

Newsletter



ENA c/o Istituto KURZ Italia S.R.L, Via Golfo dei Poeti 1/A, 43126-Parma, Italy

Conference Quint Essence (CQE)

Under the headline “Conference Quint Essence” we will frequently summarize for our members major insights and results of such conferences/seminars/exhibitions which have relevance for nutraceuticals. We highlight in catch-word-style such points which we find new and interesting to the nutraceuticals community. In many cases, we can send to ENA-members comprehensive conference reports/proceedings. Requests should be directed at the ENA-CEO, Raquel (Decisions taken: info@enaonline.org).

Conference Quint Essence (CQE01): “2nd International Workshop on Personalized Nutrition”, Brussels, March 28, 2017, organized by “Health Claims Europe VVZRL”, Izegem, Belgium.

The EU-Commission, represented by Ladislav Miko, Deputy Director General for Food Safety, acknowledges that worldwide and inside the EU personalized nutrition is gaining momentum and that neither the legal requirements for food nor the legal requirements for medicine are adequate to cover the legal questions coming up from this topic. How to make sure that a personalized food, being beneficial for one particular person, is not detrimental for other persons? How to match the legal requirements for health claims on food with the necessity to get medicine registered? Of course it doesn't make sense to handle an apple like a pill. The Commission is contemplating a new class, called pharmafood (not to be confused with “Food for Special Groups”).

To be able to recommend “**personalized food**” to individuals it will be necessary to define typical patterns of genes, environmental influences and individual behavior that describe, how food molecules are metabolized differently in individual bodies that match one of those patterns. Science is starting to come up with such patterns. (Dr. James Kaput, Nestlé Institute of Health Sciences). As examples:

- One single gene CYP1A2 determines, how a person reacts to a long-time coffee- (caffeine-) exposure: The risk of cardiovascular disease, myocardial infarct and/or hypertension can change in any direction. (Dr. Ahmed El-Sohemy, University of Toronto);
- Genetic variants of glutathione S-transferase protect or don't protect against serum ascorbic acid deficiency, so that vitamin C-supplementation makes sense for one type of person whereas it does not make sense for another; (Dr. Ahmed El-Sohemy, University of Toronto);
- FTO genotype rs 1558902 determines to a large extent whether an individual gains or loses fat after a two years of low or high protein diet. (Dr. Ahmed El-Sohemy, University of Toronto);
- It appears that DHA-rich (Docosahexane Acid) nutrition (which as such is often recommended in public health advice) is associated with increased risk of Alzheimer Disease for carriers of the APOE4-gene (Dr. Anne Marie Minihane, University of East Anglia);

That's why personalized dietary advice sometimes conflicts with general public health recommendations.

Therefore, any individualized nutritional advice should start with testing the client for such genetic markers which are known today as being of relevance to the metabolism of nutritional molecules. (Nutrigenomix test kits are available for ENA-members who are working as Health Professionals).

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Systematic advice to clients/patients on personalized food requires the processing of lots of personal data related to health. This is more demanding than the processing of personal health data alone. Special precaution has to be applied by the professionals. It is expected that in 2018 the EU-Commission will publish a new regulation on GDPR = (General Data Protection Requirements), demanding for “privacy by design” for all systems which handle personal data. (Mr. Nicolas Carbonelle, Bird&Bird, Belgium).

The general food industry by now has only partly recognized this evolving trend among the privileged consumers. Those companies who have recognized the trend (such as Nestlé, DSM, BASF, Mondelez International) ask themselves the question, how such diversified (possibly hundreds of) variations for each food category (e.g. yoghurt) can be brought to the customer commercially.

- It will most probably be by online portals through which the customer commands his food for the next day, which then is delivered door to door on an individual basis;
- or it will be by use of generic base-products (say yoghurt/bread/meat-replacement deprived of any potentially conflicting molecules) which are mass-delivered through traditional outlets and which are enriched with functional molecules by the consumer himself, using a “tool box” of functional ingredients, which are delivered to him individually;
- or it will be by use of generic base-products (say yoghurt/bread/meat-replacement deprived of any potentially conflicting molecules) which are mass-delivered through traditional outlets and the whole individualization of the nutrition is done through nutraceuticals.

There will be a call for scientific projects on individualized nutrition by the EU-Commission in 2018, which should be interesting for any members of ENA. We will keep you informed about this important topic.