

SCIENTIFIC OPINION

Scientific Opinion on the substantiation of a health claim related to collagen hydrolysate and maintenance of joints pursuant to Article 13(5) of Regulation (EC) No 1924/2006¹

EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA)^{2, 3}

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ABSTRACT

Following an application from Gelita AG, submitted via the Competent Authority of Germany, the Panel on Dietetic Products, Nutrition and Allergies was asked to deliver an opinion on the scientific substantiation of a health claim related to collagen hydrolysate and maintenance of joint health. The scope of the application was proposed to fall under a health claim based on newly developed scientific evidence and including a request for the protection of proprietary data. The food constituent that is the subject of the health claim is collagen hydrolysate. The Panel considers that the collagen hydrolysate is sufficiently characterised. The claimed effect is “maintenance of joint health”. The target population as proposed by the applicant is physically active people. The Panel considers that the maintenance of joints is a beneficial physiological effect. The applicant provided one narrative review, three intervention studies in humans, one animal study, two *in vitro* studies, and two bioavailability studies as pertinent to the claim. The narrative review did not contain any primary data which were pertinent to the claim. One of the human studies was conducted in patients while another study was not controlled and no scientific conclusions could be drawn from these studies for the substantiation of the claimed effect. One trial in 147 active student athletes evaluated a total of 15 parameters related to joint pain/discomfort. There were no significant differences between groups for any endpoint when significance levels were adjusted for multiple comparisons. In weighing the evidence, the Panel took into account that one study in physically active humans did not show an effect of collagen hydrolysate on joint discomfort, and that studies in animals and *in vitro* do not predict an effect of collagen hydrolysate on maintenance of joints in humans *in vivo*. The Panel concludes that a cause and effect relationship has not been established between the consumption of collagen hydrolysate and maintenance of joints. © European Food Safety Authority, 2011

KEY WORDS

Collagen, joints, health claims

¹ On request from the Competent Authority of Germany following an application by Gelita AG, Question No EFSA-Q-2011-00201, adopted on 30 June 2011.

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³ Acknowledgement: The Panel wishes to thank the members of the Working Group on Claims: Carlo Agostoni, Jean-Louis Bresson, Susan Fairweather-Tait, Albert Flynn, Ines Golly, Marina Heinonen, Hannu Korhonen, Martinus Løvik, Ambroise Martin, Hildegard Przyrembel, Seppo Salminen, Yolanda Sanz, Sean (J.J.) Strain, Inge Tetens, Hendrik van Loveren and Hans Verhagen for the preparatory work on this scientific opinion.

Suggested citation: EFSA Panel on Dietetic Products, Nutrition and Allergies; Scientific Opinion on the substantiation of a health claim related to collagen hydrolysate and maintenance of joints pursuant to Article 13(5) of Regulation (EC) No 1924/2006. EFSA Journal 2011;9(7):2291. [11 pp.]. doi:10.2903/j.efsa.2011.2291. Available online: www.efsa.europa.eu/efsajournal