



ADVICE OF THE HIGH HEALTH COUNCIL N° 8558

Monster Energy

2 December 2009

1. INTRODUCTION AND QUESTION

The 'Monster Energy' drinks of company Monster Energy Ltd (Ireland) are marketed as "energy drinks" (and not as « energetic » as reported in the letter of 31/03/09 to the Administration). The company filed an exemption request to the Royal Decree of 3 March 1992 with the Administration (DG4), with a view to using a Vitamin B12 content of 2.5µg/100ml in its energy drinks. This content is 4 times higher than the content authorised by the R.D. of 03/03/92.

The Administration (DG 4) requests the advice of the High Health Council (Conseil Supérieur de la Santé - CSS) concerning this application. To answer the question, the file was entrusted to the NASSA standing working group work (Nutrition, Food and Health, including Food Safety). The advice is based on expert opinions.

2. ADVICE

If the Vitamin B12 deficiency, mainly linked to its deficient intestinal assimilation, results in megaloblastic anaemia similar to the one consecutive to folic acid deficiency, no Vitamin B12 toxicity has been described as yet, even when administered at high dosages of this Vitamin (CSS 8309, 2009).

Therefore, there would be no scientifically validated argument opposing a request to use Vitamin B12 at contents higher than 2.5 µg/100 ml in "energy drinks".

The CSS notes that the 'Monster Energy' drinks are marketed in 500 ml cans, while the recommended daily allowance proposed by the company is 250 ml!. This will certainly not make it easy for consumers to comply with the daily allowance.

Preoccupied by "energy drinks", a/o by consumer trends observed regarding these drinks, the CSS has rendered an advice regarding energy drinks with recommendations for Authorities and the wider public (CSS 8622, 2009).

3. REFERENCES

- CSS – Conseil Supérieur de la Santé. Recommandations nutritionnelles pour la Belgique – Révision 2009. Bruxelles: CSS; 2009. Avis n° 8309.
- CSS – Conseil Supérieur de la Santé. Boissons énergisantes. Bruxelles: CSS; 2009. Avis n° 8622.

4. COMPOSITION OF THE WORKING GROUP

All experts took part in the working group *in a personal capacity*. The names of the experts of the CSS are marked with an asterisk *.

The following experts took part in developing the advice:

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|------------------------|---|
| CARPENTIER Alain * | (sports nutrition– ULB) |
| DESTAIN Jacqueline * | (industrial microbiology, technology – FUSAGx) |
| FONDU Michel * | (chemistry, additives, contaminants – ULB) |
| GOSSET Christiane * | (public health – ULg) |
| KOLANOWSKI Jaroslaw * | (food physiology and physiopathology; physiopathology of obesity, of the metabolic syndrome and of type 2 diabetes – UCL) |
| MAGHUIN-ROGISTER Guy * | (analysis of foodstuffs – ULg) |
| MELIN Pierrette * | (medical microbiology – ULg) |
| NEVE Jean * | (therapeutic chemistry and nutritional sciences– ULB) |
| NOIRFALIS(S)E Alfred * | (toxicology, bromatology – ULg) |
| POORTMANS Jacques * | (sports nutrition– ULB) |
| RIGO Jacques * | (paediatric nutrition– ULg) |
| VAN CAMP John * | (nutritional value of foodstuffs, nutrition and health – UGent) |
| VANDENPLAS Yvan * | (paediatric nutrition– VUB) |
| VANSANT Greet * | (nutrition and health - KULeuven) |

The Administration is represented by:

DE GRUYSE Pascale (DG 4, SPFSPSCAE)

The working group was chaired by Mr Alfred NOIRFALIS(S)E and the scientific secretariat was taken care of by Mrs Katty CAUWERTS and Mrs Michèle ULENS.