when the CPP was out of control will be recorded in: Cleaning records, training records, pest control records.</p> <p>All personnel are trained and competent for performing the activities stated.</p> <p>Records of competency are maintained.</p> |

# The HACCP Plan

| Process step          | Step no. | Hazard                      | Control measure                                                                                                                                               | Critical limit              | Monitoring procedures                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | Corrective action                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|-----------------------|----------|-----------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Preparation of Recipe | 3        | Lot Number & Reference Code | Mixture should have its own reference number that correlates with the quantity of each ingredient used and the ingredients' own lot number from the supplier. | <b>Clear Reference Code</b> | <p>Visual inspection of storage area and records</p> <p>Monitoring activity frequency: Carried out after production of a mixture</p> <p>How the monitoring activities are carried out: Visual inspection that the mixture produced is stored in a food-grade container and is clearly labelled with the corresponding reference code. Then, a visual inspection that the records kept show that the mixture produced has the correct reference code with ingredients and the supplier lot numbers used.</p> <p>The following people are responsible for monitoring actions at this CCP: Dr. Anabtawi</p> <p>The deputy is: Owner</p> <p>The results of monitoring are recorded: Production (Mixture)</p> <p>Monitoring records will be checked and signed off by <b>Hadeel Anabtawi</b> at the frequency of: <b>Bi-monthly</b></p> | <p>Corrective action to be taken: Products recalled</p> <p>Personnel who have the authority to take the stated corrective action: Dr. Anabtawi</p> <p>Product would be destroyed and recalled as should an issue arise, serious liability would incur.</p> <p>Actions for product produced when the CPP was out of control will be recorded in: Inventory records, recall records.</p> <p>All personnel are trained and competent for performing the activities stated.</p> <p>Records of competency are maintained.</p> |

# The HACCP Plan

| Process step           | Step no. | Hazard                      | Control measure                                                                                                                                                                                        | Critical limit                | Monitoring procedures                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Corrective action                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|------------------------|----------|-----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Production of Capsules | 5        | Product cross-contamination | Visual inspection that only the allergen mixture production materials are used for allergen mixtures. Visual inspection that the non-allergen production materials are used for non-allergen mixtures. | <b>No cross-contamination</b> | <p>Visual inspection of production equipment</p> <p>Monitoring activity frequency: Visually inspected on a weekly basis</p> <p>How the monitoring activities are carried out: We have two of each piece of equipment; one set for mixtures that contain allergens, and the other for mixtures that contain no allergens. Each set is kept in a separate location, clearly labelled and only used to make mixtures that they are required for. Monitoring checks are done weekly to ensure this is complied with.</p> <p>The following people are responsible for monitoring actions at this CCP: Dr. Anabtawi</p> <p>The deputy is: Owner</p> <p>The results of monitoring are recorded: Equipment Storage Check</p> <p>Monitoring records will be checked and signed off by <b>Hadeel Anabtawi</b> at the frequency of: <b>Bi-monthly</b></p> | <p>Corrective action to be taken: Any products that contain no allergens would be destroyed and recalled as necessary. Production area cleaning and storage training to be re-done.</p> <p>Personnel who have the authority to take the stated corrective action: Dr. Anabtawi</p> <p>Any products that contain no allergens would be destroyed and recalled as necessary. Products that already contain allergens would not be affected in any way.</p> <p>Actions for product produced when the CPP was out of control will be recorded in: Inventory records, production (mixture records), recall records.</p> <p>All personnel are trained and competent for performing the activities stated.</p> <p>Records of competency are maintained.</p> |

# The HACCP Plan

| Process step                | Step no. | Hazard     | Control measure                                                                                                                                | Critical limit                                      | Monitoring procedures                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | Corrective action                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|-----------------------------|----------|------------|------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Packaging/Labelling of Jars | 7        | Lot Number | Visual inspection that the final jar is labelled with a lot number that corresponds to the specific mixture produced and its reference number. | <b>Packaging &amp; labelling meets requirements</b> | <p>Visual inspection and random checks</p> <p>Monitoring activity frequency: Checked after new batch of products are packaged plus a weekly random check.</p> <p>How the monitoring activities are carried out: After a batch of final jars are packaged and labelled, products are visually inspected to ensure full label compliance which includes accurate lot numbers are used.</p> <p>The following people are responsible for monitoring actions at this CCP: Dr. Anabtawi</p> <p>The deputy is: Owner</p> <p>The results of monitoring are recorded: Visual Inspection (Final Product)</p> <p>Monitoring records will be checked and signed off by <b>Hadeel Anabtawi</b> at the frequency of: <b>Bi-monthly</b></p> | <p>Corrective action to be taken: Products recalled</p> <p>Personnel who have the authority to take the stated corrective action: Dr. Anabtawi</p> <p>Product would be destroyed and recalled as should an issue arise, serious liability would incur.</p> <p>Actions for product produced when the CPP was out of control will be recorded in: Inventory records, recall records.</p> <p>All personnel are trained and competent for performing the activities stated.</p> <p>Records of competency are maintained.</p> |

# Verification

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## Validation study

There is the possibility of the four classes of hazards. Biological hazard is very limited to very limited exposure to people who delivers the raw material and dispatch the products. Chemical hazards during cleaning the surfaces and using disinfectant. Physical which is due to presence of some material unintended to be in the process of producing supplements like small pieces of plastics, pieces of paper or board of the labels or hair etc. Allergens and this is the main concern for us of identifying the control measures besides the others above that are less serious to prevent eliminate and or reduce the occurring of the hazards that are defined.

