

#	Batch	ID	List Name	Nutrient, substance, food or food category	EFSA's suggested wording for the claim	Proposed COM wording for the claim	EFSA's suggested conditions of use for the claim	Proposed COM conditions of use for the claim	EFSA's Restrictions of use	Proposed Restrictions of use	Comments	EFSA Journal number
1	1	14	Vitamin	Vitamin A	Vitamin A contributes to a normal function of the immune system	Vitamin A contributes to the normal function of the immune system	in order to bear the claims a food should be at least a source of vitamin A as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1222
2	1	14	Vitamin	Vitamin A	Vitamin A contributes to normal cell differentiation	Vitamin A has a role in the process of cell specialisation	in order to bear the claims a food should be at least a source of vitamin A as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1221
3	1	15	Vitamin	Vitamin A	Vitamin A contributes to the maintenance of normal skin and mucous membranes	Vitamin A contributes to the maintenance of normal skin	in order to bear the claims a food should be at least a source of vitamin A as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1221
4	1	15	Vitamin	Vitamin A	Vitamin A contributes to the maintenance of normal skin and mucous membranes	Vitamin A contributes to the maintenance of normal mucous membranes	in order to bear the claims a food should be at least a source of vitamin A as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1221
5	1	16	Vitamin	Vitamin A	Vitamin A contributes to the maintenance of normal vision	Vitamin A contributes to the maintenance of normal vision	in order to bear the claims a food should be at least a source of vitamin A as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1221
6	1	17	Vitamin	Vitamin A	Vitamin A contributes to the maintenance of normal skin and mucous membranes	Vitamin A contributes to the maintenance of normal skin	in order to bear the claims a food should be at least a source of vitamin A as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1221
7	1	20	Vitamin	Thiamin	Thiamine contributes to the normal function of the heart	Thiamine contributes to the normal function of the heart	in order to bear the claims a food should be at least a source of thiamine as per Annex to Regulation 1924/2006.	The claim may be used only for food which is at least a source of thiamin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006				2009; 7(9):1222
8	1	21	Vitamin	Thiamin	Thiamine contributes to normal energy-yielding metabolism	Thiamine contributes to normal release of energy for use in the body	in order to bear the claims a food should be at least a source of thiamine as per Annex to Regulation 1924/2006.	The claim may be used only for food which is at least a source of thiamin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006				2009; 7(9):1222
9	1	22	Vitamin	Thiamin	Thiamine contributes to the normal function of the nervous system	Thiamine contributes to normal neurological function	in order to bear the claims a food should be at least a source of thiamine as per Annex to Regulation 1924/2006.	The claim may be used only for food which is at least a source of thiamin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006				2009; 7(9):1222
10	1	24	Vitamin	Thiamin	Thiamine contributes to normal energy-yielding metabolism	Thiamine contributes to normal release of energy for use in the body	in order to bear the claims a food should be at least a source of thiamine as per Annex to Regulation 1924/2006.	The claim may be used only for food which is at least a source of thiamin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006				2009; 7(9):1222
11	1	27	Vitamin	Thiamin	Thiamine contributes to the normal function of the nervous system	Thiamine contributes to normal neurological function	in order to bear the claims a food should be at least a source of thiamine as per Annex to Regulation 1924/2006.	The claim may be used only for food which is at least a source of thiamin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006				2009; 7(9):1222
12	1	28	Vitamin	Thiamin	Thiamine contributes to normal energy-yielding metabolism	Thiamine contributes to normal release of energy for use in the body	in order to bear the claims a food should be at least a source of thiamine as per Annex to Regulation 1924/2006.	The claim may be used only for food which is at least a source of thiamin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006				2009; 7(9):1222
13	1	43	Vitamin	Niacin	Niacin contributes to normal energy-yielding metabolism	Niacin contributes to normal release of energy for use in the body	in order to bear the claim a food should be at least a source of niacin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1224
14	1	44	Vitamin	Niacin	Niacin contributes to the normal function of the nervous system	Niacin contributes to normal functioning of the nervous system	in order to bear the claim a food should be at least a source of niacin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1224
15	1	45	Vitamin	Niacin	Niacin contributes to the maintenance of normal skin and mucous membranes	Niacin contributes to the maintenance of normal skin	in order to bear the claim a food should be at least a source of niacin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1224
16	1	45	Vitamin	Niacin	Niacin contributes to the maintenance of normal skin and mucous membranes	Niacin contributes to the maintenance of normal mucous membranes	in order to bear the claim a food should be at least a source of niacin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1224

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33	1	69	Vitamin	Vitamin B6	Vitamin B6 contributes to the regulation of hormonal activity	Vitamin B6 contributes to the regulation of hormonal activity	in order to bear the claims a food should be at least a source of vitamin B6 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1225
34	1	70	Vitamin	Vitamin B6	Vitamin B6 contributes to normal protein and glycogen metabolism	Vitamin B6 contributes to normal use of protein and simultaneous release of glucose stored in the body	in order to bear the claims a food should be at least a source of vitamin B6 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006		To be split		2009; 7(9):1225
35	1	71	Vitamin	Vitamin B6	Vitamin B6 contributes to normal protein and glycogen metabolism	Vitamin B6 contributes to normal use of protein and simultaneous release of glucose stored in the body	in order to bear the claims a food should be at least a source of vitamin B6 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006		To be split		2009; 7(9):1225
36	1	72	Vitamin	Vitamin B6	Vitamin B6 contributes to normal red blood cell formation	Vitamin B6 contributes to normal red blood cell formation	in order to bear the claims a food should be at least a source of vitamin B6 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1225
37	1	79	Vitamin	Folate	Folate contributes to normal blood formation	Folate contributes to normal blood formation	in order to bear the claims a food should be at least a source of Folate as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1213
38	1	80	Vitamin	Folate	Folate contributes to normal homocysteine metabolism	Folate Folate contributes to the normal breakdown of amino acids (such as homocysteine)	in order to bear the claims a food should be at least a source of Folate as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1213
39	1	91	Vitamin	Folate	Folate contributes to a normal function of the immune system	Folate contributes to the normal function of the immune system	in order to bear the claims a food should be at least a source of Folate as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1213
40	1	92	Vitamin	Vitamin B12	vitamin B12 contributes to normal red blood cell formation	Vitamin B12 contributes to normal red blood cell formation	in order to bear the claims a food should be at least a source of vitamin B12 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1223
41	1	93	Vitamin	Vitamin B12	vitamin B12 contributes to normal cell division	Vitamin B12 has a role in the process of cell division	in order to bear the claims a food should be at least a source of vitamin B12 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1223
42	1	99	Vitamin	Vitamin B12	vitamin B12 contributes to normal energy metabolism	Vitamin B12 contributes to normal release of energy for use in the body	in order to bear the claims a food should be at least a source of vitamin B12 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1223
43	1	101	Vitamin	Vitamin B12	vitamin B12 contributes to normal red blood cell formation	Vitamin B12 contributes to normal red blood cell formation	in order to bear the claims a food should be at least a source of vitamin B12 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1223
44	1	107	Vitamin	Vitamin B12	vitamin B12 contributes to a normal function of the immune system	vitamin B12 contributes to the normal function of the immune system	in order to bear the claims a food should be at least a source of vitamin B12 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1223
45	1	113	Vitamin	Biotin	Biotin contributes to normal macronutrient metabolism	Biotin contributes to normal use of protein in the body	In order to bear the claims a food should be at least source of biotin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006		see 114		2009; 7(9):1209
46	1	114	Vitamin	Biotin	Biotin contributes to normal energy-yielding metabolism	Biotin contributes to normal release of energy for use in the body	In order to bear the claims a food should be at least source of biotin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006.				2009; 7(9):1209
47	1	114	Vitamin	Biotin	Biotin contributes to normal macronutrient metabolism	Biotin contributes to normal use of fat in the body	In order to bear the claims a food should be at least source of biotin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006		see 113		2009; 7(9):1209
48	1	115	Vitamin	Biotin	Biotin contributes to the maintenance of normal skin and mucous membranes	Biotin contributes to the maintenance of normal skin	In order to bear the claims a food should be at least source of biotin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1209

49	1	115	Vitamin	Biotin	Biotin contributes to the maintenance of normal skin and mucous membranes	Biotin contributes to the maintenance of normal mucous membranes	In order to bear the claims a food should be at least source of biotin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006					2009; 7(9):1209
50	1	116	Vitamin	Biotin	Biotin contributes to the normal function of the nervous system	Biotin contributes to normal functioning of the nervous system	In order to bear the claims a food should be at least source of biotin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006					2009; 7(9):1209
51	1	117	Vitamin	Biotin	Biotin contributes to normal energy-yielding metabolism	Biotin contributes to normal release of energy for use in the body	In order to bear the claims a food should be at least source of biotin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006.					2009; 7(9):1209
52	1	117	Vitamin	Biotin	Biotin contributes to normal macronutrient metabolism	Biotin contributes to normal use of macronutrients in the body	In order to bear the claims a food should be at least source of biotin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006			To be split, see 113/114		2009; 7(9):1209
53	1	118	Vitamin	Biotin	Biotin contributes to the maintenance of normal hair	Biotin contributes to the maintenance of normal hair	In order to bear the claims a food should be at least source of biotin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006					2009; 7(9):1209
54	1	123	Vitamin	Vitamin K	Vitamin K contributes to maintenance of normal bone	Vitamin K contributes to the maintenance of normal bones	in order to bear the claims a food should be at least a source of vitamin K as per Annex to Regulation 1924/2006.	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 1924/2006					2009; 7 (9):1228
55	1	124	Vitamin	Vitamin K	Vitamin K contributes to normal blood coagulation	Vitamin K contributes to normal blood clotting	in order to bear the claims a food should be at least a source of vitamin K as per Annex to Regulation 1924/2006.	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 1924/2006					2009; 7 (9):1228
56	1	126	Vitamin	Vitamin K	Vitamin K contributes to normal blood coagulation	Vitamin K contributes to normal blood clotting	in order to bear the claims a food should be at least a source of vitamin K as per Annex to Regulation 1924/2006.	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 1924/2006					2009; 7 (9):1228
57	1	127	Vitamin	Vitamin K	Vitamin K contributes to maintenance of normal bone	Vitamin K contributes to the maintenance of normal bones	in order to bear the claims a food should be at least a source of vitamin K as per Annex to Regulation 1924/2006.	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 1924/2006					2009; 7 (9):1228
58	1	128	Vitamin	Vitamin K	Vitamin K contributes to maintenance of normal bone	Vitamin K contributes to the maintenance of normal bones	in order to bear the claims a food should be at least a source of vitamin K as per Annex to Regulation 1924/2006.	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 1924/2006					2009; 7 (9):1228
59	1	129	Vitamin	Vitamin C	Vitamin C contributes to the protection of cell constituents from oxidative damage	Vitamin C contributes to the protection of cells from oxidative stress	The Panel considers that in order to bear the claims a food should be at least a source of vitamin C as per Annex to Regulation 1924/2006.	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 1924/2006					2009; 7(9):1226
60	1	130	Vitamin	Vitamin C	Vitamin C contributes to normal collagen formation and the normal function of bones, teeth, cartilage, gums, skin and blood vessels	Vitamin C contributes to normal collagen formation for the normal function of blood vessels	The Panel considers that in order to bear the claims a food should be at least a source of vitamin C as per Annex to Regulation 1924/2006.	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 1924/2006					2009; 7(9):1226
61	1	131	Vitamin	Vitamin C	Vitamin C contributes to normal collagen formation and the normal function of bones, teeth, cartilage, gums, skin and blood vessels	Vitamin C contributes to normal collagen formation and the normal function of bones	The Panel considers that in order to bear the claims a food should be at least a source of vitamin C as per Annex to Regulation 1924/2006.	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 1924/2006					2009; 7(9):1226
62	1	131	Vitamin	Vitamin C	Vitamin C contributes to normal collagen formation and the normal function of bones, teeth, cartilage, gums, skin and blood vessels	Vitamin C contributes to normal collagen formation and the normal function of teeth	The Panel considers that in order to bear the claims a food should be at least a source of vitamin C as per Annex to Regulation 1924/2006.	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 1924/2006					2009; 7(9):1226
63	1	131	Vitamin	Vitamin C	Vitamin C contributes to normal collagen formation and the normal function of bones, teeth, cartilage, gums, skin and blood vessels	Vitamin C contributes to normal collagen formation and the normal function of cartilage	The Panel considers that in order to bear the claims a food should be at least a source of vitamin C as per Annex to Regulation 1924/2006.	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 1924/2006					2009; 7(9):1226
64	1	131	Vitamin	Vitamin C	Vitamin C contributes to normal collagen formation and the normal function of bones, teeth, cartilage, gums, skin and blood vessels	Vitamin C contributes to normal collagen formation and the normal function of gums	The Panel considers that in order to bear the claims a food should be at least a source of vitamin C as per Annex to Regulation 1924/2006.	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 1924/2006					2009; 7(9):1226

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82	1	149	Vitamin	Vitamin C	Vitamin C contributes to normal collagen formation and the normal function of bones, teeth, cartilage, gums, skin and blood vessels	Vitamin C contributes to normal collagen formation and the normal function of skin vessels	The Panel considers that in order to bear the claims a food should be at least a source of vitamin C as per Annex to Regulation 1924/2006.	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 1924/2006				2009; 7(9):1226
83	1	149	Vitamin	Vitamin C	Vitamin C contributes to normal collagen formation and the normal function of bones, teeth, cartilage, gums, skin and blood vessels	Vitamin C contributes to normal collagen formation and the normal function of blood vessels	The Panel considers that in order to bear the claims a food should be at least a source of vitamin C as per Annex to Regulation 1924/2006.	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 1924/2006				2009; 7(9):1226
84	1	150	Vitamin	Vitamin D	Vitamin D contributes to the maintenance of normal bones and teeth	Vitamin D contributes to the maintenance of normal bones	in order to bear the claim a food should be at least a source of vitamin D as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1227
85	1	151	Vitamin	Vitamin D	Vitamin D contributes to the maintenance of normal bones and teeth	Vitamin D contributes to the maintenance of normal teeth	in order to bear the claim a food should be at least a source of vitamin D as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1227
86	1	152	Vitamin	Vitamin D	Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus and maintenance of normal blood calcium concentrations	Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus	in order to bear the claim a food should be at least a source of vitamin D as per Annex to Regulation (EC) 1924/2006.	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 1924/2006			Absorption of Ca and Ph is a function of the body, this aids this function - check splitting claim with EFSA	2009; 7(9):1227
87	1	153	Vitamin	Vitamin D	Vitamin D contributes to normal cell division	Vitamin D has a role in the process of cell division	in order to bear the claim a food should be at least a source of vitamin D as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1227
88	1	157	Vitamin	Vitamin D	Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus and maintenance of normal blood calcium concentrations	Vitamin D contributes to normal blood calcium and phosphorus concentrations	in order to bear the claim a food should be at least a source of vitamin D as per Annex to Regulation (EC) 1924/2006.	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 1924/2006			Absorption of Ca and Ph is a function of the body, this aids this function - check splitting claim with EFSA	2009; 7(9):1227
89	1	158	Vitamin	Vitamin D	Vitamin D contributes to the maintenance of normal bones and teeth	Vitamin D contributes to the maintenance of normal bones	in order to bear the claim a food should be at least a source of vitamin D as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1227
90	1	158	Vitamin	Vitamin D	Vitamin D contributes to the maintenance of normal bones and teeth	Vitamin D contributes to the maintenance of normal teeth	in order to bear the claim a food should be at least a source of vitamin D as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1227
91	1	171	Vitamin	Pantothenic acid	Pantothenic acid contributes to normal energy-yielding metabolism	Pantothenic acid contributes to normal release of energy for use in the body	in order to bear the claim a food should be at least a source of Pantothenic acid as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1218
92	1	172	Vitamin	Pantothenic acid	Pantothenic acid contributes to normal energy-yielding metabolism	Pantothenic acid contributes to normal release of energy for use in the body	in order to bear the claim a food should be at least a source of Pantothenic acid as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1218
93	1	181	Vitamin	Pantothenic acid	Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters	Pantothenic acid contributes to normal production and use of steroid hormones, vitamin D and some neurotransmitters	in order to bear the claim a food should be at least a source of Pantothenic acid as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006			EFSA advise that this claim could be separated	2009; 7(9):1218
94	1	186	Vitamin	Vitamin B6	Vitamin B6 contributes to normal red blood cell formation	Vitamin B6 contributes to normal red blood cell formation	in order to bear the claims a food should be at least a source of vitamin B6 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1225
95	1	190	Vitamin	Vitamin B12	vitamin B12 contributes to normal energy metabolism	Vitamin B12 contributes to normal release of energy for use in the body	in order to bear the claims a food should be at least a source of vitamin B12 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1223
96	1	193	Vitamin	Folate	Folate contributes to normal cell division	Folate has a role in the process of cell division	in order to bear the claims a food should be at least a source of Folate as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1213

[illegible]

