

CODEX ALIMENTARIUS COMMISSION



Food and Agriculture
Organization of the
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World Health
Organization

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

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PROJECT DOCUMENT - PROPOSAL FOR NEW WORK ON THE GENERAL REQUIREMENTS FOR PROTEIN SUPPLEMENTS INTENDED FOR BODYBUILDING

(Prepared by Egypt)

INTRODUCTION

Bodybuilding supplements are dietary supplements commonly used by those involved in bodybuilding, weightlifting, mixed martial arts and athletics for the purpose of facilitating an increase in lean body mass. The intent is to increase muscles, gain body weight, improve athletic performance and for some sports to simultaneously decrease percent body fat so as to create better muscle definition.

Among the most widely used are high protein drinks, branched-chain amino acids (BCAA), glutamine, arginine, essential fatty acids, creatine, β -hydroxy β -methylbutyrate (HMB) and weight loss products. Bodybuilding supplements are sold in different forms such as powder, liquid or tablets.

1. The Purpose and Scope of the Standard

The purpose of this work is to develop an international document on “General Requirements for Supplements Intended for Bodybuilding” based on measurable characteristics, specific safety and quality criteria and any other factors to protect consumers’ health and ensure fair practices in the international trade.

2. Relevance and Timeliness

2.1 Sports nutrition is one of the fastest-growing consumer health market categories. Global sports nutrition sales range from US \$7.3 billion in 2011 to \$11.9 billion in 2016.

Looking forward, the global sports nutrition market is expected to continue growing at the fastest rate and the sports nutrition industry continues to expand growing. The United States is the largest consumer, representing approximately two-thirds of the world sports nutrition market in both volume and value of retail sales.

Protein products continue to drive the sports nutrition industry, capturing more than 80% of global sports nutrition value sales in 2016. Over 2011-2016, sports protein products posted a 12.5% CAGR, reaching \$9.7 billion globally, and are projected to reach \$14.6 billion globally by 2021.

2.2 There are many products that marked as protein bodybuilding supplements, so there was an important need to develop international transparent guidelines cover all the requirements needed for such products to protect consumer's health, facilitate international trade and the removal of obstacles that have appeared recently in the trade in these products.

3. Main aspects to be covered

This document as general requirements covers the following aspects:

- a. Products definition.
- b. Composition: Including provisions for basic ingredient and other permitted ingredients.
- c. General requirements for products of bodybuilding supplements.
- d. Quality criteria.
- e. Labeling of pre-packaged foods.

- f. Provisions for hygiene, contaminants, pesticides and hormonal residues with reference to pre-existing Codex documents.
- g. References to the methods of analysis and sampling.

4. **Assessment against the criteria for the establishment of work priorities**

4.1 General criterion

Consumer protection from the health and food safety point of view, ensuring fair trade practices.

The proposed requirements will meet this criterion by:

- a. Consumer protection from the point of view of health and the prevention of fraudulent practices.
- b. Quality of the product to meet consumer needs and the minimum requirements of food safety.
- c. Arriving at levels of standardization based on the properties of different varieties to meet industrial and consumer needs with exactness and credibility.
- d. The elaboration of the standard for the bodybuilding supplements would be to the benefit of many countries (imports and exports) in general.

4.2 Criteria applicable to commodities

- a. Volume of production and consumption in individual countries and volume and pattern of trade between countries:

Protein supplements products continue to drive the sports nutrition industry, capturing more than 80% of global sports nutrition value sales in 2016. Over 2011-2016, sports protein products posted a 12.5% CAGR, reaching \$9.7 billion globally, and are projected to reach \$14.6 billion globally by 2021.

- b. Diversification of national legislations and apparent resultant or potential impediments to international trade:

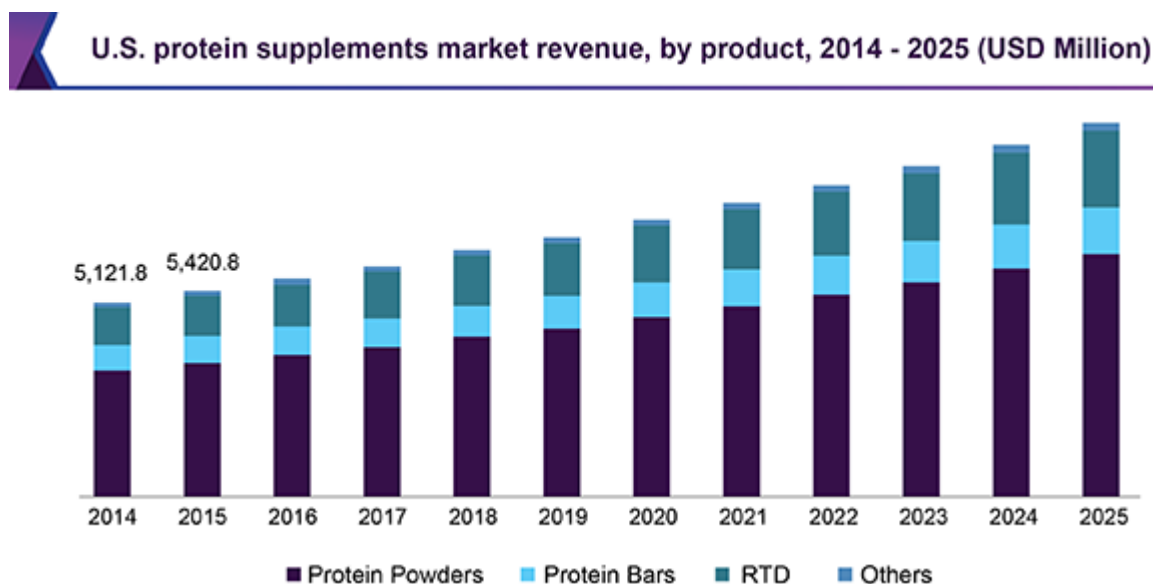
Imports and exports of protein supplements now are take place worldwide; the market is expected to show significant growth over the forecast period due to the growing demand for sports nutritional supplementation. However, it would be preferred that the trade in protein supplements for bodybuilding is carried under an International criteria based on Codex Guidelines. Therefore, the new work would provide internationally recognized specific requirements in order to enhance international trade and to accommodate the importer's requirements.

- c. International or regional market potential:

There has been a noticeable increase of the protein supplements trade on international markets (figure 1).

Products of protein supplements continue to drive the sports nutrition industry.

figure 1



d. Amenability of commodity to standardization

The Guidelines will include requirements which can be applied to products for example composition, quality, labelling and packaging criteria.

e. Coverage of the main consumer protection and trade issues by existing or proposed general standards:

There is no general standard covering protein supplements. The new work will strengthen consumer protection and will facilitate trade by establishing an internationally agreed and recognized general requirements and guidelines.

f. Number of commodities which would need separate standards including whether raw, semi-processed or processed:

This new work will be universal coverage for all types of goods traded (a raw and semi-processed or manufactured).

g. Work already undertaken by other international organizations in this field:

There are no international standards covering sports nutrition.

Relevance to the Codex strategic objectives

The proposal is consistent with the Strategic Plan of the Codex Alimentarius Commission 2014-2019, in particular, Strategic Goal 1 (Establish international food standards that address current and emerging food issues). This proposal is in accordance with Article (a) of the Statutes of the Codex Alimentarius "protecting the health of the consumer and ensuring fair practices in the food trade".

Information on the relation between the proposal and other existing Codex documents.

This proposal is a new Codex document and is not related to or based on any pre-existing Codex document. These Guidelines will include references to relevant pre-existing Codex texts developed by general subject committees, as follows:

- a. CAC / GL 21/2013 " Principles for the Establishment and Application of Microbiological Criteria for Foods".
- b. CAC / RCP 1-2010 "Food Hygiene".
- c. Data bases relating to the maximum limits for pesticides residue issued Codex Committee on Pesticides Residues in Food (CCPR).
- d. Codex Standard No. 193/2012 "General Standard for Contaminants and Toxins in Food and Feed".
- e. General Guidelines on claims CAC/GL 1-1979.
- f. Guidelines for use of nutritional and health claims CAC/GL 23-1979.
- g. Guidelines for vitamins And Minerals Food Supplements CAC/GL 55-2005.
- h. General Standard for Food Additives CODEX STAN 192-1995.

5. Identification of any requirements for and availability of expert scientific advice.

Technical advice may be required for the preparation of this project document from expertise and third parties in this scope.

6. Identification of any need for technical input to the standard from external bodies

This can be planned for possibly expected to be used as inputs from international organizations such as International Organization for Standardization (ISO), WHO, FAO and other relevant concerned organizations.

7. Proposed timeline DATE ADVANCE AND PROCEDURES

If approved by the CCNFSDU40 in 2018, the further work expected to take at least two Committee sessions to be completed.