

Advisory Commission on Plant Preparations

Advice of 25th June 2020 issued by the Advisory Commission on Plant Preparations concerning the use of *Cotinus coggygia* Scop. in food supplements.

The Advisory Commission on Plant Preparations was asked by the Directorate Animal, Plant and Food of the Federal Public Service Health, Food Chain Safety and Environment to issue an advice about the safety of the use of food supplements containing *Cotinus coggygia* Scop.

Regarding the Royal Decree of 29 August 1997 concerning the manufacture of and trade in foodstuffs composed of or containing plants or plant preparations, and in particular Article 4, §4;

Regarding the meetings of the working group 'Lists of Plants' dd 16th July 2019, 28th November 2019 and 30th January 2020,

Considering the following:

- *Cotinus coggygia* Scop is mentioned on List 1 of the Royal Decree of August, 29th, 1997 (dangerous plants not to be used in or as food) with the following limitations and conditions for derogation: "A derogation can be granted if the analysis shows that the preparation does not contain a detectable amount of ptaquiloside".
- In literature, no articles mention that *Cotinus coggygia* Scop. contains ptaquiloside. The occurrence of ptaquiloside is related to ferns.
- The bark, leaves and flowers of *Cotinus coggygia* Scop. are not considered as novel in food supplements (not NF(S)) and therefore fall outside the scope of Regulation (EU) 2015/2283 on novel foods.
- *Cotinus coggygia* Scop. is synonymous with, amongst others, *Rhus cotinus* L.¹
- According to the work of Matic, S. et al, extracts of several parts of *Cotinus coggygia* contain high levels of tannins²
- The consumption of tannins can irritate the digestive system and even have an impact on the intestinal flora³

The Advisory Commission on Plant Preparations concludes that

- Due to the presence of high levels of tannins, the use of *Cotinus coggygia* Scop. in food supplements poses a risk to health.
- The condition for derogation mentioned in the Royal Decree of August 29th, 1997 "A derogation can be granted if the analysis shows that the preparation does not contain a detectable amount of ptaquiloside" is not applicable.

The Advisory Commission on Plant Preparations reserves the right to re-examine this advice in the light of new considerations.

References

1. <http://www.theplantlist.org>
2. Matic, S. et al, „Cotinus coggygria Scop.: An overview of its chemical constituents, pharmacological and toxicological potential”, Saudi Journal of Biological Sciences, Volume 23, Issue 4, July 2016, Pages 452-461
3. S. Samanta, S. Giri, S. Parua, D.K. Nandi, B.R. Pati & K.C. Mondal (2004) “Impact of tannic acid on the gastrointestinal microflora”, Microbial Ecology in Health and Disease, 16:1, 32-34