

SCIENTIFIC PANEL ON
Nutrition, Novel Foods and Food Allergens
171st NDA Panel Plenary meeting



29-30 September 2026
09:00-18:00 / 09:00 – 13:00
MINUTES - Agreed on 9 October 2026

Location: Teleconference

Attendees:

- o Panel Members:
Torsten Bohn, Montaña Cámara, Jacqueline Castenmiller, Stefaan de Henauw, Karen Ildico Hirsch-Ernst, Ángeles Jos, Alexandre Maciuk, Inge Mangelsdorf, Breige McNulty¹, Androniki Naska, Kristina Pentieva, Alfonso Siani, Frank Thies, and Dominique Turck (Chair).
- o Hearing Experts²:
Not Applicable
- o European Commission:
EC: Ivona Babic, Athanasios Angelou, and Olga Goulaki.
- o EFSA:
Nutrition & Food Innovation (NIF) Unit: Ana Afonso, Reinhard Ackerl, Océane Albert, Domenico Azzollini, Andrea Germini, Leng Heng, Marcello Laganaro, Leonard Matijevic, Salvatore Mutari, Gabriela Precup, Annamaria Rossi, Angeliki Sofroniou, Emanuela Turla, and Silvia Valtueña Martinez.

1. Welcome and apologies for absence

The Chair welcomed the participants.

2. Adoption of agenda

The agenda was adopted without changes.

3. Declarations of Interest of Panel members

In accordance with EFSA's Policy on Independence³ and the Decision of the Executive Director on Competing Interest Management,⁴ EFSA screened the Annual Declarations of Interest filled out by the Panel members invited to the present meeting and to the preparatory meeting listed under the agenda item "8 Preparatory meeting". No conflicts of interest related to the matters discussed in these meetings have been identified during the screening process.

Certain interests were declared orally by one member before the beginning of this meeting. For further details on the outcome of the screening of the Oral Declaration of Interest made at the beginning of this meeting, please refer to the Annex.

4. Agreement of the minutes of the 170th Plenary meeting held on 31 August 2026

¹ Attended only on 29 September.

² As defined in Article 34 of the document "Implementing Rule of the Management Board of the European Food Safety Authority laying down the rules on the selection, appointment and operations of the Scientific Committee, Scientific Panels and of their Working Groups":
<https://www.efsa.europa.eu/sites/default/files/paneloperation.pdf>

³ https://www.efsa.europa.eu/sites/default/files/corporate_publications/files/independence-policy-2024.pdf

⁴ <https://www.efsa.europa.eu/sites/default/files/2025-11/decision-ed-on-competing-interest-management-25-11.pdf>



The [minutes](#) of the 170th Panel plenary meeting were agreed by written procedure on 7 September 2026.

5. Scientific outputs submitted for discussion/possible adoption

5.1 Draft opinion on Appethyl® as part of a meal prolongs satiety/reduces cravings after that meal ([EFSA-Q-2025-00728](#)) Applicant: Lars Jansson

The Panel reviewed and discussed the draft scientific opinion. The opinion was adopted by the Panel on 29 September 2026, subject to the incorporation of editorial changes. The full text of the scientific opinion will be available in the coming weeks in the EFSA Journal.

5.2 Draft opinion on safety of 'roasted and ground edible *Jatropha curcas* L. (Xuta) kernels' as a Traditional Food from a third country (TF) ([EFSA-Q-2024-00136](#) - TFA 2024/21710) Applicant: Jatropower AG

The Panel reviewed and discussed the draft scientific opinion. The opinion was adopted by the Panel on 29 September 2026, subject to the incorporation of editorial changes. The full text of the scientific opinion will be available in the coming weeks in the EFSA Journal.

5.3 Draft opinion on Mangosteen peel extract (NF-2024-22299; [EFSA-Q-2024-00428](#)) Applicant: Fytexia

The Panel reviewed and discussed the draft scientific opinion. The opinion was adopted by the Panel on 29 September 2026, subject to the incorporation of editorial changes. The full text of the scientific opinion will be available in the coming weeks in the EFSA Journal.

