

# codex alimentarius commission



FOOD AND AGRICULTURE  
ORGANIZATION  
OF THE UNITED NATIONS

WORLD  
HEALTH  
ORGANIZATION



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**Agenda Item 11**

**CX/FL 04/11**

## **JOINT FAO/WHO FOOD STANDARDS PROGRAMME CODEX COMMITTEE ON FOOD LABELLING**

**Thirty-second Session  
Montréal, Canada, 10 – 14 May 2004**

### **OTHER BUSINESS AND FUTURE WORK**

#### **PROPOSAL FROM SOUTH AFRICA**

South Africa wishes to propose a revision of the Codex General Guidelines on Claims (CAC/GL 1-1979 (Rev. 1-1991), and specifically point 3.4 that prohibits “Claims as to the suitability of a food for use in the prevention, alleviation, treatment or cure of a disease, disorder, or particular physiological condition unless they are:

- a) in accordance with the provisions of Codex standards or guidelines for foods under jurisdiction of the Committee on Foods for Special Dietary Uses and follow the principles set forth in these guidelines. or
- b) in the absence of an applicable Codex standard or guideline, permitted under the laws of the country in which the food is distributed.”

Thirteen years have passed since the last revision and a huge body of scientific information is now available to prove that the above-mentioned point 3.4 is no longer sustainable considering Codex’s mandate that when setting forth a standard or guideline Codex Committees must base all decisions on scientific evidence.

Scientific evidence now proves beyond a doubt that food and nutrients can offer an alternative option in the treatment of disease, can prevent disease and in the case of classical deficiency diseases and metabolic disorders, can cure disease. A selection of abstracts totaling 1523 references (971 pages) from internationally reputable scientific peer-reviewed medical journals is available electronically upon request as substantiation. This information demonstrates conclusively that nutrients can be used for the prevention/treatment of the following diseases or medical conditions:

- Asthma
- Arthritis
- Adrenoleukodistrophy and other metabolic disorders such as maple syrup urine disease, phenylketonuria etc.
- Hypertension
- Osteoporosis
- Migraine
- Artherosclerosis
- Cholesterol reduction
- Constipation
- Bacterial infections
- Cardiac Arrhythmias
- Acne
- Allergies

- Alzheimers disease
- Anxiety and stress
- Attention deficit Hyperactivity Disorder
- Multiple sclerosis
- Epilepsy
- Breast cancer
- Thyroid deficiency
- Parkinson's Disease
- HIV/AIDS
- Glucoma
- Influenza virus
- Diabetes Mellitus
- Depression etc.; and
- All the classical nutrient deficiency diseases such as scurvy, beri-beri, pellagra, ricketts, kwasiorkor etc.

Nutrients act mainly as prophylaxis, while medicines are designed to address existing pathological conditions. Nutrients nourish and heal simultaneously - a characteristic which is certainly not true for any medicine. A short summary of the nutrients that are implicated in the treatment of the above-mentioned diseases, excluding the well- documented classical nutrient deficiency diseases and metabolic disorders is attached.

At International level (Codex Alimentarius) nutrients are acknowledged as a food and not a medicine, notwithstanding their overlapping properties in terms of prevention and treatment of diseases. At the recent CCNFSDU meeting (25thSession), when the agenda item on Proposed Draft Guidelines for Vitamin and Mineral Supplements was discussed, South Africa proposed new wording in the preamble because they are convinced of the healing properties of nutrients: "Most people who have access to a balanced diet can usually obtain all the nutrients they require from their normal diet to prevent deficiencies. Because foods contain many substances that promote health and prevent chronic diseases, people should therefore be encouraged to select a healthy diet and supplement this diet with those nutrients for which the intake from the diet is insufficient to meet the requirements necessary for the prevention of chronic diseases and/or for the promotion of health beyond the demands of preventing micronutrient deficiencies." In the title of the WHO document "WHO Technical Report on Diet, Nutrition and the Prevention of Chronic Diseases" (2003) the WHO also acknowledges the fact that nutrition plays a role in the prevention of chronic diseases. It is therefore the opinion of South African that inconsistencies exist within Codex because CCNFSDU objects to the inclusion of the words "prevention of chronic diseases" in a Codex Guideline and Standard. The report (Alinorm 04/27/26) reads: "The CCNFSDU Committee noted the proposal of the Delegation of South Africa to amend the Preamble to highlight the role of vitamins and minerals in the prevention of Chronic diseases. The Committee however noted that claims related to the prevention of disease were prohibited according to the General Guidelines on Claims". It is difficult to understand how in a Nutrition Committee such as the CCNFSDU, nutrition can be considered so inferior to medicine in keeping people healthy, despite the fact that there is overwhelming evidence in reputable scientific literature proving that nutrition can prevent, enhance, improve and in certain instances cure illness.

