Scientific Opinion on the substantiation of a health claim related to beta-alanine and increase in physical performance during short-duration, high-intensity exercise pursuant to Article 13(5) of Regulation (EC) No 1924/2006 - DTU Orbit (27/12/2018)

Following an application from Natural Alternative International, Inc. (NAI), submitted pursuant to Article 13(5) of Regulation (EC) No 1924/2006 via the Competent Authority of the United Kingdom, the Panel on Dietetic Products, Nutrition and Allergies (NDA) was asked to deliver an opinion on the scientific substantiation of a health claim related to beta-alanine and increase in physical performance during short-duration, high-intensity exercise. The food constituent that is the subject of the claim is beta-alanine, which is sufficiently characterised. The Panel considers that an increase in physical performance during short-duration, high-intensity exercise is a beneficial physiological effect. In weighing the evidence the Panel took into account that only one out of 11 pertinent human intervention studies (including 14 pertinent outcomes) from which conclusions could be drawn showed an effect of beta-alanine on physical performance during short-duration, high intensity exercise. The Panel concludes that a cause and effect relationship has not been established between the consumption of beta-alanine and an increase in physical performance during short-duration, high intensity exercise.

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