5.4 Draft opinion on Spermidine trihydrochloride (Spermidine-3HCl) (NF 2024-28790; [EFSA-Q-2024-00629](#)) Applicant: Chrysea Labs, LDA

The Panel reviewed and discussed the draft scientific opinion. The opinion was adopted by the Panel on 30 September 2026, subject to the incorporation of editorial changes. The full text of the scientific opinion will be available in the coming weeks in the EFSA Journal.

6. Other scientific topics for information/discussion/endorsement

6.1 Draft scientific opinion on the evaluation of the safety in use of preparations from the fruits of sweet and bitter fennel ([EFSA-Q-2022-00804](#))

The Panel reviewed and discussed the outcome of the public consultation on the draft opinion, which was open from 16 July to 8 October 2025. A total of 203 comments, including attachments, were submitted by 23 interested parties. The draft opinion is currently being updated to take into account relevant comments received from interested parties and to incorporate the revised exposure assessment, which was performed using new occurrence data points from Member States. The updated opinion will be submitted to the Panel for discussion at the upcoming Plenary meeting.

6.2 Request to EFSA for scientific and technical support on the use of Precautionary Allergen Labelling (PAL) ([EFSA-Q-2026-00440](#))



The Panel was informed about the request from the European Commission to EFSA for scientific and technical support on the use of PAL under Article 31 of regulation (EC) No 178/2002. Feedback from the Panel was received. The mandate, including the Terms of Reference and timeline, is published on [Open EFSA](#).

6.3 Update on literature searches, screening and study selection for the Scientific Opinion on the safety of caffeine and “energy drinks” in children and adolescents ([EFSA-Q-2026-00259](#))

The Panel was informed about the state of play regarding the ongoing safety assessment, particularly the literature search conducted in accordance with the protocol, title and abstract screening, full-text screening, preliminary data extraction from eligible publications, and the preparatory meeting held on 8 September 2026 with some Panel members (see item 8). EFSA will continue to update the Panel on the progress of the work at upcoming Plenary meetings.

6.4 EC Roadmap to phase out animal testing for chemical safety assessment

The Panel was informed about the EC Roadmap to phase out animal testing and the actions taken at EFSA to implement the Roadmap. Feedback from the Panel on the foreseen future use of NAMs and the hurdles of NAMs implementation was requested.

7. Feedback from the Scientific Committee/ Scientific Panels/EFSA/ EC

7.1 Scientific Committee (SC)

The Chair informed the Panel on the outcome of the last [Scientific Committee Plenary meeting](#). Respective members of the Panel involved in transversal activities of the SC updated the Panel on relevant discussions that took place in the last working groups of the SC on [Risk-Benefit Assessment of Fish](#), [Weight of Evidence](#), and [Particle Risk assessment](#).

7.2 Working Groups

The NDA Panel was updated on activities of the working groups on [Novel Foods](#), [Claims](#), and [Substances other than vitamins and minerals](#) (Art. 8(2) of Regulation (EC) No 1925/2006).

8. Any other business

Preparatory meeting of the NDA Panel on 08/09/2026

Chaired by EFSA staff. Panel Members: Jacqueline Castenmiller, Androniki Naska, Kristina Pentieva, and Dominique Turck

Discussion at the meeting focused on literature search conducted in accordance with the protocol, the inclusion and exclusion of studies for the safety of caffeine and “energy drinks” in children and adolescents ([EFSA-Q-2026-00259](#))

9. Next meeting

The next meeting will be held on 22 October 2026 online.



Annex

Interests and actions resulting from the Oral Declaration of Interest done at the beginning of the meeting

With regard to this meeting, Montaña Cámara declared the following interest: involvement in a project on Mapping stakeholders' perspectives towards risk assessment regarding alternative proteins in the European Union. In accordance with EFSA's Policy on Independence⁵ and the Decision of the Executive Director on Competing Interest Management⁶, and taking into account the specific matters discussed at the meeting in question, the interest above was not deemed to represent a conflict of interest for the expert concerned.

⁵ https://www.efsa.europa.eu/sites/default/files/corporate_publications/files/independence-policy-2024.pdf

⁶ <https://www.efsa.europa.eu/sites/default/files/2025-11/decision-ed-on-competing-interest-management-25-11.pdf>