For several years now CCFL has worked on a document called "Health Claims". The principle that nutrition can prevent, enhance, improve and in certain instances cure illness, is already embodied in the definitions for "Other function claims" and "Reduction of disease risk claims".

**Other function claims** means "These claims concern specific beneficial effects of the consumption foods or their constituents, in the context of the total diet on normal functions or biological activities of the body. Such claims relate to a positive contribution to health or to the improvement of a function or to modifying or preserving health."

**Reduction of disease risk claims** means "Claims relating the consumption of a food or food constituent, in the context of the total diet to the reduced risk of developing a disease."

As a compromise the following amendments are proposed for the above-mentioned point 3.4, although it is a false assumption that medicines can truly cure disease. In most cases the role of medicine in chronic disease is palliative and seeks to keep symptoms under control (e.g., asthma, hypertension, diabetes etc.) while often being unable to bring about permanent healing:

“Claims as to the suitability of a food for use in the prevention, alleviation, treatment or cure of a disease unless it is a classical nutritional deficiency or nutritional metabolic disorder. or particular physiological condition unless they are:

- ~~e) in accordance with the provisions of Codex standards or guidelines for foods under jurisdiction of the Committee on Foods for Special Dietary Uses and follow the principles set forth in these guidelines. or~~
- ~~d) in the absence of an applicable Codex standard or guideline, permitted under the laws of the country in which the food is distributed.”~~

## Preventative and curative options for the treatment of certain diseases

### Acne

Preventative and curative options include:

**Chromium, zinc, vitamin B6, vitamin E, vitamin A**

### Allergies

Preventative and curative options include:

Omega 3 and 6 fatty acids, co enzyme Q10, vitamin C, vitamin E, magnesium, DHEA, n-acetyl cysteine, bifido bacteria, grape seed extract, ginkgo biloba, glutamine, nettle leaf, aloe vera, Pantothenic acid, quercetin,

### ALD (ADRENOLEUKODISTROPHY)

Cure includes:

*Oleic acid in triglycerised form (C18) and erucic acid (C22).*

### Alzheimers disease

Preventative and curative options include:

Acetylcholine, Ginkgo biloba, Vitamin E, Vitamin C, N-acetyl cysteine, Essential fatty acids, Curcumin, Vitamin B12, Vitamin B6, Folic acid, SAME, Methylcobalamin, Phosphatidylserine, Acetyl-L-carnitine, Melatonin, Carnosine, DHEA, Ginkgo

### Anemia Thrombocytopenia Leukopenia

Preventative and curative options include:

*Methylcobalamin, folic acid, iron, Zinc, Selenium, Copper, fish oil, vitamin K, DHEA, Nettle leaf extract, Melatonin, multivitamin supplements, Vitamin A.*

### Anxiety and stress

Preventative and curative options include:

*Dietary changes, multivitamin and mineral formulas, extra calcium and magnesium, theanine, melatonin, DHEA, kava kava, green tea, Piper methysticum (kava kava).*

### Arrhythmia (cardiac)

Preventative and curative options include:

*CoQ10, Perilla oil, flax oil, fish oil, Magnesium citrate, Potassium, Selenium, Acetyl-L-carnitine, Vitamin D3, Vitamin E, Calcium, Garlic,*

Ginkgo biloba, Olive leaf extract, Taurine, Thiamine, Tocotrienols, Vitamin D3, Vitamin E.

