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New CRN-I Symposium Report Calls on Scientific Authorities to Set Numerical Values on Bioactive Nutrients—Consumers Deserve Clear Information to Help Them Achieve Dietary Goals—

Manno, Switzerland, *17 March 2016*—Authoritative scientific bodies should set standards for bioactive nutrients, says a new article titled “[Nutrient reference value: non-communicable disease endpoints—a conference report](#)” published online ahead of print in the *European Journal of Nutrition*.¹ According to the report’s eight co-authors, there are real public health benefits to be realized from bioactive nutrients and consumers need clarity when it comes to targeting goals for intake of bioactives in food and dietary supplements. The authors call on the Institute of Medicine (IOM) and the Codex Alimentarius Commission to establish reference values for bioactives that promote health or contribute to a reduction in risk of non-communicable disease. The paper is a detailed report of the presentations by the eight speakers at the CRN-International (CRN-I) symposium held 20 November, 2015, in Kronberg, Germany.

“There is a sufficient framework and relevant scientific data to begin the process of establishing standards for specific bioactives,” observed James C. Griffiths, Ph.D., vice president, scientific and international affairs, CRN-I, and co-author of the journal article. “Defined intake values for bioactives would benefit consumers, of course, as well as guide research scientists, funders, and governments—not to mention the boost that quantifiable standards would give to innovation of new dietary supplements and functional food products.”

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¹ Lupton JR, Blumberg JB, L’Abbe M, et al. Nutrient reference value: non-communicable disease endpoints – a conference report. *Eur J Nutr*. 2016 Mar 16 [Epub ahead of print].

Bioactives are those constituents in foods or dietary supplements, other than those required to meet basic human nutritional needs, which are responsible for changes in health status. For example, the omega-3 fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) are well-known bioactives with a robust body of evidence supporting their health benefits, especially their benefits in reducing the risk of cardiovascular heart disease. In addition, there is substantial scientific evidence that demonstrates the benefits of other bioactives, such as flavanols, lycopene, lutein and zeaxanthin and soybean isoflavones isolated from plants and animals.

“If an authoritative body like IOM or Codex would establish these intake values, then those key bioactives would take their rightful place within national and international nutrition policy and strengthen public health initiatives,” Dr. Griffiths said. Indeed, the paper pointedly notes that the time for parochialism and market protectionism based on unsound reasoning is over, stating, “The regulatory and scientific communities need to revisit their historical biases in favor of a more rational outcome objective.”

In addition to Dr. Griffiths, the co-authors of the article are: Joanne R. Lupton, Ph.D., Texas A&M University; Jeffrey B. Blumberg, Ph.D., F.A.S.N., F.A.C.N., C.N.S., Tufts University; Mary R. L’Abbe, Ph.D., University of Toronto; Mark A. LeDoux, Natural Alternatives International, Inc.; Harry B. Rice, Ph.D., Global Organization for EPA and DHA Omega-3s (GOED); Prof. Dr. Clemens von Schacky, Ludwig Maximilians University of Munich; and Ann L. Yaktine, Ph.D., R.D., U.S. Food Nutrition Board, Institute of Medicine. This is the sixth publication of CRN-I conference proceedings, with [previous conference reports](#) published in *Regulatory Toxicology and Pharmacology*, and for the last four years, in the *European Journal of Nutrition*. Abstracts of the published proceedings are available on the [CRN-I website](#) in 10 languages.

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