



Making inulin work for you

Subject : News release
EFSA communication about inulin claims

Date : July 2011

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On June 30th EFSA communicated its opinion on all inulin and oligofructose related article 13 generic health claims. It was concluded that inulin and oligofructose are not sufficiently characterised based on the presented data. However EFSA did not comment specifically on the claimed health effects.

EFSA has reviewed the claims submitted for inulin-type fructans related to the following claimed effects: bowel function, defence against gastrointestinal pathogens, increase in calcium absorption and retention, increase in bone mineral density, maintenance of normal blood glucose concentrations, and satiety (ID 766, 767, 768, 769, 770, 771, 772, 804, 848, 849, 2922, 3092).

The EFSA Panel considers that the inulin and oligofructose products which are the subject of this opinion are not sufficiently characterised, or are not sufficiently characterised in relation to the proposed claimed effects. "On the basis of the data presented, the Panel concludes that a cause and effect relationship cannot be established between the foods/food constituents which are the subject of this opinion and the claimed effects."

Numerous studies have been conducted in which the inulin and oligofructose have always been well documented. Also there is a wide and well supported body of evidence on inulin and oligofructose and the claimed effects. The EFSA opinion still has to be ratified by the European Parliament and made into final EU legislation on health claims. We continue to work with EFSA on completing our dossiers on health related claims for inulin and oligofructose.

For more information see: EFSA Journal 2011;9(6):2244