Rejection of health claim on creatine and cognitive function

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EU proposes to refuse health claim linking creatine and improved cognitive 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

Draft Annex

Update

The European Commission has informed the World Trade Organization (WTO) Technical Barriers to Trade (TBT) Committee that it intends to refuse a health claim submitted by Alzchem Trostberg GmbH that daily creatine supplementation can contribute to improved cognitive function (G/TBT/N/EU/1163). The WTO consultation closed on 30 November 2025.

Impacted products

Health foods, creatine supplements

What is changing?

The European Commission proposes to refuse a health claim submitted by Alzchem Trostberg GmbH that daily creatine supplementation can contribute to improved cognitive function.

Why?

The European Food Safety Authority (EFSA 2024) concluded that, based on the data presented, a cause-and-effect relationship cannot be established between between creatine supplementation and an improvement in cognitive function. 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.

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Timeline

The Regulation is expected to be adopted in approximately the second quarter of 2026.

Background

Regulation 1924/2006 establishes that health claims made on foods have to be authorised by the European Commission and included in the Union list of permitted health claims (Regulation 432/2012). 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

Regulation 1924/2006 on nutrition and health claims made on foods

EFSA (2024) Creatine and improvement in cognitive function: Evaluation of a health claim pursuant to article 13(5) of regulation (EC) No 1924/2006. EFSA Journal, 22: e9100.

Sources

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