113	1	239	Mineral	Magnesium	Magnesium contributes to the maintenance of normal teeth	Magnesium contributes to the maintenance of normal teeth	in order to bear the claim a food should be at least a source of magnesium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1216
114	1	240	Mineral	Magnesium	Magnesium contributes to normal energy-yielding metabolism	Magnesium contributes to normal release of energy for use in the body	in order to bear the claim a food should be at least a source of magnesium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1216
115	1	241	Mineral	Magnesium	Magnesium contributes to normal muscle function including the heart muscle	Magnesium contributes to normal muscle function	in order to bear the claim a food should be at least a source of magnesium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1216
116	1	242	Mineral	Magnesium	Magnesium contributes to normal nerve function	Magnesium contributes to normal functioning of the nervous system	in order to bear the claim a food should be at least a source of magnesium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1216
117	1	247	Mineral	Magnesium	Magnesium contributes to normal energy-yielding metabolism	Magnesium contributes to normal release of energy for use in the body	in order to bear the claim a food should be at least a source of magnesium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1216
118	1	248	Mineral	Magnesium	Magnesium contributes to normal energy-yielding metabolism	Magnesium contributes to normal release of energy for use in the body	in order to bear the claim a food should be at least a source of magnesium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1216
119	1	249	Mineral	Iron	Iron contributes to normal formation of red blood cells and haemoglobin	Iron contributes to normal formation of red blood cells and haemoglobin	In order to bear the claims a food should be at least source of iron as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1215
120	1	250	Mineral	Iron	Iron contributes to normal oxygen transport in the body	Iron contributes to normal oxygen transport in the body	In order to bear the claims a food should be at least source of iron as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1215
121	1	251	Mineral	Iron	Iron contributes to normal energy-yielding metabolism	Iron contributes to normal release of energy for use in the body	In order to bear the claims a food should be at least source of iron as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1215
122	1	252	Mineral	Iron	Iron contributes to a normal function of the immune system	Iron contributes to the normal function of the immune system	In order to bear the claims a food should be at least source of iron as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1215
123	1	253	Mineral	Iron	Iron contributes to normal cognitive function	Iron contributes to normal cognitive function	In order to bear the claims a food should be at least source of iron as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1215
124	1	254	Mineral	Iron	Iron contributes to normal oxygen transport in the body	Iron contributes to normal oxygen transport in the body	In order to bear the claims a food should be at least source of iron as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1215
125	1	256	Mineral	Iron	Iron contributes to normal oxygen transport in the body	Iron contributes to normal oxygen transport in the body	In order to bear the claims a food should be at least source of iron as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1215
126	1	259	Mineral	Iron	Iron contributes to a normal function of the immune system	Iron contributes to the normal function of the immune system	In order to bear the claims a food should be at least source of iron as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1215
127	1	263	Mineral	Copper	Copper contributes to the protection of cell constituents from oxidative damage	Copper contributes to the protection of cells from oxidative stress	in order to bear the claim a food should be at least a source of copper as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1211
128	1	264	Mineral	Copper	Copper contributes to normal function of the immune system	Copper contributes to the normal function of the immune system	in order to bear the claim a food should be at least a source of copper as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1211

129	1	265	Mineral	Copper	Copper contributes to maintenance of normal connective tissues	Copper contributes to maintenance of normal connective tissues	in order to bear the claim a food should be at least a source of copper as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1211
130	1	266	Mineral	Copper	Copper contributes to normal energy yielding metabolism	Copper contributes to normal release of energy for use in the body	in order to bear the claim a food should be at least a source of copper as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1211
131	1	267	Mineral	Copper	Copper contributes to normal function of the nervous system	Copper contributes to normal functioning of the nervous system	in order to bear the claim a food should be at least a source of copper as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1211
132	1	268	Mineral	Copper	Copper contributes to normal skin and hair pigmentation	Copper contributes to normal skin pigmentation	in order to bear the claim a food should be at least a source of copper as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1211
133	1	268	Mineral	Copper	Copper contributes to normal skin and hair pigmentation	Copper contributes to normal hair pigmentation	in order to bear the claim a food should be at least a source of copper as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1211
134	1	269	Mineral	Copper	Copper contributes to normal iron transport in the body	Copper contributes to normal iron transport in the body	in order to bear the claim a food should be at least a source of copper as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1211
135	1	270	Mineral	Copper	Copper contributes to normal iron transport in the body	Copper contributes to normal iron transport in the body	in order to bear the claim a food should be at least a source of copper as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1211
136	1	271	Mineral	Copper	Copper contributes to maintenance of normal connective tissues	Copper contributes to maintenance of normal connective tissues	in order to bear the claim a food should be at least a source of copper as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1211
137	1	274	Mineral	Iodine	Iodine contributes to normal energy-metabolism	Iodine contributes to normal release of energy for use in the body	in order to bear the claims a food should be at least a source of iodine as per Annex to Regulation 1924/2006.	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 1924/2006				2009; 7(9):1214
138	1	274	Mineral	Iodine	Iodine contributes to the normal production of thyroid hormones and normal thyroid function	Iodine contributes to the normal production of thyroid hormones and normal thyroid function	in order to bear the claims a food should be at least a source of iodine as per Annex to Regulation 1924/2006.	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 1924/2006				2009; 7(9):1214
139	1	275	Mineral	Fluoride	Fluoride contributes to maintain tooth mineralisation	Fluoride contributes to the maintenance of tooth mineralisation	in order to bear the claim a food should be at least a source of fluoride as per Annex to Regulation 1924/2006.	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 1924/2006				2009; 7(9):1212
140	1	276	Mineral	Fluoride	Fluoride contributes to maintain tooth mineralisation	Fluoride contributes to the maintenance of tooth mineralisation	in order to bear the claim a food should be at least a source of fluoride as per Annex to Regulation 1924/2006.	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 1924/2006				2009; 7(9):1212
141	1	277	Mineral	Selenium	selenium contributes to the protection of cell constituents from oxidative damage	Selenium contributes to the protection of cells from oxidative stress	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1220
142	1	278	Mineral	Selenium	selenium contributes to the normal function of the immune system	Selenium contributes to the normal function of the immune system	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1220
143	1	279	Mineral	Selenium	selenium contributes to normal thyroid function	Selenium contributes to the normal thyroid function	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006			Check with EFSA	2009; 7(9):1220
144	1	282	Mineral	Selenium	selenium contributes to normal thyroid function	Selenium contributes to the normal thyroid function	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006			Check with EFSA	2009; 7(9):1220
145	1	283	Mineral	Selenium	selenium contributes to the protection of cell constituents from oxidative damage	Selenium contributes to the protection of cells from oxidative stress	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1220

146	1	286	Mineral	Selenium	selenium contributes to normal thyroid function	Selenium contributes to the normal thyroid function	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1220
147	1	286	Mineral	Selenium	selenium contributes to the protection of cell constituents from oxidative damage	Selenium contributes to the protection of cells from oxidative stress	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1220
148	1	291	Mineral	Zinc	Zinc contributes to a normal function of the immune system	Zinc contributes to the normal function of the immune system	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1229
149	1	292	Mineral	Zinc	Zinc contributes to normal DNA synthesis and cell division	Zinc contributes to the normal process of cell division	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006			To be split	2009; 7(9):1229
150	1	294	Mineral	Zinc	Zinc contributes to the protection of cell constituents from oxidative damage	Zinc contributes to the protection of cells from oxidative stress	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1229
151	1	295	Mineral	Zinc	Zinc contributes to maintenance of normal bone	Zinc contributes to the maintenance of normal bones	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1229
152	1	296	Mineral	Zinc	Zinc contributes to normal cognitive function	Zinc contributes to normal cognitive function	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1229
153	1	297	Mineral	Zinc	Zinc contributes to normal fertility and reproduction	Zinc contributes to normal fertility and reproduction	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006. The target population is assumed to be female and male population at the reproductive age.	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 1924/2006				2009; 7(9):1229
154	1	300	Mineral	Zinc	Zinc contributes to normal fertility and reproduction	Zinc contributes to normal fertility and reproduction	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006. The target population is assumed to be female and male population at the reproductive age.	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 1924/2006				2009; 7(9):1229
155	1	302	Mineral	Zinc	Zinc contributes to normal metabolism of fatty acids	Zinc contributes to normal use of fatty acids in the body	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1229
156	1	309	Mineral	Manganese	Manganese contributes to the protection of cell constituents from oxidative damage	Manganese contributes to the protection of cells from oxidative stress	in order to bear the claims a food should be at least a source of manganese as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):121
157	1	310	Mineral	Manganese	Manganese contributes to the maintenance of normal bone	Manganese contributes to the maintenance of normal bones	in order to bear the claims a food should be at least a source of manganese as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):121
158	1	311	Mineral	Manganese	Manganese contributes to normal energy-yielding metabolism	Manganese contributes to normal release of energy for use in the body	in order to bear the claims a food should be at least a source of manganese as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):121
159	1	324	Mineral	Phosphorus	Phosphorus contributes to the maintenance of normal bone and teeth	Phosphorus contributes to the maintenance of normal bones	in order to bear the claims a food should be at least a source of phosphorus as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1219
160	1	324	Mineral	Phosphorus	Phosphorus contributes to the maintenance of normal bone and teeth	Phosphorus contributes to the maintenance of normal teeth	in order to bear the claims a food should be at least a source of phosphorus as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1219
161	1	327	Mineral	Phosphorus	Phosphorus contributes to the maintenance of normal bone and teeth	Phosphorus contributes to the maintenance of normal bones	in order to bear the claims a food should be at least a source of phosphorus as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1219

162	1	327	Mineral	Phosphorus	Phosphorus contributes to the maintenance of normal bone and teeth	Phosphorus contributes to the maintenance of normal teeth	in order to bear the claims a food should be at least a source of phosphorus as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1219
163	1	328	Mineral	Phosphorus	Phosphorus contributes to normal function of cell membranes	Phosphorus contributes to normal function of cell membranes	in order to bear the claims a food should be at least a source of phosphorus as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1219
164	1	329	Mineral	Phosphorus	Phosphorus contributes to normal energy metabolism	Phosphorus contributes to normal release of energy for use in the body	in order to bear the claims a food should be at least a source of phosphorus as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1219
165	1	350	Mineral & Vitamin	Calcium	Calcium and vitamin D are needed for the maintenance of normal bone	Calcium is needed for the maintenance of normal bones	in order to bear the claim a food should be at least a source of calcium and a source of vitamin D as per Annex to Regulation 1924/2006.	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 1924/2006				2009; 7(9):1272
166	1	350	Mineral & Vitamin	Vitamin D	Calcium and vitamin D are needed for the maintenance of normal bone	Vitamin D is needed for the maintenance of normal bones	in order to bear the claim a food should be at least a source of calcium and a source of vitamin D as per Annex to Regulation 1924/2006.	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 1924/2006				2009; 7(9):1272
167	1	354	mineral	Calcium	Calcium is needed for the maintenance of normal bones and teeth	Calcium is needed for the maintenance of normal bones	in order to bear the claim a food should be at least a source of calcium as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1210
168	1	355	Mineral	Calcium	Calcium contributes to the normal function of digestive enzymes	Calcium contributes to the normal function of digestive enzymes	in order to bear the claim a food should be at least a source of calcium as per Annex to Regulation (EC) 1924/2006.	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 1924/2006			DELETE?	2009; 7(9):1210
169	1	360	Mineral	Zinc	Zinc contributes to normal acid-base metabolism	Zinc contributes to normal balance of acids and alkali (base) in the body	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1229
170	1	361	Mineral	Zinc	Zinc contributes to maintenance of normal vision	Zinc contributes to the maintenance of normal vision	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1229
171	1	361	Mineral	Zinc	Zinc contributes to normal metabolism of vitamin A	Zinc contributes to normal use of vitamin A in the body	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1229
172	1	364	Mineral	Magnesium	Magnesium contributes to normal protein synthesis	Magnesium contributes to building amino acids into proteins that may be used by the body	in order to bear the claim a food should be at least a source of magnesium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1216
173	1	365	Mineral	Magnesium	Magnesium contributes to normal cell division	Magnesium has a role in the process of cell division	in order to bear the claim a food should be at least a source of magnesium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1216
174	1	368	Mineral	Iron	Iron contributes to normal cell division	Iron has a role in the process of cell division	In order to bear the claims a food should be at least source of iron as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1215
175	1	370	Mineral	Iodine	Iodine contributes to maintenance of normal skin	Iodine contributes to the maintenance of normal skin	in order to bear the claims a food should be at least a source of iodine as per Annex to Regulation 1924/2006.	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 1924/2006				2009; 7(9):1214
176	1	373	Mineral	Phosphorus	Phosphorus contributes to normal energy metabolism	Phosphorus contributes to normal release of energy for use in the body	in order to bear the claims a food should be at least a source of phosphorus as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1219

177	1	396	Mineral	Selenium	selenium contributes to normal spermatogenesis	Selenium contributes to normal spermatogenesis	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1220
178	1	489	Macronutrient	Linoleic acid	Linoleic acid may help to maintain normal blood cholesterol concentrations	Linoleic acid contributes to maintenance of normal blood cholesterol concentrations	The Panel considers that in order to bear the claim a food should contain at least 15% of the proposed labelling reference intake values of 10 g of LA per day.	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 should be given to the consumer that the beneficial effect is obtained with a daily intake of 10 g of LA.				2009; 7(9):1276
179	1	493	Macronutrient	Alpha-linolenic acid (ALA)	Alpha-linolenic acid contributes to maintenance of normal blood cholesterol concentrations	Alpha-linolenic acid contributes to maintenance of normal blood cholesterol concentrations	In order to bear the claim a food should contain at least 15% of the proposed labelling reference intake value of 2 g ALA per day.	The claim may be used only for food which is at least a source of alpha-linolenic (ALA) as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. Information to the consumer that the beneficial effect is obtained with a daily intake of 2 g of ALA.				2009; 7(9):1252
180	1	502	Macronutrient	EPA/DHA/DPA	DHA and EPA contribute to the maintenance of normal blood pressure	DHA and EPA contribute to the maintenance of normal blood pressure	The Panel considers that intakes of EPA and DHA of about 3 g/d are required to obtain the claimed effect. The target population is adult men and women.	DECISION ON HOLD			The claim may be used only for food which provides at least 0,45 g of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) per 100 g and per 100 kcal. Information to the consumer that the beneficial effect is obtained with a daily intake of 3 g of EPA and DHA and that people with low blood pressure should not consume products with these amounts of DHA	2009; 7(9):1263
181	1	517	Macronutrient	EPA/DHA/DPA	DHA and EPA contribute to the maintenance of normal triglyceride concentrations	DHA and EPA contribute to the maintenance of normal triglyceride concentrations	The Panel considers that intakes of EPA and DHA of about 2-4 g/d are required to obtain the claimed effect. The target population is adult men and women.	DECISION ON HOLD			The claim may be used only for food which provides at least 0,45 g of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) per 100 g and per 100 kcal. Information to the consumer that the beneficial effect is obtained with a daily intake of 2-4 g of EPA and DHA.	2009; 7(9):1263
182	1	754	Fibre/ Starch/ Polysaccharides	Beta-glucans	Regular consumption of beta-glucans contributes to maintenance of normal blood cholesterol concentrations	Regular consumption of beta-glucans contributes to maintenance of normal blood cholesterol	In order to bear the claim, foods should provide at least 3 g/d of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of non-processed or minimally processed beta-glucans in one or more servings. The target population is adults with normal or mildly elevated blood cholesterol concentrations.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 3g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans. Foods should provide at least 1g of beta-glucans per quantified portion.			The claim may be used only for food which provides 0,75g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of minimally processed beta-glucans per serving. Information to the consumer on the quantity of the food that constitutes a serving. Information to the consumer that the beneficial effect is obtained with a daily intake of 3g of beta-glucans from oats, oat bran, barley, barley bran or from mixtures of minimally-processed beta-glucans, and on the contribution a serving of the food makes to that daily intake.	2009; 7(9):1254
183	1	755	Fibre/ Starch/ Polysaccharides	Beta-glucans	Regular consumption of beta-glucans contributes to maintenance of normal blood cholesterol concentrations	Regular consumption of beta-glucans contributes to maintenance of normal blood cholesterol	In order to bear the claim, foods should provide at least 3 g/d of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of non-processed or minimally processed beta-glucans in one or more servings. The target population is adults with normal or mildly elevated blood cholesterol concentrations.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 3g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans. Foods should provide at least 1g of beta-glucans per quantified portion.			The claim may be used only for food which provides 0,75g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of minimally processed beta-glucans per serving. Information to the consumer on the quantity of the food that constitutes a serving. Information to the consumer that the beneficial effect is obtained with a daily intake of 3g of beta-glucans from oats, oat bran, barley, barley bran or from mixtures of minimally-processed beta-glucans, and on the contribution a serving of the food makes to that daily intake.	2009; 7(9):1254

