

CODEX ALIMENTARIUS COMMISSION



Food and Agriculture
Organization of the
United Nations



World Health
Organization

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Agenda Item 4a

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JOINT FAO/WHO FOOD STANDARDS PROGRAMME CODEX COMMITTEE ON NUTRITION AND FOODS FOR SPECIAL DIETARY USES

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DRAFT NRV-R FOR VITAMIN E

Comments of India, Malaysia, Mexico, Peru and the African Union

INDIA

General Comment:

India appreciates the opportunity to provide the following input to the CL 2016/19-NFSDU, July 2016, comments at Step 6, NRV-R for Vitamin E.

Specific Comment:

India supports the NRV-R for Vitamin E of 9 mg/day.

Rationale:

India agrees with maintaining the WHO/FAO as a primary source to establish an NRV-R for vitamin E in line with the General Principles which is to be 9mg.

MALAYSIA

Malaysia prefers the use of values based on INL98 to be in line with the Codex Guidelines on Nutrition Labelling (CAC/GL 2-1985) in ANNEX: General Principle for Establishing NRVs-R as below:

3.2.1.1 The NRVs-R should be based on Individual Nutrient Level 98 (INL98). In cases where there is an absence of, or an older, established INL98 for a nutrient for a specific sub-group(s), it may be appropriate to consider the use of other daily intake reference values or ranges that have been more recently established by recognized authoritative scientific bodies. The derivation of these values should be reviewed on a case-by-case basis.

In this context, Malaysia prefers to adopt average values based on INL98 from IOM (15 mg) and Nordic Council (9 mg) be used which is 12mg.

Having also presented our case for recognition of other isomers of vitamin E besides only α -tocopherol, it is therefore logical that the value should be higher than that proposed for α -tocopherol alone, in order to include the contributive effects from the other isomers of vitamin E.

MEXICO

México agradece la oportunidad de realizar comentarios a la Carta Circular **CL 2016/19-NFSDU**, sobre la **Solicitud de observaciones en el Trámite 6 sobre el VRN-N para la Vitamina E**, correspondiente al Tema 4a de la Agenda de la próxima reunión del CCNFSDU.

Considerando que el valor propuesto de **9mg**, se obtuvo basado en los valores de los principales Organismos científicos competentes reconocidos (OCCR), incluyendo la OMS/FAO, apoyamos tanto el valor como que se exprese en **α -tocoferol**, ya que como lo mencionó la representante de la OMS en la CCNFSDU37, éste es el único isómero que mostraba la actividad de la vitamina E.

PERU

Observaciones generales: La opinión de Perú en el marco del Codex Alimentarius al documento CL 2016/19-NFSDU es no estar de acuerdo con el valor propuesto de VRN-N de 9 mg con fines de etiquetado.

A pesar de no tener un consenso científico sobre el nivel de ingesta diaria de Vitamina E necesaria para una salud óptima, esta Comisión considera que el valor de VRN-N de 9 mg/día es bajo, considerando el papel de la vitamina E en el mantenimiento de la integridad de las membranas de las células del cuerpo en su

papel como antioxidante. Por esto propone considerar el valor de 12 mg de Vitamina E, tomando como referencia el informe técnico de la EFSA 2015*.

* European Food Safety Authority (EFSA). (Julio 2015). EFSA JOURNAL. *Scientific Opinion on Dietary Reference Values for vitamin E as α -tocopherol*. 10.2903/j.efsa.2015.4149

Disponible en: <http://orbit.dtu.dk/files/118481010/4149.pdf>

Específicas:

La EFSA considera a la vitamina E sólo como α -tocoferol y establece valores de ingesta promedio para adultos de α -tocoferol entre 11 mg/día y 13 mg/día.

AFRICAN UNION

Comment: The AU supports the adoption of 9 mg as NRV-R for Vitamin E as α -tocopherol

Rationale: Vitamin E is an important antioxidant in the body and the proposed levels are physiologically adequate for its function.