

ANSES recent opinions

35th FP meeting, 18-19 April 2018, Oslo



ANSES opinion on the health risk related to the consumption of game with regard to environmental chemical contaminants

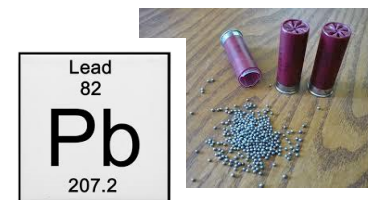
Published 23 March 2018



Background and ANSES mandate

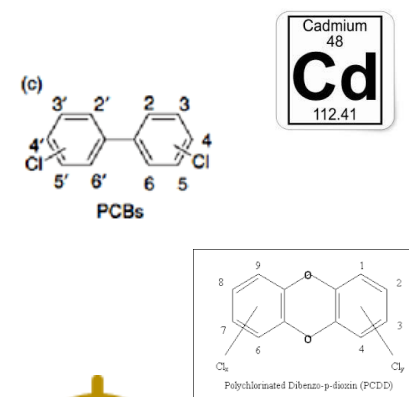
Context

- Wild game can be exposed to contaminants found in its living environment or ammunition
- Regulation (EEC) No 315/93 prohibits marketing food containing contaminants in levels unacceptable from a public health point of view
- Game meat or liver: no data on acceptable concentration or maximum content of chemical contaminants set



ANSES mandate

- Formal request from the French Directorate General for Food and the Directorate General for Health to ANSES (May 2015)
- Expert appraisal on health risk associated with consumption of wild game and levels of certain major environmental chemical contaminants: dioxins, polychlorinated biphenyls, PCBs, cadmium, lead



ANSES conclusions

- Data collected in the framework of control plans implemented by the French public authorities (Directive No 96/23/EC)
- Game contamination data produced by CP since 2007 only exploited for large game (deer and wild boar)
- Lack of dietary consumption data for frequent game consumers -> no specific health RA possible
- Wild game contains higher concentrations on average than farmed game
- Health concern related to lead found in the meat of large wild game (wild boar, red and roe deer, etc.)
- **Lead:** environment, **ammunition fragmentation** (high contamination values in a wide area around the bullet's trajectory)
- Potentially primary contributor to lead exposure through ingestion.



ANSES recommendations



Various levels for action:



- Substituting lead ammunition
- Trimming away the meat around the bullet's trajectory
- Following consumption recommendations
- More complete documentation of the contamination levels of small & large wild game by dioxins, PCBs, Cadmium & lead, & other environmental contaminants
- Need for a better understanding of dietary habits for small & large wild game in France



INFORMATION NEEDED



Pending these data, ANSES recommends:

Recommendations



- Occasional consumption of large wild game (approximately three times a year)
- Women of childbearing age and children avoid all consumption of large wild game, given the harmful effects of lead observed during the foetal-embryonic development period and in childhood.



For more information: <https://www.anses.fr/en/content/consumption-wild-game-action-needed-reduce-exposure-chemical-contaminants-and-lead>

ANSES opinion on the risks associated with the consumption of food supplements containing melatonin

Published 10 April 2018



Background and subject of the mandate

Background

- **Melatonin**

- Hormone naturally secreted during the night-> promotion of sleep
- Many food supplements with melatonin appeared in French market

- **90 Reports of adverse effects**

- likely to be associated with consumption of food supplements containing melatonin