184	1	757	Fibre/ Starch/ Polysaccharides	Beta-glucans	Regular consumption of beta-glucans contributes to maintenance of normal blood cholesterol concentrations	Regular consumption of beta-glucans contributes to maintenance of normal blood cholesterol	In order to bear the claim, foods should provide at least 3 g/d of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of non-processed or minimally processed beta-glucans in one or more servings. The target population is adults with normal or mildly elevated blood cholesterol concentrations.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 3g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans. Foods should provide at least 1g of beta-glucans per quantified portion.			<p>The claim may be used only for food which provides \geq 0,75g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of minimally processed beta-glucans per serving.</p> <p>Information to the consumer on the quantity of the food that constitutes a serving.</p> <p>Information to the consumer that the beneficial effect is obtained with a daily intake of 3g of beta-glucans from oats, oat bran, barley, barley bran or from mixtures of minimally-processed beta-glucans, and on the contribution a serving of the food makes to that daily intake.</p>	2009; 7(9):1254
185	1	801	Fibre/ Starch/ Polysaccharides	Beta-glucans	Regular consumption of beta-glucans contributes to maintenance of normal blood cholesterol concentrations	Regular consumption of beta-glucans contributes to maintenance of normal blood cholesterol	In order to bear the claim, foods should provide at least 3 g/d of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of non-processed or minimally processed beta-glucans in one or more servings. The target population is adults with normal or mildly elevated blood cholesterol concentrations.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 3g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans. Foods should provide at least 1g of beta-glucans per quantified portion.			<p>The claim may be used only for food which provides \geq 0,75g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of minimally processed beta-glucans per serving.</p> <p>Information to the consumer on the quantity of the food that constitutes a serving.</p> <p>Information to the consumer that the beneficial effect is obtained with a daily intake of 3g of beta-glucans from oats, oat bran, barley, barley bran or from mixtures of minimally-processed beta-glucans, and on the contribution a serving of the food makes to that daily intake.</p>	2009; 7(9):1254
186	1	836	Fibre/ Starch/ Polysaccharides	Konjac mannan (glucomannan)	Regular consumption of glucomannan helps maintain normal blood cholesterol concentrations	Consumption of glucomannan helps maintain normal blood cholesterol concentrations	in order to bear the claim, a food should provide at least 4 g/d of glucomannan in one or more servings.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 4 g of glucomannan.		Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.		2009; 7(9):1258
187	1	1150	Food	Sugar-free chewing gum	Sugar-free chewing gum helps neutralise plaque acids	Sugar-free chewing gum helps neutralise plaque acids	The Panel considers that, in order to obtain the claimed effect, sugar-free chewing gum should be used for at least 20 minutes after eating or drinking.	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 1924/2006. Information to the consumer that the beneficial effect is obtained with chewing, for at least 20 minutes, after eating or drinking.	The use of chewing gum should be avoided in children less than three years of age owing to a high choking hazard.			2009; 7(9):1271
188	1	1151	Food	Sugar-free chewing gum	Sugar-free chewing gum helps maintain tooth mineralization	Sugar-free chewing gum helps maintain tooth mineralization	The Panel considers that, in order to obtain the claimed effect, sugar-free chewing gum should be used for at least 20 minutes after eating or drinking. The target population is the general population.	In order to bear the claim, the chewing gum should comply with the conditions of use for the nutrition claim [SUGARS FREE] as listed in the Annex to Regulation 1924/2006. Information to the consumer that the beneficial effect is obtained with chewing, for at least 20 minutes, after eating or drinking	The use of chewing gum should be avoided in children less than three years of age owing to a high choking hazard.			2009; 7(9):1271
189	1	1240	Food	Sugar-free chewing gum	Sugar-free chewing gum may reduce oral dryness	Sugar-free chewing gum may reduce oral dryness	The Panel considers that, in order to obtain the claimed effect, sugar-free chewing gum should be used whenever mouth feels dry.	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 1924/2006. Information to the consumer that the beneficial effect is obtained with use of the chewing gum whenever the mouth feels dry.	The use of chewing gum should be avoided in children less than three years of age owing to a high choking hazard.			2009; 7(9):1271
190	1	1289	Food	Selenium	selenium contributes to normal thyroid function	Selenium contributes to the normal thyroid function	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1220
191	1	1289	Food	Selenium	selenium contributes to the protection of cell constituents from oxidative damage	Selenium contributes to the protection of cells from oxidative stress	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1220

192	1	1290	Food	Selenium	selenium contributes to normal thyroid function	Selenium contributes to the normal thyroid function	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1220
193	1	1290	Food	Selenium	selenium contributes to the protection of cell constituents from oxidative damage	Selenium contributes to the protection of cells from oxidative stress	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1220
194	1	1291	Food	Selenium	selenium contributes to normal thyroid function	Selenium contributes to the normal thyroid function	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1220
195	1	1291	Food	Selenium	selenium contributes to the protection of cell constituents from oxidative damage	Selenium contributes to the protection of cells from oxidative stress	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1220
196	1	1293	Food	Selenium	selenium contributes to normal thyroid function	Selenium contributes to the normal thyroid function	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1220
197	1	1293	Food	Selenium	selenium contributes to the protection of cell constituents from oxidative damage	Selenium contributes to the protection of cells from oxidative stress	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1220
198	1	1465	Fibre/ Starch/ Polysaccharides	Beta-glucans	Regular consumption of beta-glucans contributes to maintenance of normal blood cholesterol concentrations	Regular consumption of beta-glucans contributes to maintenance of normal blood cholesterol	In order to bear the claim, foods should provide at least 3 g/d of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of non-processed or minimally processed beta-glucans in one or more servings. The target population is adults with normal or mildly elevated blood cholesterol concentrations.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 3g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans. Foods should provide at least 1g of beta-glucans per quantified portion.			The claim may be used only for food which provides \geq 0.75g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of minimally processed beta-glucans per serving. Information to the consumer on the quantity of the food that constitutes a serving. Information to the consumer that the beneficial effect is obtained with a daily intake of 3g of beta-glucans from oats, oat bran, barley, barley bran or from mixtures of minimally-processed beta-glucans, and on the contribution a serving of the food makes to that daily intake.	2009; 7(9):1254
199	1	1560	Fibre/ Starch/ Polysaccharides	Glucomannan (Konjac)	Regular consumption of glucomannan helps maintain normal blood cholesterol concentrations	Consumption of glucomannan helps maintain normal blood cholesterol concentrations	in order to bear the claim, a food should provide at least 4 g/d of glucomannan in one or more servings.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 4 g of glucomannan.		Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.		2009; 7(9):1258
200	1	1589	mineral	Iron	Iron contributes to normal energy-yielding metabolism	Iron contributes to normal release of energy for use in the body	In order to bear the claims a food should be at least source of iron as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2009; 7(9):1215

201	1	1589	mineral	Iron	Iron contributes to normal formation of red blood cells and haemoglobin	Iron contributes to normal formation of red blood cells and haemoglobin	In order to bear the claims a food should be at least source of iron as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006					2009; 7(9):1215
202	1	1697	Other	Lactase enzyme	Lactase enzyme contributes to breaking down lactose	Lactase enzyme improves lactose digestion in individuals with lactose maldigestion	The Panel considers that consumers should be made aware that lactase enzyme, which is the subject of health claim, is intended for individuals with lactose (milk sugar) maldigestion and with associated clinical symptoms, i.e. individuals with symptomatic lactose intolerance. The recommended dose is 4500 FCC (Food Chemicals Codex) units with each lactose containing meal. The Panel considers that the dose may have to be adjusted to individual needs for lactase supplementation and consumption lactose containing products.	The claim may be used only for food supplements, with a minimum dose of 4500 FCC (Food Chemicals Codex) units with instructions to the target population to consume with each lactose containing meal. Information shall also be given to the target population that tolerance to lactose is variable and they should seek advice as to the role of this substance in their diet.					2009; 7(9):1236
203	1	1722	mineral	Copper	Copper contributes to maintenance of normal connective tissues	Copper contributes to maintenance of normal connective tissues	in order to bear the claim a food should be at least a source of copper as per Annex to Regulation (EC) 1924/2006.	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 1924/2006					2009; 7(9):1211
204	1	1724	mineral	Copper	Copper contributes to normal skin and hair pigmentation	Copper contributes to normal skin pigmentation	in order to bear the claim a food should be at least a source of copper as per Annex to Regulation (EC) 1924/2006.	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 1924/2006					2009; 7(9):1211
205	1	1724	mineral	Copper	Copper contributes to normal skin and hair pigmentation	Copper contributes to normal hair pigmentation	in order to bear the claim a food should be at least a source of copper as per Annex to Regulation (EC) 1924/2006.	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 1924/2006					2009; 7(9):1211
206	1	1726	mineral	Copper	Copper contributes to the protection of cell constituents from oxidative damage	Copper contributes to the protection of cells from oxidative stress	in order to bear the claim a food should be at least a source of copper as per Annex to Regulation (EC) 1924/2006.	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 1924/2006					2009; 7(9):1211
207	1	1727	mineral	Copper	Copper contributes to normal iron transport in the body	Copper contributes to normal iron transport in the body	in order to bear the claim a food should be at least a source of copper as per Annex to Regulation (EC) 1924/2006.	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 1924/2006					2009; 7(9):1211
208	1	1751	mineral	Selenium	selenium contributes to the protection of cell constituents from oxidative damage	Selenium contributes to the protection of cells from oxidative stress	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006					2009; 7(9):1220
209	1	1756	mineral	Zinc	Zinc contributes to maintenance of normal bone	Zinc contributes to maintenance of normal bones	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006					2009; 7(9):1229
210	1	1757	mineral	Zinc	Zinc contributes to a normal function of the immune system	Zinc contributes to the normal function of the immune system	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006					2009; 7(9):1229
211	1	1758	mineral	Zinc	Zinc contributes to the protection of cell constituents from oxidative damage	Zinc contributes to the protection of cells from oxidative stress	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006					2009; 7(9):1229
212	1	1759	mineral	Zinc	Zinc contributes to normal DNA synthesis and cell division	Zinc contributes to the normal process of cell division	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006					2009; 7(9):1229
213	1	1818	Other	Lactase enzyme	Lactase enzyme contributes to breaking down lactose	Lactase enzyme improves lactose digestion in individuals with lactose maldigestion	The Panel considers that consumers should be made aware that lactase enzyme, which is the subject of health claim, is intended for individuals with lactose (milk sugar) maldigestion and with associated clinical symptoms, i.e. individuals with symptomatic lactose intolerance. The recommended dose is 4500 FCC (Food Chemicals Codex) units with each lactose containing meal. The Panel considers that the dose may have to be adjusted to individual needs for lactase supplementation and consumption lactose containing products.	The claim may be used only for food supplements, with a minimum dose of 4500 FCC (Food Chemicals Codex) units with instructions to the target population to consume with each lactose containing meal. Information shall also be given to the target population that tolerance to lactose is variable and they should seek advice as to the role of this substance in their diet.					2009; 7(9):1236
214	1	2876	Botanical	Biotin	Biotin contributes to the maintenance of normal hair	Biotin contributes to the maintenance of normal hair	In order to bear the claims a food should be at least source of biotin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006					2009; 7(9):1209

215	1	2879	Vitamin	Vitamin K	Vitamin K contributes to maintenance of normal bone	Vitamin K contributes to the maintenance of normal bones	in order to bear the claims a food should be at least a source of vitamin K as per Annex to Regulation 1924/2006.	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 1924/2006				2009; 7 (9):1228
216	1	2882	Vitamin	Folate	Folate contributes to normal maternal tissue growth during pregnancy	Folate contributes to maternal tissue growth during pregnancy	in order to bear the claims a food should be at least a source of Folate as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1213
217	1	2934	Fibre/ Starch/ Polysaccharides	Beta-glucans	Regular consumption of beta-glucans contributes to maintenance of normal blood cholesterol concentrations	Regular consumption of beta-glucans contributes to maintenance of normal blood cholesterol	In order to bear the claim, foods should provide at least 3 g/d of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of non-processed or minimally processed beta-glucans in one or more servings. The target population is adults with normal or mildly elevated blood cholesterol concentrations.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 3g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans. Foods should provide at least 1g of beta-glucans per quantified portion.			The claim may be used only for food which provides \geq 0,75g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of minimally processed beta-glucans per serving. Information to the consumer on the quantity of the food that constitutes a serving. Information to the consumer that the beneficial effect is obtained with a daily intake of 3g of beta-glucans from oats, oat bran, barley, barley bran or from mixtures of minimally-processed beta-glucans, and on the contribution a serving of the food makes to that daily intake.	2009; 7(9):1254
218	1	3099	mineral	Calcium	Calcium is needed for the maintenance of normal bones and teeth	Calcium is needed for the maintenance of normal teeth	in order to bear the claim a food should be at least a source of calcium as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2009; 7(9):1210
219	2	154	Vitamin	Vitamin D	Vitamin D contributes to the normal function of the immune system and healthy inflammatory response	Vitamin D contributes to the normal function of the immune system	in order to bear the claim a food should be at least a source of vitamin D as per Annex to Regulation (EC) 1924/2006.	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 1924/2006			Split into two claims?	2010; 8(2):1468
220	2	155	Vitamin	Vitamin D	Vitamin D contributes to the maintenance of normal muscle function	Vitamin D contributes to the maintenance of normal muscle function	in order to bear the claim a food should be at least a source of vitamin D as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2010; 8(2):1468
221	2	159	Vitamin	Vitamin D	Vitamin D contributes to the normal function of the immune system and healthy inflammatory response	Vitamin D contributes to the normal function of the immune system	in order to bear the claim a food should be at least a source of vitamin D as per Annex to Regulation (EC) 1924/2006.	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 1924/2006			Split into two claims?	2010; 8(2):1468
222	2	320	Mineral	Potassium	Potassium contributes to normal muscular and neurological function	Potassium contributes to normal muscular function	in order to bear the claims a food should be at least a source of potassium as per Annex to Regulation 1924/2006.	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 1924/2006			Split into two claims?	2010; 8(2):1469
223	2	321	Mineral	Potassium	Potassium helps maintain normal blood pressure	Potassium contributes to the maintenance of normal blood pressure	in order to bear the claims a food should be at least a source of potassium as per Annex to Regulation 1924/2006.	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 1924/2006			safety??	2010; 8(2):1469
224	2	386	Mineral	Potassium	Potassium contributes to normal muscular and neurological function	Potassium contributes to normal functioning of the nervous system	in order to bear the claims a food should be at least a source of potassium as per Annex to Regulation 1924/2006.	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 1924/2006			Split into two claims?	2010; 8(2):1469
225	2	808	Fibre/ Starch/ Polysaccharides	Guar Gum	Consumption of guar gum contributes to maintenance of normal blood cholesterol levels	Consumption of guar gum contributes to the maintenance of normal blood cholesterol levels	In order to bear a claim, foods should provide at least 10 g per day of guar gum in one or more servings. The target population is adults.	In order to bear a claim, information should be given to the consumer that the beneficial effect is obtained with a daily intake of 10g of guar gum.			Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.	2010;8(2):1464
226	2	1417	Dietetic Food	Meal replacement for weight control (as defined in Directive 96/8/EC energy restricted diets for weight reduction)	Substituting two daily meals with meal replacements in the context of energy restricted diets helps to lose weight	Substituting two daily meals of an energy restricted diet with meal replacements helps to lose weight	In order to bear the claims, a food should contain a maximum of 250 kcal/serving and comply with specifications laid down in Directive 96/8/EC in relation to food products under Article 1 (2b) of that Directive. In order to achieve the claimed effect, two meals should be substituted with meal replacements daily. The target population is overweight subjects in the general population who wish to reduce their body weight.	In order to bear the claims, a food should contain a maximum of 250 kcal/serving and comply with specifications laid down in Directive 96/8/EC in relation to food products under Article 1 (2b) of that Directive. In order to achieve the claimed effect, two meals should be substituted with meal replacements daily.			EFSA advise that the protein content is not an issue, but as it is lower than that required in Parnuts, consider removing the reference to 96/8	2010; 8(2):1466

227	2	1418	Dietetic Food	Meal replacement for weight control (as defined in Directive 96/8/EC energy restricted diets for weight reduction)	Substituting one or two daily meals with meal replacements helps to maintain body weight after weight loss	Substituting one daily meal of an energy restricted diet with a meal replacement helps to maintain weight after weight loss	In order to bear the claims, a food should contain a maximum of 250 kcal/serving and comply with specifications laid down in Directive 96/8/EC in relation to food products under Article 1 (2b) of that Directive. In order to achieve the claimed effect, one or two meals should be substituted with meal replacements daily. The target population is overweight subjects in the general population who wish to maintain their body weight after significant weight loss.	In order to bear the claims, a food should contain a maximum of 250 kcal/serving and comply with specifications laid down in Directive 96/8/EC in relation to food products under Article 1 (2b) of that Directive. In order to achieve the claimed effect, two meals should be substituted with meal replacements daily.			EFSA advise that the protein content is not an issue, but as it is lower than that required in Parnuts, consider removing the reference to 96/8	2010; 8(2):1466
228	2	1953	Other	Melatonin	Melatonin contributes to the alleviation of subjective feelings of jet lag	Melatonin contributes to the alleviation of subjective feelings of jet lag	The Panel considers that in order to bear the claim, the melatonin dose should be between 0.5 and 5 mg and should be taken close to bedtime on the first day (and any subsequent day) of travel and on the following few days after arrival at the destination. The target population is the general population. Melatonin appears to be safe with short term use (three months or less). There are no data on safety for children and older people.	In order to bear the claim, information should be given to the consumer that the beneficial effect is obtained with an intake of 0.5mg 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
229	3	29	Vitamin	Riboflavin (B2)	Riboflavin contributes to normal energy-yielding metabolism	Riboflavin contributes to normal release of energy for use in the body	in order to bear the claims a food should be at least a source of riboflavin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1814
230	3	30	Vitamin	Riboflavin (B2)	Riboflavin contributes to the normal metabolism of iron in the body	Riboflavin contributes to the normal use of iron in the body	in order to bear the claims a food should be at least a source of riboflavin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1814
231	3	31	Vitamin	Riboflavin (B2)	Riboflavin contributes to the maintenance of normal skin and mucous membranes	Riboflavin contributes to the maintenance of normal skin	in order to bear the claims a food should be at least a source of riboflavin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1814
232	3	31	Vitamin	Riboflavin (B2)	Riboflavin contributes to the maintenance of normal skin and mucous membranes	Riboflavin contributes to the maintenance of normal mucous membranes	in order to bear the claims a food should be at least a source of riboflavin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1814
233	3	33	Vitamin	Riboflavin (B2)	Riboflavin contributes to the maintenance of normal skin and mucous membranes	Riboflavin contributes to the maintenance of normal skin	in order to bear the claims a food should be at least a source of riboflavin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1814
234	3	35	Vitamin	Riboflavin (B2)	Riboflavin contributes to normal energy-yielding metabolism	Riboflavin contributes to normal release of energy for use in the body	in order to bear the claims a food should be at least a source of riboflavin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1814
235	3	36	Vitamin	Riboflavin (B2)	Riboflavin contributes to normal energy-yielding metabolism	Riboflavin contributes to normal release of energy for use in the body	in order to bear the claims a food should be at least a source of riboflavin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1814
236	3	37	Vitamin	Riboflavin (B2)	Riboflavin contributes to the normal metabolism of iron in the body	Riboflavin contributes to the normal use of iron in the body	in order to bear the claims a food should be at least a source of riboflavin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1814
237	3	39	Vitamin	Riboflavin (B2)	Riboflavin contributes to the maintenance of normal vision	Riboflavin contributes to the maintenance of normal vision	in order to bear the claims a food should be at least a source of riboflavin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1814
238	3	40	Vitamin	Riboflavin (B2)	Riboflavin contributes to the maintenance of normal red blood cells	Riboflavin contributes to the maintenance of normal red blood cells	in order to bear the claims a food should be at least a source of riboflavin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1814
239	3	41	Vitamin	Riboflavin (B2)	Riboflavin can contribute to the reduction of tiredness and fatigue	Riboflavin can contribute to the reduction of tiredness and fatigue	in order to bear the claims a food should be at least a source of riboflavin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1814
240	3	42	Vitamin	Riboflavin (B2)	Riboflavin contributes to normal energy-yielding metabolism	Riboflavin contributes to normal release of energy for use in the body	in order to bear the claims a food should be at least a source of riboflavin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1814
241	3	47	Vitamin	Niacin	Niacin can contribute to the reduction of tiredness and fatigue	Niacin can contribute to the reduction of tiredness and fatigue	in order to bear the claims a food should be at least a source of niacin as per Annex to Regulation (EC) No 1924/2006	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 1924/2006				2010;8(10): 1757