Our production use ingredients that are solid and powder dry and not humid. The process occurs at room temperature and storing of both the ingredients and the products are at room temperature, where only crushing and mixing are used in the process like other food businesses. All control measures were taken and analysed in sections 1.1 to 5. The main source of hazard due to the possibility of contamination that may occur between Allergen ingredients and non allergen that may occur accidentally (which we avoid under all circumstances). Yet significant hazard analysis was carried out based on scientific approach for the 9 steps of our production as shown in items 2 to 6 and based on this analysis we listed our control measures. Due to the nature of our production we ranked insignificant for likelihood x severity at 4 or less . We addressed the critical measures above 4.

Our physical hazards are limited to flexible plastics, paper/boards. The chemical hazards is also limited to cleaning and sanitising chemicals and chemical residues that may be migrate from packaging such as plasticiser, because of the jars we use or BPA. Biological hazard and they are scarcely occurred because there is very limited encounter with people from outside the premises to delivery people for the ingredients and those who take the product. As mentioned above the major potential of hazard is of the allergens. We used the following references for our analysis:

- 1- The Food Safety Act 1990
- 2- Food Standard Act 1999
- 3- The General Food Regulations 2004
- 4- The Food Hygiene Regulations 2006
- 5- Food Information Regulations 2014
- 6- Food standard agency guidance
- 7- Regulation EC 852/2004
- 8- Regulation EC 178/2002
- 9- Regulation EC 2073/2005
- 10- Regulation EC 1169/2001
- 11- Cook safe house rules

**Dr Mohammed Anabtawi** is responsible for ensuring the contents of the HACCP plan are validated and will also formally sign off the HACCP plan.

The following verification activities are undertaken:

Internal audits of

- Critical Control Points

- Records of monitoring
- Corrective actions
- Prerequisites

#### Other verification activities

- We are in the process of receiving the ISO 22000.

All verification records are maintained

The HACCP system is formally reviewed **Internally every 6 month and externally by ISO provider every year.**

**Hadeel Anabtawi** is responsible for carrying out a formal annual review.

The following triggers will initiate a review in the organisation:

- Change in raw material/ingredients/product formulation/packaging
- Receipt of information from the market place indicating a health risk associated with the product
- Technological advances in production
- New controls that become available
- Failures in the system, e.g. corrective actions or the need for product recall/withdrawal
- Emergence of foodborne pathogens with public health significance
- New scientific/technical knowledge (e.g. new information on hazards and control measures)
- Unexpected use of product by the consumer
- Anticipated change in use of product by customer/consumer
- Modification to process equipment (e.g. new equipment, modification of existing equipment)
- Changes in layout and environment of the factory
- Changes in cleaning and disinfection programme (i.e. a change to any supporting prerequisite programme)
- Change of raw material supplier
- Change in processing system (e.g. changes in method of preservation - such as addition of preservatives, water activity changes, going from a sterilisation to a pasteurisation activity)
- Changes in legislation
- Environmental changes/issues (i.e. local changes external to the food operation; climate changes)

**Other mechanisms that will automatically trigger a review:** Complaints that lead to recall of product or more of our products

All records from reviews are documented, brought to the attention of senior management and used to keep the HACCP plan up-to-date.

# Documentation and record keeping

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Documentation relating to this HACCP study that the business retains:

- Intended use of the product
- The critical limits at the CCP's, with targets and tolerances where relevant
- Flow diagram, and the confirmation that it is correct
- HACCP team members with details of their role, experience, training and qualifications
- Details and date(s) of validation activities
- Scope of the study
- Details of all CCP's that have been determined
- Relevant hazards (as determined from the hazard analysis) and control measures
- Product description
- Evidence of how CCP's were determined
- Reference to prerequisite programmes
- The corrective action plan for each CCP
- The monitoring plan for each CCP
- Reference to relevant procedures/work instructions and record forms
- Details of verification activities, including the programme for scheduled review and a list of factors that should initiate a review

## Other supporting information that is retained

We have a comprehensive study on our product to provide scientific support to why we use the mixtures we decided to use for our production. The info is available on computer.

## Documentation control

All documents are kept on the computers and pack up is available too on different server.

The maximum length of time we retain this information for is **365 days**

All records are accessible, accurate and up to date.

# Appendix A - Flow Diagram

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The flow diagram begins on the next page.

**CCP Critical control point**

