ANNEX

LIST OF PERMITTED HEALTH CLAIMS

Nutrient, substance, food or food category	**Claim**	**Conditions of use of the claim**	**Conditions and/or restrictions of use of the food and/or additional statement or warning**	**EFSA Journal number**	**Relevant entry number in the Consolidated List submitted to EFSA for its assessment**
Activated charcoal	Activated charcoal contributes to reducing excessive flatulence after eating	The claim may be used only for food which contains 1 g of activated charcoal per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with 1 g which should be taken at least 30 minutes before and 1 g shortly after the meal.		2011;9(4):2049	1938
[[F6]Alpha-cyclodextrin	Consumption of alpha-cyclodextrin as part of a starch-containing meal contributes to the reduction of the blood glucose rise	The claim may be used for food which contains at least 5 g of alpha-cyclodextrin per 50 g of starch in a quantified portion as		2012; 10(6):2713	2926**]**

	after that meal	part of the meal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming the alpha-cyclodextrin as part of the meal.			
Alpha-linolenic acid (ALA)	ALA contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which is at least a source of ALA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation (EC) No 1924/2006. Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of ALA.		2009; 7(9):1252 2011;9(6):2203	493, 568
Arabinoxylan produced from wheat endosperm	Consumption of arabinoxylan as part of a meal contributes to a reduction of the blood glucose rise	The claim may be used only for food which contains at least 8 g of arabinoxylan (AX)-rich fibre		2011;9(6):2205	830

	after that meal	produced from wheat endosperm (at least 60 % AX by weight) per 100 g of available carbohydrates in a quantified portion as part of the meal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming the arabinoxylan (AX)-rich fibre produced from wheat endosperm as part of the meal.			
Barley grain fibre	Barley grain fibre contributes to an increase in faecal bulk	The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation (EC) No 1924/2006.		2011;9(6):2249	819
Beta-glucans	Beta-glucans contribute to the maintenance of normal blood	The claim may be used only for food which contains at least 1 g of		2009; 7(9):1254 2011;9(6):2207	754, 755, 757, 801, 1465, 2934 1236, 1299

	cholesterol levels	beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these sources per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans.			
Beta-glucans from oats and barley	Consumption of beta-glucans from oats or barley as part of a meal contributes to the reduction of the blood glucose rise after that meal	The claim may be used only for food which contains at least 4 g of beta-glucans from oats or barley for each 30 g of available carbohydrates in a quantified portion as part of the meal. In order to bear the claim information shall be given to the consumer that the beneficial effect is		2011;9(6):2207	821, 824

		obtained by consuming the beta-glucans from oats or barley as part of the meal.			
Betaine	Betaine contributes to normal homocysteine metabolism	The claim may be used only for food which contains at least 500 mg of betaine per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 1,5 g of betaine.	In order to bear the claim information shall be given to the consumer that a daily intake in excess of 4 g may significantly increase blood cholesterol levels.	2011;9(4):2052	4325
Biotin	Biotin contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1209	114, 117
Biotin	Biotin contributes to normal functioning of	The claim may be used only for food which is at		2009; 7(9):1209	116

	the nervous system	least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Biotin	Biotin contributes to normal macronutrient metabolism	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1209 2010;8(10):1728	113, 114, 117, 4661
Biotin	Biotin contributes to normal psychological function	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation		2010;8(10):1728	120

		(EC) No 1924/2006.			
Biotin	Biotin contributes to the maintenance of normal hair	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1209 2010;8(10):1728	118, 121, 2876
Biotin	Biotin contributes to the maintenance of normal mucous membranes	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1209	115
Biotin	Biotin contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/		2009; 7(9):1209 2010;8(10):1728	115, 121

		S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Calcium	Calcium contributes to normal blood clotting	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1210	230, 236
Calcium	Calcium contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1210	234
Calcium	Calcium contributes to normal muscle function	The claim may be used only for food which is at least a source		2009; 7(9):1210	226, 230, 235

		of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Calcium	Calcium contributes to normal neurotransmission	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1210	227, 230, 235
Calcium	Calcium contributes to the normal function of digestive enzymes	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation		2009; 7(9):1210	355

		(EC) No 1924/2006.			
Calcium	Calcium has a role in the process of cell division and specialisation	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1722	237
Calcium	Calcium is needed for the maintenance of normal bones	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1210 2009; 7(9):1272 2010;8(10):1722 2011;9(6):2203	224, 230, 350, 354, 2731, 3155, 4311, 4312, 4703 4704
Calcium	Calcium is needed for the maintenance of normal teeth	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/		2009; 7(9):1210 2010;8(10):1722 2011;9(6):2203	224, 230, 231, 2731, 3099,3155, 4311, 4312, 4703 4704

		S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			
[F7Carbohydrates	Carbohydrates contribute to the maintenance of normal brain function	In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 130 g of carbohydrates from all sources. The claim may be used for food which contains at least 20 g carbohydrates which are metabolised by humans, excluding polyols, per quantified portion and complies with the nutrition claim LOW SUGARS or WITH NO ADDED SUGARS as listed in the Annex to Regulation (EC) No 1924/2006.	The claim shall not be used on food which is 100 % sugars.	2011;9(6):2226	603,653]
[F8Carbohydrates	Carbohydrates contribute to the recovery	The claim may be used only for	The claim may be used only for foods	2013;11(10):3409	]

	of normal muscle function (contraction) after highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle	food which provides carbohydrates which are metabolised by humans (excluding polyols). Information shall be given to the consumer that the beneficial effect is obtained with the consumption of carbohydrates, from all sources, at a total intake of 4 g per kg body weight, at doses, within the first 4 hours and no later than 6 hours, following highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle.	intended for adults who have performed highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle.		
Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions contribute to the maintenance of endurance performance	In order to bear the claim carbohydrate-electrolyte solutions should contain 80-350		2011;9(6):2211	466, 469

	during prolonged endurance exercise	kcal/L from carbohydrates, and at least 75 % of the energy should be derived from carbohydrates which induce a high glycaemic response, such as glucose, glucose polymers and sucrose. In addition, these beverages should contain between 20 mmol/L (460 mg/L) and 50 mmol/L (1,150 mg/L) of sodium, and have an osmolality between 200-330 mOsm/kg water.			
Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	In order to bear the claim carbohydrate-electrolyte solutions should contain 80-350 kcal/L from carbohydrates, and at least 75 % of the energy should be derived from carbohydrates which induce a high		2011;9(6):2211	314, 315, 316, 317, 319, 322, 325, 332, 408, 465, 473, 1168, 1574, 1593, 1618, 4302, 4309

		glycaemic response, such as glucose, glucose polymers and sucrose. In addition, these beverages should contain between 20 mmol/L (460 mg/L) and 50 mmol/L (1,150 mg/L) of sodium, and have an osmolality between 200-330 mOsm/kg water.			
Chitosan	Chitosan contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which provides a daily intake of 3 g of chitosan. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of chitosan.		2011;9(6):2214	4663
Chloride	Chloride contributes to normal digestion by production of hydrochloric acid in the stomach	The claim may be used only for food which is at least a source of chloride as referred to in the claim	The claim cannot be used on chloride from the source sodium chloride	2010;8(10):1764	3 26

		SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Choline	Choline contributes to normal homocysteine metabolism	The claim may be used only for food which contains at least 82,5 mg of choline per 100 g or 100 ml or per single portion of food.		2011;9(4):2056	3090
Choline	Choline contributes to normal lipid metabolism	The claim may be used only for food which contains at least 82,5 mg of choline per 100 g or 100 ml or per single portion of food.		2011;9(4):2056	3186
Choline	Choline contributes to the maintenance of normal liver function	The claim may be used only for food which contains at least 82,5 mg of choline per 100 g or 100 ml or per single portion of food.		2011;9(4):2056 2011;9(6):2203	1501 712, 1633
Chromium	Chromium contributes to normal macronutrient metabolism	The claim may be used only for food which is at least a source of trivalent chromium as		2010;8(10):1732	260, 401, 4665, 4666, 4667

		referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Chromium	Chromium contributes to the maintenance of normal blood glucose levels	The claim may be used only for food which is at least a source of trivalent chromium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1732-62, 4667 2011;9(6):2203-4698	
[F2Cocoa flavanols	Cocoa flavanols help maintain the elasticity of blood vessels, which contributes to normal blood flow[ef]	Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 200 mg of cocoa flavanols. The claim can be used only for cocoa beverages (with cocoa powder) or for dark chocolate	—	2012;10(7):2809-[e]] 2014;12(5):3654[f]	

		which provide at least a daily intake of 200 mg of cocoa flavanols with a degree of polymerisation 1-10[e]. The claim can be used only for capsules or tablets containing high-flavanol cocoa extract which provide at least a daily intake of 200 mg of cocoa flavanols with a degree of polymerisation 1-10[f].			
Copper	Copper contributes to maintenance of normal connective tissues	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1211	265, 271, 1722
Copper	Copper contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of copper as referred to in the claim		2009; 7(9):1211 2011;9(4):2079	266, 1729

		SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Copper	Copper contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1211 2011;9(4):2079	267, 1723
Copper	Copper contributes to normal hair pigmentation	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1211	268, 1724
Copper	Copper contributes to	The claim may be used		2009; 7(9):1211	269, 270, 1727

	normal iron transport in the body	only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Copper	Copper contributes to normal skin pigmentation	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1211	268, 1724
Copper	Copper contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex		2009; 7(9):1211 2011;9(4):2079	264, 1725

		to Regulation (EC) No 1924/2006.			
Copper	Copper contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1211	263, 1726
Creatine	Creatine increases physical performance in successive bursts of short-term, high intensity exercise	The claim may be used only for food which provides a daily intake of 3 g of creatine. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of creatine.	The claim may be used only for foods targeting adults performing high intensity exercise	2011;9(7):2303	739, 1520, 1521, 1522, 1523, 1525, 1526, 1531, 1532, 1533, 1534, 1922, 1923, 1924
[F5Creatine	Daily creatine consumption can enhance the effect of resistance training on muscle strength in	Information shall be provided to the consumer that: — the claim is targeting	The claim may be used only for foods targeting adults over the age of 55, who are engaged in regular	2016;14(2):4400	1

adults over the age of 55.		adults over the age of 55, who are engaged in regular resistance training,	resistance training.	
	—	the beneficial effect is obtained with a daily intake of 3 g of creatine in conjunction with resistance training, which allows an increase in the workload over time and which should be performed at least three times per week for several weeks,		

		at an intensity of at least 65 %-75 % of one repetition maximum load[j].			
Docosahexaenoic acid (DHA)	DHA contributes to maintenance of normal brain function	The claim may be used only for food which contains at least 40 mg of DHA per 100 g and per 100 kcal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250 mg of DHA.		2010;8(10):1734 2011;9(4):2078	465, 626, 631, 689, 704, 742, 3148, 690, 3151, 497, 501, 510, 513, 519, 521, 534, 540, 688, 1323, 1360, 4294
Docosahexaenoic acid (DHA)	DHA contributes to the maintenance of normal vision	The claim may be used only for food which contains at least 40 mg of DHA per 100 g and per 100 kcal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with		2010;8(10):1734 2011;9(4):2078	627, 632, 743, 3149, 2905, 508, 510, 513, 519, 529, 540, 688, 4294

		a daily intake of 250 mg of DHA.			
[F6Docosahexaenoic acid (DHA)	DHA contributes to the maintenance of normal blood triglyceride levels	The claim may be used only for food which provides a daily intake of 2 g of DHA and which contains DHA in combination with eicosapentaenoic acid (EPA). In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of DHA. When the claim is used on food supplements and/or fortified foods information shall also be given to consumers not to exceed a supplemental daily intake of 5 g of EPA and DHA combined.	The claim shall not be used for foods targeting children.	2010; 8(10):1734	533, 691, 3150
Docosahexaenoic acid and Eicosapentaenoic acid	DHA and EPA contribute to the	The claim may be used only for food which	The claim shall not be used for foods	2009; 7(9):1263 2010; 8(10):1796	502, 506, 516, 703, 1317, 1324

(DHA/EPA)	maintenance of normal blood pressure	provides a daily intake of 3 g of EPA and DHA. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of EPA and DHA. When the claim is used on food supplements and/or fortified foods information shall also be given to consumers not to exceed a supplemental daily intake of 5 g of EPA and DHA combined.	targeting children.		
Docosahexaenoic acid and Eicosapentaenoic acid (DHA/EPA)	DHA and EPA contribute to the maintenance of normal blood triglyceride levels	The claim may be used only for food which provides a daily intake of 2 g of EPA and DHA. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily	The claim shall not be used for foods targeting children.	2009; 7(9):1263 2010; 8(10):1796	506, 517, 527, 538, 1317, 1324, 1325

		intake of 2 g of EPA and DHA. When the claim is used on food supplements and/or fortified foods information shall also be given to consumers not to exceed a supplemental daily intake of 5 g of EPA and DHA combined.			
Dried plums of 'prune' cultivars (*Prunus domestica* L.)	Dried plums/ prunes contribute to normal bowel function	The claim may be used only for food which provides a daily intake of 100 g of dried plums (prunes). In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 100 g of dried plums (prunes).		2012; 10(6):2712	1164**]**
Eicosapentaenoic acid and docosahexaenoic acid (EPA/DHA)	EPA and DHA contribute to the normal function of the heart	The claim may be used only for food which is at least a source of EPA and DHA as referred to in the claim SOURCE OF		2010;8(10):1796 2011;9(4):2078	504, 506, 516, 527, 538, 703, 1128, 1317, 1324, 1325, 510, 688, 1360

		OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation (EC) No 1924/2006. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA.			
Fluoride	Fluoride contributes to the maintenance of tooth mineralisation	The claim may be used only for food which is at least a source of fluoride as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1212 2010;8(10):1797	275, 276, 338, 4238,
Folate	Folate contributes to maternal tissue growth during pregnancy	The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR		2009; 7(9):1213	2882

