

IADSA RESPONSE TO THE CCNFSDU EWG ON NRV-R**August 2015**

Question No.	Question	Response including the reasons for your answer:
1.	<p>After reviewing CCNFSDU's previous decisions on NRVs-R for zinc, and considering the candidate DIRVs for iron including from the EU, which candidate DIRV(s) including % absorptions for iron do you prefer (amount, two values, single value)?</p>	<p>IADSA notes that all the candidate DIRVs for iron are based on INL₉₈ values except the EFSA INL₉₅ amount for premenopausal women. Taking into account the following candidate DIRVs and their estimated absorption values, the calculated amounts of iron available are 2.34 mg (IOM), 2.295 mg (EFSA), 2.1 mg (WHO/FAO 15% absorption), 1.8 mg (Nordic) and 2.1 mg and 2.2 mg (WHO/FAO 15% and 10% absorption values, respectively).</p> <p>IADSA prefers that, because of the similarity of the amounts of iron available, the DIRV could be a single value of 13.5 mg rounded up to 14 mg. This value is consistent with the current NRV-R for iron.</p>
2a.	<p>Should dietary description(s) corresponding to % iron absorption(s) be included so as to be consistent with the NRVs-R for zinc?</p>	<p>IADSA notes that the EFSA scientific opinion on iron commented that the bioavailability of iron from European vegetarian diets is not substantially different from those containing meat. Iron absorption was predicted to be 16% in men and 18% in premenopausal women, and the EFSA Panel decided to use 16% for all age groups as the efficiency of absorption holds for all age groups. The average absorption for iron from the different RASBs also works out at 16% (excluding WHO/FAO 22 mg 10% absorption).</p> <p>Zinc, on the other hand, is considerably influenced by the fibre and phytate contents of the diet.</p> <p>Taking into account these observations, IADSA is of the view that a single absorption value of 16% is justified for iron.</p>
2b.	<p>If a candidate DIRV of a single % iron absorption from a RASB other than WHO/FAO were to be preferred by the eWG, could the dietary description proposed for 15% iron absorption be applied to a % absorption higher than 15% i.e. up</p>	<p>IADSA suggests that, taking into account the EFSA comment that the bioavailability of iron in vegetarian diets is not substantially different from those containing meat, and if a single absorption value of 16% reflects a diversified diet, it may not be necessary to include a dietary description as a footnote. However, if a footnote is deemed necessary, IADSA suggests a more general statement: "Diversified diet containing</p>

	to 18%?	cereals, roots or tubers with foods of animal origin (meat, poultry and fish) and fruits and vegetables".
3.	After considering the 2015 eWG's responses and the candidate DIRVs for copper including from the EU, which candidate DIRV do you prefer?	IADSA suggests that the candidate DIRVs should be based on INL ₉₈ values. IADSA notes that the IOM value of 900 µg was a rounded-up value from 850 µg, and that the average of the IOM and NIH values is also 850 µg. Hence, IADSA would prefer a candidate DIRV of 850 µg copper per day.