

# Rejection of a health claim for Appethyl® confirmed

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## EU rejects Appethyl® body weight reduction claim

Commission Regulation (EU) [2025/350](#) of 21 February 2025 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

### Update

The European Union (EU) has refused the health claim submitted by Greenleaf Medical AB that Appethyl® (an aqueous extract from spinach) helps body weight reduction during mild calorie reduction.

### What is changing?

The EU has confirmed its rejection of an application, submitted by Greenleaf Medical AB, for a health claim that “Appethyl® helps your body weight reduction during mild caloric restriction”.

### Why?

The European Food Safety Authority (EFSA) evaluated the proposed claim and found that no cause-and-effect relationship had been established between the consumption of Appethyl® (an aqueous extract from spinach leaves) and a reduction of body weight, under the conditions of use proposed by the applicant ([EFSA 2023](#)). The health claim therefore does not comply with the requirements of Regulation [1924/2006](#) and was rejected.

### Timeline

The Regulation entered into force on **13 March 2025**.

## Background

Regulation (EC) No [1924/2006](#) establishes that health claims made on foods are prohibited unless they are authorised by the European Commission and included in the Union list of permitted health claims. For a health claim to be authorised, EFSA must deliver an opinion on the claim concerned, which the Commission considers when making a decision.

## Resources

EFSA (2023) [Appethyl® and reduction of body weight: evaluation of a health claim](#). EFSA Journal, 21(10): 8239.

Regulation (EC) No [1924/2006](#) on nutrition and health claims made on foods

## Sources

Commission Regulation (EU) [2025/350](#) 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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