		[NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Folate	Folate contributes to normal amino acid synthesis	The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1760	1095, 2881
Folate	Folate contributes to normal blood formation	The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1213	79
Folate	Folate contributes to normal homocysteine metabolism	The claim may be used only for food which is at least a source of folate as		2009; 7(9):1213	80

		referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Folate	Folate contributes to normal psychological function	The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1768	81, 85, 86, 88
Folate	Folate contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1213	91

Folate	Folate contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1768	84
Folate	Folate has a role in the process of cell division	The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1213 2010;8(10):1760	193, 195, 2881
Foods with a low or reduced content of saturated fatty acids	Reducing consumption of saturated fat contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which is at least low in saturated fatty acids, as referred to in the claim LOW SATURATED FAT		2011;9(4):2062	620, 671, 4332

		or reduced in saturated fatty acids as referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation (EC) No 1924/2006.			
Foods with a low or reduced content of sodium	Reducing consumption of sodium contributes to the maintenance of normal blood pressure	The claim may be used only for food which is at least low in sodium/salt as referred to in the claim LOW SODIUM/ SALT or reduced in sodium/salt as referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation (EC) No 1924/2006.		2011;9(6):2237	336, 705, 1148, 1178, 1185, 1420
[[F6]Fructose	Consumption of foods containing fructose leads to a lower blood glucose rise compared to foods containing sucrose or glucose	In order to bear the claim, glucose and/ or sucrose should be replaced by fructose in sugar-sweetened foods or drinks so that the reduction in content of glucose and/ or sucrose, in		2011; 9(6):2223	558**]**

		these foods or drinks, is at least 30 %.			
Glucomannan (konjac mannan)	Glucomannan contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which provides a daily intake of 4 g of glucomannan. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 4 g of glucomannan.	Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake — advice on taking with plenty of water to ensure substance reaches stomach.	2009; 7(9):1258 2010;8(10):1798	836, 1560, 3100, 3217
Glucomannan (konjac mannan)	Glucomannan in the context of an energy restricted diet contributes to weight loss	The claim may be used only for food which contains 1 g of glucomannan per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of glucomannan in three doses of 1 g each, together with 1-2 glasses of water, before meals and in	Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake — advice on taking with plenty of water to ensure substance reaches stomach.	2010;8(10):1798	854, 1556, 3725,

		the context of an energy-restricted diet.			
Guar Gum	Guar gum contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which provides a daily intake of 10 g of guar gum. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 10 g of guar gum.	Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake — advice on taking with plenty of water to ensure substance reaches stomach.	2010;8(2):1464	808
Hydroxypropyl methylcellulose (HPMC)	Consumption of Hydroxypropyl methylcellulose with a meal contributes to a reduction in the blood glucose rise after that meal	The claim may be used only for food which contains 4 g of HPMC per quantified portion as part of the meal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming 4 g of HPMC as part of the meal.	Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake — advice on taking with plenty of water to ensure substance reaches stomach.	2010;8(10):1738	814
Hydroxypropyl methylcellulose	Hydroxypropyl methylcellulose	The claim may be used	Warning of choking to	2010;8(10):1738	815

(HPMC)	contributes to the maintenance of normal blood cholesterol levels	only for food which provides a daily intake of 5 g of HPMC. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 5 g of HPMC.	be given for people with swallowing difficulties or when ingesting with inadequate fluid intake — advice on taking with plenty of water to ensure substance reaches stomach.		
Iodine	Iodine contributes to normal cognitive function	The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1800	273
Iodine	Iodine contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF		2009; 7(9):1214 2010;8(10):1800	274, 402

		MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Iodine	Iodine contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1800	273
Iodine	Iodine contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1214	370
Iodine	Iodine contributes to the normal production of thyroid hormones and normal	The claim may be used only for food which is at least a source of iodine as referred to		2009; 7(9):1214 2010;8(10):1800	274, 1237

	thyroid function	in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Iron	Iron contributes to normal cognitive function	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1215	253
Iron	Iron contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1215 2010;8(10):1740	251, 1589, 255

Iron	Iron contributes to normal formation of red blood cells and haemoglobin	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1215 2010;8(10):1740	249, 1589, 374, 2889
Iron	Iron contributes to normal oxygen transport in the body	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1215 2010;8(10):1740	250, 254, 256, 255
Iron	Iron contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF		2009; 7(9):1215	252, 259

		MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Iron	Iron contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1740	255, 374, 2889
Iron	Iron has a role in the process of cell division	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1215	368
Lactase enzyme	Lactase enzyme improves lactose digestion in individuals who have	The claim may be used only for food supplements, with a minimum dose of 4 500	Information shall also be given to the target population that tolerance to lactose is	2009; 7(9):1236 2011;9(6):2203	1697, 1818 1974

	difficulty digesting lactose	FCC (Food Chemicals Codex) units with instructions to the target population to consume with each lactose containing meal.	variable and they should seek advice as to the role of this substance in their diet.		
[F9Lactitol	Lactitol contributes to normal bowel function by increasing stool frequency	The claim may be used only for food supplements which contain 10 g of lactitol in a single daily quantified portion. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained by consuming 10 g of lactitol in one daily dose	The claim shall not be used for foods targeting children.	2015;13(10):4252	]
Lactulose	Lactulose contributes to an acceleration of intestinal transit	The claim may be used only for food which contains 10 g of lactulose in a single quantified portion. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained		2010;8(10):1806	807

		with a single serving of 10 g of lactulose per day.			
Linoleic acid	Linoleic acid contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for a food which provides at least 1,5 g of linoleic acid (LA) per 100 g and per 100 kcal. Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 10 g of LA.		2009; 7(9):1276 2011;9(6):2235	489, 2899
Live yoghurt cultures	Live cultures in yoghurt or fermented milk improve lactose digestion of the product in individuals who have difficulty digesting lactose	In order to bear the claim, yoghurt or fermented milk should contain at least 10^8 Colony Forming Units live starter microorganisms (Lactobacillus delbrueckii subsp. bulgaricus and Streptococcus thermophilus) per gram.		2010;8(10):1763	3143, 2976
Magnesium	Magnesium contributes to a reduction of tiredness and fatigue	The claim may be used only for food which is at least a source		2010;8(10):1802	244

		of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Magnesium	Magnesium contributes to electrolyte balance	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1216	238
Magnesium	Magnesium contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation		2009; 7(9):1216	240, 247, 248

		(EC) No 1924/2006.			
Magnesium	Magnesium contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1216	242
Magnesium	Magnesium contributes to normal muscle function	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1216 2010;8(10):1807	241, 380, 3083
Magnesium	Magnesium contributes to normal protein synthesis	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/		2009; 7(9):1216	364

		S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Magnesium	Magnesium contributes to normal psychological function	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1807	245, 246
Magnesium	Magnesium contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1216	239
Magnesium	Magnesium contributes to the maintenance	The claim may be used only for food which is at least a source		2009; 7(9):1216	239

	of normal teeth	of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Magnesium	Magnesium has a role in the process of cell division	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1216	365
Manganese	Manganese contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation		2009; 7(9):1217 2010;8(10):1808	311, 405

