

**Senate Community Affairs Committee**

ANSWERS TO ESTIMATES QUESTIONS ON NOTICE

HEALTH PORTFOLIO

**Supplementary Budget Estimates 2014 - 2015, 22 October 2014**

**Ref No:** SQ14-001292

**OUTCOME:** 1 – Population Health

**Topic:** Research on Sports Drinks

**Type of Question:** Written Question on Notice

**Senator:** Xenophon, Nick

**Question:**

Is FSANZ aware of Australian and overseas research into the effectiveness of these products in comparison to manufacturers claims? Can you provide information on studies FSANZ is monitoring?

**Answer:**

Food Standards Australia New Zealand is aware of published research relating to electrolyte drinks, however is not aware of specific research into the effectiveness of products in comparison to manufacturers' claims. As an example, the European Food Safety Authority has issued a scientific opinion in support of two health claims related to use of electrolyte drinks and exercise for electrolytes drinks regulated in Europe. The two substantiated claims are for: enhancement of water absorption during exercise; and maintenance of endurance performance<sup>1</sup>.

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<sup>1</sup> The Scientific Opinion on the substantiation of health claims related to carbohydrate-electrolyte solutions and reduction in rated perceived exertion/effort during exercise; enhancement of water absorption during exercise; and maintenance of endurance performance is found at <http://www.efsa.europa.eu/en/efsajournal/doc/2211.pdf>