European Journal of Nutrition & Food Safety

12(8): 61-62, 2020; Article no.EJNFS.58919
ISSN: 2347-5641

Risk Assessment of Other Substances in Food Supplements - L-methionine

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Authors' contributions

This work was carried out in collaboration among all authors. The opinion has been assessed and approved by the Panel on Nutrition, Dietetic Products, Novel Food and Allergy of VKM. All authors read and approved the final manuscript.

Article Information

DOI: 10.9734/EJNFS/2020/v12i830263

Grey Literature

Received 02 May 2020
Accepted 09 July 2020
Published 05 August 2020

ABSTRACT

"Other substances" are described in the food supplement directive 2002/46/EC as *substances other than vitamins or minerals that have a nutritional and/or physiological effect*, and may be added to food supplements or e.g. energy drinks. In the series of risk assessments of "other substances" the VKM has not evaluated any claimed beneficial effects from these substances, but merely possible adverse effects at specified doses used in Norway.

This statement regards the substance L-methionine per se, and no specific products.

According to information from the Norwegian Food Safety Authority (NFSA), L-methionine is an ingredient in food supplements sold in Norway. NFSA has requested a risk assessment of the

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intake of 200, 300, 500, 600 and 700 mg L-methionine per day from food supplements. The total L-methionine exposure from other sources than food supplements is not included in the risk assessment.

This statement is based on a previous risk assessment from VKM of L-methionine, as well as scientific papers retrieved from a systematic search in literature published from 2012 up till 19 February 2016. The literature search aimed at retrieving human studies on adverse effects caused by L-methionine.

VKM concludes that:

VKM maintains the guidance level from 2013 at 210 mg methione per day.

Keywords: L-methionine; food supplement; adverse health effect; negative health effect; Norwegian Food Safety Authority; Norwegian Scientific Committee for Food Safety; other substances; risk assessment; VKM.

Available:https://vkm.no/download/18.645b840415d03a2fe8f25fae/1502801254989/Risk%20assessment%20of%20%22other%20substances%20in%20food%20supplements%20-%20L-methionine.pdf

ISBN: 978-82-8259-247-5

NOTE:

This work was carried out in collaboration between all authors. The opinion has been assessed and approved by the Panel on Food Additives, Flavourings, Processing Aids, Materials in Contact with Food and Cosmetics of VKM. All authors read and approved the final manuscript.

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Suggested citation: VKM. (2016) Risk assessment of "other substances" – L-methionine. Statement of the Panel on Nutrition, dietetic products, Novel Food an Allergy of the Norwegian Scientific Committee for Food Safety, ISBN: 978-82-8259-247-5, Oslo, Norway.

COMPETING INTERESTS

Authors have declared that no competing interests exist.