

Phosphate additives are safe

A study performed at the Jena University confirms that phosphate additives are safe and do not cause any risk for healthy persons even at high intake levels.

Prof. Gerhard Jahreis, Dr. Ulrike Trautvetter and Prof. Michael Glei from the Friedrich-Schiller University Jena undertook an **8 weeks human intervention study** with **62 healthy subjects** to determine the influence of a high phosphorous intake through the diet on the:

- Phosphorus and calcium metabolism
- Hormone and phosphorus metabolism markers
- Bone metabolism markers

The study conclusions are:

- High phosphorus intakes do not affect fasting plasma phosphate concentration in healthy adults.
- High phosphorus intakes without adequate calcium intake, has an imbalance effect on calcium metabolism. A well balanced Ca:P ratio is prerequisite for normal metabolism of calcium.
- Plasma FGF23 concentrations increased four weeks after high phosphorus intake and normalized after eight weeks. Plasma FGF23 concentrations always remained far below pathological level. High phosphorus intake did not affect bone remodelling.
- The nature and scientific methodology of this study is unique due to the long period of supplementation and also due to the high number of healthy subjects. Most of the other known scientific studies are either short period, have a limited number of patients or are based on results from patients with chronic kidney disease.

The article published on 19th January in the "Nutrition Journal" can be found under: <http://nutritionj.biomedcentral.com/articles/10.1186/s12937-016-0125-5>