

# Proposed refusal of a health claim for citicoline

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EU proposes to refuse health claim for citicoline in support of memory function

Draft Commission Regulation refusing to authorise a health claim made on foods, other than those referring to the reduction of disease risk and to children's development and health

Annex

## Update

The European Commission has informed the World Trade Organization Technical Barriers to Trade (WTO TBT) Committee that it intends to refuse a health claim for citicoline in support of memory function in healthy middle-aged and elderly persons ([G/TBT/N/EU/1112](#)).

## Impacted products

Health foods

## What is changing?

The European Commission has informed the WTO TBT Committee that it intends to refuse a health claim from Egde Pharma Sp. z o.o. that citicoline intake supports memory function in healthy middle-aged and elderly persons with age-related memory impairment.

## Why?

The European Food Safety Authority ([EFSA 2024](#)) concluded that, based on the data presented, a cause-and-effect relationship cannot be established between the consumption of citicoline (CDP-Choline) inner salt and its effect on age-associated subjective memory impairment in healthy middle-aged or elderly adults.

The health claim should not be included in the Union list of permitted health claims because it does not comply with the requirements of Regulation [1924/2006](#).

## Timeline

The Regulation is expected to be adopted in approximately the third quarter of 2025.

## Recommended Actions

Competent authorities of non-EU countries that are members of the WTO may comment on the EU proposal by emailing the [EU TBT Enquiry Point](#) until **4 May 2025** ([G/TBT/N/EU/1112](#)).

## Background

Regulation EC [1924/2006](#) prohibits health claims made on foods unless they are authorised by the Commission and, supported by a favourable European Food Safety Authority (EFSA) opinion, included in the Union list of permitted health claims (Regulation No [432/2012](#)).

## Resources

EFSA (2024) '[Citicoline' and support of the memory function: Evaluation of a health claim pursuant to Article 13\(5\) of Regulation \(EC\) No 1924/2006](#). EFSA Journal, 22(7): e8861.

Regulation [1924/2006](#) on nutrition and health claims made on foods

Regulation [432/2012](#) establishing a list of permitted health claims made on foods, other than those referring to the reduction of disease risk and to children's development and health

## Sources

[Draft](#) Commission Regulation refusing to authorise a health claim made on foods, other than those referring to the reduction of disease risk and to children's development and health

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