

# ANSES recent opinions

35<sup>th</sup> 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**

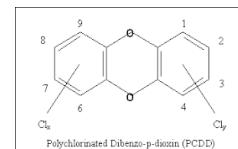
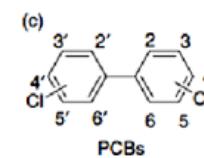
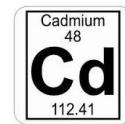
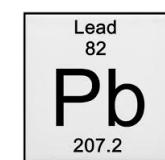
Published 23 March 2018



# 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

## Recommendations



## Pending these data, ANSES recommends:

- 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.



INFORMATION NEEDED



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

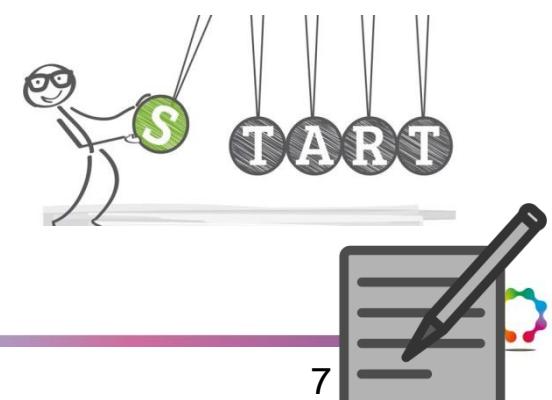
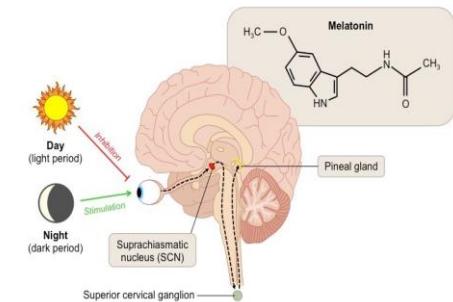
- Neurological disorders: tremor, migraines

- 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<sup>1</sup>**

**PART I - REQUEST**

Requesting Institution: ANSES  
Country: FRANCE  
Date of request: 03/02/2016  
Request Number: 749/2016

Title of request	Request for information related to the consumption of melatonin in food supplements.
Background:	Based on 69 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 <sup>[1]</sup> 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.
Description of request (including background)	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"><li>Have you in your country collected some information and/or published scientific documents on melatonin in food supplement?</li><li>If yes, have you collected data concerning adverse effects reported with melatonin?</li><li>In this case, what kind of adverse effects were reported, and do you have also some information concerning their frequency?</li></ul>
Addresser(s) of request	TO: all focal points Other addressee(s) requested action <sup>2</sup> : CC: scientificcooperation@efsa.europa.eu
Reply to request to be sent <sup>3</sup>	TO: pointofcal@anses.fr ; charlotte.leger@anses.fr CC:
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 nutrивigilance 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/>