242	3	55	Vitamin	Niacin	Niacin contributes to normal psychological functions	Niacin has a role in the function of the brain	in order to bear the claims a food should be at least a source of niacin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1757
243	3	63	Vitamin	Pantothenic acid	Pantothenic acid can contribute to the reduction of tiredness and fatigue	Pantothenic acid can contribute to the reduction of tiredness and fatigue	In order to bear the claims a food should be at least a source of Pantothenic acid as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1758
244	3	73	Vitamin	Vitamin B6	Vitamin B6 contributes to normal homocysteine metabolism	Vitamin B6 contributes to the normal breakdown of amino acids (such as homocysteine)	in order to bear the claims a food should be at least a source of vitamin B6 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1759
245	3	75	Vitamin	Vitamin B6	Vitamin B6 contributes to normal energy-yielding metabolism	Vitamin B6 contributes to normal release of energy for use in the body	in order to bear the claims a food should be at least a source of vitamin B6 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1759
246	3	76	Vitamin	Vitamin B6	Vitamin B6 contributes to normal homocysteine metabolism	Vitamin B6 contributes to the normal breakdown of amino acids (such as homocysteine)	in order to bear the claims a food should be at least a source of vitamin B6 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1759
247	3	77	Vitamin	Vitamin B6	Vitamin B6 contributes to normal psychological functions	Vitamin B6 contributes to normal psychological function	in order to bear the claims a food should be at least a source of vitamin B6 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1759
248	3	78	Vitamin	Vitamin B6	Vitamin B6 can contribute to the reduction of tiredness and fatigue	Vitamin B6 can contribute to the reduction of tiredness and fatigue	in order to bear the claims a food should be at least a source of vitamin B6 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1759
249	3	81	Vitamin	Folate	Folate contributes to normal psychological functions	Folate contributes to normal psychological function	in order to bear the claims a food should be at least a source of Folate as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1760
250	3	84	Vitamin	Folate	Folate can contribute to the reduction of tiredness and fatigue	Folate can contribute to the reduction of tiredness and fatigue	in order to bear the claims a food should be at least a source of Folate as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1760
251	3	85	Vitamin	Folate	Folate contributes to normal psychological functions	Folate contributes to normal psychological function	in order to bear the claims a food should be at least a source of Folate as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1760
252	3	86	Vitamin	Folate	Folate contributes to normal psychological functions	Folate contributes to normal psychological function	in order to bear the claims a food should be at least a source of Folate as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1760
253	3	88	Vitamin	Folate	Folate contributes to normal psychological functions	Folate contributes to normal psychological function	in order to bear the claims a food should be at least a source of Folate as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1760
254	3	95	Vitamin	Vitamin B12	Vitamin B12 contributes to normal neurological and psychological functions	Vitamin B12 contributes to normal functioning of the nervous system	in order to bear the claims a food should be at least a source of vitamin B12 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 4114

[illegible]

269	3	109	Vitamin	Vitamin B12	Vitamin B12 contributes to normal neurological and psychological functions	Vitamin B12 contributes to normal psychological function	in order to bear the claims a food should be at least a source of vitamin B12 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 4114
270	3	120	Vitamin	Biotin	Biotin contributes to normal psychological functions	Biotin contributes to normal psychological function	in order to bear the claims a food should be at least a source of biotin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1728
271	3	139	Vitamin	Vitamin C	Vitamin C can contribute to the reduction of tiredness and fatigue	Vitamin C can contribute to the reduction of tiredness and fatigue	in order to bear the claims a food should be at least a source of vitamin C as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1815
272	3	140	Vitamin	Vitamin C	Vitamin C contributes to normal psychological functions	Vitamin C contributes to normal psychological function	in order to bear the claims a food should be at least a source of vitamin C as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1815
273	3	160	Vitamin	Vitamin E	Vitamin E contributes to the protection of cell constituents from oxidative damage	Vitamin E contributes to the protection of cells from oxidative stress	in order to bear the claim a food should be at least a source of Vitamin E as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1816
274	3	162	Vitamin	Vitamin E	Vitamin E contributes to the protection of cell constituents from oxidative damage	Vitamin E contributes to the protection of cells from oxidative stress	in order to bear the claim a food should be at least a source of Vitamin E as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1816
275	3	195	Vitamin	Folate	Folate contributes to normal amino acid synthesis	Folate contributes to building amino acids into proteins that may be used by the body	in order to bear the claims a food should be at least a source of Folate as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1760
276	3	199	Vitamin	Vitamin B6	Vitamin B6 contributes to normal homocysteine metabolism	Vitamin B6 contributes to the normal breakdown of amino acids (such as homocysteine)	in order to bear the claims a food should be at least a source of vitamin B6 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1759
277	3	202	Vitamin	Vitamin C	Vitamin C contributes to the regeneration of the reduced form of vitamin E	Vitamin C contributes to the regeneration of the reduced form of vitamin E	in order to bear the claims a food should be at least a source of vitamin C as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1815
278	3	205	Vitamin	Thiamin	Thiamin contributes to normal psychological functions	Thiamin contributes to normal psychological function	in order to bear the claims a food should be at least a source of thiamin as per Annex to Regulation (EC) No 1924/2006.	The claim may be used only for food which is at least a source of thiamin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006				2010;8(10): 1755
279	3	207	Vitamin	Riboflavin (B2)	Riboflavin contributes to the protection of cell constituents from oxidative damage	Riboflavin contributes to the protection of cells from oxidative stress	in order to bear the claims a food should be at least a source of riboflavin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1814
280	3	213	Vitamin	Riboflavin (B2)	Riboflavin contributes to the maintenance of the normal function of the nervous system	Riboflavin contributes to normal functioning of the nervous system	in order to bear the claims a food should be at least a source of riboflavin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1814
281	3	214	Vitamin	Vitamin B6	Vitamin B6 contributes to normal energy-yielding metabolism	Vitamin B6 contributes to normal release of energy for use in the body	in order to bear the claims a food should be at least a source of vitamin B6 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1759
282	3	237	Mineral	Calcium	Calcium contributes to normal cell division and differentiation	Calcium has a role in the process of cell division and differentiation.	in order to bear the claim a food should be at least a source of calcium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006			DELETE?	2010;8(10): 1725

283	3	244	Mineral	Magnesium	Magnesium can contribute to a reduction of tiredness and fatigue	Magnesium can contribute to a reduction of tiredness and fatigue	in order to bear the claim a food should be at least a source of magnesium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1807
284	3	245	Mineral	Magnesium	Magnesium contributes to normal psychological functions	Magnesium contributes to normal psychological function	in order to bear the claim a food should be at least a source of magnesium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1807
285	3	246	Mineral	Magnesium	Magnesium contributes to normal psychological functions	Magnesium contributes to normal psychological function	in order to bear the claim a food should be at least a source of magnesium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1807
286	3	255	Mineral	Iron	Iron can contribute to the reduction of tiredness and fatigue	Iron can contribute to the reduction of tiredness and fatigue	in order to bear the claims a food should be at least a source of iron as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1740
287	3	260	Mineral	Chromium	Chromium contributes to normal macronutrient metabolism	Chromium contributes to normal use of macronutrients in the body	in order to bear the claims, a food should be at least a source of trivalent chromium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1732
288	3	262	Mineral	Chromium	Chromium contributes to the maintenance of normal blood glucose levels	Chromium contributes to the maintenance of normal blood glucose levels	in order to bear the claims, a food should be at least a source of trivalent chromium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1732
289	3	273	Mineral	Iodine	Iodine contributes to normal cognitive and neurological function	Iodine contributes to normal cognitive function	in order to bear the claims a food should be at least a source of iodine as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1800
290	3	273	Mineral	Iodine	Iodine contributes to normal cognitive and neurological function	Iodine contributes to normal functioning of the nervous system	in order to bear the claims a food should be at least a source of iodine as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1800
291	3	281	Mineral	Selenium	Selenium contributes to the maintenance of normal hair	Selenium contributes to the maintenance of normal hair	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1727
292	3	281	Mineral	Selenium	Selenium contributes to the maintenance of normal nails	Selenium contributes to the maintenance of normal nails	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				281
293	3	293	Mineral	Zinc	Zinc contributes to normal protein synthesis	Zinc contributes to building amino acids into proteins that may be used by the body	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1819
294	3	293	Mineral	Zinc	Zinc contributes to the maintenance of normal skin	Zinc contributes to the maintenance of normal skin	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1819
295	3	301	Mineral	Zinc	Zinc contributes to the maintenance of normal serum testosterone concentrations	Zinc contributes to the maintenance of normal serum testosterone concentrations	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1819
296	3	313	Mineral	Molybdenum	Molybdenum contributes to normal sulphur amino acid metabolism	Molybdenum contributes to normal breakdown of amino acids	in order to bear the claim a food should be at least a source of molybdenum as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1745
297	3	326	Mineral	Chloride as Na-, K-, Ca- or Mg-salt	Chloride, as Na-, K-, Ca- or Mg-salt, contributes to normal digestion by production of hydrochloric acid in the stomach.	Chloride contributes to normal digestion by production of hydrochloric acid in the stomach	in order to bear the claim a food should be at least a source of chloride as per Annex to Regulation (EC) No 1924/2006.	The claim may be used only for food which is at least a source of chloride as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006. and from the following sources: Na, K, Ca, Mg.				2010;8(10): 1764
298	3	374	Mineral	Iron	Iron can contribute to the reduction of tiredness and fatigue	Iron can contribute to the reduction of tiredness and fatigue	In order to bear the claims a food should be at least source of iron as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1740

299	3	382	Mineral	Zinc	Zinc contributes to normal carbohydrate metabolism	Zinc contributes to normal use of carbohydrates in the body	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006					2010;8(10): 1819
300	3	401	Mineral	Chromium	Chromium contributes to normal macronutrient metabolism	Chromium contributes to normal use of macronutrients in the body	in order to bear the claims, a food should be at least a source of trivalent chromium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006					2010;8(10): 1732
301	3	404	Mineral	Manganese	Manganese contributes to the normal formation of connective tissue	Manganese contributes to the normal formation of connective tissue	in order to bear the claim a food should be at least a source of manganese as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006					2010;8(10): 1808
302	3	412	Mineral	Zinc	Zinc contributes to the maintenance of normal hair	Zinc contributes to the maintenance of normal hair	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006					2010;8(10): 1819
303	3	412	Mineral	Zinc	Zinc contributes to the maintenance of normal nails	Zinc contributes to the maintenance of normal nails	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006					2010;8(10): 1819
304	3	415	Macronutrient	Protein	Protein contributes to the growth or maintenance of muscle mass	Protein contributes to a growth in muscle mass	in order to bear the claims a food should be at least a source of protein as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006					2010;8(10): 1811
305	3	415	Macronutrient	Protein	Protein contributes to the growth or maintenance of muscle mass	Protein contributes to the maintenance of muscle mass	in order to bear the claims a food should be at least a source of protein as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006					2010;8(10): 1811
306	3	416	Macronutrient	Protein	Protein contributes to the maintenance of bones	Protein contributes to the maintenance of bone	in order to bear the claims a food should be at least a source of protein as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006					2010;8(10): 1811
307	3	417	Macronutrient	Protein	Protein contributes to the growth or maintenance of muscle mass	Protein contributes to a growth in muscle mass	in order to bear the claims a food should be at least a source of protein as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006					2010;8(10): 1811
308	3	417	Macronutrient	Protein	Protein contributes to the growth or maintenance of muscle mass	Protein contributes to the maintenance of muscle mass	in order to bear the claims a food should be at least a source of protein as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006					2010;8(10): 1811
309	3	504	Macronutrient	EPA/DHA/DPA	EPA and DHA contribute to the normal function of the heart	EPA and DHA contribute to the normal function of the heart [healthy functioning of the heart]	intakes of EPA and DHA of about 250 mg per day are required to obtain the claimed effect.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.					2010;8(10): 1796
310	3	506	Macronutrient	EPA/DHA/DPA	EPA and DHA contribute to the normal function of the heart	EPA and DHA contribute to the normal function of the heart [healthy functioning of the heart]	intakes of EPA and DHA of about 250 mg per day are required to obtain the claimed effect.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.					2010;8(10): 1796
311	3	516	Macronutrient	EPA/DHA/DPA	EPA and DHA contribute to the normal function of the heart	EPA and DHA contribute to the normal function of the heart [healthy functioning of the heart]	intakes of EPA and DHA of about 250 mg per day are required to obtain the claimed effect.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.					2010;8(10): 1796
312	3	527	Macronutrient	EPA/DHA/DPA	EPA and DHA contribute to the normal function of the heart	EPA and DHA contribute to the normal function of the heart [healthy functioning of the heart]	intakes of EPA and DHA of about 250 mg per day are required to obtain the claimed effect.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.					2010;8(10): 1796
313	3	533	Macronutrient	Docosahexanoic acid (DHA)	DHA contributes to the maintenance of normal blood triglyceride levels	DHA contributes to the maintenance of normal blood triglyceride levels	in order to obtain the claimed effect, 2 g per day of DHA should be consumed in one or more servings. The target population is adult men and women.	DECISION ON HOLD					2010;8(10): 1734

314	3	538	Macronutrient	EPA/DHA/DPA	EPA and DHA contribute to the normal function of the heart	EPA and DHA contribute to the normal function of the heart [healthy functioning of the heart]	intakes of EPA and DHA of about 250 mg per day are required to obtain the claimed effect.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.				2010;8(10): 1796
315	3	549	Other	Plant sterols and plant stanols	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol levels	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol	The Panel considers that in order to bear the claim, a food should provide at least 0.8 g per day of plant sterols/stanols in one or more servings. These amounts can be reasonably achieved in the context of a balanced diet. The target population is adults. The considerations regarding the food matrix expressed by the Panel in a previous opinion (EFSA, 2009) in relation to the blood LDL-cholesterol lowering effect of plant sterols and stanols also apply to the present opinion.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of at least 0.8g of plant sterols/stanols.		NB coherence with NF legislation for sterols: but can we do something different for stanols?		2010;8(10): 1813
316	3	550	Other	Plant sterols and plant stanols	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol levels	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol	The Panel considers that in order to bear the claim, a food should provide at least 0.8 g per day of plant sterols/stanols in one or more servings. These amounts can be reasonably achieved in the context of a balanced diet. The target population is adults. The considerations regarding the food matrix expressed by the Panel in a previous opinion (EFSA, 2009) in relation to the blood LDL-cholesterol lowering effect of plant sterols and stanols also apply to the present opinion.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of at least 0.8g of plant sterols/stanols.				2010;8(10): 1813
317	3	565	Macronutrient	Docosahexanoic acid (DHA)	DHA contributes to the maintenance of normal brain function	DHA contributes to the maintenance of normal brain function	in order to bear the claim, foods should contain 250 mg of DHA in one or more servings.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.				2010;8(10): 1734
318	3	567	Other	Plant sterols and plant stanols	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol levels	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol	The Panel considers that in order to bear the claim, a food should provide at least 0.8 g per day of plant sterols/stanols in one or more servings. These amounts can be reasonably achieved in the context of a balanced diet. The target population is adults. The considerations regarding the food matrix expressed by the Panel in a previous opinion (EFSA, 2009) in relation to the blood LDL-cholesterol lowering effect of plant sterols and stanols also apply to the present opinion.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of at least 0.8g of plant sterols/stanols.				2010;8(10): 1813
319	3	593	Macronutrient	Protein	Protein contributes to the growth or maintenance of muscle mass	Protein contributes to a growth in muscle mass	in order to bear the claims a food should be at least a source of protein as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1811
320	3	593	Macronutrient	Protein	Protein contributes to the growth or maintenance of muscle mass	Protein contributes to the maintenance of muscle mass	in order to bear the claims a food should be at least a source of protein as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1811
321	3	594	Macronutrient	Protein	Protein contributes to the growth or maintenance of muscle mass	Protein contributes to a growth in muscle mass	in order to bear the claims a food should be at least a source of protein as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1811
322	3	594	Macronutrient	Protein	Protein contributes to the growth or maintenance of muscle mass	Protein contributes to the maintenance of muscle mass	in order to bear the claims a food should be at least a source of protein as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1811
323	3	595	Macronutrient	Protein	Protein contributes to the growth or maintenance of muscle mass	Protein contributes to a growth in muscle mass	in order to bear the claims a food should be at least a source of protein as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1811
324	3	595	Macronutrient	Protein	Protein contributes to the growth or maintenance of muscle mass	Protein contributes to the maintenance of muscle mass	in order to bear the claims a food should be at least a source of protein as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1811
325	3	626	Macronutrient	Docosahexanoic acid (DHA)	DHA contributes to the maintenance of normal brain function	DHA contributes to the maintenance of normal brain function	in order to bear the claim, foods should contain 250 mg of DHA in one or more servings.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.				2010;8(10): 1734
326	3	627	Macronutrient	Docosahexanoic acid (DHA)	DHA contributes to the maintenance of normal brain function	DHA contributes to the maintenance of normal brain function	in order to bear the claim, foods should contain 250 mg of DHA in one or more servings.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.				2010;8(10): 1734