		(EC) No 1924/2006.			
Manganese	Manganese contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1217	310
Manganese	Manganese contributes to the normal formation of connective tissue	The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1808	404
Manganese	Manganese contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF [NAME OF VITAMIN/		2009; 7(9):1217	309

		S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			
[F10Meal replacement for weight control	Substituting one of the main daily meals of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss	In order to bear the claim, a food should comply with the following requirements: 1. **Energy content** The energy content shall not be less than 200 kcal (840 kJ) and shall not exceed 250 kcal (1 046 KJ) per meal[h]. 2. **Fat content and composition** The energy derived from fat shall not exceed 30 % of total available energy content of the product. The linoleic acid (in the form of glycerides) shall not be less than 1 g. 3. **Protein content and composition**	In order to bear the claim, information shall be provided to the consumer on the importance of maintaining an adequate daily fluid intake and on the fact that the products are useful for the intended use only as part of an energy-restricted diet and that other foodstuffs should be a necessary part of such diet. In order to achieve the claimed effect, one main meal should be substituted with one meal replacement daily.	2010; 8(2):1466 2015; 13(11):4287	1418

	The protein contained in the food shall provide not less than 25 % and not more than 50 % of the total energy content of the product. The chemical index of protein shall be equal to that set by the World Health Organization in 'Energy and protein requirements'. Report of a Joint WHO/ FAO/UNU Meeting. Geneva: World Health Organisation, 1985 (WHO Technical Report Series, 724): *AMINO ACID REQUIREMENT PATTERN (G/100 G PROTEIN)* Cystine + methionine 1,7 Histidine 1,6 Isoleucine 1,3 Leucine 1,9 Lysine 1,6 Phenylalanine + tyrosine 1,9			

		Threonine 0,9 Tryptophan 0,5 Vazline 1,3 The ‘chemical index’ shall mean the lowest of the ratios between the quantity of each essential amino acid of the test protein in and the quantity of each corresponding amino acid of the reference protein. If the chemical index is lower than 100 % of the reference protein, the minimum protein levels shall be correspondingly increased. In any case the chemical index of the protein shall at least be equal to 80 % of that of the reference protein. In all cases, the addition of amino acids is permitted solely for the purpose of improving the nutritional		

		value of the proteins and only in the proportions necessary for that purpose. 4. **Vitamins and minerals** The food shall provide at least 30 % of the amounts of the nutrient reference values of vitamins and minerals per meal as laid down in Annex XIII to Regulation (EU) No 1169/2011. This requirement does not apply to fluoride, chromium, chloride and molybdenum. The amount of sodium per meal provided by the food shall be at least 172,5 mg. The amount of potassium per meal provided by the food shall be at least 500 mg[i].			
Meal replacement for weight control	Substituting two of the main daily meals of an energy	In order to bear the claim, a food should comply with	In order to bear the claim, information shall be	2010; 8(2):1466 2015; 13(11):4287	1417]

restricted diet with meal replacements contributes to weight loss	the following requirements: 1. **Energy content** The energy content shall not be less than 200 kcal (840 kJ) and shall not exceed 250 kcal (1 046 KJ) per meal[h]. 2. **Fat content and composition** The energy derived from fat shall not exceed 30 % of total available energy content of the product. The linoleic acid (in the form of glycerides) shall not be less than 1 g. 3. **Protein content and composition** The protein contained in the food shall provide not less than 25 % and not more than 50 % of the total energy content of the product. The chemical index of protein shall	provided to the consumer on the importance of maintaining an adequate daily fluid intake and on the fact that the products are useful for the intended use only as part of an energy-restricted diet and that other foodstuffs should be a necessary part of such diet. In order to achieve the claimed effect, two of the main daily meals should be substituted with meal replacements daily.		

	be equal to that set by the World Health Organization in 'Energy and protein requirements'. Report of a Joint WHO/ FAO/UNU Meeting. Geneva: World Health Organisation, 1985 (WHO Technical Report Series, 724): *AMINO ACID REQUIREMENT PATTERN (G/100 G PROTEIN)* Cystine + methionine 1,7 Histidine 1,6 Isoleucine 1,3 Leucine 1,9 Lysine 1,6 Phenylalanine + tyrosine 1,9 Threonine 0,9 Tryptophan 0,5 Valine 1,3 The 'chemical index' shall mean the lowest of the ratios between the quantity of			

	each essential amino acid of the test protein in and the quantity of each corresponding amino acid of the reference protein. If the chemical index is lower than 100 % of the reference protein, the minimum protein levels shall be correspondingly increased. In any case the chemical index of the protein shall at least be equal to 80 % of that of the reference protein. In all cases, the addition of amino acids is permitted solely for the purpose of improving the nutritional value of the proteins, and only in the proportions necessary for that purpose.			
	4. **Vitamins and minerals** The food shall provide at least 30 % of the			

		amounts of the nutrient reference values of vitamins and minerals per meal as laid down Annex XIII to Regulation (EU) No 1169/2011. This requirement does not apply to fluoride, chromium, chloride and molybdenum. The amount of sodium per meal provided by the food shall be at least 172,5 mg. The amount of potassium per meal provided by the food shall be at least 500 mg[i].			
Meat or fish	Meat or fish contributes to the improvement of iron absorption when eaten with other foods containing iron	The claim may be used only for food which contains at least 50 g of meat or fish in a single quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is		2011;9(4):2040	1223

		obtained by consuming 50 g of meat or fish together with food(s) containing non-haem iron.			
Melatonin	Melatonin contributes to the alleviation of subjective feelings of jet lag	The claim may be used only for food which contains at least 0,5 mg of melatonin per quantified portion. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a minimum intake of 0,5 mg to be taken close to bedtime on the first day of travel and on the following few days after arrival at the destination.		2010; 8(2):1467	1953
Melatonin	Melatonin contributes to the reduction of time taken to fall asleep	The claim may be used only for food which contains 1 mg of melatonin per quantified portion. In order to bear the claim, information shall be given to the consumer that		2011;9(6):2241	1698, 1780, 4080

		the beneficial effect is obtained by consuming 1 mg of melatonin close to bedtime.			
Molybdenum	Molybdenum contributes to normal sulphur amino acid metabolism	The claim may be used only for food which is at least a source of molybdenum as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1743	13
Monascus purpureus (red yeast rice)	Monacolin K from red yeast rice contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which provides a daily intake of 10 mg of monacolin K from red yeast rice. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 10 mg of monacolin K from fermented		2011;9(7):2304	1648, 1700

		red yeast rice preparations.			
Monounsaturated and/or polyunsaturated fatty acids	Replacing saturated fats with unsaturated fats in the diet contributes to the maintenance of normal blood cholesterol levels [MUFA and PUFA are unsaturated fats]	The claim may be used only for food which is high in unsaturated fatty acids, as referred to in the claim HIGH UNSATURATED FAT as listed in the Annex to Regulation (EC) No 1924/2006.		2011;9(4):2069 2011;9(6):2203	621, 1190, 1203, 2906, 2910, 3065 674, 4335
[[F3]Native chicory inulin	Chicory inulin contributes to normal bowel function by increasing stool frequency[g]	Information shall be provided to the consumer that the beneficial effect is obtained with a daily intake of 12 g chicory inulin. The claim can be used only for food which provides at least a daily intake of 12 g of native chicory inulin, a non-fractionated mixture of monosaccharides (< 10 %), disaccharides, inulin-type fructans and inulin extracted from chicory, with a mean degree of		2015;13(1):395	**]**

		polymerisarion ≥ 9.			
Niacin	Niacin contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1224 2010;8(10):1757	43, 49, 54, 51
Niacin	Niacin contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1224	44, 53
Niacin	Niacin contributes to normal psychological function	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/		2010;8(10):1757	35

