

## SCIENTIFIC OPINION

**Safety of magnesium taurinate added for nutritional purposes as a source of magnesium in food supplements and bioavailability of magnesium from this source, based on the supporting dossier<sup>1</sup>**

**Scientific Statement of the Panel on Food Additives and Nutrient Sources added to Food (ANS)**

**(Question No EFSA-Q-2008-769)**

**Adopted on 4 June 2009**

### PANEL MEMBERS

F. Aguilar, U.R. Charrondiere, B. Dusemund, P. Galtier, J. Gilbert, D.M. Gott, S. Grilli, R. Guertler, G.E.N. Kass, J. Koenig, C. Lambré, J-C. Larsen, J-C. Leblanc, A. Mortensen, D. Parent-Massin, I. Pratt, I.M.C.M. Rietjens, I. Stankovic, P. Tobback, T. Verguieva, R.A. Woutersen.

---

<sup>1</sup> For citation purposes: Scientific Statement of the Panel on Food Additives and Nutrient Sources added to Food on the safety of magnesium taurinate added for nutritional purposes as a source of magnesium in food supplements and bioavailability of magnesium from this source, based on the supporting dossier. *The EFSA Journal* (2009) 1118, 1-6.

### **BACKGROUND AS PROVIDED BY THE EUROPEAN COMMISSION**

The European Community legislation lists nutritional substances that may be used for nutritional purposes in certain categories of foods as sources of certain nutrients.

The Commission has received a request for the evaluation of magnesium taurinate added for nutritional purposes to food supplements. The relevant Community legislative measure is:

- Directive 2002/46/EC of the European Parliament and of the Council on the approximation of the laws of the Member States relating to food supplements<sup>2</sup>.

### **TERMS OF REFERENCE AS PROVIDED BY THE EUROPEAN COMMISSION**

In accordance with Article 29 (1) (a) of Regulation (EC) No 178/2002, the European Commission asks the European Food Safety Authority to provide a scientific opinion, based on its consideration of the safety and bioavailability of magnesium taurinate added for nutritional purposes in food supplements.

---

<sup>2</sup> OJ L 183, 12.7.2002, p.51.

## STATEMENT

### 1. Introduction

Following a request from the European Commission to the European Food Safety Authority (EFSA), the Scientific Panel on Food Additives and Nutrient Sources added to Food (ANS) was asked to provide a scientific opinion on the safety of magnesium taurinate added for nutritional purposes as a source of magnesium in food supplements and on the bioavailability of magnesium from this source.

### 2. Summary of the information provided by the petitioner

The information provided by the petitioner is limited to the product or ingredient name and does not conform to the minimal requirements set out in the *Guidance on submissions for safety evaluation of sources of nutrients or of other ingredients proposed for use in the manufacture of foods*<sup>3</sup>. In particular, the information does not permit an unequivocal chemical description and identification of the substance, nor the bioavailability to be established.

The petitioner did not provide chemical characteristics or specifications of the source to be evaluated, nor information on the manufacturing process. Proposed use levels for the product were not provided. No data were provided on the bioavailability of magnesium from magnesium taurinate.

No data were provided on the safety of the magnesium taurinate source.

The petitioner states that the product is on the market since 1997 and that no adverse effects have been reported.

The Panel was informed that following a request by EFSA in October 2007, the Food Standards Agency has asked the petitioner to provide further information on this nutrient source in November 2007. In response to this correspondence, the petitioner indicated that they would submit a full dossier relating to this substance by the end of March 2008. Nevertheless, no such dossier, nor additional data have been received by EFSA.

### 3. Assessment

The Panel notes that for the source under consideration no information has been provided by the petitioner on the following:

- The chemical characterisation, properties and the manufacturing process.
- The use levels of the product.
- The bioavailability of magnesium from the source.
- The toxicity of magnesium taurinate.

---

<sup>3</sup> SCF/CS/ADD/NUT/21 Final, (opinion expressed on 11 July 2001). Available at URL: [http://ec.europa.eu/food/fs/sc/scf/out100\\_en.pdf](http://ec.europa.eu/food/fs/sc/scf/out100_en.pdf).

Endorsed by the AFC Panel on its 2<sup>nd</sup> Plenary meeting:

[http://www.efsa.europa.eu/cs/BlobServer/Event\\_Meeting/minutes\\_afc\\_02\\_adopted\\_en1,3.pdf?ssbinary=true](http://www.efsa.europa.eu/cs/BlobServer/Event_Meeting/minutes_afc_02_adopted_en1,3.pdf?ssbinary=true)

In 2009, the Panel on Food Additives and Nutrient Sources published an opinion on iron (II) taurate, magnesium taurate and magnesium acetyl taurate as sources of iron or magnesium added for nutritional purposes in food supplements (EFSA, 2009).

It was concluded that magnesium taurate is readily soluble in water, and therefore the bioavailability of magnesium from this source is expected to be similar to that of magnesium from other dissociable sources.

It was also concluded that the use of magnesium taurate as a source of magnesium at the proposed use levels, which were up to the UL of supplemental magnesium of 250 mg/day established by the SCF (SCF, 2001), is not of safety concern.

## **CONCLUSIONS**

The Panel concludes that if the magnesium taurate under consideration in the present statement complies with the specifications defined for the magnesium taurate sources of the previous opinion, the conclusions of that previous opinion would apply.

## **Key words:**

Food supplements, magnesium taurinate, magnesium taurate

## **DOCUMENTATION PROVIDED TO EFSA**

Application in support of magnesium taurinate as a source of magnesium for Addition to Annex II of Directive 2002/46/EC on Food supplements. 6<sup>th</sup> July 2005. Re-action Sales & Marketing Ltd.

## **REFERENCES**

EFSA, 2009. Opinion on iron (II) taurate, magnesium taurate and magnesium acetyl taurate as sources of iron or magnesium added for nutritional purposes in food supplements. Scientific Opinion of the Panel on Food Additives and Nutrient Sources added to Food (ANS). The EFSA Journal 947, 1-30.

SCF (Scientific Committee on Food), 2001. Opinion of the Scientific Committee on Food on the Tolerable Upper Intake Level of magnesium. SCF/CS/NUT/UPPLEV/54 Final 11 October 2001. Available at: [http://ec.europa.eu/food/fs/sc/scf/out105\\_en.pdf](http://ec.europa.eu/food/fs/sc/scf/out105_en.pdf)

## **ACKNOWLEDGEMENTS**

The European Food Safety Authority wishes to thank the members of Working Group B on Food Additives and Nutrient Sources added to Food for the preparation of this opinion: D. Boskou, U.R. Charrondiere, B. Dusemund, D. Gott, T. Hallas-Møller, C. Le Donne, K.F.A.M. Hulshof, J. König, D. Parent-Massin, I.M.C.M. Rietjens, G.J.A. Speijers, P. Tobbac, T. Verguieva, R.A. Woutersen.

**GLOSSARY / ABBREVIATIONS**

ANS	Panel on Food Additives and Nutrient Sources added to Food
EC	European Commission
EFSA	European Food Safety Authority
SCF	Scientific Committee on Food