



# UPDATE EFSA OPINION ON CAFFEINE & ACRYLAMIDE

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# Caffeine Health Claims

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- 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)

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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)

JOURNAL OF CAFFEINE RESEARCH  
Volume 2, Number 4, 2012  
© Mary Ann Liebert, Inc.  
DOI: 10.1089/caf.2013.1226

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

Editorial

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

# ... sparked political debate (2/2)

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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  - ▣ Outdated (1999)
  - ▣ Applied recommendation for pregnant adults to entire population
- European Commission agreed to refer back to EFSA.

# EFSA opinion on caffeine

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- 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

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- 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.

# EFSA opinion on Acrylamide (1/3)

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- 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

# EFSA opinion on Acrylamide (2/3)

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- 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.



# EFSA opinion on Acrylamide (3/3)

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- ECF position:
  - ▣ Avoid maximum levels for acrylamide and promote consideration/discussion of alternative risk management approaches – in cooperation with other sectors under FoodDrinkEurope



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