		S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Niacin	Niacin contributes to the maintenance of normal mucous membranes	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1224	45, 52, 4700
Niacin	Niacin contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1224 2010;8(10):1757	45, 48, 50, 52, 4700
Niacin	Niacin contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source		2010;8(10):1757	47

		of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
▌[F11]Non-digestible carbohydrates	Consumption of foods/drinks containing <name of all used non-digestible carbohydrates> instead of sugars induces a lower blood glucose rise after their consumption compared to sugar-containing foods/drinks.	In order to bear the claim, sugars should be replaced in foods or drinks by non-digestible carbohydrates, which are carbohydrates neither digested nor absorbed in the small intestine, so that foods or drinks contain reduced amounts of sugars by at least the amount referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation (EC) No 1924/2006.		2014;12(1):3513 2014;12(10):3838 2014;12(10):3839	
Non-fermentable carbohydrates	Consumption of foods/drinks containing	In order to bear the claim, fermentable		2013;11(7):3329	

<name of all used non-fermentable carbohydrates> instead of fermentable carbohydrates contributes to the maintenance of tooth mineralisation.	carbohydrates ([1]**) should be replaced in foods or drinks by non-fermentable carbohydrates ([2]***) in such amounts that consumption of such foods or drinks does not lower plaque pH below 5,7 during and up to 30 minutes after consumption. ([1]**) Fermentable carbohydrates are defined as carbohydrates or carbohydrate mixtures as consumed in foods or beverages that lower plaque pH below 5,7, as determined *in vivo* or *in situ* by plaque pH telemetry tests,			

		by bacterial fermentation during and up to 30 minutes after consumption.		
	([2]***)	Non-fermentable carbohydrates are defined as carbohydrates or carbohydrate mixtures as consumed in foods or beverages that do not lower plaque pH, as determined *in vivo* or *in situ* by plaque pH telemetry tests, below a conservative value of 5,7 by bacterial		

		fermentation during and up to 30 minutes after consumption.			
Oat grain fibre	Oat grain fibre contributes to an increase in faecal bulk	The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation (EC) No 1924/2006.		2011;9(6):2249	822
Oleic acid	Replacing saturated fats in the diet with unsaturated fats contributes to the maintenance of normal blood cholesterol levels. Oleic acid is an unsaturated fat.	The claim may be used only for food which is high in unsaturated fatty acids, as referred to in the claim HIGH UNSATURATED FAT as listed in the Annex to Regulation (EC) No 1924/2006.		2011;9(4):2043	673, 728, 729, 1302, 4334
Olive oil polyphenols	Olive oil polyphenols contribute to the protection of blood lipids from oxidative stress	The claim may be used only for olive oil which contains at least 5 mg of hydroxytyrosol and its derivatives (e.g. oleuropein complex and tyrosol)		2011;9(4):2033	1333, 1638, 1639, 1696, 2865

		per 20 g of olive oil. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 20 g of olive oil.			
Pantothenic Acid	Pantothenic acid contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1218	56, 59, 60, 64, 171, 172, 208
Pantothenic Acid	Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters	The claim may be used only for food which is at least a source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed		2009; 7(9):1218	181

		in the Annex to Regulation (EC) No 1924/2006.			
Pantothenic Acid	Pantothenic acid contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1758	83
Pantothenic Acid	Pantothenic acid contributes to normal mental performance	The claim may be used only for food which is at least a source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1218 2010;8(10):1758	57, 58
Pectins	Pectins contribute to the maintenance of normal	The claim may be used only for food which provides a	Warning of choking to be given for people with swallowing	2010;8(10):1748	818, 4236

	blood cholesterol levels	daily intake of 6 g of pectins. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 6 g of pectins.	difficulties or when ingesting with inadequate fluid intake — advice on taking with plenty of water to ensure substance reaches stomach.		
Pectins	Consumption of pectins with a meal contributes to the reduction of the blood glucose rise after that meal	The claim may be used only for food which contains 10 g of pectins per quantified portion. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained by consuming 10 g of pectins as part of the meal.	Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake — advice on taking with plenty of water to ensure substance reaches stomach.	2010;8(10):1747	86
Phosphorus	Phosphorus contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF		2009; 7(9):1219	329, 373

		MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Phosphorus	Phosphorus contributes to normal function of cell membranes	The claim may be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1219	328
Phosphorus	Phosphorus contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1219	324, 327
Phosphorus	Phosphorus contributes to the maintenance of normal teeth	The claim may be used only for food which is at least a source of phosphorus as referred to		2009; 7(9):1219	324, 327

		in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Plant sterols and plant stanols	Plant sterols/ stanols contribute to the maintenance of normal blood cholesterol levels	In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of at least 0,8 g of plant sterols/ stanols.		2010;8(10):1813 2011;9(6):2203	549, 550, 567, 713, 1234, 1235, 1466, 1634, 1984, 2909, 3140 568
Potassium	Potassium contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of potassium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010; 8(2):1469	386
Potassium	Potassium contributes to normal muscle function	The claim may be used only for food which is at least a source of potassium		2010; 8(2):1469	320

		as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Potassium	Potassium contributes to the maintenance of normal blood pressure	The claim may be used only for food which is at least a source of potassium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010; 8(2):1469	321
Protein	Protein contributes to a growth in muscle mass	The claim may be used only for food which is at least a source of protein as referred to in the claim SOURCE OF PROTEIN as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1814 2011;9(6):2203	415, 417, 593, 594, 595, 715 1398
Protein	Protein contributes to the maintenance	The claim may be used only for food which is at		2010;8(10):1814 2011;9(6):2203	415, 417, 593, 594, 595, 715 1398

	of muscle mass	least a source of protein as referred to in the claim SOURCE OF PROTEIN as listed in the Annex to Regulation (EC) No 1924/2006.			
Protein	Protein contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of protein as referred to in the claim SOURCE OF PROTEIN as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1814 2011;9(6):2203	416 4704
[F1Reformulated, non-alcoholic, acidic drink with: — less than 1 g fermentable carbohydrate per 100 ml (sugars and other carbohydrates except polyols), — calcium in a range from 0,3 to 0,8	Replacing sugar-containing, acidic drinks, such as soft drinks (typically 8-12 g sugars/100 ml), with reformulated drinks contributes to the maintenance of tooth mineralisation[c]	In order to bear the claim, reformulated acidic drinks shall comply with the description of the food subject to the claim	—	2010;8(12):1884	—]

