

Working Document  
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### Annex to permitted list of on hold 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
alpha-Cyclodextrin	Consumption of alpha-cyclodextrin contributes to the reduction of the blood glucose rise after starch-containing meals.	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 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.		2012;10(6):2713	2926
Caffeine	Caffeine contributes to a reduction in the rated perceived exertion/effort during [endurance] exercise.	In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with caffeine consumption at doses of 4 mg/kg body weight at least one hour prior to exercise and only if any other caffeine consumption is avoided for at least 12 hours prior to consumption of the product in habitual caffeine consumers.	The claim may be used only for foods targeting adults performing endurance exercise.	2011;9(4):2053	1488, 1490
Caffeine	Caffeine contributes to an increase in endurance capacity.	In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with caffeine consumption at doses of 3 mg/kg body weight at least one hour prior to exercise and only if any other caffeine consumption is avoided for at least 12 hours prior to consumption of the product in habitual caffeine consumers.	The claim may be used only for foods targeting adults performing endurance exercise.	2011;9(4):2053	1488

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Caffeine	Caffeine contributes to an increase in endurance performance.	In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with caffeine consumption at doses of 3 mg/kg body weight at least one hour prior to exercise and only if any other caffeine consumption is avoided for at least 12 hours prior to consumption of the product in habitual caffeine consumers.	The claim may be used only for foods targeting adults performing endurance exercise.	2011;9(4):2053	737, 1486
Caffeine	Caffeine helps to improve concentration	The claim may be used only for food which contains at least 75 mg caffeine per quantified portion. In order to bear the claim information shall be given to the consumer not to exceed a daily intake of 300 mg of caffeine.	The claim may be used only for foods targeting the adult population.	2011;9(4):2054	736, 1485, 1491, 2375
Caffeine	Caffeine helps to increase alertness	The claim may be used only for food which contains at least 75 mg caffeine per quantified portion. In order to bear the claim information shall be given to the consumer not to exceed a daily intake of 300 mg of caffeine.	The claim may be used only for foods targeting the adult population.	2011;9(4):2054	736, 1101, 1187, 1485, 1491, 2063, 2103

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Docosahexaenoic 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. The food should contain DHA in combination with 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. In addition information shall be given to consumers not to exceed a daily intake of 5 g of EPA and DHA combined.		2010;8(10):1734	533, 691, 3150
Dried plums of "prune" cultivars ( <i>Prunus domestica</i> L.)	Dried plums/prunes can 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)	DHA and EPA contribute to the maintenance of normal blood pressure	The claim may be used only for food which 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. In addition information shall be given to consumers not to exceed a daily intake of 5 g of EPA and DHA combined.		2009; 7(9):1263 2010;8(10):1796	502, 506, 516, 703, 1317, 1324

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Eicosapentaenoic acid and docosahexaenoic acid (EPA/DHA)	DHA and EPA contribute to the maintenance of normal blood triglyceride concentrations	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 intake of 2 g of EPA and DHA. In addition information shall be given to consumers not to exceed a daily intake of 5 g of EPA and DHA combined.		2009; 7(9):1263 2010;8(10):1796	506, 517, 527, 538, 1317, 1324, 1325
Fructose	Consumption of foods containing fructose leads to a lower blood glucose rise compared to sucrose or glucose containing foods	In order to bear the claim, glucose and/or sucrose should be replaced by fructose in equivalent amounts in sugar-sweetened foods or drinks so that foods or drinks comply with the claim <b>REDUCED SUGARS</b> as listed in the Annex of Regulation (EC) No 1924/2006.	In order to bear the claim information shall be given to the consumer that daily intakes that exceed 40 g of fructose may lead to metabolic complications such as dyslipidaemia, insulin resistance and increased visceral adiposity.	2011;9(6):2223	558

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Glycaemic carbohydrates	Glycaemic carbohydrates contribute to the maintenance of normal brain function	<i>Conditions of use to be discussed – [EFSA's proposed CoU:</i> A daily intake of 130 g of glycaemic carbohydrates has been estimated to cover the glucose requirement of the brain. Such amounts can be consumed as part of a balanced diet. The target population is the general population.]		2011;9(6):2226	603, 653
L-Arginine	Arginine contributes to the maintenance of normal ammonia clearance	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.		2011;9(4):2051	4683
L-Tyrosine	L-Tyrosine contributes to normal synthesis of catecholamines	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.		2011;9(6):2270	1928