

[REDACTED]

[REDACTED]

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What should my submission include?

Your submission should include:

the number or name of the application or proposal

\* Proposal P1059 will consider amending the Code to provide energy (kilojoule) labelling information on alcoholic beverages.

\* your name and contact details including: position, address, telephone number, fax and email address

\* [REDACTED]

\* comments on the issues raised and any possible options

I understand this proposal is concerned with providing nutritional information Having completed a Nutrition Course for Food Technologists and worked in sales of vitamins and minerals, I note also that alcohol consumption uses up B vitamins during metabolism and excess consumption can cause nutritional deficiencies for example in folate

google b vitamins and alcohol consumption

Low levels of B -12 and B-6 have been linked to depression. Drinking alcohol regularly for more than two weeks decreases vitamin B12 absorption from the gastrointestinal tract. Vitamin B deficiency has been noticed in people who report suffering from depression.

<https://bjgp.org/content/67/656/134>

## RECOMMENDATIONS

Vitamin B compound strong should be prescribed to a problem drinker in addition to thiamine if:

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there are signs and symptoms suggestive of B vitamin deficiency (as outlined above);

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there is evidence of poor nutrition and malabsorption, such as low body mass index (<18.5) or significant weight loss over the last 6 months (>5%), and the patient has a low serum folate level;

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the patient has diseases likely to combine with chronic drinking to cause vitamin deficiencies, such as malabsorption syndromes (for example, Crohn's and coeliac disease), severe chronic organ disease (for example, severe chronic liver disease, chronic kidney disease, severe chronic heart and lung disease), and severe chronic infection (for example, tuberculosis);

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in preparation for assisted withdrawal, where body demand for B vitamins is likely to increase; or

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there is uncertainty about the optimum dose of these B vitamins in deficiency states. However, it is generally recommended that generic vitamin B compound strong tablets are given two tablets twice daily or one tablet four times daily in addition to encouraging a normal diet rich in B vitamins.<sup>7</sup>

\*

provides as much supporting evidence as possible e.g. groups or individuals who may be affected, data on the impact of the proposed decision, relevant technical information

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is written with regard to the policy framework FSANZ must have regard to.

\*

be simple, clear and concise

\*

Excess alcohol consumption can cause health issues due to causing B vitamin deficiencies, At the moment a doctor needs to intervene before the person is aware.

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In my opinion this is a much bigger issue than the energy content of alcohol.

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Likewise the effects of alcohol on family violence, drink driving etc.

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I would like to recommend that warnings for excess alcohol consumption are included in the same area as the nutritional information. There is a precedent for warnings

Phenylketonurics - contains phenylalanine

I suggest the following warnings are added under the energy information:

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Excess alcohol consumption can cause health issues due to causing B vitamin deficiencies

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Excess alcohol consumption can lead to family violence

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Do not drink and drive