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The significance of food law regulations for the communication by doctors and pharmacists about the beneficial effects of food consumption on health (including dietary supplements)

Streszczenie w języku angielskim

The subject of this doctoral dissertation is to examine the hypothesis of whether, and if so, to what extent the provisions of food law apply to the recommendation of food by doctors and pharmacists. For this purpose, a comprehensive analysis of legal requirements in various areas was carried out. It covers regulations on food information, including health claims, which significantly impact consumer purchasing decisions. Particular attention was paid to the prohibition of attributing medicinal properties to food, which is crucial for protecting consumers and patients. This issue also applies to dietary supplements, which are foodstuffs often confused with medicinal products. The activities of doctors and pharmacists related to recommending food must be consistent with the provisions of food law, especially in the context of the ban on advertising food with medicinal properties. It was pointed out that the provisions of food law and professional ethics limit the possibilities of commercial involvement of these health specialists in promoting food. Recommendations of doctors and pharmacists have a significant impact on consumer purchasing decisions, which emphasizes the need to rely on current scientific knowledge and comply with applicable regulations. The work also identified the need to educate these professionals on correctly interpreting food information to avoid misleading consumers. It was also pointed out that it was necessary to adapt national regulations to EU regulations and to introduce changes in the legal system to ensure consistency and effectiveness of supervision over food recommendations by doctors and pharmacists.