



## **IFAC Publishes White Paper on Dietary Phosphorus**

WASHINGTON, DC (October 11, 2017) – A new publication from the International Food Additives Council (IFAC) summarizes scientific literature on the consumption of dietary phosphorus and phosphates in consumer foods and potential impacts on human health. It finds insufficient evidence to support claims that the consumption of phosphates in food causes negative effects in humans.

The publication, titled “Dietary Food-Additive Phosphate and Human Health Outcomes,” was prepared by Cato Research and appears in the September issue of *Comprehensive Reviews in Food Science and Food Safety*. Researchers reviewed 110 primary research articles spanning 20 years that studied relationships of dietary phosphorus and food-additive phosphate intake with potential impacts on human health. While a small number of these studies raised concern for high intakes of dietary phosphorus, other studies found potentially beneficial effects in humans. Based on the review, the researchers determined no firm conclusions can be drawn on the possible risks of food-additive phosphate consumption in the general population.

“As a leader in the food additives industry, we wanted to address claims that the consumption of phosphates could impact human health,” said Robert Rankin, IFAC executive director. “After careful consideration and research into the available scientific literature, it was determined that food phosphate consumption does not present a risk to the general population. Consumers should have no concerns about the presence of phosphates in their favorite foods.”

Dietary phosphorus, like calcium, benefits the growth, maintenance and repair of body tissues. Phosphates are formed from mined phosphate rock, which is refined and purified to isolate phosphorus and reacts with alkaline salts to produce purified phosphate salts. Food-grade phosphates must meet strict manufacturing and quality standards set by the U.S. Food and Drug Administration and other regulatory bodies around the world. Food-grade phosphates can be found in finished foods such as baked goods, meat, poultry, seafood products, beverages and dairy products.

To view the publication, click [here](#).

### **About IFAC**

The International Food Additives Council (IFAC) is a global association representing manufacturers of food ingredients. Founded in 1980, IFAC strives to promote science-based regulation and the global harmonization of food ingredient standards and specifications.

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### **Contact**

Randy Spoon  
678-303-3017  
[rspoon@kellencompany.com](mailto:rspoon@kellencompany.com)