### Arthritis

Preventative and curative options include:

Fish oil, ginger oil, evening primrose oil (for GLA), Vitamin E, Nettle leaf extract, glucosamin sulfate, chondroitin sulfate, Wintergreen, Purple willow bark, Meadowsweet, S-adenosyl-L-methionine, vitamin C

### Asthma

Preventative and curative options include:

*Omega-3 fatty acids, Probiotics (lactobacillus), enzymes pancreatine and hydrochloric acid, quercetin, isoflavones, pycnogenol, lycopene, vitamin E, vitamin C, selenium, silybin, turmeric, calcium, magnesium, potassium, zinc, N-acetyl-L-cysteine, glutathione, Yerba mate, Licorice standardized extract, American angelica, Ginkgo biloba, Bee pollen, Selenium, maritime pine bark extract.*

## **Atherosclerosis**

*Preventative and curative options include:*

***Vitamin E, vitamin C, folic acid, B vitamins, zinc, selenium,***

***coenzyme Q10, green tea, ginkgo biloba, ginseng, bilberry, grape seed-skin, vitamin B12, vitamin B6, trimethylglycine (TMG), omega 3 fatty acids, garlic, chromium, copper, artichoke extract, niacin, ginger, curcumin, soy protein, pectins, guar, psyllium, taurine, DHEA.***

## **ATTENTION DEFICIT HYPERACTIVITY DISORDER**

*Preventative and curative options include:*

***Vitamins B and C, zinc, magnesium, choline, DMAE, glutamine, GABA, DHEA, phosphatidylserine, fish oil, ginkgo, ginseng, theanine.***

## **Bacterial Infections**

*Preventative and curative options include:*

***Vitamin and trace-elements, herbs, lactoferrin, oregano oil, grapefruit seed extract, sarsaparilla root, shark liver oil, bromelain, arginine, cranberry juice, honey, bee propolis, zinc, probiotics, garlic, ionic silver, aloe vera.***

## **Breast Cancer**

*Preventative and curative options include:*

***Indole-3-carbinol, curcumin, green tea extract, CLA or CLA with***

***Guarana, sulphoraphane, se-methylselenocysteine, CoQ10, fish oil, vitamin D3, vitamin A, vitamin E succinate, gamma E Tocopherol/Tocotrienol, vitamin C, linolenic acid, whey protein concentrate-isolate, calcium, magnesium, vitamin K, silicon, multivitamins, melatonin, selenium.***

## **Constipation**

*Preventative and curative options include:*

***Ascorbic acid, magnesium oxide, pantothenic acid, green tea, chitosan, guar gum, pectin, psyllium, l-arginine, ferrous gluconate.***

## **Depression**

*Preventative and curative options include:*

***SAME, DHEA, pregnenolone, dl-phenylalanine, DMAE, vitamin B5, tyrosine, l-carnitine, NADH, vitamin B1, vitamin B2, vitamin B3, vitamin B6, vitamin B12, choline, folic acid, vitamin C, potassium, St. John's wort, ginseng, ginkgo biloba, fish oil.***

## **Diabetes**

*Preventative and curative options include:*

***Alpha lipoic acid, american ginseng, aminoguanidine, bilberry, biotin, carnitine, carnosine, CoQ10, chromium, CLA, DHEA, essential fatty acids, garlic, ginkgo biloba, gymnema sylvestre, magnesium, n-acetyl-L-cysteine, niacin, silymarin, vanadyl sulphate, vitamin C, vitamin E, vitamin K.***

## **Epilepsy**

*Preventative and curative options include:*

***B vitamins, taurine, glycine, alanine, calcium, vitamin D, dimethylglycine, vitamin E, magnesium, manganese, selenium, zinc, coleus forskohlii, hyssop, black cohosh, blue cohosh, lobelia, saiko-Keishi-To.***

## **Glaucoma**

*Preventative and curative options include:*

***Methylcobalamin, aminoguanidine, alpha-lipoic acid, n-acetyl-L-carnosine drops, magnesium, zinc, chromium, selenium, vitamin A, thiamine, vitamin C, bioflavonoids, grape-seed-skin extract, vitamin E, bilberry, acetyl-L-carnitine, vitamin A. coleus forskohlii.***

## **HIV and AIDS**

Preventative and curative options include:

*NAC, Vitamin C, Alpha-lipoic acid, Whey protein, SAmE, Glutathione, Co-Enzyme Q10, Beta carotene, Vitamin A, Vitamin E, Vitamin B12, Vitamin B6, Folic acid, TMG, Lactoferrin, Silibinin, Plant sterols, Selenium, Zinc, Magnesium, L-Glutamine, L-Carnitine, Olive leaf extract, Digestive Enzymes, Growth Hormone, Melatonin, DHEA.*

## **Hypertension**

Preventative and curative options include:

Garlic, coenzyme Q10, magnesium, calcium, potassium, fish oil, vitamin C, arginine.

