CAFFEINE HEALTH CLAIMS

Tijmen de Vries
EFSA evaluation ....

- April 2011: EFSA positive evaluation of two mental performance 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.
Concerns that health claims would trigger unwanted high caffeine intake, mainly in connection with energy drinks.

Caffeinated Drink Cited in Reports of 13 Deaths
(New York Times 14 November 2012)

Are Energy Drinks Fatally Caffeinated?
(Time 24 October 2012)

Three deaths linked to energy drink
(Dailymail.co.uk)
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.
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Scientific basis for this condition of use was outdated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:

- 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.

Consultation expected to start second half of April 2014

Opinion to be delivered by 30 June 2014
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