



EFSA's scientific opinion on caffeine and stakeholder engagement

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CAFFEINE



CAFFEINE: A LONG HISTORY OF SAFETY ASSESSMENTS

2000s

- ❑ SCF (1999)
- ❑ FSANZ (2000)
- ❑ HEALTH CANADA (2006)
- ❑ UK COMMITTEE OF TOXICOLOGY (COT, 2008)
- ❑ NNT (2008)
- ❑ BFR (2008, 2009)
- ❑ EFSA ANS PANEL (2009)

2010s

- ❑ HEALTH CANADA (2011)
- ❑ BELGIUM SHC (2012)
- ❑ UK COT (2012)
- ❑ BFR (2012)
- ❑ SWEDISH NATIONAL FOOD AGENCY (2012)
- ❑ ANSES (2013)
- ❑ ANSES (2014)



RATIONALE FOR ASSESSMENT

- Member States' concerns re conditions of use for health claims on physical performance proposed by EC
 - ⇒ 300 mg per day
- Several national recommendations on maximum daily intake
- In EU caffeine only assessed in context of "energy drinks"



EFSA'S RISK ASSESSEMENT 1

...link between caffeine intakes, from a sources, and possible **adverse health effects in the general population** and as appropriate, in **specific subgroups ...**

tolerable upper intake level

or, advice on a daily intake that does not give rise to concerns

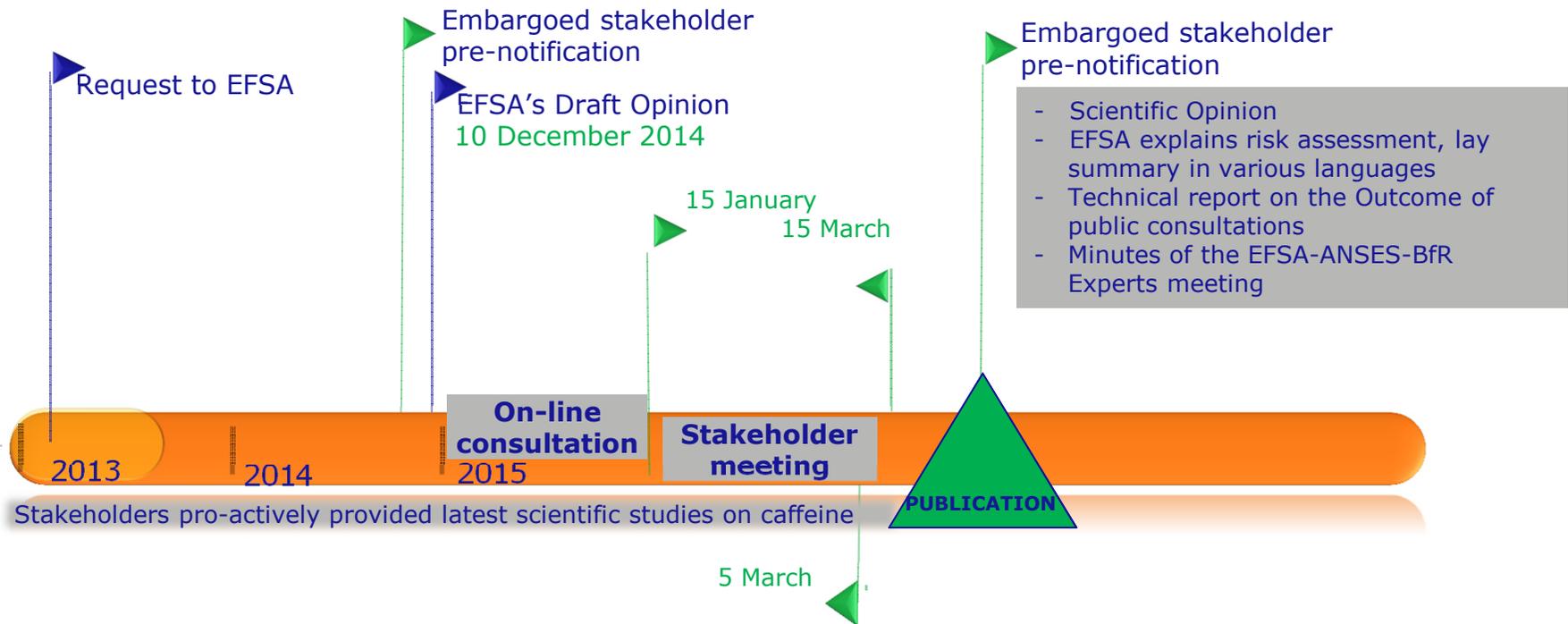


EFSA'S RISK ASSESSEMENT 2

Advise whether, and the extent to which, **the consumption of caffeine together with other food constituents**, such as alcohol or substances found in energy drinks, **could present a risk to health ...**



STAKEHOLDER ENGAGEMENT : TIMELINE





LAUNCH OF PUBLIC CONSULTATION

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15 January 2015

 Nutrition

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Caffeine: EFSA consults on draft assessment

Single doses of caffeine up to 200mg and daily intakes of up to 400mg do not raise safety concerns for adults in Europe. These are two of the provisional findings of EFSA's Scientific Opinion on the safety of caffeine from all sources. EFSA is now seeking comments and feedback on the draft document through a public consultation which is open until 15 March 2015.

EFSA will hold a stakeholder meeting in Brussels on 5 March 2015 to explain and discuss the draft opinion with interested parties (details [here](#)).

