

**FDA, TITLE 21 - FOOD AND DRUGS  
APPROVED FOR HUMAN CONSUMPTION**

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The following are actual copies of the official FDA Federal Regulations for food additives clearly stating that 'sodium humate' (Humic Acid) is approved for human consumption.

**TITLE 21 - FOOD AND DRUGS**  
**(Food and Drug Administration)**

**CHAPTER I - FOOD AND DRUG ADMINISTRATION,  
DEPARTMENT OF HEALTH AND HUMAN SERVICES**

**SUBCHAPTER B - FOOD FOR HUMAN CONSUMPTION**

**PART 173 - SECONDARY DIRECT FOOD ADDITIVES  
PERMITTED IN FOOD FOR HUMAN CONSUMPTION**

subpart d - SPECIFIC USAGE ADDITIVES

Ammonium alginate.....

Cobalt sulfate (as catalyst).....

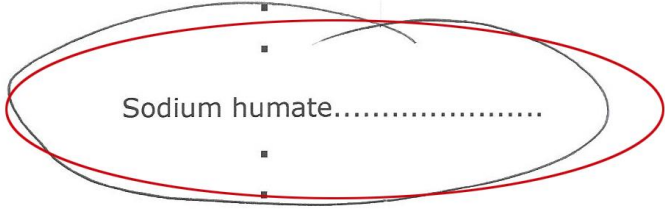
1-hydroxyethylidene-1,1- diphosphonic acid (CAS Reg. No.  
2809-21-4) and its sodium and potassium salts.

Lignosulfonic acid.....

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Sodium humate.....

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**US Food and Drug Administration Title 21  
Approval of Humic Acid (Sodium Humate) for Human Consumption**