—	mol per mol acidulant, display of pH between 3,7-4,0.				
Resistant starch	Replacing digestible starches with resistant starch in a meal contributes to a reduction in the blood glucose rise after that meal.	The claim may be used only for food in which digestible starch has been replaced by resistant starch so that the final content of resistant starch is at least 14 % of total starch.		2011;9(4):2024	681
Riboflavin (Vitamin B2)	Riboflavin contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1814	29, 35, 36, 42
Riboflavin (Vitamin B2)	Riboflavin contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim		2010;8(10):1814	213

		SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Riboflavin (Vitamin B2)	Riboflavin contributes to the maintenance of normal mucous membranes	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1814	31
Riboflavin (Vitamin B2)	Riboflavin contributes to the maintenance of normal red blood cells	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1814	40
Riboflavin (Vitamin B2)	Riboflavin contributes	The claim may be used		2010;8(10):1814	31, 33

	to the maintenance of normal skin	only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Riboflavin (Vitamin B2)	Riboflavin contributes to the maintenance of normal vision	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1814	39
Riboflavin (Vitamin B2)	Riboflavin contributes to the normal metabolism of iron	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex		2010;8(10):1814	40, 37

		to Regulation (EC) No 1924/2006.			
Riboflavin (Vitamin B2)	Riboflavin contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1814	207
Riboflavin (Vitamin B2)	Riboflavin contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1814	41
Rye fibre	Rye fibre contributes to normal bowel function	The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Annex to		2011;9(6):2258	825

		Regulation (EC) No 1924/2006.			
Selenium	Selenium contributes to normal spermatogenesis	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1220	396
Selenium	Selenium contributes to the maintenance of normal hair	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1722	281
Selenium	Selenium contributes to the maintenance of normal nails	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF		2010;8(10):1722	281

		VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Selenium	Selenium contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1220 2010;8(10):1727	278, 1750
Selenium	Selenium contributes to the normal thyroid function	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1727 2009; 7(9):1220	279, 282, 286, 410, 1289, 1290, 1291, 1292, 1293
Selenium	Selenium contributes to the protection of cells from	The claim may be used only for food which is at		2009; 7(9):1220 2010;8(10):1727	277, 283, 286, 1289, 1290, 1291,

	oxidative stress	least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			1293, 1751, 410, 1292
[F1 Slowly digestible starch	Consumption of products high in slowly digestible starch (SDS) raises blood glucose concentration less after a meal compared to products low in SDS[d]	The claim may be used only on food where the digestible carbohydrates provide at least 60 % of the total energy and where at least 55 % of those carbohydrates is digestible starch, of which at least 40 % is SDS	—	2011;9(7):2292	—**]**
[F12 Sugar beet fibre	Sugar beet fibre contributes to an increase in faecal bulk	The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation (EC) No 1924/2006.		2011;9(12):2468	**]**
Sugar replacers, i.e. intense sweeteners; xylitol, sorbitol,	Consumption of foods/ drinks containing <name of sugar	In order to bear the claim, sugars should be replaced in foods		2011;9(4):2076 2011;9(6):2229	617, 619, 669, 1590, 1762, 2903, 2908, 2920 4298

mannitol, maltitol, lactitol, isomalt, erythritol, sucralose and polydextrose; D-tagatose and isomaltulose	replacer> instead of sugar[a] induces a lower blood glucose rise after their consumption compared to sugar-containing foods/drinks	or drinks by sugar replacers, i.e. intense sweeteners, xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, sucralose or polydextrose, or a combination of them, so that foods or drinks contain reduced amounts of sugars by at least the amount referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation (EC) No 1924/2006. In the case of D-tagatose and isomaltulose, they should replace equivalent amounts of other sugars in the same proportion as that referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to			

		Regulation (EC) No 1924/2006.			
Sugar replacers, i.e. intense sweeteners; xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, sucralose and polydextrose; D-tagatose and isomaltulose	Consumption of foods/ drinks containing <name of sugar replacer> instead of sugar[b] contributes to the maintenance of tooth mineralisation	In order to bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by sugar replacers, i.e. intense sweeteners, xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, in amounts such that consumption of such foods or drinks does not lower plaque pH below 5.7 during and up to 30 minutes after consumption		2011;9(4):2076 2011;9(6):2229	463, 464, 563, 618, 647, 1182, 1591, 2907, 2921, 4300 1134, 1167, 1283
Sugar-free chewing gum	Sugar-free chewing gum contributes to the maintenance of tooth mineralization	The claim may be used only for chewing gum which complies with the conditions of use for the nutrition claim		2009; 7(9):1271 2011;9(4):2072 2011;9(6):2266	1151, 1154 486, 562, 1181

		SUGARS FREE as listed in the Annex to Regulation (EC) No 1924/2006. Information shall be given to the consumer that the beneficial effect is obtained with chewing, for at least 20 minutes, after eating or drinking.			
Sugar-free chewing gum	Sugar-free chewing gum contributes to the neutralisation of plaque acids	The claim may be used only for chewing gum which complies with the conditions of use for the nutrition claim SUGARS FREE as listed in the Annex to Regulation (EC) No 1924/2006. Information shall be given to the consumer that the beneficial effect is obtained with chewing, for at least 20 minutes, after eating or drinking.		2009; 7(9):1271 2011;6(6):2266	1150 485
Sugar-free chewing gum	Sugar-free chewing gum contributes to the reduction	The claim may be used only for chewing		2009; 7(9):1271	1240

	of oral dryness	gum which complies with the conditions of use for the nutrition claim SUGARS FREE as listed in the Annex to Regulation (EC) No 1924/2006. Information shall be given to the consumer that the beneficial effect is obtained with use of the chewing gum whenever the mouth feels dry.			
Sugar-free chewing gum with carbamide	Sugar-free chewing gum with carbamide neutralises plaque acids more effectively than sugar-free chewing gums without carbamide	The claim may be used only for chewing gum which complies with the conditions of use for the nutrition claim SUGARS FREE as listed in the Annex to Regulation (EC) No 1924/2006. In order to bear the claim each piece of sugar-free chewing gum should contain at least 20 mg carbamide. Information		2011;9(4):2071	1153

		shall be given to the consumer that gum should be chewed for at least 20 minutes after eating or drinking.			
Thiamine	Thiamine contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of thiamine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1222	21, 24, 28
Thiamine	Thiamine contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of thiamine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1222	22, 27
Thiamine	Thiamine contributes to normal	The claim may be used only for food which is at		2010;8(10):1752	205

	psychological function	least a source of thiamine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Thiamine	Thiamine contributes to the normal function of the heart	The claim may be used only for food which is at least a source of thiamine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1222	20
Vitamin A	Vitamin A contributes to normal iron metabolism	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation		2009; 7(9):1221	206

		(EC) No 1924/2006.			
Vitamin A	Vitamin A contributes to the maintenance of normal mucous membranes	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1221 2010;8(10):1754	15, 4702
Vitamin A	Vitamin A contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1221 2010;8(10):1754	15, 17, 4660, 4702
Vitamin A	Vitamin A contributes to the maintenance of normal vision	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/		2009; 7(9):1221 2010;8(10):1754	16, 4239, 4701

