



# CAFFEINE HEALTH CLAIMS

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# EFSA evaluation ....

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- 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.

# ... sparked political debate (1)

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- 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

# ... sparked political debate (2)

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- 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.

## ... sparked political debate (3)

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- 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- Scientific basis for this condition of use was outdated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

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- 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