ABSTRACT

The Norwegian Scientific Committee for Food Safety (Vitenskapskomiteen for mattrygghet, VKM) has, at the request of the Norwegian Food Safety Authority (Mattilsynet; NFSA), assessed the risk of "other substances" in food supplements sold in Norway. These risk assessments will provide NFSA with the scientific basis while regulating the addition of “other substances” to food supplements and other foods.

"Other substances" are described in the food supplement directive 2002/46/EC as substances other than vitamins or minerals that have a nutritional and/or physiological effect. It is added mainly to food supplements, but also to other foods. VKM has not in this series of risk assessments of "other substances" evaluated any claimed beneficial effects from these substances, only possible adverse effects.
The present report is a risk assessment of *Lactobacillus delbrueckii subsp. bulgaricus*, and it is based on previous risk assessments and articles retrieved from a literature search.

The risk of *L. delbrueckii subsp. bulgaricus* was assessed for the general population. However, in previous assessments of "probiotics" published by VKM, concerns have been identified for specific groups. Therefore, the risk was assessed for the age group with immature gastro-intestinal microbiota (age group 0-36 months), population with mature gastro-intestinal microbiota (>3 years) and vulnerable groups independent of age. VKM has also assessed the risk of *L. delbrueckii subsp. bulgaricus* in food supplements independent of the dose and have assessed exposure in general terms.

Other sources of *L. delbrueckii subsp. bulgaricus*, such as foods, have not been included in the present risk assessment.

VKM concludes that it is unlikely that *L. delbrueckii subsp. bulgaricus* causes adverse health effects in the general healthy population with mature gastro-intestinal tract.

However, no data on long-term adverse effects on infants and young children were identified. As evidence is accruing that the early microbial composition of the neonatal gut is important for the development of the gut microbiota and the immune system of the growing child, it is not possible to exclude that a daily supply of a single particular bacterial strain over a prolonged period of time to an immature gastro-intestinal tract may have long-term, although still unknown, adverse effects on that development.

**Keywords:** Adverse health effect; negative health effect; Norwegian Food Safety Authority; Norwegian Scientific Committee for Food Safety; other substances; risk assessment; VKM; *Lactobacillus delbrueckii subsp. bulgaricus*; food supplement.

Available: [https://vkm.no/download/18.13735ab315cfecb51391a5/1499439685870/95f30b72ae.pdf](https://vkm.no/download/18.13735ab315cfecb51391a5/1499439685870/95f30b72ae.pdf)

**ISBN:** 978-82-8259-234-5

**NOTE:**

This work was carried out in collaboration between all authors. The opinion has been assessed and approved by the Panel on Biological Hazards of VKM. All authors read and approved the final manuscript.

**Competence of VKM experts:** Persons working for VKM, either as appointed members of the Committee or as external experts, do this by virtue of their scientific expertise, not as representatives for their employers or third party interests. The Civil Services Act instructions on legal competence apply for all work prepared by VKM.

**Suggested citation:** VKM (2016). Risk assessment of *Lactobacillus delbrueckii subsp. bulgaricus* used as "other substances". Opinion of the Panel on Biological Hazards of the Norwegian Scientific Committee for Food Safety, ISBN: 978-82-8259-234-5, Oslo, Norway.

**COMPETING INTERESTS**

Authors have declared that no competing interests exist.