		S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Vitamin A	Vitamin A contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1222 2011;9(4):2021	14, 200, 1462
Vitamin A	Vitamin A has a role in the process of cell specialisation	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1221	14
Vitamin B12	Vitamin B12 contributes to normal energy-	The claim may be used only for food which is at least		2009; 7(9):1223	99, 190

	yielding metabolism	a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Vitamin B12	Vitamin B12 contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):4114	95, 97, 98, 100, 102, 109
Vitamin B12	Vitamin B12 contributes to normal homocysteine metabolism	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex		2010;8(10):4114	96, 103, 106

		to Regulation (EC) No 1924/2006.			
Vitamin B12	Vitamin B12 contributes to normal psychological function	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):4114	95, 97, 98, 100, 102, 109
Vitamin B12	Vitamin B12 contributes to normal red blood cell formation	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1223	92, 101
Vitamin B12	Vitamin B12 contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of vitamin B12 as referred to		2009; 7(9):1223	107

		in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Vitamin B12	Vitamin B12 contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):411	408
Vitamin B12	Vitamin B12 has a role in the process of cell division	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation		2009; 7(9):1223 2010;8(10):1756	93, 212

		(EC) No 1924/2006.			
Vitamin B6	Vitamin B6 contributes to normal cysteine synthesis	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1754	4283
Vitamin B6	Vitamin B6 contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1757	75, 214
Vitamin B6	Vitamin B6 contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/		2009; 7(9):1225	66

		S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Vitamin B6	Vitamin B6 contributes to normal homocysteine metabolism	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1759	73, 76, 199
Vitamin B6	Vitamin B6 contributes to normal protein and glycogen metabolism	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1225	65, 70, 71
Vitamin B6	Vitamin B6 contributes to normal psychological function	The claim may be used only for food which is at least a source		2010;8(10):1759	77

		of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Vitamin B6	Vitamin B6 contributes to normal red blood cell formation	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1225	67, 72, 186
Vitamin B6	Vitamin B6 contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation		2009; 7(9):1225	68

		(EC) No 1924/2006.			
Vitamin B6	Vitamin B6 contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1757	78
Vitamin B6	Vitamin B6 contributes to the regulation of hormonal activity	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1225	69
Vitamin C	Vitamin C contributes to maintain the normal function of the immune system during and after intense physical exercise	The claim may be used only for food which provides a daily intake of 200 mg vitamin C. In order to bear the claim information		2009; 7(9):1226	144

		shall be given to the consumer that the beneficial effect is obtained with a daily intake of 200 mg in addition to the recommended daily intake of vitamin C.			
Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of blood vessels	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1226	130, 131, 149
Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of bones	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1226	131, 149

Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of cartilage	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1226	131, 149
Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of gums	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1226	131, 136, 149
Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of skin	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF		2009; 7(9):1226	131, 137, 149

		MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of teeth	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1226	131, 149
Vitamin C	Vitamin C contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1226 2010;8(10):1815	135, 2334, 3196
Vitamin C	Vitamin C contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of vitamin C as referred to		2009; 7(9):1226	133

		in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Vitamin C	Vitamin C contributes to normal psychological function	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1815	140
Vitamin C	Vitamin C contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1226 2010;8(10):1815	134, 4321

Vitamin C	Vitamin C contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1226 2010;8(10):1815	129, 138, 143, 148, 3331
Vitamin C	Vitamin C contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1815	139, 2622
Vitamin C	Vitamin C contributes to the regeneration of the reduced form of vitamin E	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF		2010;8(10):1815	202

		MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Vitamin C	Vitamin C increases iron absorption	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1226	132, 147
Vitamin D	Vitamin D contributes to normal absorption/ utilisation of calcium and phosphorus	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1227	152, 157, 215
Vitamin D	Vitamin D contributes to normal blood calcium levels	The claim may be used only for food which is at least a source of vitamin D as referred to		2009; 7(9):1227 2011;9(6):2203	152, 157 215

		in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Vitamin D	Vitamin D contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1227	150, 151, 158, 350
Vitamin D	Vitamin D contributes to the maintenance of normal muscle function	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010; 8(2):1468	155

Vitamin D	Vitamin D contributes to the maintenance of normal teeth	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1227	151, 158
Vitamin D	Vitamin D contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010; 8(2):1468	154, 159
Vitamin D	Vitamin D has a role in the process of cell division	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF		2009; 7(9):1227	153

		MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Vitamin E	Vitamin E contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of vitamin E as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1816	160, 162, 1947
Vitamin K	Vitamin K contributes to normal blood clotting	The claim may be used only for food which is at least a source of vitamin K as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7 (9):1228	124, 126
Vitamin K	Vitamin K contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of vitamin K as referred to		2009; 7 (9):1228	123, 127, 128, 2879

		in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Walnuts	Walnuts contribute to the improvement of the elasticity of blood vessels	The claim may be used only for food which provides a daily intake of 30 g of walnuts. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 30 g of walnuts.		2011;9(4):2074	1155, 1157
Water	Water contributes to the maintenance of normal physical and cognitive functions	In order to bear the claim, information shall be given to the consumer that in order to obtain the claimed effect, at least 2,0 L of water, from all sources, should be consumed per day.	The claim may be used only on water complying with Directives 2009/54/EC and/or 98/83/EC	2011;9(4):2075	1102, 1209, 1294, 1331
Water	Water contributes	In order to bear	The claim may be used	2011;9(4):2075	1208

	to the maintenance of normal regulation of the body's temperature	the claim, information shall be given to the consumer that in order to obtain the claimed effect, at least 2,0 L of water, from all sources, should be consumed per day.	only on water complying with Directives 2009/54/EC and/or 98/83/EC		
Wheat bran fibre	Wheat bran fibre contributes to an acceleration of intestinal transit	The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation (EC) No 1924/2006. In order to bear the claim information shall be given to the consumer that the claimed effect is obtained with a daily intake of at least 10 g of wheat bran fibre.		2010;8(10):1817	828, 839, 3067, 4699
Wheat bran fibre	Wheat bran fibre contributes to an increase in faecal bulk	The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation		2010;8(10):1817	3066

		(EC) No 1924/2006.			
Zinc	Zinc contributes to normal acid-base metabolism	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1229	360
Zinc	Zinc contributes to normal carbohydrate metabolism	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1819	382
Zinc	Zinc contributes to normal cognitive function	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/		2009; 7(9):1229	296

		S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Zinc	Zinc contributes to normal DNA synthesis	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1812	292, 293, 1759
Zinc	Zinc contributes to normal fertility and reproduction	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1229	297, 300
Zinc	Zinc contributes to normal macronutrient metabolism	The claim may be used only for food which is at least a source		2010;8(10):1812	2890

		of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Zinc	Zinc contributes to normal metabolism of fatty acids	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1229	302
Zinc	Zinc contributes to normal metabolism of vitamin A	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation		2009; 7(9):1229	361