327	3	631	Macronutrient	Docosahexanoic acid (DHA)	DHA contributes to the maintenance of normal brain function	DHA contributes to the maintenance of normal brain function	in order to bear the claim, foods should contain 250 mg of DHA in one or more servings.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.				2010;8(10): 1734
328	3	632	Macronutrient	Docosahexanoic acid (DHA)	DHA contributes to the maintenance of normal vision	DHA contributes to the maintenance of normal vision	in order to bear the claim, foods should contain 250 mg of DHA in one or more servings.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA				2010;8(10): 1734
329	3	689	Macronutrient	Docosahexanoic acid (DHA)	DHA contributes to the maintenance of normal brain function	DHA contributes to the maintenance of normal brain function	in order to bear the claim, foods should contain 250 mg of DHA in one or more servings.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.				2010;8(10): 1734
330	3	691	Macronutrient	Docosahexanoic acid (DHA)	DHA contributes to the maintenance of normal blood triglyceride levels	DHA contributes to the maintenance of normal blood triglyceride levels	in order to obtain the claimed effect, 2 g per day of DHA should be consumed in one or more servings. The target population is adult men and women.	DECISION ON HOLD				2010;8(10): 1734
331	3	703	Macronutrient	EPA/DHA/DPA	EPA and DHA contribute to the normal function of the heart	EPA and DHA contribute to the normal function of the heart [healthy functioning of the heart]	intakes of EPA and DHA of about 250 mg per day are required to obtain the claimed effect.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.				2010;8(10): 1796
332	3	704	Macronutrient	Docosahexanoic acid (DHA)	DHA contributes to the maintenance of normal brain function	DHA contributes to the maintenance of normal brain function	in order to bear the claim, foods should contain 250 mg of DHA in one or more servings.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.				2010;8(10): 1734
333	3	713	Other	Plant sterols and plant stanols	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol levels	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol	The Panel considers that in order to bear the claim, a food should provide at least 0.8 g per day of plant sterols/stanols in one or more servings. These amounts can be reasonably achieved in the context of a balanced diet. The target population is adults. The considerations regarding the food matrix expressed by the Panel in a previous opinion (EFSA, 2009) in relation to the blood LDL-cholesterol lowering effect of plant sterols and stanols also apply to the present opinion.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of at least 0.8g of plant sterols/stanols.				2010;8(10): 1813
334	3	715	Macronutrient	Protein	Protein contributes to the growth or maintenance of muscle mass	Protein contributes to a growth in muscle mass	in order to bear the claims a food should be at least a source of protein as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1811
335	3	715	Macronutrient	Protein	Protein contributes to the growth or maintenance of muscle mass	Protein contributes to the maintenance of muscle mass	in order to bear the claims a food should be at least a source of protein as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1811
336	3	742	Macronutrient	Docosahexanoic acid (DHA)	DHA contributes to the maintenance of normal brain function	DHA contributes to the maintenance of normal brain function	in order to bear the claim, foods should contain 250 mg of DHA in one or more servings.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.				2010;8(10): 1734
337	3	743	Macronutrient	Docosahexanoic acid (DHA)	DHA contributes to the maintenance of normal vision	DHA contributes to the maintenance of normal vision	in order to bear the claim, foods should contain 250 mg of DHA in one or more servings.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA				2010;8(10): 1734
338	3	786	Fibre/ Starch/ Polysaccharides	Pectins	Consumption of pectins contributes to the reduction of the blood glucose rise after meals	Consumption of pectins with meals contributes to the reduction of the blood glucose rise after those meals	in order to bear the claim, at least 10 g of pectins per meal should be consumed. The target population is adults willing to reduce their post-prandial glycaemic responses.	In order to bear the claim, information should be given to the consumer that at least 10 g of pectins should be consumed per meal when wishing to control blood glucose levels.		Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.		2010;8(10): 1747
339	3	807	Fibre/ Starch/ Polysaccharides	Lactulose	Lactulose contributes to a reduction in intestinal transit time	Lactulose contributes to an acceleration of intestinal transit	in order to obtain the claimed effect at least 10 g of lactulose per day should be consumed in a single serving.	In order to bear the claim, information should be given to the consumer that at least 10 g of lactulose per day should be consumed in a single serving.				2010;8(10): 1806

340	3	814	Fibre/ Starch/ Polysaccharides	Hydroxypropyl methylcellulose (HPMC)	Hydroxypropyl methylcellulose contributes to a reduction of the blood glucose rise after meals	Consumption of Hydroxypropyl methylcellulose with meals contributes to a reduction in the blood glucose rise after those meals	in order to obtain the claimed effect, at least 4 g of HPMC per meal should be consumed. The target population is adults willing to reduce their post- prandial glycaemic responses.	In order to bear the claim information should be given to the consumer that at least 4 g of HPMC should be consumed per meal when wishing to control blood glucose levels.		Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.		2010;8(10): 1739
341	3	815	Fibre/ Starch/ Polysaccharides	Hydroxypropyl methylcellulose (HPMC)	Hydroxypropyl methylcellulose contributes to the maintenance of normal blood cholesterol levels	Hydroxypropyl methylcellulose contributes to the maintenance of normal blood cholesterol levels	in order to obtain the claimed effect, at least 5 g per day of HPMC should be consumed in two or more servings.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of at least 5 g of HPMC.		Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.		2010;8(10): 1739
342	3	818	Fibre/ Starch/ Polysaccharides	Pectins	Consumption of pectins contributes to the maintenance of normal blood cholesterol levels	Consumption of pectins contributes to the maintenance of normal blood cholesterol levels	in order to bear the claim, at least 6 g per day of pectins should be consumed in one or more servings. The target population is adults.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of at least 6 g of pectins.		Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.		2010;8(10): 1747
343	3	828	Fibre/ Starch/ Polysaccharides	Wheat bran fibre	Wheat bran fibre contributes to a reduction in intestinal transit time	Wheat bran fibre contributes to an acceleration of intestinal transit	in order to obtain the claimed effect at least 10 g per day of wheat bran fibre should be consumed in one or more servings.	The claim may only be used for food which is high in fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the claimed effect is obtained with a daily intake of at least 10g of wheat bran fibre.				2010;8(10): 1817
344	3	839	Fibre/ Starch/ Polysaccharides	Wheat bran fibre	Wheat bran fibre contributes to a reduction in intestinal transit time	Wheat bran fibre contributes to an acceleration of intestinal transit	in order to obtain the claimed effect at least 10 g per day of wheat bran fibre should be consumed in one or more servings.	The claim may only be used for food which is high in fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the claimed effect is obtained with a daily intake of at least 10g of wheat bran fibre.				2010;8(10): 1817
345	3	854	Fibre/ Starch/ Polysaccharides	Konjac mannan (glucomannan)	Glucomannan contributes to the reduction of body weight in the context of an energy- restricted diet	Glucomannan in an energy restricted diet contributes to weight loss	in order to obtain the claimed effect, at least 3 g of glucomannan should be consumed daily in three doses of at least 1 g each, together with 1-2 glasses of water before meals, in the context of an energy-restricted diet. The target population is overweight adults.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with at least 3 g of glucomannan consumed daily in three doses of at least 1 g each, together with 1-2 glasses of water, before meals and in the context of an energy-restricted diet.		Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.		2010;8(10): 1798
346	3	1128	Food	EPA/DHA/DPA	EPA and DHA contribute to the normal function of the heart	EPA and DHA contribute to the normal function of the heart [healthy functioning of the heart]	intakes of EPA and DHA of about 250 mg per day are required to obtain the claimed effect.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.				2010;8(10): 1796
347	3	1143	Food	Live yoghurt cultures	Live yoghurt cultures in yoghurt improve lactose digestion in individuals with lactose maldigestion	Live cultures in yoghurt or fermented milk improve lactose digestion of the product in individuals with lactose maldigestion	In order to bear the claim, the yoghurt should contain at least 108 CFU live starter microorganisms (Lactobacillus delbrueckii subsp. bulgaricus and Streptococcus thermophilus) per gram. 13 The target population is individuals with lactose maldigestion.	In order to bear the claim, the product should contain at least 108 CFU live starter microorganisms (Lactobacillus delbrueckii subsp. bulgaricus and Streptococcus thermophilus) per gram.				2010;8(10): 1763
348	3	1234	Food	Plant sterols and plant stanols	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol levels	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol	The Panel considers that in order to bear the claim, a food should provide at least 0.8 g per day of plant sterols/stanols in one or more servings. These amounts can be reasonably achieved in the context of a balanced diet. The target population is adults. The considerations regarding the food matrix expressed by the Panel in a previous opinion (EFSA, 2009) in relation to the blood LDL- cholesterol lowering effect of plant sterols and stanols also apply to the present opinion.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of at least 0.8g of plant sterols/stanols.				2010;8(10): 1813
349	3	1235	Other	Plant sterols and plant stanols	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol levels	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol	The Panel considers that in order to bear the claim, a food should provide at least 0.8 g per day of plant sterols/stanols in one or more servings. These amounts can be reasonably achieved in the context of a balanced diet. The target population is adults. The considerations regarding the food matrix expressed by the Panel in a previous opinion (EFSA, 2009) in relation to the blood LDL- cholesterol lowering effect of plant sterols and stanols also apply to the present opinion.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of at least 0.8g of plant sterols/stanols.				2010;8(10): 1813
350	3	1317	Food	EPA/DHA/DPA	EPA and DHA contribute to the normal function of the heart	EPA and DHA contribute to the normal function of the heart [healthy functioning of the heart]	intakes of EPA and DHA of about 250 mg per day are required to obtain the claimed effect.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.				2010;8(10): 1796

351	3	1324	Food	EPA/DHA/DPA	EPA and DHA contribute to the normal function of the heart	EPA and DHA contribute to the normal function of the heart [healthy functioning of the heart]	intakes of EPA and DHA of about 250 mg per day are required to obtain the claimed effect.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.				2010;8(10): 1796
352	3	1325	Food	EPA/DHA/DPA	EPA and DHA contribute to the normal function of the heart	EPA and DHA contribute to the normal function of the heart [healthy functioning of the heart]	intakes of EPA and DHA of about 250 mg per day are required to obtain the claimed effect.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.				2010;8(10): 1796
353	3	1466	Other	Plant sterols and plant stanols	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol levels	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol levels	The Panel considers that in order to bear the claim, a food should provide at least 0.8 g per day of plant sterols/stanols in one or more servings. These amounts can be reasonably achieved in the context of a balanced diet. The target population is adults. The considerations regarding the food matrix expressed by the Panel in a previous opinion (EFSA, 2009) in relation to the blood LDL-cholesterol lowering effect of plant sterols and stanols also apply to the present opinion.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of at least 0.8g of plant sterols/stanols.				2010;8(10): 1813
354	3	1556	Fibre/ Starch/ Polysaccharides	Konjac mannan (glucomannan)	Glucomannan contributes to the reduction of body weight in the context of an energy-restricted diet	Glucomannan in an energy restricted diet contributes to weight loss	in order to obtain the claimed effect, at least 3 g of glucomannan should be consumed daily in three doses of at least 1 g each, together with 1-2 glasses of water before meals, in the context of an energy-restricted diet. The target population is overweight adults.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with at least 3 g of glucomannan consumed daily in three doses of at least 1 g each, together with 1-2 glasses of water, before meals and in the context of an energy-restricted diet.		Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.		2010;8(10): 1798
355	3	1634	Other	Plant sterols and plant stanols	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol levels	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol levels	The Panel considers that in order to bear the claim, a food should provide at least 0.8 g per day of plant sterols/stanols in one or more servings. These amounts can be reasonably achieved in the context of a balanced diet. The target population is adults. The considerations regarding the food matrix expressed by the Panel in a previous opinion (EFSA, 2009) in relation to the blood LDL-cholesterol lowering effect of plant sterols and stanols also apply to the present opinion.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of at least 0.8g of plant sterols/stanols.				2010;8(10): 1813
356	3	1947	Vitamin	Vitamin E	Vitamin E contributes to the protection of cell constituents from oxidative damage	Vitamin E contributes to the protection of cells from oxidative stress	in order to bear the claim a food should be at least a source of Vitamin E as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1816
357	3	1984	Other	Plant sterols and plant stanols	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol levels	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol levels	The Panel considers that in order to bear the claim, a food should provide at least 0.8 g per day of plant sterols/stanols in one or more servings. These amounts can be reasonably achieved in the context of a balanced diet. The target population is adults. The considerations regarding the food matrix expressed by the Panel in a previous opinion (EFSA, 2009) in relation to the blood LDL-cholesterol lowering effect of plant sterols and stanols also apply to the present opinion.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of at least 0.8g of plant sterols/stanols.				2010;8(10): 1813
358	3	2622	Botanical	Vitamin C	Vitamin C can contribute to the reduction of tiredness and fatigue	Vitamin C can contribute to the reduction of tiredness and fatigue	in order to bear the claims a food should be at least a source of vitamin C as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1815
359	3	2881	Vitamin	Folate	Folate contributes to normal amino acid synthesis	Folate contributes to building amino acids into proteins that may be used by the body	in order to bear the claims a food should be at least a source of folate as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1760
360	3	2889	Mineral	Iron	Iron can contribute to the reduction of tiredness and fatigue	Iron can contribute to the reduction of tiredness and fatigue	in order to bear the claims a food should be at least a source of iron as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1740
361	3	2890	Mineral	Zinc	Zinc contributes to normal macronutrient metabolism	Zinc contributes to normal use of macronutrients in the body	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1819
362	3	2909	Other	Plant sterols and plant stanols	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol levels	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol levels	The Panel considers that in order to bear the claim, a food should provide at least 0.8 g per day of plant sterols/stanols in one or more servings. These amounts can be reasonably achieved in the context of a balanced diet. The target population is adults. The considerations regarding the food matrix expressed by the Panel in a previous opinion (EFSA, 2009) in relation to the blood LDL-cholesterol lowering effect of plant sterols and stanols also apply to the present opinion.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of at least 0.8g of plant sterols/stanols.				2010;8(10): 1813

363	3	2976	food	Live yoghurt cultures	Live yoghurt cultures in yoghurt improve lactose digestion in individuals with lactose maldigestion	Live cultures in yoghurt or fermented milk improve lactose digestion of the product in individuals with lactose maldigestion	In order to bear the claim, the yoghurt should contain at least 108 CFU live starter microorganisms (Lactobacillus delbrueckii subsp. bulgaricus and Streptococcus thermophilus) per gram. 13 The target population is individuals with lactose maldigestion.	In order to bear the claim, the product should contain at least 108 CFU live starter microorganisms (Lactobacillus delbrueckii subsp. bulgaricus and Streptococcus thermophilus) per gram.				2010;8(10): 1763
364	3	3066	Fibre/ Starch/ Polysaccharides	Wheat bran fibre	Wheat bran fibre contributes to an increase in faecal bulk	Wheat bran fibre contributes to an increase in faecal bulk	in order to bear the claim a food should be at least "high in fibre" as per Annex to Regulation (EC) No 1924/2006	The claim may only be used for food which is high in fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation 1924/2006.				2010;8(10): 1817
365	3	3067	Fibre/ Starch/ Polysaccharides	Wheat bran fibre	Wheat bran fibre contributes to a reduction in intestinal transit time	Wheat bran fibre contributes to an acceleration of intestinal transit	in order to obtain the claimed effect at least 10 g per day of wheat bran fibre should be consumed in one or more servings.	The claim may only be used for food which is high in fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the claimed effect is obtained with a daily intake of at least 10g of wheat bran fibre.				2010;8(10): 1817
366	3	3140	Other	Plant sterols and plant stanols	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol levels	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol	The Panel considers that in order to bear the claim, a food should provide at least 0.8 g per day of plant sterols/stanols in one or more servings. These amounts can be reasonably achieved in the context of a balanced diet. The target population is adults. The considerations regarding the food matrix expressed by the Panel in a previous opinion (EFSA, 2009) in relation to the blood LDL-cholesterol lowering effect of plant sterols and stanols also apply to the present opinion.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of at least 0.8g of plant sterols/stanols.				2010;8(10): 1813
367	3	3148	Macronutrient	Docosahexanoic acid (DHA)	DHA contributes to the maintenance of normal brain function	DHA contributes to the maintenance of normal brain function	in order to bear the claim, foods should contain 250 mg of DHA in one or more servings.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.				2010;8(10): 1734
368	3	3149	Macronutrient	Docosahexanoic acid (DHA)	DHA contributes to the maintenance of normal vision	DHA contributes to the maintenance of normal vision	in order to bear the claim, foods should contain 250 mg of DHA in one or more servings.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA				2010;8(10): 1734
369	3	3150	Macronutrient	Docosahexanoic acid (DHA)	DHA contributes to the maintenance of normal blood triglyceride levels	DHA contributes to the maintenance of normal blood triglyceride levels	in order to obtain the claimed effect, 2 g per day of DHA should be consumed in one or more servings. The target population is adult men and women.	DECISION ON HOLD				2010;8(10): 1734
370	3	3151	Macronutrient	Docosahexanoic acid (DHA)	DHA contributes to the maintenance of normal brain function	DHA contributes to the maintenance of normal brain function	in order to bear the claim, foods should contain 250 mg of DHA in one or more servings.	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.				2010;8(10): 1734
371	3	3725	Botanical	Konjac mannan (glucomannan)	Glucomannan contributes to the reduction of body weight in the context of an energy-restricted diet	Glucomannan in an energy restricted diet contributes to weight loss	in order to obtain the claimed effect, at least 3 g of glucomannan should be consumed daily in three doses of at least 1 g each, together with 1-2 glasses of water before meals, in the context of an energy-restricted diet. The target population is overweight adults.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with at least 3 g of glucomannan consumed daily in three doses of at least 1 g each, together with 1-2 glasses of water, before meals and in the context of an energy-restricted diet.		Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.		2010;8(10): 1798
372	3	4283	Vitamin	Vitamin B6	Vitamin B6 contributes to normal cysteine synthesis	Vitamin B6 contributes to normal formation of amino acids (such as cysteine)	in order to bear the claims a food should be at least a source of vitamin B6 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1759
373	3	4293	mineral	Zinc	Zinc contributes to normal protein synthesis	Zinc contributes to building amino acids into proteins that may be used by the body	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1819
374	3	4665	Mineral	Chromium	Chromium contributes to normal macronutrient metabolism	Chromium contributes to normal use of macronutrients in the body	in order to bear the claims, a food should be at least a source of trivalent chromium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1732
375	3	4666	Mineral	Chromium	Chromium contributes to normal macronutrient metabolism	Chromium contributes to normal use of macronutrients in the body	in order to bear the claims, a food should be at least a source of trivalent chromium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1732

