

## Bringing of health products into the Kingdom of Thailand

Health products include medicines, foods, cosmetics, medical devices, hazardous substances use in household, psychotropic substances, narcotics, and herbal products can be brought into the Kingdom in the form of personal effects of travelers for personal use only. Bringing it in must be imported by individual. However, all kinds of imported products must not be products that are legally prohibited to be imported and must be processed under the terms and laws of Thailand as follows:

### Foods

Importation of foods into the Kingdom for personal consumption can only be imported in no more than the prescribed amount, and when including all items, it must not exceed 20 kilograms as follows:

No.	Product group	Maximum allowed quantity
1	Milk and dairy products: ready-to-drink milk, powdered milk, ice cream, cheese, whey proteins, yogurt, or pudding	5 kilograms / 5 liters
2	<ul style="list-style-type: none"><li>● Coffee: roasted coffee, coffee beans (roasted or not), coffee in capsules</li><li>● Instant drinks: "3 in 1" coffee or tea</li></ul>	5 kilograms
3	<ul style="list-style-type: none"><li>● Freeze-dried coffee</li><li>● Tea: tea leaves, powdered tea, herbal tea, or herbal brewing drinks, for example chamomile tea or mint tea</li></ul>	1 kilogram
4	Dried sugar substitute: aspartame, sucralose, saccharin, xylitol, or stevia	1 kilogram
5	The food supplement	With an amount equivalent to 6 months of consumption by product, not to exceed 10 products
6	Dried plants, vegetables, and fruits	5 kilograms
7	Dried spices: saffron or vanilla	1 kilogram

	Dry animal-based food: swallow nest, shark fin, or fish maw	
8	<p>The following food list:</p> <ul style="list-style-type: none"> <li>● Dried cereals: quinoa, nuts</li> <li>● Pastry, desserts, or snacks</li> <li>● Liquid sweeteners: sugar or honey</li> <li>● Non-alcoholic beverages: fruit juices, soda</li> <li>● Meat, processed meat, and animal products: sausages, ham, smoked meat, slice of crispy pork, dried crushed pork, or smoked salmon</li> <li>● Noodles, pasta, spaghetti, ramen, instant noodles, or similar products with or without condiments</li> <li>● Liquid sauces and condiments: fish sauce, soy sauce, vinegar, mayonnaise, or gravy sauce</li> <li>● Plants, vegetables, fresh and processed fruit (pickled, candied, canned)</li> <li>● Oil and fat: cooking oil</li> <li>● Baby and medical food</li> <li>● Human breast milk</li> </ul>	10 kilograms / 10 liters
9	Other types of food	Refer to product groups 1-8

**Note:** 1. To be classified as food base on the laws of Thailand.

2. The importation of cannabis-based or hemp-based foods is not allowed.

**Cosmetics**

Cosmetics that can be carried into the Kingdom for personal use only must be ready-made cosmetics, with no more than 6 pieces of each type and a total of no more than 30 pieces.

**Note:** The importation of cosmetics that consists of Cannabis extract or hemp is not allowed.

### Medical devices

The importation of a medical device in the amount required for personal use must be accompanied by the following documents:

(a) Documents containing medical device information such as the trade name, label, medical device information, ingredient, specifications, and the name and location of the manufacturer.

(b) A letter explaining the purpose of the medical device and certifying that it will not be sold.

(c) A medical certificate stating the importer's details and certifying that the importer has a disease for which the said medical device is actually needed.

### Medicines

Medicines can be carried in the amount necessary for personal use up to 30 days.

### Herbal products

Herbal products can be carried into the Kingdom in such quantities as necessary for personal use only, in quantities for use not exceeding 90 days, and must contain information or details to verify that they are for personal use.

**Note:** 1. Imported herbal products must not be herbal products prohibited to produce, import or sell and must not contain any component of the object prohibited to use according to the notification of the Ministry of Public Health.

2. Do not import herbal products containing cannabis or hemp.

### Psychotropic substances

Psychotropic substances - Type II-IV psychotropic substances, such as alprazolam, midazolam, and clonazepam, can be carried into the Kingdom in the amount necessary for personal use for no more than 30 days, and must have a medical certificate specifying the importer's details. and certify that the importer has a disease that requires the use of such psychotropic substances. (You can find a list of psychotropic substances at [https://permitfortraveler.fda.moph.go.th/nct\\_permit\\_main/](https://permitfortraveler.fda.moph.go.th/nct_permit_main/))

Note: The importation of Type I of psychotropic substances is not allowed.



## Narcotics

Bringing all kinds of narcotics to treat one's own disease must be licensed by the Narcotics Division of the FDA before importing. (Applications can be made at [https://permitfortraveler.fda.moph.go.th/nct\\_permit\\_main/](https://permitfortraveler.fda.moph.go.th/nct_permit_main/))



Hazardous substances use in household Hazardous substances use in household is divided into 4 types, namely hazardous substance types I, II, and III, and IV. Prior to the importation of a hazardous substance type I, the importer must inform FDA of the facts. (You can see how this is done here <https://hazard.fda.moph.go.th/our-service/category/permission>)



The hazardous substance types II and III that can be imported for use in household must be finished products for personal use only. and can only be imported in quantities of 5 kilograms or 5 liters (the type of hazardous substances can be checked at <https://hazard.fda.moph.go.th/laww/category/law-02>)

**Note:** The importation of Type IV of dangerous substances is not allowed.



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For additional information or any inquiries, please contact any food and drug checkpoint or Import and Export Inspection Division, building 5, 5<sup>th</sup> floor  
Food and Drug Administration, Ministry of Public Health.  
Tiwanon Road, Mueang District, Nonthaburi 11000  
Tel.: 02 590 7363-4 Fax: 02 591 8477  
E-mail: [inspection@fda.moph.go.th](mailto:inspection@fda.moph.go.th)

Line Official : @import.fda

Website : <https://logistics.fda.moph.go.th/>