## **Influenza Virus (Flu)**

Preventative and curative options include:

### ***Echinacea***

<<http://www.lef.org/newshop/cgi-shop/searchItems.cgi?keyword=Echinacea%2B%2B>

### ***Sambucol***

<<http://www.lef.org/newshop/cgi-shop/searchItems.cgi?keyword=sambucol>> ,

***DHEA*** <<http://www.lef.org/newshop/cgi-shop/searchItems.cgi?keyword=dptdhea>> ,

### ***Multi nutrients, garlic***

<<http://www.lef.org/newshop/cgi-shop/searchItems.cgi?keyword=dptpurgar>> ,

### ***Lactoferrin***

<<http://www.lef.org/newshop/cgi-shop/searchItems.cgi?keyword=lactoferrin%2B>>

### ***Alpha-lipoic acid***

<<http://www.lef.org/newshop/cgi-shop/searchItems.cgi?keyword=alpha-lipoic acid%2B>

### ***Green tea***

<<http://www.lef.org/newshop/cgi-shop/searchItems.cgi?keyword=dptgreentea>>

### ***Vitamin C***

<<http://www.lef.org/newshop/cgi-shop/searchItems.cgi?keyword=dptvitaminc>>

### ***Whey***

<<http://www.lef.org/newshop/cgi-shop/searchItems.cgi?keyword=%2BWhey%2BProtein>

### ***Protein, curcumin***

<<http://www.lef.org/newshop/cgi-shop/searchItems.cgi?keyword=Super%2BCurcumin>

### ***Bioperine***> , ***melatonin.***

<<http://www.lef.org/newshop/cgi-shop/searchItems.cgi?keyword=dptmelatonin>>

## **Migraine**

Preventative and curative options include:

*Feverfew extract, magnesium, riboflavin, co-enzyme Q10, B-complex vitamins, glucosamine, ginkgo, picamilon, butterbur root, melatonin.*

## **Multiple Sclerosis**

Preventative and curative options include:

*Multi nutrient, fish oil, acetyl-L- carnitine, alpha-lipoic acid, coenzyme Q10, vitamin B12, soy lecithin.*

## **Osteoporosis**

Preventative and curative options include:

Calcium. magnesium, zinc, manganese, vitamin D3, DHEA, soy extract, ipriflavone, progesterone cream, vitamin K, GLA/DHA, fish oil

## **Parkinson's Disease**

*Preventative and curative options include:*

*L-tyrosine, NADH, acetyl-L-carnitine, niacinamide, ginkgo biloba, ginseng, licorice root, royal jelly, freeze-dried liver, MSM, calcium, phosphatidylserine, co-enzyme Q10, vitamin C, vitamin E, grape seed extract, gamma tocopherol, magnesium, tryptophan, lecithin, melatonin, DHEA, pregnenolone, bee pollen, chlorella, spirulina, probiotic.*

### **Thyroid Deficiency**

Preventative and curative options include:

<[http://www.lef.org/prod\\_hp/php401.html](http://www.lef.org/prod_hp/php401.html)> Vitamin A, vitamin B complex, vitamin <[http://www.lef.org/prod\\_hp/php420.html](http://www.lef.org/prod_hp/php420.html)> B12, vitamin <[http://www.lef.org/prod\\_hp/php-vitaminc.html](http://www.lef.org/prod_hp/php-vitaminc.html)> C, vitamin <[http://www.lef.org/prod\\_hp/php426.html](http://www.lef.org/prod_hp/php426.html)> E, <[http://www.lef.org/prod\\_hp/php698.html](http://www.lef.org/prod_hp/php698.html)> coenzyme Q10, <[http://www.lef.org/prod\\_hp/php236.html](http://www.lef.org/prod_hp/php236.html)> magnesium, <[http://www.lef.org/prod\\_hp/php1112.html](http://www.lef.org/prod_hp/php1112.html)> manganese, <[http://www.lef.org/prod\\_hp/php246.html](http://www.lef.org/prod_hp/php246.html)> selenium, <[http://www.lef.org/prod\\_hp/php253.html](http://www.lef.org/prod_hp/php253.html)> zinc, tyrosine, DHEA, soy protein