# Commission Regulation (EU) No 432/2012 of 16 May 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)

## COMMISSION REGULATION (EU) No 432/2012

## of 16 May 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)

THE EUROPEAN COMMISSION,

Having regard to the Treaty on the Functioning of the European Union,

Having regard to Regulation (EC) No 1924/2006 of the European Parliament and of the Council of 20 December 2006 on nutrition and health claims made on foods[(1)], and in particular Article 13(3) thereof,

Whereas:

(1) Pursuant to Article 10(1) of Regulation (EC) No 1924/2006, health claims made on foods are prohibited unless they are authorised by the Commission in accordance with that Regulation and included in a list of permitted claims.

(2) Article 13(2) of Regulation (EC) No 1924/2006 provides that Member States shall submit national lists of health claims made on foods, as referred to in Article 13(1) of that Regulation to the Commission, by 31 January 2008 at the latest. The national lists of claims must be accompanied by the conditions applying to them and by references to the relevant scientific justification.

(3) Article 13(3) of Regulation (EC) No 1924/2006 provides that, after consulting the European Food Safety Authority (hereinafter referred to as 'the Authority'), the Commission shall adopt a list of permitted health claims made on foods, as referred to in Article 13(1) of that Regulation, and all necessary conditions for the use of those claims by 31 January 2010 at the latest.

(4) On 31 January 2008 the Commission received lists with more than 44 000 health claims from the Member States. An examination of the national lists showed that due to many duplications and following discussions with Member States, it was necessary to compile the national lists into a consolidated list of the claims for which the Authority should give scientific advice, hereinafter referred to as the 'consolidated list'[(2)].

(5) On 24 July 2008, the Commission formally transmitted to the Authority the request for a scientific opinion pursuant to Article 13(3) of Regulation (EC) No 1924/2006, together with terms of reference and a first part of the consolidated list. Subsequent parts of the consolidated list were transmitted in November and December 2008. The consolidated list was finalised by the Commission by an addendum, which was

forwarded to the Authority on 12 March 2010. Some claims in the consolidated list were subsequently withdrawn by Member States before their evaluation by the Authority. The scientific evaluation by the Authority concluded in the publication of its opinions between October 2009 and July 2011[(3)].

(6) In its evaluation the Authority found that some submissions covered different claimed effects or brought together the same claimed effect. Therefore, a health claim considered in this Regulation may represent one or more of the entries on the consolidated list.

(7) For a number of health claims the Authority concluded that, on the basis of the data submitted, a cause and effect relationship has been established between a food category, a food or one of its constituents and the claimed effect. Health claims corresponding to those conclusions and complying with the requirements of Regulation (EC) No 1924/2006 should be authorised under Article 13(3) of Regulation (EC) No 1924/2006, and included in a list of permitted claims.

(8) Article 13(3) of Regulation (EC) No 1924/2006 provides that permitted health claims must be accompanied with all necessary conditions (including restrictions) for their use. Accordingly, the list of permitted claims should include the wording of the claims and specific conditions of use of the claims, and where applicable, conditions or restrictions of use and/or an additional statement or warning, in accordance with the rules laid down in Regulation (EC) No 1924/2006 and in line with the opinions of the Authority.

(9) One of the objectives of Regulation (EC) No 1924/2006 is to ensure that health claims are truthful, clear, reliable and useful to the consumer. In that respect, the wording and presentation of such claims have to be taken into account. Where the wording of claims has the same meaning for consumers as that of a permitted health claim, because it demonstrates the same relationship that exists between a food category, a food or one of its constituents and health, the claims should be subject to the same conditions of use indicated for the permitted health claims.

(10) The Commission has identified a number of claims submitted for evaluation, referring to effects of plant or herbal substances, commonly known as 'botanical' substances, for which the Authority has yet to complete a scientific evaluation. In addition, there are a number of health claims for which either a further evaluation is required before the Commission is able to consider their inclusion or otherwise in the list of permitted claims, or which have been evaluated, but due to other legitimate factors consideration cannot be completed by the Commission at this time.

(11) Claims whose evaluation by the Authority or whose consideration by the Commission has not yet been completed will be published on the website of the Commission[(4)] and may continue to be used pursuant to Article 28(5) and (6) of Regulation (EC) No 1924/2006.

