



COMMUNIQUE DE PRESSE  
PRESS RELEASE

Information: Jim Murray / Beate Kettlitz / Caroline Hayat  
Date: 14 February 2001  
Reference: 2001/05

### **BEUC welcomes vote on food supplements**

BEUC, the European Consumers Organisation, welcomes the results of today's vote in European Parliament on the draft directive on food supplements such as vitamins and minerals. EU rules on food supplements have been needed for a long time.

We are pleased that MEPs voted to extend the scope of the directive to include other substances that are already on the market such as fibres or essential fatty acids that were not included in the original draft of the directive.

Parliament also decided that the competent authorities should be notified of all new food supplements before they put on the market. This is a good requirement that will help to ensure adequate monitoring of these products.

The current text contains some helpful provisions for informative labelling of food supplements but we wanted more. Food supplements can meet certain needs but they can also be useless or dangerous when taken inappropriately. For most people a balanced diet should provide all the necessary nutrients and they should not need food supplements. We think the Parliament should have looked for a statement on labels saying that food supplements should not be used as a substitute for a diversified and balanced diet. END