UPDATE
EFSA OPINION ON
CAFFEINE & ACRYLAMIDE

Tijmen de Vries
European Coffee Federation
Caffeine Health Claims

- 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 (1/2)

- 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)

Death By Caffeine: How Many Caffeine-Related Fatalities and Near-Misses Must There Be Before We Regulate?

Jack E. James
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- Outdated (1999)
- Applied recommendation for pregnant adults to entire population

European Commission agreed to refer back to EFSA.
EFSA opinion on caffeine

- EFSA has been asked by the Commission:
  - 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.

- The EFSA opinion is expected by the end of 2014.
Following on from EFSA caffeine opinion

- Feed back into unfinished discussion on caffeine-related health claims.
- This may lead into a wider consideration of caffeine and general health.
- ECF is prepared to make sure that the EFSA opinion lands in an environment of understanding.
Why is EFSA looking into acrylamide in food?

- In 2013 EFSA has been asked by the Commission to provide a scientific opinion on the potential risks for human health of acrylamide in food.
- The EFSA opinion forms the basis for the European Commission and Member States to develop long term strategy on possible regulatory measures.
What is the timeline for the EFSA opinion on acrylamide?

- Draft opinion + public consultation: 1 July – 15 September 2015
- September – November 2014: EFSA’s Scientific Panel on Contaminants in the Food Chain to discuss feedback received
- End 2014/beginning 2015: Stakeholder meeting with contributors to the online public consultation
- Beginning 2015 (before June 2015): finalization and adoption of the opinion by EFSA
- Following publication of the final EFSA opinion, Commission and Member States will start working on risk management and possible regulatory measures.
ECF position:
- Avoid maximum levels for acrylamide and promote consideration/discussion of alternative risk management approaches – in cooperation with other sectors under FoodDrinkEurope
Thank you! Contact: ecf@ecf-coffee.org