(12) Pursuant to Articles 6(1) and 13(1) of Regulation (EC) No 1924/2006 health claims need to be based on generally accepted scientific evidence. Accordingly, health claims that did not receive a favourable assessment on their scientific substantiation by the Authority, as it was not concluded that a cause and effect relationship had been established between a food category, a food or one of its constituents and the claimed

effect, should not be authorised. Authorisation may also legitimately be withheld if health claims do not comply with other general and specific requirements of Regulation (EC) No 1924/2006, even in the case of a favourable scientific assessment by the Authority. Health claims inconsistent with generally accepted nutrition and health principles should not be made. The Authority concluded that for one claim[(5)] on the effect of fats on the normal absorption of fat soluble vitamins and another claim[(6)] on the effect of sodium on the maintenance of normal muscle function a cause and effect relationship has been established. However, the use of these health claims would convey a conflicting and confusing message to consumers, because it would encourage consumption of those nutrients for which, on the basis of generally accepted scientific advice, European, national and international authorities inform the consumer that their intake should be reduced. Therefore, these two claims do not comply with point (a) of the second paragraph of Article 3 of Regulation (EC) No 1924/2006 which foresees that the use of claims shall not be ambiguous or misleading. Furthermore, even if the health claims concerned were to be authorised only under specific conditions of use and/or accompanied by additional statements or warnings, it would not be sufficient to alleviate the confusion of the consumer, and consequently the claims should not be authorised.

(13) This Regulation should apply six months after the date of its entry into force to enable food business operators to adapt to its requirements, including the prohibition according to Article 10(1) of Regulation (EC) No 1924/2006 of those health claims whose evaluation by the Authority and whose consideration by the Commission has been completed.

(14) Article 20(1) of Regulation (EC) No 1924/2006 provides for the Commission to establish and maintain a Union Register of nutrition and health claims made on foods, hereinafter referred to as 'the Register'. The Register will contain all the authorised claims and, inter alia, the conditions of use applying to them. The Register will also contain a list of rejected health claims and the reasons for their rejection.

(15) Health claims that have been withdrawn by the Member States will not be included in the list of rejected claims in the Union Register. The Register will be updated periodically and, as the case may be, following progress on health claims for which the evaluation by the Authority and/or consideration by the Commission has not yet been completed.

(16) Comments and positions from the members of the public and interested stakeholders, received by the Commission have been adequately considered when setting the measures provided for in this Regulation.

(17) The addition of substances to or the use of substances in foodstuffs is governed by specific Union and national legislation, as is the classification of products as foodstuffs or medicinal products. Any decision on a health claim in accordance with Regulation (EC) No 1924/2006 such as inclusion in the list of permitted claims referred to in Article 13(3) thereof does not constitute an authorisation to the marketing of the substance on which the claim is made, a decision on whether the substance can be used in foodstuffs, or a classification of a certain product as a foodstuff.

(18) The measures provided for in this Regulation are in accordance with the opinion of the Standing Committee on the Food Chain and Animal Health, and neither the European Parliament nor the Council have opposed them,

HAS ADOPTED THIS REGULATION:

*Article 1*

**Permitted health claims**

1 The list of health claims which may be made on foods, as referred to in Article 13(3) of Regulation (EC) No 1924/2006, is set out in the Annex to this Regulation.

2 Health claims referred to in paragraph 1 may be made on foods in compliance with the conditions set out in the Annex.

*Article 2*

**Entry into force and application**

This Regulation shall enter into force on the twentieth day following that of its publication in the *Official Journal of the European Union*.

It shall apply from 14 December 2012.

This Regulation shall be binding in its entirety and directly applicable in all Member States.

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** |
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| 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**]** |

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| | 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<br>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 |

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| | 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 |

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| | 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 |

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| | | 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 |

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| | 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 |

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| | | (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 |

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| | | 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 |

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| | | 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 |

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| | | (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 |

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| | | 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 | ] |

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| | 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 |

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| | 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 |

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| | | 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 | 426 |

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| | | 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<br>2011;9(6):2203 | 1501<br>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 |

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| | | 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**2**62, 4667<br>2011;9(6):2203 4698 | |
| **[**[F2]Cocoa 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.<br>The claim can be used only for cocoa beverages (with cocoa powder) or for dark chocolate | — | 2012;10(7):2809[e] **]**<br>2014;12(5):3654[f] | |

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| | | 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 |

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| | | 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 |

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| | 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 |

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| | | 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:<br>— 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 |

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| 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, | | |

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| | | 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 |

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| | | 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 |

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| (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 |

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| | | 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 |

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| | | 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 |

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| | | [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 | 195, 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 |

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| | | 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 |

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| 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<br>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 |

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| | | 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**]** |

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| | | 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<br>— advice on taking with plenty of water to ensure substance reaches stomach. | 2009; 7(9):1258<br>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<br>— advice on taking with plenty of water to ensure substance reaches stomach. | 2010;8(10):1798 | 854, 1556, 3725, |

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| | | 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<br>— 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<br>— 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 |

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| (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<br>— 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<br>2010;8(10):1800 | 274, 402 |

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| | | 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 |

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| | 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 |

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| 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 |

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| | | 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 |

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| | 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 |

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| | | 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 |

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| | | 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 |

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| | | (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 |

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| | | 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 |

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| | 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 |

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| | | (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):1804 | 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 |

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| | | S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006. | | | |
| **[**[F10]Meal 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:<br>1. **Energy content**<br>The energy content shall not be less than 200 kcal (840 kJ) and shall not exceed 250 kcal (1 046 KJ) per meal[h].<br>2. **Fat content and composition**<br>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.<br>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 |

