

## Food Supplement and Botanicals Need Special Consideration

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Actually, in the container Food Supplements there are marketed products very different in composition, target and perception/expectations by the clients/consumers. This variety is generating confusion, as tested by the plethora of names. Albeit in UE the only accepted denomination is still food supplements, several others are currently used everywhere, like dietary supplements, nutraceuticals, medical devices, and others. In practise, these products naturally filled a gap between medical drugs and foods, adopting the pharmaceutical form for natural products mainly present in foods. The total insert of any type of food supplement in the food sector did not respect peculiarities of these products.

In particular, the legal treatment of the newer products was complicated. In a simplified approach, the old categories were used without any consideration that these products are new born and different. The tendency of forcing the simplification in classification can generate confusion. For example, the classic classifications of the living organisms is based on five Kingdoms, i.e. Monera (all Prokaryotes), Plants, Animals, Fungi, and the fifth, Protista, is a sort of container of all the remaining ones, where we find algae together with amebae. The result is that although this is the classification usually present in the school books, a general scientific consensus is lacking. As evidenced by, simplification must be supported by adequate insertion of subcategories.

Let's evidence the consequences of food container for all food supplements with a couple of examples. Nutraceuticals were marked by the misleading from the beginning. In fact, the name was invented in 1989 by Dr. Stephen De Felice as a portmanteau to evidence the double nature of nutritional food and medical drug. UE, practically following the US example, ignored this starts forcing for food definition. Further declarations and tentative of clarification by authorities raised the confusion and EFSA approach to treat these products as medical drugs about claims resulted in a cool-de-sac, with possible heavy consequences for the whole sector. Probably, the only possibility to solve this several years impasse, is a brave clear decision to accept the situation, assigning to food supplements and related products a special treatment, assuming a specific sector totally dedicated to them, including a revision of claims treatment. The independent classification, and recognition of the subcategories, must be supported by a novel trend and attention in quality. Nutraceuticals, and in particular botanicals, need a special effort to confirm their potentiality and maintain client benevolence. Their multimillion euros market is requested to invest in validation, based on efforts for original analytical work and design of new suitable claims.

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