

# 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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