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| | 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.<br>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):<br><br>*AMINO ACID REQUIREMENT PATTERN (G/100 G PROTEIN)*<br><br>Cystine + methionine 1,7<br>Histidine 1,6<br>Isoleucine 1,3<br>Leucine 1,9<br>Lysine 1,6<br>Phenylalanine + tyrosine 1,9 | | | |

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| | | Threonine 0,9<br>Tryptophan 0,5<br>Vazline 1,3<br><br>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.<br>If the chemical index is lower than 100 % of the reference protein, the minimum protein levels shall be correspondingly increased.<br>In any case the chemical index of the protein shall at least be equal to 80 % of that of the reference protein.<br>In all cases, the addition of amino acids is permitted solely for the purpose of improving the nutritional | | |

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| | | value of the proteins and only in the proportions necessary for that purpose.<br>4. **Vitamins and minerals**<br>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] |

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| restricted diet with meal replacements contributes to weight loss | the following requirements:<br>1. **Energy content**<br>The energy content shall not be less than 200 kcal (840 kJ) and shall not exceed 250 kcal (1 046 KJ) per meal[h].<br>2. **Fat content and composition**<br>The energy derived from fat shall not exceed 30 % of total available energy content of the product.<br>The linoleic acid (in the form of glycerides) shall not be less than 1 g.<br>3. **Protein content and composition**<br>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.<br>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. | | |

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| | 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):<br><br>*AMINO ACID REQUIREMENT PATTERN (G/100 G PROTEIN)*<br><br>Cystine + methionine 1,7<br>Histidine 1,6<br>Isoleucine 1,3<br>Leucine 1,9<br>Lysine 1,6<br>Phenylalanine + tyrosine 1,9<br>Threonine 0,9<br>Tryptophan 0,5<br>Valine 1,3<br><br>The 'chemical index' shall mean the lowest of the ratios between the quantity of | | | |

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| | each essential amino acid of the test protein in and the quantity of each corresponding amino acid of the reference protein.<br>If the chemical index is lower than 100 % of the reference protein, the minimum protein levels shall be correspondingly increased.<br>In any case the chemical index of the protein shall at least be equal to 80 % of that of the reference protein.<br>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**<br>The food shall provide at least 30 % of the | | | |

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| | | 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 |

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| | | 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 |

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| | | 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 |

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| | | 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 | **]** |

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| | | 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 |

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| | | 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 |

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| | | 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. | | | |
| [F11Non-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<br>2014;12(10):3838<br>2014;12(10):3839 | |
| Non-fermentable carbohydrates | Consumption of foods/drinks containing | In order to bear the claim, fermentable | | 2013;11(7):3329 | |

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| <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.<br>([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, | | | |

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| | | 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 | | |

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| | | 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 |

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| | | 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 |

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| | | 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<br>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 |

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| | 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<br>— 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<br>— 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 |

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| | | 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 |

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| | | 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<br>2011;9(6):2203 | 549, 550, 567, 713, 1234, 1235, 1466, 1634, 1984, 2909, 3140<br>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 |

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| | | 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 |

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|---|---|---|---|---|---|
| | 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<br>2011;9(6):2203 | 416<br>4704 |
| [F1Reformulated, non-alcoholic, acidic drink with:<br>— less than 1 g fermentable carbohydrate per 100 ml (sugars and other carbohydrates except polyols),<br>— 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 | —] |

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| — | 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 |

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|---|---|---|---|---|---|
| | | 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 |

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| | 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 | 30, 37 |

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| | | 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 |

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| | | 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 |

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|---|---|---|---|---|---|
| | | 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, |

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| | 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 |

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| 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 | | | |

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| | | 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 |

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| | | 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 |

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| | 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 |

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| | | 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 |

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| | 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 |

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|---|---|---|---|---|---|
| | | (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 |

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|---|---|---|---|---|---|
| | | 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 |

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|---|---|---|---|---|---|
| | | 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):4114 | 08 |
| 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 |

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|---|---|---|---|---|---|
| | | (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):1759 | 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):1759 | 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 |

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|---|---|---|---|---|---|
| | 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).

(**1**) OJ L 404, 30.12.2006, p. 9.

(**2**) http://www.efsa.europa.eu/en/ndaclaims13/docs/ndaclaims13.zip

(**3**) http://www.efsa.europa.eu/en/topics/topic/article13.htm

(**4**) http://ec.europa.eu/food/food/labellingnutrition/claims/index_en.htm

(**5**) Corresponding to entries ID 670 and ID 2902 in the consolidated list.

(**6**) Corresponding to entry ID 359 in the consolidated list.

**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)
- Art. 1(1) words substituted by S.I. 2019/651 reg. 46(2)
- Art. 2 omitted by S.I. 2019/651 reg. 46(3)