

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

The WTO consultation closed on 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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