



## **EFBW welcomes EFSA's positive opinion on health claims related to water**

**Brussels – 12 April 2011 – The European Federation of Bottled Water (EFBW)** welcomes the European Food Safety Authority's (EFSA) positive opinion on two claims submitted in relation to water and its health benefits under Article 13.1 of Regulation EC No 1924/2006.

### **Water and maintenance of normal physical and cognitive functions**

EFSA's scientific panel on Dietetic Products, Nutrition and Allergies (NDA) recognised that water plays a fundamental role in the maintenance of normal physical and cognitive function. Our body loses water daily. Without compensation for water loss, physical and mental performances are impaired. EFSA acknowledged a cause and effect relationship between the dietary intake of water and the maintenance of normal physical and cognitive functions for the general population.

### **Water and maintenance of normal thermoregulation**

Having reviewed the data and studies submitted in the dossier, EFSA also delivered a favourable opinion on the claim that water and maintenance of normal regulation of body temperature. Water helps to keep the body cool by dissipating heat through perspiration, ensuring that the body's normal temperature is maintained.

### **At least 2 litres of water per day should be consumed**

In both instances, EFSA concluded that to obtain the claimed effect, at least 2.0 litres of water should be consumed per day and that such an amount can be easily consumed as part of a balanced diet.

"EFSA's positive opinion validates the fact that water intake is critical to our body's basic physiological functions and essential for people's health and well being", explains Laurent Le Bellego, Chair of EFBW's Health Task Force. "This opinion is very consistent with EFSA's previous scientific opinion on Water Adequate Intakes which emphasises the need to consume at least 2.0 litres for women and 2.5 litres for men of water daily to ensure that our body performs properly. Insufficient water intake is likely to affect our health capital in the long run", he added.

Drinking water is the simplest and healthiest way to replenish body water losses and stay hydrated. The European bottled water industry promotes healthy hydration and supports bottled water as a convenient way to access water at all times.

## **About EFBW**

The European Federation of Bottled Waters is a non-profit international trade association based in Brussels. Our members are national associations and companies representing the interests of over 500 producers of bottled waters across Europe. EFBW works closely with European and international institutions which regulate on bottled water, including the European Commission and Codex Alimentarius. [www.efbw.org](http://www.efbw.org)

**For more information contact us: +32 (0)2 210 2032**