- General symptoms: headache, dizziness, drowsiness, nightmares, irritability

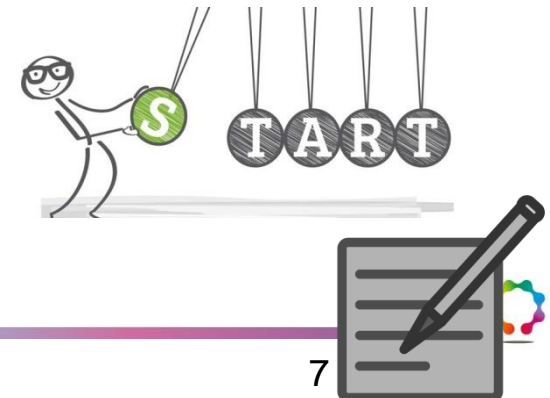
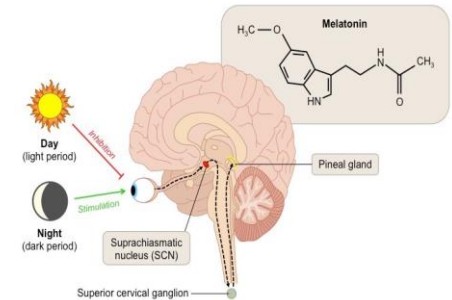
- Neurological disorders: tremor, migraines

- Gastroenterological disorders: nausea, vomiting, abdominal pain

ANSES Self-task

- **Sept 2016: launch of risk assessment**

- The overall retrospective analysis of these reports led ANSES to launch a risk assessment related to the consumption of these food supplements



Methodology of expertise

- **Nutrivigilance reports**
 - 90 reports of adverse effects, 19 underwent a causality analysis
- **Consultation of the French poison control centres (CAPs) & the national Toxicovigilance network**
 - Summary of any adverse effects involving melatonin brought to their attentions
- **Contact with European & International counterparts**
 - Multilateral request to the **Focal points** (Oct. 2016)
19 answers
 - Request to USA & Canada
- **Consultation**
 - French Food Supplements Association (SYNADIET)
- **Literature review**



efsa European Food Safety Authority Advisory Forum & Scientific Cooperation Unit	
FOCAL POINT NETWORK REQUEST FOR EXCHANGE OF INFORMATION ¹ PART I - REQUEST	
Requesting Institution: ANSES Country: FRANCE Date of request: 03/10/2016 Request Number ² : 49/2016	
Title of request	Request for information related to the consumption of melatonin in food supplements.
Description of request (including background)	Background: Based on 09 reports of adverse effects that may be related to the consumption of food supplements containing melatonin, and which have come to our attention since the creation of the National nutritional vigilance scheme ⁽¹⁾ in 2009, ANSES (French Agency for Food, Environmental and Occupational Health & Safety) has decided to initiate a national risk assessment related to the presence of melatonin in food supplements. Question(s): In this context, we contact you to ask your support for obtaining data from your country, in particular on the types of adverse effects reported with melatonin and their frequency. Specific questions: <ul style="list-style-type: none">• Have you in your country collected some information and/or published scientific documents on melatonin in food supplement?• If yes, have you collected data concerning adverse effects reported with melatonin?• In this case, what kind of adverse effects were reported, and do you have also some information concerning their frequency?
Addressee(s) of request	TO: all focal points Other addressee(s) requested action ³ : CC: scientficcooperation@efsa.europa.eu TO: pointfocal@anses.fr ; charlotte.legere@anses.fr CC:
Reply to request to be sent ⁴	
Timeline for submission of replies	03/11/2016



ANSES Conclusions & Recommendations

For consumers

- Existence of **populations and situations at risk**:
 - People with inflammatory or autoimmune diseases, pregnant and breastfeeding women, children, adolescents and people who need to carry out an activity requiring sustained vigilance and which may pose a safety problem in case of drowsiness -> **no consumption**
 - People with epilepsy, asthma, mood, behavioral or personality disorders or with medication -> **medical advice**
- **General recommendations**:
 - Consult a health professional before consuming food supplements and inform GP of taking food supplements.
 - Punctual use



Other recommendations

- Need for a **harmonised regulatory framework** to be defined at European level on the basis of safety studies conducted for doses below 2 mg
- **Healthcare professionals**: need to **report to its nutravigilance scheme** any adverse effects likely to be associated with the consumption of food supplements about which they become aware
- Value of setting up a **joint international project** on the monitoring of adverse effects associated with the consumption of food supplements



2 ANSES opinions to be published soon:



opinion on alternatives
to antibiotics in food
producing animals



general opinion on
animal welfare and its
definition/ criteria

For more information: <https://www.anses.fr/en/>