		(EC) No 1924/2006.			
Zinc	Zinc contributes to normal protein synthesis	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1812	293, 4293
Zinc	Zinc contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1229	295, 1756
Zinc	Zinc contributes to the maintenance of normal hair	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/		2010;8(10):1819	412

		S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Zinc	Zinc contributes to the maintenance of normal nails	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1819	412
Zinc	Zinc contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):1819	293
Zinc	Zinc contributes to the maintenance of normal	The claim may be used only for food which is at least a source		2010;8(10):1819	301

	testosterone levels in the blood	of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Zinc	Zinc contributes to the maintenance of normal vision	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1229	361
Zinc	Zinc contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation		2009; 7(9):1229	291, 1757

		(EC) No 1924/2006.			
Zinc	Zinc contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1229	294, 1758
Zinc	Zinc has a role in the process of cell division	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1229	292, 293, 1759

a In the case of D-tagatose and isomaltulose this should read ‘other sugars’

b In the case of D-tagatose and isomaltulose this should read ‘other sugars’

c **[**[F1]Authorised on 24.9.2013 restricted to the use of GlaxoSmithKline Services Unlimited and its affiliates, GSK House, 980 Great West Road, Brentford, TW89GS, United Kingdom, for a period of five years.

d Authorised on 24.9.2013 restricted to the use of Mondelēz International group, Three Parkway North Deerfield, IL 60015, United States of America, for a period of five years.**]**

e **[**[F2]Authorised on 24 September 2013 restricted to the use of Barry Callebaut Belgium NV, Aalstersestraat 122, B-9280 Lebbeke-Wieze, Belgium, for a period of five years.

f Authorised on 21 April 2015 restricted to the use of Barry Callebaut Belgium NV, Aalstersestraat 122, B-9280 Lebbeke-Wieze, Belgium, for a period of five years.**]**

g **[**[F3]Authorised on 1 January 2016 restricted to the use of BENEO-Orafti S.A., Rue L. Maréchal 1, B-4360 Oreye, Belgium, for a period of five years.**]**

h From 21 July 2016 until 14 September 2019 the energy content of the food shall not be less than 200 kcal (840 kJ) and shall not exceed 400 kcal (1 680 kJ).

i From 21 July 2016 until 14 September 2019 the food shall provide at least 30 % of the amounts of vitamins and minerals specified in the below Table per meal:

Vitamin A	(µg RE)	700
Vitamin D	(µg)	5
Vitamin E	(mg)	10
Vitamin C	(mg)	45
Thiamine	(mg)	1,1
Riboflavin	(mg)	1,6
Niacin	(mg-NE)	18
Vitamin B_6	(mg)	1,5
Folate	(µg)	200
Vitamin B_{12}	(µg)	1,4
Biotin	(µg)	15
Pantothenic acid	(mg)	3
Calcium	(mg)	700
Phosphorus	(mg)	550
Iron	(mg)	16
Zinc	(mg)	9,5
Copper	(mg)	1,1
Iodine	(µg)	130
Selenium	(µg)	55
Sodium	(mg)	575
Magnesium	(mg)	150
Manganese	(mg)	1

From 21 July 2016 until 14 September 2019 the amount of potassium per meal provided by the food shall be at least 500 mg.**]**

j **[**[F5]Repetition maximum load is the maximum weight or force an individual can exert in a single lift.**]**

Textual Amendments

F1 Inserted by Commission Regulation (EU) No 851/2013 of 3 September 2013 authorising certain health claims made on foods, other than those referring to the reduction of disease risk and to children's development and health and amending Regulation (EU) No 432/2012 (Text with EEA relevance).

F2 Substituted by Commission Regulation (EU) 2015/539 of 31 March 2015 authorising a health claim made on foods, other than those referring to the reduction of disease risk and to children's development and health and amending Regulation (EU) No 432/2012 (Text with EEA relevance).

F3 Inserted by Commission Regulation (EU) 2015/2314 of 7 December 2015 authorising a health claim made on foods, other than those referring to the reduction of disease risk and to children's development and health and amending Regulation (EU) No 432/2012 (Text with EEA relevance).

F4 Inserted by Commission Regulation (EU) 2016/1413 of 24 August 2016 amending Regulation (EU) No 432/2012 establishing a list of permitted health claims made on foods other than those referring to the reduction of disease risk and to children's development and health (Text with EEA relevance).

F5 Inserted by Commission Implementing Regulation (EU) 2017/672 of 7 April 2017 authorising a health claim made on foods, other than those referring to the reduction of disease risk and to children's development and health and amending Regulation (EU) No 432/2012 (Text with EEA relevance).

F6 Inserted by Commission Regulation (EU) No 536/2013 of 11 June 2013 amending Regulation (EU) No 432/2012 establishing a list of permitted health claims made on foods other than those referring to the reduction of disease risk and to children’s development and health (Text with EEA relevance).

F7 Inserted by Commission Regulation (EU) No 1018/2013 of 23 October 2013 amending Regulation (EU) No 432/2012 establishing a list of permitted health claims made on foods other than those referring to the reduction of disease risk and to children’s development and health (Text with EEA relevance).

F8 Inserted by Commission Regulation (EU) 2015/7 of 6 January 2015 authorising a health claim made on foods, other than those referring to the reduction of disease risk and to children's development and health and amending Regulation (EU) No 432/2012 (Text with EEA relevance).

F9 Inserted by Commission Implementing Regulation (EU) 2017/676 of 10 April 2017 authorising a health claim made on foods, other than those referring to the reduction of disease risk and to children's development and health and amending Regulation (EU) No 432/2012 (Text with EEA relevance).

F10 Substituted by Commission Regulation (EU) 2016/1413 of 24 August 2016 amending Regulation (EU) No 432/2012 establishing a list of permitted health claims made on foods other than those referring to the reduction of disease risk and to children's development and health (Text with EEA relevance).

F11 Inserted by Commission Implementing Regulation (EU) 2016/854 of 30 May 2016 authorising certain health claims made on foods, other than those referring to the reduction of disease risk and to children's development and health and amending Regulation (EU) No 432/2012 (Text with EEA relevance).

F12 Inserted by Commission Regulation (EU) No 40/2014 of 17 January 2014 authorising a health claim made on foods, other than those referring to the reduction of disease risk and to children's development and health and amending Regulation (EU) No 432/2012 (Text with EEA relevance).

Changes to legislation:
There are outstanding changes not yet made to Commission Regulation (EU) No 432/2012. Any changes that have already been made to the legislation appear in the content and are referenced with annotations.
View outstanding changes

Changes and effects yet to be applied to :

- Annex words inserted by S.I. 2019/651, reg. 46(4)(a) (as inserted) by S.I. 2020/1476 reg. 6(6)
- Annex words inserted by S.I. 2019/651, reg. 46(4)(b) (as inserted) by S.I. 2020/1476 reg. 6(6)
- Annex words inserted by S.I. 2019/651, reg. 46(4)(c) (as inserted) by S.I. 2020/1476 reg. 6(6)
- Annex words inserted by S.I. 2019/651, reg. 46(4)(d) (as inserted) by S.I. 2020/1476 reg. 6(6)