PlantLIBRA – useful overview and international tool for science-based decision-making by regulators and food chain operators

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PlantLIBRA (acronym of Plant Food Supplements: Levels of Intake, Benefit and Risk Assessment) is a project co-financed within the context of the 7th EU Framework Program (EC Project 245199). PlantLIBRA aims to foster the safe use of food supplements containing plants or botanical preparations, by increasing science-based decision-making by regulators and food chain operators.

Conclusions

The project will directly achieve the following objectives:

a. Meta-Database containing data on consumption and biological activity of constituents and contaminants;

b. Accessible risk, benefit and risk-benefit models for Plant Food Supplements;

c. Dissemination of data and models relevant to risk-benefit for PFS to stakeholders in order to assist science-based decision making and enhance international cooperation and harmonization.

Brochure for PFS consumers – Questions-Recommendations

- Why the plants in food supplements?
- Do the PFS contribute to my total diet?
- What are the benefits of PFS?
- Should I check with my doctor or healthcare provider before using a PFS?
- Some supplements may interact with prescription and over-the-counter medicines
- Can PFS as natural products be considered safe?
- Who is responsible for ensuring the safety and efficacy of PFS?

http://www.plantlibra.eu

Transilvania University of Brasov - partner of PlantLIBRA project

WP1 – Definitions + concepts/Survey in Romania
- Key informant data
- Survey – preparation of questionnaires + implementation + Data analysis
- Lists of PFS in Romania – Company, PFS, Names of the plants, Forms of presentation
- Data analysis - articles

WP2 – Benefits of PFS
- Review of evidence for PFS benefit from epidemiological studies

WP3 – PlantLIBRA database
- Data collection – analytical methods

WP7 – Analytical methods
- Contaminants detection
- Develop of network of laboratories in order to perform different analysis

WP9 – Dissemination activities
- Brochure of the project – also in Romanian – www.plantlibra.eu
- International Conference HNPH 2011 – Healthy Nutrition and Public Health – presentation - Italy, Romania, South Africa, China
- Round Table - Botanical food supplement regulatory and scientific framework in EU: open questions and possible solutions, Brasov May 16, 2011 – for local and national authorities and universities
- Conference - Botanical food supplements: from regulatory aspects to technical and scientific rules, May 17, 2011 – for SME’s, universities, doctors, pharmacists, students
- Press conference – Brasov – May 18, 2011
- Project meeting – 17-20 May 2011, Brasov

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