376	3	4667	Mineral	Chromium	Chromium contributes to normal macronutrient metabolism	Chromium contributes to normal use of macronutrients in the body	in order to bear the claims, a food should be at least a source of trivalent chromium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10):1732
377	3	4667	Mineral	Chromium	Chromium contributes to the maintenance of normal blood glucose levels	Chromium contributes to the maintenance of normal blood glucose levels	in order to bear the claims, a food should be at least a source of trivalent chromium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10):1732
378	3	4699	Fibre/ Starch/ Polysaccharides	Wheat bran fibre	Wheat bran fibre contributes to a reduction in intestinal transit time	Wheat bran fibre contributes to an acceleration of intestinal transit	in order to obtain the claimed effect at least 10 g per day of wheat bran fibre should be consumed in one or more servings.	The claim may only be used for food which is high in fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the claimed effect is obtained with a daily intake of at least 10g of wheat bran fibre.				2010;8(10):1817
379	4	463	Other	Sugar replacers xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose and polydextrose	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar may help maintain tooth mineralisation by decreasing tooth demineralisation	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* may help decrease tooth demineralisation * In the case of D-tagatose and isomaltulose this should read "other sugars"	in order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, so that consumption of such foods or drinks does not lower plaque pH below 5.7 during and up to 30 minutes after consumption, and does not lead to dental erosion.	In order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by 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.	If excessive amounts of bulk sweeteners (polyols) are consumed, laxative effects may occur. In order to ensure that consumers receive adequate information, the labelling of foods containing more than 10 % added polyols must include the advisory statement "excessive consumption may produce laxative effects" (Commission Directive 94/54/EC6).	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC).		2011;9(4):2076
380	4	464	Other	Sugar replacers xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose and polydextrose	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar may help maintain tooth mineralisation by decreasing tooth demineralisation	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* may help decrease tooth demineralisation * In the case of D-tagatose and isomaltulose this should read "other sugars"	in order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, so that consumption of such foods or drinks does not lower plaque pH below 5.7 during and up to 30 minutes after consumption, and does not lead to dental erosion.	In order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by 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.	If excessive amounts of bulk sweeteners (polyols) are consumed, laxative effects may occur. In order to ensure that consumers receive adequate information, the labelling of foods containing more than 10 % added polyols must include the advisory statement "excessive consumption may produce laxative effects" (Commission Directive 94/54/EC6).	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC).		2011;9(4):2076
381	4	563	Other	Sugar replacers xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose and polydextrose	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar may help maintain tooth mineralisation by decreasing tooth demineralisation	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* may help decrease tooth demineralisation * In the case of D-tagatose and isomaltulose this should read "other sugars"	in order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, so that consumption of such foods or drinks does not lower plaque pH below 5.7 during and up to 30 minutes after consumption, and does not lead to dental erosion.	In order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by 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.	If excessive amounts of bulk sweeteners (polyols) are consumed, laxative effects may occur. In order to ensure that consumers receive adequate information, the labelling of foods containing more than 10 % added polyols must include the advisory statement "excessive consumption may produce laxative effects" (Commission Directive 94/54/EC6).	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC).		2011;9(4):2076
382	4	617	Other	Sugar replacers xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose and polydextrose	Consumption of foods/drinks containing <name of sugar replacer> instead of sugar induces a lower blood glucose rise after meals compared to sugar-containing foods/drinks	Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* induces a lower blood glucose rise after meals compared to sugar-containing foods/drinks * In the case of D-tagatose and isomaltulose this should read "other sugars"	in order to bear the claim, sugars should be replaced in foods or drinks by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, so that foods or drinks contain reduced amounts of sugars as per Annex to Regulation (EC) No 1924/2006 and in accordance with the Guidance on the implementation of Regulation (EC) No 1924/2006 of the Standing Committee on the Food Chain and Animal Health for comparative nutrition claims made on foods (section 2.2.3).	In order to bear the claim, sugars should be replaced in foods or drinks by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, 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 1924/2006. (Section 2.2.3). In the case of D-tagatose and isomaltulose, they should replace equivalent amounts of other sugars in the same proportion as REDUCED	If excessive amounts of bulk sweeteners (polyols) are consumed, laxative effects may occur. In order to ensure that consumers receive adequate information, the labelling of foods containing more than 10 % added polyols must include the advisory statement "excessive consumption may produce laxative effects" (Commission Directive 94/54/EC).	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC		2011;9(4):2076
383	4	618	Other	Sugar replacers xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose and polydextrose	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar may help maintain tooth mineralisation by decreasing tooth demineralisation	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* may help decrease tooth demineralisation * In the case of D-tagatose and isomaltulose this should read "other sugars"	in order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, so that consumption of such foods or drinks does not lower plaque pH below 5.7 during and up to 30 minutes after consumption, and does not lead to dental erosion.	In order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by 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.	If excessive amounts of bulk sweeteners (polyols) are consumed, laxative effects may occur. In order to ensure that consumers receive adequate information, the labelling of foods containing more than 10 % added polyols must include the advisory statement "excessive consumption may produce laxative effects" (Commission Directive 94/54/EC6).	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC).		2011;9(4):2076

384	4	619	Other	Sugar replacers xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D- tagatose, isomaltulose, sucralose and polydextrose	Consumption of foods/drinks containing <name of sugar replacer> instead of sugar induces a lower blood glucose rise after meals compared to sugar-containing foods/drinks	Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* induces a lower blood glucose rise after meals compared to sugar-containing foods/drinks * In the case of D-tagatose and isomaltulose this should read "other sugars"	in order to bear the claim, sugars should be replaced in foods or drinks by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D- tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, so that foods or drinks contain reduced amounts of sugars as per Annex of Regulation (EC) No 1924/2006 and in accordance with the Guidance on the implementation of Regulation (EC) No 1924/2006 of the Standing Committee on the Food Chain and Animal Health for comparative nutrition claims made on foods (section 2.2.3).	In order to bear the claim, sugars should be replaced in foods or drinks by 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 1924/2006. (Section 2.2.3). In the case of D-tagatose and isomaltulose, they should replace equivalent amounts of other sugars in the same proportion as REDUCED	If excessive amounts of bulk sweeteners (polyols) are consumed, laxative effects may occur. In order to ensure that consumers receive adequate information, the labelling of foods containing more than 10**% added polyols must include the advisory statement "excessive consumption may produce laxative effects" (Commission Directive 94/54/EC).	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC		2011;9(4):2 076
385	4	620	Macronutrient	Foods with reduced amounts of saturated fatty acids	Consumption of saturated fat increases blood cholesterol concentrations; consumption of foods with reduced amounts of saturated fat may help to maintain normal blood cholesterol concentrations	Eating foods where the content of saturated fat has been reduced may help to maintain normal blood cholesterol concentrations	in order to bear the claim, foods should contain reduced amounts of saturated fatty acids as per Annex of Regulation (EC) No 1924/2006 and in accordance with the Guidance on the implementation of Regulation (EC) No 1924/2006 of the Standing Committee on the Food Chain and Animal Health for comparative nutrition claims made on foods (section 2.2.3).	The claim may be used only for food where the saturated fat content has been reduced by at least the amount referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation 1924/2006.			which conditions of use from the Annex: reduced (sat-fat); low sat fat ; sat fat free?	2011;9(4):2 062
386	4	621	Macronutrient	Replacement of saturated fatty acids by MUFA and/or PUFA	Consumption of saturated fat increases blood cholesterol concentrations; consumption of mono- and/or polyunsaturated fat in replacement of saturated fat contributes to the maintenance of normal blood cholesterol concentrations	Replacing saturated fats with unsaturated fats contributes to maintaining normal blood cholesterol levels.	in order to bear the claim, significant amounts of mixed SFAs should be replaced by cis-MUFAs and/or cis-PUFAs in foods or diets on a gram-per- gram basis as per Annex of Regulation (EC) No 1924/2006 as amended by Regulation (EC) No 116/20106 and in accordance with the Guidance on the implementation of Regulation (EC) No 1924/2006 of the Standing Committee on the Food Chain and Animal Health for comparative nutrition claims made on foods (section 2.2.3).	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 1924/2006.				2011;9(4):2 069
387	4	647	Other	Sugar replacers xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D- tagatose, isomaltulose, sucralose and polydextrose	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar may help maintain tooth mineralisation by decreasing tooth demineralisation	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* may help decrease tooth demineralisation * In the case of D-tagatose and isomaltulose this should read "other sugars"	in order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, so that consumption of such foods or drinks does not lower plaque pH below 5.7 during and up to 30 minutes after consumption, and does not lead to dental erosion.	In order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by 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.	If excessive amounts of bulk sweeteners (polyols) are consumed, laxative effects may occur. In order to ensure that consumers receive adequate information, the labelling of foods containing more than 10 % added polyols must include the advisory statement "excessive consumption may produce laxative effects" (Commission Directive 94/54/EC6).	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC).		2011;9(4):2 076
388	4	669	Other	Sugar replacers xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D- tagatose, isomaltulose, sucralose and polydextrose	Consumption of foods/drinks containing <name of sugar replacer> instead of sugar induces a lower blood glucose rise after meals compared to sugar-containing foods/drinks	Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* induces a lower blood glucose rise after meals compared to sugar-containing foods/drinks * In the case of D-tagatose and isomaltulose this should read "other sugars"	in order to bear the claim, sugars should be replaced in foods or drinks by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D- tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, so that foods or drinks contain reduced amounts of sugars as per Annex of Regulation (EC) No 1924/2006 and in accordance with the Guidance on the implementation of Regulation (EC) No 1924/2006 of the Standing Committee on the Food Chain and Animal Health for comparative nutrition claims made on foods (section 2.2.3).	In order to bear the claim, sugars should be replaced in foods or drinks by 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 1924/2006. (Section 2.2.3). In the case of D-tagatose and isomaltulose, they should replace equivalent amounts of other sugars in the same proportion as REDUCED	If excessive amounts of bulk sweeteners (polyols) are consumed, laxative effects may occur. In order to ensure that consumers receive adequate information, the labelling of foods containing more than 10**% added polyols must include the advisory statement "excessive consumption may produce laxative effects" (Commission Directive 94/54/EC).	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC		2011;9(4):2 076
389	4	671	Macronutrient	Foods with reduced amounts of saturated fatty acids	Consumption of saturated fat increases blood cholesterol concentrations; consumption of foods with reduced amounts of saturated fat may help to maintain normal blood cholesterol concentrations	Eating foods where the content of saturated fat has been reduced may help to maintain normal blood cholesterol concentrations	in order to bear the claim, foods should contain reduced amounts of saturated fatty acids as per Annex of Regulation (EC) No 1924/2006 and in accordance with the Guidance on the implementation of Regulation (EC) No 1924/2006 of the Standing Committee on the Food Chain and Animal Health for comparative nutrition claims made on foods (section 2.2.3).	The claim may be used only for food where the saturated fat content has been reduced by at least the amount referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation 1924/2006.			which conditions of use from the Annex: reduced (sat-fat); low sat fat ; sat fat free?	2011;9(4):2 062
390	4	681	Fibre/ Starch/ Polysaccharides	Resistant starch	Replacing digestible starch with resistant starch induces a lower blood glucose rise after a meal	Replacing digestible starches with resistant starch at meals contributes to a reduction in the blood glucose rise after those meals.	in order to bear the claim, high carbohydrate baked foods should contain at least 14 % of total starch as resistant starch, in replacement to digestible starch. The target population is individuals wishing to reduce their post-prandial glycaemic responses.	In order to bear the claim, high carbohydrate baked foods should contain at least 14 % of total starch as resistant starch, in replacement to digestible starch.				2011;9(4):2 024
391	4	736	Other	Caffeine	Caffeine helps to improve concentration	Caffeine helps to improve concentration	in order to bear the claim, a product should contain at least 75 mg caffeine per serving. The target population is the general adult population.	In order to bear the claim, a product should contain at least 75 mg caffeine per serving.	In products with the caffeine content required to bear this claim must include a warning that the product is not recommended for children and pregnant women.			2011;9(4):2 054
392	4	736	Other	Caffeine	Caffeine helps to increase alertness	Caffeine helps to increase alertness	in order to bear the claim, a product should contain at least 75 mg caffeine per serving. The target population is the general adult population.	In order to bear the claim, a product should contain at least 75 mg caffeine per serving.	In products with the caffeine content required to bear this claim must include a warning that the product is not recommended for children and pregnant women.			2011;9(4):2 054
393	4	737	Other	Caffeine	Caffeine contributes to an increase in endurance performance	Caffeine contributes to an increase in endurance performance	in order to obtain the claimed effect, caffeine should be consumed at doses of 3 mg/kg body weight one hour prior to exercise. The target population is adults performing endurance exercise.	In order to obtain the claimed effect, caffeine should be consumed at doses of 3 mg/kg body weight one hour prior to exercise.				2011;9(4):2 053

394	4	1101	Other	Caffeine	Caffeine helps to increase alertness	Caffeine helps to increase alertness	in order to bear the claim, a product should contain at least 75 mg caffeine per serving. The target population is the general adult population.	In order to bear the claim, a product should contain at least 75 mg caffeine per serving.	In products with the caffeine content required to bear this claim must include a warning that the product is not recommended for children and pregnant women.			2011;9(4):2054
395	4	1102	Food	water	Water contributes to the maintenance of normal physical and cognitive functions	Water contributes to the maintenance of normal physical and cognitive functions	Information should be given to the consumer that in order to obtain the claimed effect, at least 2.0 L of water should be consumed per day. Such amounts can be easily consumed as part of a balanced diet. The target population is the general population.	Information should be given to the consumer that in order to obtain the claimed effect, at least 2.0 L of water should be consumed per day.				2011;9(4):2075
396	4	1153	Food	Sugar free chewing gum with carbamide	Sugar-free chewing gum with carbamide neutralises plaque acids more effectively than sugar-free chewing gums without carbamide	Sugar-free chewing gum with carbamide neutralises plaque acids more effectively than sugar-free chewing gums without carbamide	in order to obtain the claimed effect, sugar-free chewing gum containing carbamide (at least 20 mg carbamide per piece) should be used for at least 20 minutes after eating or drinking. The target population is the general population.	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 1924/2006. In order to bear the claim each piece of sugar-free chewing gum should contain at least 20 mg carbamide. Information to the consumer that gum should be chewed for at least 20 minutes after eating or drinking.	The use of chewing gum should be avoided in children less than three years of age because of a high choking hazard.			2011;9(4):2071
397	4	1155	Food	Walnuts	Walnuts contribute to the improvement of endothelium-dependent vasodilation	Walnuts contribute to the improvement of the elasticity of blood vessels	in order to obtain the claimed effect, 30 g of walnuts should be consumed daily. These amounts can be consumed in the context of a balanced diet. The target population is the general population.	Information to the consumer that beneficial effect may be obtained with a daily intake of 30 g of walnuts.				2011;9(4):2074
398	4	1157	Food	Walnuts	Walnuts contribute to the improvement of endothelium-dependent vasodilation	Walnuts contribute to the improvement of the elasticity of blood vessels	in order to obtain the claimed effect, 30 g of walnuts should be consumed daily. These amounts can be consumed in the context of a balanced diet. The target population is the general population.	Information to the consumer that beneficial effect may be obtained with a daily intake of 30 g of walnuts.				2011;9(4):2074
399	4	1182	Other	Sugar replacers xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose and polydextrose	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar may help maintain tooth mineralisation by decreasing tooth demineralisation	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* may help decrease tooth demineralisation * In the case of D-tagatose and isomaltulose this should read "other sugars"	in order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, so that consumption of such foods or drinks does not lower plaque pH below 5.7 during and up to 30 minutes after consumption, and does not lead to dental erosion.	In order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by 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.	If excessive amounts of bulk sweeteners (polyols) are consumed, laxative effects may occur. In order to ensure that consumers receive adequate information, the labelling of foods containing more than 10 % added polyols must include the advisory statement "excessive consumption may produce laxative effects" (Commission Directive 94/54/EC6).	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC).		2011;9(4):2076
400	4	1187	Other	Caffeine	Caffeine helps to increase alertness	Caffeine helps to increase alertness	in order to bear the claim, a product should contain at least 75 mg caffeine per serving. The target population is the general adult population.	In order to bear the claim, a product should contain at least 75 mg caffeine per serving.	In products with the caffeine content required to bear this claim must include a warning that the product is not recommended for children and pregnant women.			2011;9(4):2054
401	4	1190	Macronutrient	Replacement of saturated fatty acids by MUFA and/or PUFA	Consumption of saturated fat increases blood cholesterol concentrations; consumption of mono- and/or polyunsaturated fat in replacement of saturated fat contributes to the maintenance of normal blood cholesterol concentrations	Replacing saturated fats with unsaturated fats contributes to maintaining normal blood cholesterol levels.	in order to bear the claim, significant amounts of mixed SFAs should be replaced by cis-MUFAs and/or cis-PUFAs in foods or diets on a gram-per-gram basis as per Annex of Regulation (EC) No 1924/2006 as amended by Regulation (EC) No 116/20106 and in accordance with the Guidance on the implementation of Regulation (EC) No 1924/2006 of the Standing Committee on the Food Chain and Animal Health for comparative nutrition claims made on foods (section 2.2.3).	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 1924/2006.				2011;9(4):2069
402	4	1203	Macronutrient	Replacement of saturated fatty acids by MUFA and/or PUFA	Consumption of saturated fat increases blood cholesterol concentrations; consumption of mono- and/or polyunsaturated fat in replacement of saturated fat contributes to the maintenance of normal blood cholesterol concentrations	Replacing saturated fats with unsaturated fats contributes to maintaining normal blood cholesterol levels.	in order to bear the claim, significant amounts of mixed SFAs should be replaced by cis-MUFAs and/or cis-PUFAs in foods or diets on a gram-per-gram basis as per Annex of Regulation (EC) No 1924/2006 as amended by Regulation (EC) No 116/20106 and in accordance with the Guidance on the implementation of Regulation (EC) No 1924/2006 of the Standing Committee on the Food Chain and Animal Health for comparative nutrition claims made on foods (section 2.2.3).	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 1924/2006.				2011;9(4):2069
403	4	1208	Food	water	Water contributes to the maintenance of normal thermoregulation.	Water contributes to the maintenance of normal regulation of the body's temperature	Information should be given to the consumer that in order to obtain the claimed effect, at least 2.0 L of water should be consumed per day. Such amounts can be easily consumed as part of a balanced diet. The target population is the general population.	Information should be given to the consumer that in order to obtain the claimed effect, at least 2.0 L of water should be consumed per day.				2011;9(4):2075
404	4	1209	Food	water	Water contributes to the maintenance of normal physical and cognitive functions	Water contributes to the maintenance of normal physical and cognitive functions	Information should be given to the consumer that in order to obtain the claimed effect, at least 2.0 L of water should be consumed per day. Such amounts can be easily consumed as part of a balanced diet. The target population is the general population.	Information should be given to the consumer that in order to obtain the claimed effect, at least 2.0 L of water should be consumed per day.				2011;9(4):2075
405	4	1223	Food	Meat or fish	Meat or fish contributes to the improvement of non-haem iron absorption	Meat or fish contributes to the improvement of iron absorption when eaten with other foods containing iron	in order to obtain the claimed effect, foods providing at least 50 g of meat or fish should be consumed in one serving, together with food(s) containing non-haem iron. Such amounts can be easily consumed as part of a balanced diet. The target population is the general population.	In order to obtain the claimed effect, foods providing at least 50 g of meat or fish should be consumed in one serving, together with food(s) containing non-haem iron. Such amounts can be easily consumed as part of a balanced diet.				2011;9(4):2040