Other key provisional conclusions include:

- Single doses of caffeine up to 200mg do not raise safety concerns for adults (18-65 years) also when consumed less than two hours before intense exercise.
 - It is unlikely that caffeine interacts adversely with other constituents of "energy drinks" – such as taurine and D-glucurono-γ-lactone – or alcohol.
 - For pregnant women, caffeine intakes of up to 200mg a day do not raise safety concerns for the foetus.
 - For children (3-10 years) and adolescents (10-18 years), daily intakes of 3mg per kg of body weight are considered safe.
 - Single doses of 100mg may increase sleep latency (the amount of time it takes to fall asleep) and shorten sleeping time in some adults.
-
- [Public consultation on a draft Scientific Opinion on the safety of caffeine](#)
 - [Extensive literature search as preparatory work for the safety assessment for caffeine](#)

Subject area

 **Nutrition** >

NDA

Panel on Dietetic Products, Nutrition and Allergies >

Related topics

Nutrition and health claims >

Caffeine >

Related News

[Novel food, traditional food – EFSA briefs stakeholders on draft guidance documents](#)

 Nutrition

 published: 15 Apr 2016

[Public consultation: dietary reference values for vitamin D](#)

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STAKEHOLDER'S COMMENTS

The European Consumer Association

- Called for open debate on discrepancies in RAs
- Co-consumption of caffeine and alcohol → discrepancy EFSA and Anses/BfR
- Oversimplification of EFSA's communication, etc.

STAKEHOLDER'S REACTIONS JAN- FEB 2016	
The European Consumer Association	European Coffee Federation
	Energy Drinks Europe
	FoodDrinkEurope
	European Specialist Sports Nutrition Alliance

STAKEHOLDER'S COMMENTS

European, British, Coffee Federation, FoodDrinkEurope, Energy Drinks Europe

- Sought clarifications on:
 - Sleep, anxiety and behavioural changes, sub-item Children and adolescents
 - Caffeine intake from all sources
 - Definition of acute intake, etc.

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The European Consumer Association	European Coffee Federation
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MEETING WITH STAKEHOLDERS – MARCH 2015

- Opportunity to clarify various contentious points
- **Programme**
 - organised around key areas of comments received
 - foresaw key stakeholders' intervention →MSs and stakeholders



MEETING WITH STAKEHOLDERS – MARCH 2015

- Media reported discontent of some stakeholders re time allocated for their intervention
- EFSA addressed and clarified issue with stakeholders individually



STAKEHOLDERS' CONTRIBUTION - I

- Gain better view of variety and range of comments
- Gain knowledge of aspects NOT understood
- Identify most vocal stakeholders - through Q&A sessions
- Gain insight into stakeholders' motivation, etc.



STAKEHOLDERS' CONTRIBUTION - II

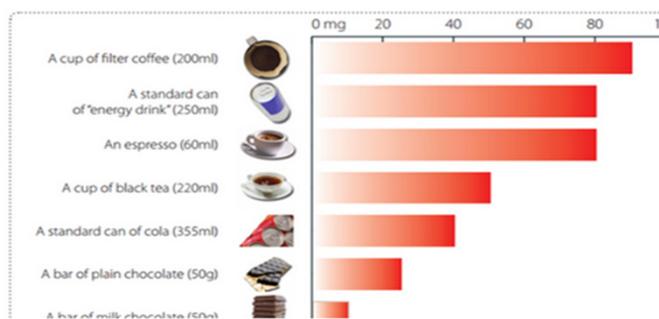
- Discrepancies between EFSA and MSs addressed
 - April 2015: meeting between EFSA, ANSES and BfR
 - Publicly available minutes
- Various aspects expanded and further clarified in the final opinion : e.g. (single doses, acute intake, ...)
- Laymen summary will accompany final scientific opinion





SOCIAL AND TRADITIONAL MEDIA & EFSA WEBSITE

NutraIngredients.com and 2 others retweeted
EFSA @EFSA_EU · May 27
 #DIK how much #caffeine is there in... bit.ly/1FaD2HG



consultation and a stakeholder meeting in Brussels.

It is the first time that the risks from caffeine from all dietary sources have been assessed at EU level. A number of risk assessments have been carried out previously by national and other authoritative bodies around the world, which were thoroughly analysed by EFSA's working group.

The European Commission asked EFSA to carry out its assessment after a number of Member States raised concerns about adverse health effects associated with caffeine consumption – particularly cardiovascular disease, problems related to the central nervous system (for example, interrupted sleep and anxiety), and possible risks to foetal health in pregnant women.

EFSA has also published a lay summary explaining the conclusions and context of its Scientific Opinion.

EU Expo 2015 and 1 other retweeted
EFSA @EFSA_EU · May 27
 #Caffeine: #EFSA estimates safe intakes bit.ly/1FadWZx



- [Scientific Opinion on the safety of caffeine](#)
- [EFSA explains risk assessment: Caffeine](#)
- [Outcome of a public consultation on the draft Scientific Opinion of the EFSA Panel on Dietetic Products, Nutrition and Allergies \(NDA\) on the safety of caffeine](#)
- [Caffeine: EFSA meets stakeholders](#)
- [EFSA-ANSES-BfR Expert Meeting on the safety of caffeine](#)
- [FAQs on the Safety of Caffeine](#)

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🌐 Nutrition

📅 published: 15 Apr 2016

[Public consultation: dietary reference values for vitamin D](#)

🌐 Nutrition

📅 published: 21 Mar 2016

[Draft guidance on applications for novel foods](#)

STAKEHOLDER ENGAGEMENT

Monique Goyens, the Director General of **The European Consumer Association BEUC:**



"We appreciate EFSA's efforts to address the comments made during the consultation phase by clarifying under which conditions its advice applies. This helped us to understand why EFSA and some national food safety bodies had reached different conclusions on issues such as caffeine interaction with alcohol. "