

# **Consultation request for the determination of the novel food status under Article 4 (2) of Regulation (EU) 2015/2283 on novel foods**

## **Recipient Member State**

Norway, the Norwegian Food Safety Authority

## **Name and description of the food in question**

The request concerns VLCPUFA 5 fish oil, which is a fish oil with a higher content of very long chain mono- and polyunsaturated fatty acids, consisting of 24-30 carbon atoms in the carbon chain. The very long chain fatty acids in the VLCPUFA 5 fish oil are in triglyceride form and are mainly omega 3 fatty acids.

The intended source of the VLCPUFA 5 fish oil is one or more of the fish species traditionally used for producing fish oils; anchovy, sardine, mackerel, and herring.

The VLCPUFA 5 fish oil is produced by several processing methods/equipment for marine oil production, like ethylation, distillation, winterization, enzyme treatment, bleaching and deodorization.

The VLCPUFA 5 fish oil is intended to be used as a food supplement.

## **Status**

Not novel

## **Rationale**

Competent authorities of the EU Member States and the European Commission were consulted.

Anchovy, sardine, mackerel, and herring are traditional foods. Fish oils in general have a long history of consumption in food supplements. Such fish oils are obtained from whole fish of various species including anchovy, sardine, mackerel, and herring, fillets, viscera, cut-offs, and mixtures of those. Anchovy, sardine, mackerel, and herring, and low-concentrate fish oils and cod liver oils contain very long chain monounsaturated and polyunsaturated fatty acids in addition to other fatty acids, such as DHA and EPA. The content of very long chain monounsaturated and polyunsaturated fatty acids in the VLCPUFA 5 fish oil is higher than in fish and traditional low-concentrate fish oils and cod liver oils, but still constitute a relatively smaller part of the total amount of fatty acids in VLCPUFA 5 fish oil, while DHA and EPA are main constituents. In addition to this, the intake level of very long chain mono- and polyunsaturated fatty acids would be similar to traditionally eaten fish species, low-concentrate fish oils and cod liver oils.