406	4	1294	Food	water	Water contributes to the maintenance of normal physical and cognitive functions	Water contributes to the maintenance of normal physical and cognitive functions	Information should be given to the consumer that in order to obtain the claimed effect, at least 2.0 L of water should be consumed per day. Such amounts can be easily consumed as part of a balanced diet. The target population is the general population.	Information should be given to the consumer that in order to obtain the claimed effect, at least 2.0 L of water should be consumed per day.				2011;9(4):2075
407	4	1331	Food	water	Water contributes to the maintenance of normal physical and cognitive functions	Water contributes to the maintenance of normal physical and cognitive functions	Information should be given to the consumer that in order to obtain the claimed effect, at least 2.0 L of water should be consumed per day. Such amounts can be easily consumed as part of a balanced diet. The target population is the general population.	Information should be given to the consumer that in order to obtain the claimed effect, at least 2.0 L of water should be consumed per day.				2011;9(4):2075
408	4	1333	food	Polyphenols in olive	Consumption of olive oil polyphenols contributes to the protection of blood lipids from oxidative damage.	Consumption of olive oil polyphenols contributes to the protection of blood lipids from oxidative stress.	in order to bear the claim, 5 mg of hydroxytyrosol and its derivatives (e.g. oleuropein complex and tyrosol) in olive oil should be consumed daily. These amounts, if provided by moderate amounts of olive oil, can be easily consumed in the context of a balanced diet. The concentrations in some olive oils may be too low to allow the consumption of this amount of polyphenols in the context of a balanced diet. The target population is the general population.	In order to bear this claim information should be given to the consumer that the beneficial effect is obtained from a daily consumption of 10g of olive oil. In order to bear this claim 10g of olive oil must contain at least 5 mg of hydroxytyrosol and its derivatives (e.g. oleuropein complex and tyrosol).				2011;9(4):2033
409	4	1485	Other	Caffeine	Caffeine helps to improve concentration	Caffeine helps to improve concentration	in order to bear the claim, a product should contain at least 75 mg caffeine per serving. The target population is the general adult population.	In order to bear the claim, a product should contain at least 75 mg caffeine per serving.	In products with the caffeine content required to bear this claim must include a warning that the product is not recommended for children and pregnant women.			2011;9(4):2054
410	4	1485	Other	Caffeine	Caffeine helps to increase alertness	Caffeine helps to increase alertness	in order to bear the claim, a product should contain at least 75 mg caffeine per serving. The target population is the general adult population.	In order to bear the claim, a product should contain at least 75 mg caffeine per serving.	In products with the caffeine content required to bear this claim must include a warning that the product is not recommended for children and pregnant women.			2011;9(4):2054
411	4	1486	Other	Caffeine	Caffeine contributes to an increase in endurance performance	Caffeine contributes to an increase in endurance performance	in order to obtain the claimed effect, caffeine should be consumed at doses of 3 mg/kg body weight one hour prior to exercise. The target population is adults performing endurance exercise.	In order to obtain the claimed effect, caffeine should be consumed at doses of 3 mg/kg body weight one hour prior to exercise.				2011;9(4):2053
412	4	1488	Other	Caffeine	Caffeine contributes to a reduction in the rated perceived exertion/effort during exercise	Caffeine contributes to a reduction in the rated perceived exertion/effort during endurance exercise	in order to obtain the claimed effect, caffeine should be consumed at doses of 4 mg/kg body weight one hour prior to exercise. The target population is adults performing endurance exercise.	In order to obtain the claimed effect, caffeine should be consumed at doses of 4 mg/kg body weight one hour prior to exercise.				2011;9(4):2053
413	4	1488	Other	Caffeine	Caffeine contributes to an increase in endurance capacity	Caffeine contributes to an increase in endurance capacity	in order to obtain the claimed effect, caffeine should be consumed at doses of 3 mg/kg body weight one hour prior to exercise. The target population is adults performing endurance exercise.	In order to obtain the claimed effect, caffeine should be consumed at doses of 3 mg/kg body weight one hour prior to exercise.				2011;9(4):2053
414	4	1490	Other	Caffeine	Caffeine contributes to a reduction in the rated perceived exertion/effort during exercise	Caffeine contributes to a reduction in the rated perceived exertion/effort during endurance exercise	in order to obtain the claimed effect, caffeine should be consumed at doses of 4 mg/kg body weight one hour prior to exercise. The target population is adults performing endurance exercise.	In order to obtain the claimed effect, caffeine should be consumed at doses of 4 mg/kg body weight one hour prior to exercise.				2011;9(4):2053
415	4	1491	Other	Caffeine	Caffeine helps to improve concentration	Caffeine helps to improve concentration	in order to bear the claim, a product should contain at least 75 mg caffeine per serving. The target population is the general adult population.	In order to bear the claim, a product should contain at least 75 mg caffeine per serving.	In products with the caffeine content required to bear this claim must include a warning that the product is not recommended for children and pregnant women.			2011;9(4):2054
416	4	1491	Other	Caffeine	Caffeine helps to increase alertness	Caffeine helps to increase alertness	in order to bear the claim, a product should contain at least 75 mg caffeine per serving. The target population is the general adult population.	In order to bear the claim, a product should contain at least 75 mg caffeine per serving.	In products with the caffeine content required to bear this claim must include a warning that the product is not recommended for children and pregnant women.			2011;9(4):2054
417	4	1501	Other	Choline	Choline contributes to the maintenance of normal liver function	Choline contributes to the maintenance of normal liver function	The Panel notes that no dietary reference values for choline have been established in the EU. There are no reliable intake data and there are no indications of inadequate choline intakes available in the EU. The Panel also notes that dietary references values (adequate intakes) have been established outside the EU for different population subgroups (IoM, 1998). A nutrient content claim has been authorised in the United States based on the adequate intake for adult males (550 mg of choline per day).	The claim may be used only for food which contains at least 82.5mg of choline.				2011;9(4):2056

418	4	1590	Other	Sugar replacers xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D- tagatose, isomaltulose, sucralose and polydextrose	Consumption of foods/drinks containing <name of sugar replacer> instead of sugar induces a lower blood glucose rise after meals compared to sugar-containing foods/drinks	Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* induces a lower blood glucose rise after meals compared to sugar-containing foods/drinks * In the case of D-tagatose and isomaltulose this should read "other sugars"	in order to bear the claim, sugars should be replaced in foods or drinks by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D- tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, so that foods or drinks contain reduced amounts of sugars as per Annex of Regulation (EC) No 1924/2006 and in accordance with the Guidance on the implementation of Regulation (EC) No 1924/2006 of the Standing Committee on the Food Chain and Animal Health for comparative nutrition claims made on foods (section 2.2.3).	In order to bear the claim, sugars should be replaced in foods or drinks by 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 1924/2006. (Section 2.2.3). In the case of D-tagatose and isomaltulose, they should replace equivalent amounts of other sugars in the same proportion as REDUCED	If excessive amounts of bulk sweeteners (polyols) are consumed, laxative effects may occur. In order to ensure that consumers receive adequate information, the labelling of foods containing more than 10**% added polyols must include the advisory statement "excessive consumption may produce laxative effects" (Commission Directive 94/54/EC).	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC		2011;9(4):2 076
419	4	1591	Other	Sugar replacers xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D- tagatose, isomaltulose, sucralose and polydextrose	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar may help maintain tooth mineralisation by decreasing tooth demineralisation	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* may help decrease tooth demineralisation * In the case of D-tagatose and isomaltulose this should read "other sugars"	in order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, so that consumption of such foods or drinks does not lower plaque pH below 5.7 during and up to 30 minutes after consumption, and does not lead to dental erosion.	In order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by 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.	If excessive amounts of bulk sweeteners (polyols) are consumed, laxative effects may occur. In order to ensure that consumers receive adequate information, the labelling of foods containing more than 10 % added polyols must include the advisory statement "excessive consumption may produce laxative effects" (Commission Directive 94/54/EC).	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC).		2011;9(4):2 076
420	4	1638	Other	Polyphenols in olive	Consumption of olive oil polyphenols contributes to the protection of blood lipids from oxidative damage.	Consumption of olive oil polyphenols contributes to the protection of blood lipids from oxidative stress.	in order to bear the claim, 5 mg of hydroxytyrosol and its derivatives (e.g. oleuropein complex and tyrosol) in olive oil should be consumed daily. These amounts, if provided by moderate amounts of olive oil, can be easily consumed in the context of a balanced diet. The concentrations in some olive oils may be too low to allow the consumption of this amount of polyphenols in the context of a balanced diet. The target population is the general population.	In order to bear this claim information should be given to the consumer that the beneficial effect is obtained from a daily consumption of 10g of olive oil. In order to bear this claim 10g of olive oil must contain at least 5 mg of hydroxytyrosol and its derivatives (e.g. oleuropein complex and tyrosol).				2011;9(4):2 033
421	4	1639	Other	Polyphenols in olive	Consumption of olive oil polyphenols contributes to the protection of blood lipids from oxidative damage.	Consumption of olive oil polyphenols contributes to the protection of blood lipids from oxidative stress.	in order to bear the claim, 5 mg of hydroxytyrosol and its derivatives (e.g. oleuropein complex and tyrosol) in olive oil should be consumed daily. These amounts, if provided by moderate amounts of olive oil, can be easily consumed in the context of a balanced diet. The concentrations in some olive oils may be too low to allow the consumption of this amount of polyphenols in the context of a balanced diet. The target population is the general population.	In order to bear this claim information should be given to the consumer that the beneficial effect is obtained from a daily consumption of 10g of olive oil. In order to bear this claim 10g of olive oil must contain at least 5 mg of hydroxytyrosol and its derivatives (e.g. oleuropein complex and tyrosol).				2011;9(4):2 033
422	4	1696	Other	Polyphenols in olive	Consumption of olive oil polyphenols contributes to the protection of blood lipids from oxidative damage.	Consumption of olive oil polyphenols contributes to the protection of blood lipids from oxidative stress.	in order to bear the claim, 5 mg of hydroxytyrosol and its derivatives (e.g. oleuropein complex and tyrosol) in olive oil should be consumed daily. These amounts, if provided by moderate amounts of olive oil, can be easily consumed in the context of a balanced diet. The concentrations in some olive oils may be too low to allow the consumption of this amount of polyphenols in the context of a balanced diet. The target population is the general population.	In order to bear this claim information should be given to the consumer that the beneficial effect is obtained from a daily consumption of 10g of olive oil. In order to bear this claim 10g of olive oil must contain at least 5 mg of hydroxytyrosol and its derivatives (e.g. oleuropein complex and tyrosol).				2011;9(4):2 033
423	4	1762	Other	Sugar replacers xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D- tagatose, isomaltulose, sucralose and polydextrose	Consumption of foods/drinks containing <name of sugar replacer> instead of sugar induces a lower blood glucose rise after meals compared to sugar-containing foods/drinks	Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* induces a lower blood glucose rise after meals compared to sugar-containing foods/drinks * In the case of D-tagatose and isomaltulose this should read "other sugars"	in order to bear the claim, sugars should be replaced in foods or drinks by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D- tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, so that foods or drinks contain reduced amounts of sugars as per Annex of Regulation (EC) No 1924/2006 and in accordance with the Guidance on the implementation of Regulation (EC) No 1924/2006 of the Standing Committee on the Food Chain and Animal Health for comparative nutrition claims made on foods (section 2.2.3).	In order to bear the claim, sugars should be replaced in foods or drinks by 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 1924/2006. (Section 2.2.3). In the case of D-tagatose and isomaltulose, they should replace equivalent amounts of other sugars in the same proportion as REDUCED	If excessive amounts of bulk sweeteners (polyols) are consumed, laxative effects may occur. In order to ensure that consumers receive adequate information, the labelling of foods containing more than 10**% added polyols must include the advisory statement "excessive consumption may produce laxative effects" (Commission Directive 94/54/EC).	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC		2011;9(4):2 076
424	4	1938	Other	Activated charcoal	Activated charcoal contributes to the reduction of excessive intestinal gas accumulation	Activated charcoal contributes to reducing excessive flatulence after eating	in order to obtain the claimed effect, the intake of activated charcoal should be 1g at least 30 minutes before consumption of a meal and 1 g after the meal.	In order to achieve the effect, 1g should be taken at least 30 minutes before and 1g shortly after the meal.				2011;9(4):2 049
425	4	2063	food	Caffeine	Caffeine helps to increase alertness	Caffeine helps to increase alertness	in order to bear the claim, a product should contain at least 75 mg caffeine per serving. The target population is the general adult population.	In order to bear the claim, a product should contain at least 75 mg caffeine per serving.	In products with the caffeine content required to bear this claim must include a warning that the product is not recommended for children and pregnant women.			2011;9(4):2 054
426	4	2103	Other	Caffeine	Caffeine helps to increase alertness	Caffeine helps to increase alertness	in order to bear the claim, a product should contain at least 75 mg caffeine per serving. The target population is the general adult population.	In order to bear the claim, a product should contain at least 75 mg caffeine per serving.	In products with the caffeine content required to bear this claim must include a warning that the product is not recommended for children and pregnant women.			2011;9(4):2 054

