



Innovative Solutions UK Ltd.

Codex Alimentarius – How it works for Coeliacs

The Codex Alimentarius is the WHO/FAO commission which is tasked with setting food standards internationally. It has been recognised that establishing a safe level for gluten consumption by individuals with coeliac disease is a crucial and important task, and further recognised that the threshold depends not only on the minimum toxic dose, but also on the amount of gluten-free products consumed. This is the key factor which has led to the reduction of the threshold from 200ppm to 20ppm.

It has been established that a daily intake of 50mg of gluten is the maximum level that anyone with Coeliac's disease should reach. If products are allowed to contain up to 200ppm this 'toxic' level can be reached with as little as 250g of gluten-free (i.e. processed specifically to be gluten-free) products. The threshold of 20 ppm means that the intake of gluten from "special coeliac food" will be well below the 50 mg target, and furthermore allows a safety margin for the variable gluten sensitivity and dietary habits of individuals.

Nobody would want to restrict the Coeliac diet any further that it already is, however, the Codex guidelines are critical in keeping those who have the disease healthy and safe. The Commission has been thorough in its investigations and the new levels will be welcomed by all responsible food producers as well as Coeliacs across the globe.

For more information on health issues visit the [WHO](#) web site.

For assistance with safe gluten-free foods visit [Innovative Solutions](#) , call us on 01706 746713 or email info@innovative-solutions.org

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