

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
alpha- Cyclodextrin	Consumption of alpha-cyclodextrin as part of a starch-containing meal contributes to the reduction of the blood glucose rise after that meal	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 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

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
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
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 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 shall not be used for foods targeting children.	2011;9(4):2054	736, 1101, 1187, 1485, 1491, 2063, 2103
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 shall not be used for foods targeting children.	2011;9(4):2054	736, 1485, 1491, 2375

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
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 and which contains 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. Information shall also be given to consumers not to exceed a daily intake of 5 g of EPA and DHA combined.	The claim may be used only for foods targeting the adult population.	2010;8(10):1734	533, 691, 3150
Docosahexaenoic acid and Eicosapentaenoic acid (DHA/EPA)	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. Information shall also be given to consumers not to exceed a daily intake of 5 g of EPA and DHA combined.	The claim may be used only for foods targeting the adult population.	2009; 7(9):1263 2010;8(10):1796	502, 506, 516, 703, 1317, 1324
Docosahexaenoic acid and Eicosapentaenoic acid (DHA/EPA)	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. Information shall also be given to consumers not to exceed a daily intake of 5 g of EPA and DHA combined.	The claim may be used only for foods targeting the adult population.	2009; 7(9):1263 2010;8(10):1796	506, 517, 527, 538, 1317, 1324, 1325

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
Dried plums of "prune" cultivars (<i>Prunus domestica</i> 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
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 of glucose and/or sucrose in these foods or drinks complies with the claim REDUCED [NAME OF THE NUTRIENT] as listed in the Annex of Regulation (EC) No 1924/2006.		2011;9(6):2223	558
Glycaemic carbohydrates	Glycaemic carbohydrates contribute to the maintenance of normal brain function	The claim may be used only for food which contains at least 19.5 g glycaemic carbohydrates 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 130 g of glycaemic carbohydrates. When the claim is used on foods with added sugars, information shall also be given to the consumer that intake of added sugars shall not exceed 10% of the total daily energy intake (=50g/day).		2011;9(6):2226	603, 653