CAFFEINE HEALTH CLAIMS

Roel Vaessen

EFSA evaluation ....

- April 2011: EFSA positive evaluation of two mental performance claims and three physical performance claims
  - Caffeine helps to increase alertness
  - Caffeine helps to improve concentration
  - Caffeine contributes to an increase in endurance performance
  - Caffeine contributes to an increase in endurance capacity
  - Caffeine contributes to a reduction in the rated perceived exertion/effort during exercise
- EFSA evaluates science; Commission, Member States and European Parliament decide on approved claims.
... sparked political debate (1)

- Concerns that health claims would trigger unwanted high caffeine intake, mainly in connection with energy drinks

Three deaths linked to energy drink
Dailymail.co.uk

... sparked political debate (2)

- US Food and Drug Administration (FDA):
  - concerns about the proliferation of caffeine in the nation’s food supply.
  - need for changes in the regulatory framework to better guide the consumers and the industry about the appropriate level and use of caffeinated products.

- Wrigley to Pause the Production, Sales and Marketing of Alert Energy Caffeine Gum
  - (40 mg/piece)
October 2012: EU Working Group: caffeine alertness claims to be approved with a condition of use: ‘... In order to bear the claim information shall be given to the consumer not to exceed a daily intake of 300 mg of caffeine’.

- Scientific basis for this condition of use was outdated
- European Commission agreed to refer back to EFSA.

EFSA (1)

- EFSA:
  - to review existing scientific data on possible link between intake of caffeine from all sources and adverse health effects;
  - to advise on a tolerable upper level of intake (UL) for general population and for sub-groups (e.g. individuals performing physical activity, women of childbearing age, pregnant and breastfeeding women, children and adolescents);
  - if no UL, to advise on daily intake of caffeine from all sources, that does not give rise to concerns about harmful effects to health.
- Opinion to be delivered by 31 December 2013
Following on from EFSA opinion

- Feed back into unfinished discussion on caffeine-related health claims
- Provide scientific basis for conditions of use
- ECF preparing to ensure that EFSA opinion ‘lands’ in an environment of understanding