

Meeting

# COT 2026 meeting notes

## [COT Meeting: 3rd February 2026](#)

At their February meeting the Committee reviewed a risk assessment on the safety of the use of Chopped carbon fibre RP2147 FCMJEG (Reserved).

The Committee discussed the [Draft COT Annual report 2025](#) along with a paper for information updating them on [actions taken subsequent to the COT advice given in 2025](#). They also reviewed [potential future discussion items in their annual horizon scanning session](#).

The Committee continued their work on the maternal diet with a [Scoping paper on the potential risks of chemicals \(other than caffeine\) found in green and black tea in the maternal diet](#).

## [COT Meeting: 31st March 2026](#)

At their March meeting the Committee reviewed an Introductory paper on the [Potential health risks from fluoride at UK exposure levels](#).

The Committee discussed items on “AI State of the Science” and a review of guidance on irritant sprays and their formulations. These items are both reserved.

The Committee continued their work on the maternal diet, reviewing a [second draft statement on Echinacea](#) and a [general annex](#) setting out the scope of the project.

The Committee discussed EFSA several EFSA public consultations on:

- Draft scientific opinion on the safety of [plant preparations containing berberine](#).
- Draft EFSA Scientific opinion on the [safety of hydroxycitric acid and plant preparations containing hydroxycitric acid](#).
- Draft guidance on [default values and uncertainty factors to be used by the EFSA Scientific Committee, Scientific Panels and Units in the absence of actual measured data](#).

Comments will be submitted to EFSA.