

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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