Rejection of health claim on creatine and cognitive function

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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

What is changing and why?

The European Commission intends to reject a health claim that creatine supplementation improves cognitive function. The European Food Safety Authority has concluded that a relationship cannot be established between the consumption of creatine and the effects claimed.

Timeline

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

For more information see the full record on the AGRINFO website – where you can also view the latest AGRINFO Update newsletters and search the database.

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