

**Question for written answer E-001488/2026
to the Commission**
Rule 144
Gerald Hauser (PfE)

Subject: Classification of lithium as essential – state of play

In its answer of 14 November 2025 to written question E-003565/2025¹, the Commission states that the European Food Safety Authority (EFSA) does not currently classify lithium as an essential nutrient. Tests are apparently being carried out to establish whether drugs containing lithium can be used to treat Alzheimer's disease. As far as the Commission is aware at this juncture, however, there is no proof that a diet containing lithium has a significant effect on cognitive function. The Commission also pointed out that it would consult EFSA on 'whether further examination of the potential essentiality of lithium, based on the information in the article referred to by the Honourable Member would warrant an EFSA opinion'.

1. Has EFSA already issued an opinion concerning lithium as a potentially essential nutrient?
2. What are the results or findings of EFSA studies to date?
3. What are the next steps that the Commission is planning to take, and when can we expect a decision or opinion?

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¹ https://www.europarl.europa.eu/doceo/document/E-10-2025-003565_EN.html