427	4	2375	other	Caffeine	Caffeine helps to improve concentration	Caffeine helps to improve concentration	in order to bear the claim, a product should contain at least 75 mg caffeine per serving. The target population is the general adult population.	In order to bear the claim, a product should contain at least 75 mg caffeine per serving.	In products with the caffeine content required to bear this claim must include a warning that the product is not recommended for children and pregnant women.			2011:9(4):2054
428	4	2865	Other	Polyphenols in olive	Consumption of olive oil polyphenols contributes to the protection of blood lipids from oxidative damage.	Consumption of olive oil polyphenols contributes to the protection of blood lipids from oxidative stress.	in order to bear the claim, 5 mg of hydroxytyrosol and its derivatives (e.g. oleuropein complex and tyrosol) in olive oil should be consumed daily. These amounts, if provided by moderate amounts of olive oil, can be easily consumed in the context of a balanced diet. The concentrations in some olive oils may be too low to allow the consumption of this amount of polyphenols in the context of a balanced diet. The target population is the general population.	In order to bear this claim information should be given to the consumer that the beneficial effect is obtained from a daily consumption of 10g of olive oil. In order to bear this claim 10g of olive oil must contain at least 5 mg of hydroxytyrosol and its derivatives (e.g. oleuropein complex and tyrosol).				2011:9(4):2033
429	4	2903	Other	Sugar replacers xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose and polydextrose	Consumption of foods/drinks containing <name of sugar replacer> instead of sugar induces a lower blood glucose rise after meals compared to sugar-containing foods/drinks	Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* induces a lower blood glucose rise after meals compared to sugar-containing foods/drinks * In the case of D-tagatose and isomaltulose this should read "other sugars"	in order to bear the claim, sugars should be replaced in foods or drinks by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, so that foods or drinks contain reduced amounts of sugars as per Annex of Regulation (EC) No 1924/2006 and in accordance with the Guidance on the implementation of Regulation (EC) No 1924/2006 of the Standing Committee on the Food Chain and Animal Health for comparative nutrition claims made on foods (section 2.2.3).	In order to bear the claim, sugars should be replaced in foods or drinks by 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 1924/2006. (Section 2.2.3). In the case of D-tagatose and isomaltulose, they should replace equivalent amounts of other sugars in the same proportion as REDUCED	If excessive amounts of bulk sweeteners (polyols) are consumed, laxative effects may occur. In order to ensure that consumers receive adequate information, the labelling of foods containing more than 10**% added polyols must include the advisory statement "excessive consumption may produce laxative effects" (Commission Directive 94/54/EC).	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC		2011:9(4):2076
430	4	2906	Macronutrient	Replacement of saturated fatty acids by MUFA and/or PUFA	Consumption of saturated fat increases blood cholesterol concentrations; consumption of mono- and/or polyunsaturated fat in replacement of saturated fat contributes to the maintenance of normal blood cholesterol concentrations	Replacing saturated fats with unsaturated fats contributes to maintaining normal blood cholesterol levels.	in order to bear the claim, significant amounts of mixed SFAs should be replaced by cis-MUFAs and/or cis-PUFAs in foods or diets on a gram-per-gram basis as per Annex of Regulation (EC) No 1924/2006 as amended by Regulation (EC) No 116/20106 and in accordance with the Guidance on the implementation of Regulation (EC) No 1924/2006 of the Standing Committee on the Food Chain and Animal Health for comparative nutrition claims made on foods (section 2.2.3).	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 1924/2006.				2011:9(4):2069
431	4	2907	Other	Sugar replacers xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose and polydextrose	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar may help maintain tooth mineralisation by decreasing tooth demineralisation	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* may help decrease tooth demineralisation * In the case of D-tagatose and isomaltulose this should read "other sugars"	in order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, so that consumption of such foods or drinks does not lower plaque pH below 5.7 during and up to 30 minutes after consumption, and does not lead to dental erosion.	In order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by 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.	If excessive amounts of bulk sweeteners (polyols) are consumed, laxative effects may occur. In order to ensure that consumers receive adequate information, the labelling of foods containing more than 10 % added polyols must include the advisory statement "excessive consumption may produce laxative effects" (Commission Directive 94/54/EC6).	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC).		2011:9(4):2076
432	4	2908	Other	Sugar replacers xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose and polydextrose	Consumption of foods/drinks containing <name of sugar replacer> instead of sugar induces a lower blood glucose rise after meals compared to sugar-containing foods/drinks	Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* induces a lower blood glucose rise after meals compared to sugar-containing foods/drinks * In the case of D-tagatose and isomaltulose this should read "other sugars"	in order to bear the claim, sugars should be replaced in foods or drinks by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, so that foods or drinks contain reduced amounts of sugars as per Annex of Regulation (EC) No 1924/2006 and in accordance with the Guidance on the implementation of Regulation (EC) No 1924/2006 of the Standing Committee on the Food Chain and Animal Health for comparative nutrition claims made on foods (section 2.2.3).	In order to bear the claim, sugars should be replaced in foods or drinks by 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 1924/2006. (Section 2.2.3). In the case of D-tagatose and isomaltulose, they should replace equivalent amounts of other sugars in the same proportion as REDUCED	If excessive amounts of bulk sweeteners (polyols) are consumed, laxative effects may occur. In order to ensure that consumers receive adequate information, the labelling of foods containing more than 10**% added polyols must include the advisory statement "excessive consumption may produce laxative effects" (Commission Directive 94/54/EC).	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC		2011:9(4):2076
433	4	2910	Macronutrient	Replacement of saturated fatty acids by MUFA and/or PUFA	Consumption of saturated fat increases blood cholesterol concentrations; consumption of mono- and/or polyunsaturated fat in replacement of saturated fat contributes to the maintenance of normal blood cholesterol concentrations	Replacing saturated fats with unsaturated fats contributes to maintaining normal blood cholesterol levels.	in order to bear the claim, significant amounts of mixed SFAs should be replaced by cis-MUFAs and/or cis-PUFAs in foods or diets on a gram-per-gram basis as per Annex of Regulation (EC) No 1924/2006 as amended by Regulation (EC) No 116/20106 and in accordance with the Guidance on the implementation of Regulation (EC) No 1924/2006 of the Standing Committee on the Food Chain and Animal Health for comparative nutrition claims made on foods (section 2.2.3).	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 1924/2006.				2011:9(4):2069

434	4	2920	Other	Sugar replacers xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose and polydextrose	Consumption of foods/drinks containing <name of sugar replacer> instead of sugar induces a lower blood glucose rise after meals compared to sugar-containing foods/drinks	Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* induces a lower blood glucose rise after meals compared to sugar-containing foods/drinks * In the case of D-tagatose and isomaltulose this should read "other sugars"	in order to bear the claim, sugars should be replaced in foods or drinks by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, so that foods or drinks contain reduced amounts of sugars as per Annex of Regulation (EC) No 1924/2006 and in accordance with the Guidance on the implementation of Regulation (EC) No 1924/2006 of the Standing Committee on the Food Chain and Animal Health for comparative nutrition claims made on foods (section 2.2.3).	In order to bear the claim, sugars should be replaced in foods or drinks by 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 1924/2006. (Section 2.2.3). In the case of D-tagatose and isomaltulose, they should replace equivalent amounts of other sugars in the same proportion as REDUCED	If excessive amounts of bulk sweeteners (polyols) are consumed, laxative effects may occur. In order to ensure that consumers receive adequate information, the labelling of foods containing more than 10**% added polyols must include the advisory statement "excessive consumption may produce laxative effects" (Commission Directive 94/54/EC).	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC		2011;9(4):2076
435	4	2921	Other	Sugar replacers xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose and polydextrose	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar may help maintain tooth mineralisation by decreasing tooth demineralisation	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* may help decrease tooth demineralisation * In the case of D-tagatose and isomaltulose this should read "other sugars"	in order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, so that consumption of such foods or drinks does not lower plaque pH below 5.7 during and up to 30 minutes after consumption, and does not lead to dental erosion.	In order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by 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.	If excessive amounts of bulk sweeteners (polyols) are consumed, laxative effects may occur. In order to ensure that consumers receive adequate information, the labelling of foods containing more than 10 % added polyols must include the advisory statement "excessive consumption may produce laxative effects" (Commission Directive 94/54/EC6).	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC).		2011;9(4):2076
436	4	3065	Macronutrient	Replacement of saturated fatty acids by MUFA and/or PUFA	Consumption of saturated fat increases blood cholesterol concentrations; consumption of mono- and/or polyunsaturated fat in replacement of saturated fat contributes to the maintenance of normal blood cholesterol concentrations	Replacing saturated fats with unsaturated fats contributes to maintaining normal blood cholesterol levels.	in order to bear the claim, significant amounts of mixed SFAs should be replaced by cis-MUFAs and/or cis-PUFAs in foods or diets on a gram-per-gram basis as per Annex of Regulation (EC) No 1924/2006 as amended by Regulation (EC) No 116/20106 and in accordance with the Guidance on the implementation of Regulation (EC) No 1924/2006 of the Standing Committee on the Food Chain and Animal Health for comparative nutrition claims made on foods (section 2.2.3).	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 1924/2006.				2011;9(4):2069
437	4	3090	Other	Choline	Choline contributes to normal homocysteine metabolism	Choline contributes to the normal breakdown of amino acids (such as homocysteine)	The Panel notes that no dietary reference values for choline have been established in the EU. There are no reliable intake data and there are no indications of inadequate choline intakes available in the EU. The Panel also notes that dietary references values (adequate intakes) have been established outside the EU for different population subgroups (IoM, 1998). A nutrient content claim has been authorised in the United States based on the adequate intake for adult males (550 mg of choline per day).	The claim may be used only for food which contains at least 82.5mg of choline.				2011;9(4):2056
438	4	3186	Other	Choline	Choline contributes to normal lipid metabolism	Choline contributes to normal use of lipids in the body	The Panel notes that no dietary reference values for choline have been established in the EU. There are no reliable intake data and there are no indications of inadequate choline intakes available in the EU. The Panel also notes that dietary references values (adequate intakes) have been established outside the EU for different population subgroups (IoM, 1998). A nutrient content claim has been authorised in the United States based on the adequate intake for adult males (550 mg of choline per day).	The claim may be used only for food which contains at least 82.5mg of choline.				2011;9(4):2056
439	4	4300	Other	Sugar replacers xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose and polydextrose	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar may help maintain tooth mineralisation by decreasing tooth demineralisation	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* may help decrease tooth demineralisation * In the case of D-tagatose and isomaltulose this should read "other sugars"	in order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, so that consumption of such foods or drinks does not lower plaque pH below 5.7 during and up to 30 minutes after consumption, and does not lead to dental erosion.	In order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by 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.	If excessive amounts of bulk sweeteners (polyols) are consumed, laxative effects may occur. In order to ensure that consumers receive adequate information, the labelling of foods containing more than 10 % added polyols must include the advisory statement "excessive consumption may produce laxative effects" (Commission Directive 94/54/EC6).	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC).		2011;9(4):2076
440	4	4325	other	Betaine	Betaine contributes to normal homocysteine metabolism	Betaine contributes to the normal breakdown of amino acids (such as homocysteine)	in order to obtain the claimed effect, 1.5 g of betaine should be consumed daily. The target population is the general population. The Panel notes that daily doses of betaine 4 g may significantly increase total and LDL-cholesterol concentrations in the blood.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 1.5g of betaine.		In order to bear the claim information should be given to the consumer that a daily intake should not exceed 4g.		2011;9(4):2052

441	4	4332	Macronutrient	Foods with reduced amounts of saturated fatty acids	Consumption of saturated fat increases blood cholesterol concentrations; consumption of foods with reduced amounts of saturated fat may help to maintain normal blood cholesterol concentrations	Eating foods where the content of saturated fat has been reduced may help to maintain normal blood cholesterol concentrations	In order to bear the claim, foods should contain reduced amounts of saturated fatty acids as per Annex of Regulation (EC) No 1924/2006 and in accordance with the Guidance on the implementation of Regulation (EC) No 1924/2006 of the Standing Committee on the Food Chain and Animal Health for comparative nutrition claims made on foods (section 2.2.3).	The claim may be used only for food where the saturated fat content has been reduced by at least the amount referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation 1924/2006.			which conditions of use from the Annex: reduced (sat-fat); low sat fat ; sat fat free?	2011;9(4):2062
442	4	4683	other	Arginine	arginine contributes to the maintenance of normal ammonia clearance	Arginine contributes to the maintenance of normal ammonia clearance	The Panel considers that no conditions of use can be defined for L-arginine.	NO CoU DECIDED YET			Conditions of use not set because this is a (non-essential) free amino acid; intake can be from e.g. supplements and therefore not dependent on protein intake. Also arginine synthesis not dependent on dietary intake except under some circumstances.	2011;9(4):2051
443	5	314	other	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	The Panel considers that 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 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. The target population is active individuals performing endurance 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 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.				2011;9(6):2211
444	5	315	Other	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	The Panel considers that 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 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. The target population is active individuals performing endurance 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 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.				2011;9(6):2211
445	5	316	Other	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	The Panel considers that 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 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. The target population is active individuals performing endurance 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 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.				2011;9(6):2211
446	5	317	Other	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	The Panel considers that 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 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. The target population is active individuals performing endurance 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 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.				2011;9(6):2211
447	5	319	Other	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	The Panel considers that 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 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. The target population is active individuals performing endurance 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 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.				2011;9(6):2211
448	5	322	other	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	The Panel considers that 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 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. The target population is active individuals performing endurance 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 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.				2011;9(6):2211

449	5	325	other	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	The Panel considers that 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 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. The target population is active individuals performing endurance 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 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.				2011;9(6):221
450	5	332	other	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	The Panel considers that 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 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. The target population is active individuals performing endurance 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 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.				2011;9(6):221
451	5	336	mineral	Foods with reduced amounts of sodium	High sodium intakes increase blood pressure; consumption of foods low or very low in sodium helps to maintain normal blood pressure	High sodium intakes increase blood pressure; consumption of foods low or very low in sodium helps to maintain normal blood pressure	To establish conditions of use, sodium/salt nutrition claims as per Annex of Regulation (EC) No 1924/2006 should be considered.	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] as listed in the Annex to Regulation 1924/2006.				2011;9(6):2237
452	5	359	mineral	Sodium	Sodium contributes to the maintenance of normal muscle function	Sodium contributes to the maintenance of normal muscle function	The Panel notes that there is no evidence of deficiency of sodium leading to impaired muscle function in the general population in the EU. The Panel also notes that a dietary reference value has not been established for sodium, albeit it is suggested that an intake of 25 mmol/day (575 mg/day) could be set as an average requirement and the acceptable range of intake for adults should be from 25 to 150 mmol/day (575 to 3,450 mg/day) (SCF, 1993). No Upper Tolerable Intake Levels (ULs) have been set for sodium from dietary sources in children, adolescents or adults. The current intake levels of sodium as sodium chloride have been associated directly with a greater likelihood of increased blood pressure, which in turn has been directly related to the development of cardiovascular and renal diseases. For these reasons, national and international bodies have set targets for a reduction in dietary sodium intakes (EFSA, 2005; EFSA Panel on Dietetic Products Nutrition and Allergies (NDA), 2011).	The Panel notes that there is no evidence of deficiency of sodium leading to impaired muscle function in the general population in the EU. The Panel also notes that a dietary reference value has not been established for sodium, albeit it is suggested that an intake of 25 mmol/day (575 mg/day) could be set as an average requirement and the acceptable range of intake for adults should be from 25 to 150 mmol/day (575 to 3,450 mg/day) (SCF, 1993). No Upper Tolerable Intake Levels (ULs) have been set for sodium from dietary sources in children, adolescents or adults. The current intake levels of sodium as sodium chloride have been associated directly with a greater likelihood of increased blood pressure, which in turn has been directly related to the development of cardiovascular and renal diseases. For these reasons, national and international bodies have set targets for a reduction in dietary sodium intakes (EFSA, 2005; EFSA Panel on Dietetic Products Nutrition and Allergies (NDA), 2011).				2011;9(6):2260
453	5	408	other	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	The Panel considers that 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 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. The target population is active individuals performing endurance 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 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.				2011;9(6):221

454	5	465	other	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	The Panel considers that 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 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. The target population is active individuals performing endurance 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 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.				2011;9(6):211
455	5	466	other	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions can contribute to the maintenance of endurance performance during prolonged endurance exercise	Carbohydrate-electrolyte solutions can contribute to the maintenance of endurance performance during prolonged endurance exercise	The Panel considers that 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 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. The target population is active individuals performing endurance 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 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.				2011;9(6):211
456	5	469	other	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions can contribute to the maintenance of endurance performance during prolonged endurance exercise	Carbohydrate-electrolyte solutions can contribute to the maintenance of endurance performance during prolonged endurance exercise	The Panel considers that 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 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. The target population is active individuals performing endurance 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 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.				2011;9(6):211
457	5	473	other	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	The Panel considers that 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 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. The target population is active individuals performing endurance 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 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.				2011;9(6):211
458	5	485	food	Sugar-free chewing gum sweetened with xylitol	Sugar-free chewing gum helps neutralise plaque acids	Sugar-free chewing gum helps neutralise plaque acids	The Panel considers that, in order to obtain the claimed effect, sugar-free chewing gum should be used for at least 20 minutes after eating or drinking.	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 1924/2006. Information to the consumer that the beneficial effect is obtained with chewing, for at least 20 minutes, after eating or drinking.	The use of chewing gum should be avoided in children less than three years of age owing to a high choking hazard.			2011;9(6):266

459	5	486	food	Sugar-free chewing gum sweetened with xylitol	Sugar-free chewing gum helps maintain tooth mineralization	Sugar-free chewing gum helps maintain tooth mineralization	The Panel considers that, in order to obtain the claimed effect, sugar-free chewing gum should be used for at least 20 minutes after eating or drinking. The target population is the general population.	In order to bear the claim, the chewing gum should comply with the conditions of use for the nutrition claim [SUGARS FREE] as listed in the Annex to Regulation 1924/2006. Information to the consumer that the beneficial effect is obtained with chewing, for at least 20 minutes, after eating or drinking	The use of chewing gum should be avoided in children less than three years of age owing to a high choking hazard.			2011;9(6):226
460	5	558	Macronutrient	Fructose	Consumption of fructose leads to a lower blood glucose rise than consumption of sucrose or glucose	Consumption of fructose leads to a lower blood glucose rise than consumption of sucrose or glucose	The Panel considers that in order to bear the claim, glucose or sucrose should be replaced by fructose in sugar-sweetened foods or beverages. The target population is individuals who wish to reduce their post-prandial glycaemic responses.	In order to bear the claim, glucose or sucrose should be replaced by fructose in sugar-sweetened foods or beverages.	The Panel notes that high intakes of fructose may lead to metabolic complications such as dyslipidaemia, insulin resistance and increased visceral adiposity.	High intakes of fructose may lead to metabolic complications such as dyslipidaemia, insulin resistance and increased visceral adiposity.		2011;9(6):223
461	5	562	food	Sugar-free chewing gum sweetened with xylitol	Sugar-free chewing gum helps maintain tooth mineralization	Sugar-free chewing gum helps maintain tooth mineralization	The Panel considers that, in order to obtain the claimed effect, sugar-free chewing gum should be used for at least 20 minutes after eating or drinking. The target population is the general population.	In order to bear the claim, the chewing gum should comply with the conditions of use for the nutrition claim [SUGARS FREE] as listed in the Annex to Regulation 1924/2006. Information to the consumer that the beneficial effect is obtained with chewing, for at least 20 minutes, after eating or drinking	The use of chewing gum should be avoided in children less than three years of age owing to a high choking hazard.			2011;9(6):226
462	5	603	Macronutrient	Glycaemic carbohydrates	Glycaemic carbohydrates contribute to the maintenance of normal brain function	Glycaemic carbohydrates contribute to the maintenance of normal brain function	A daily intake of 130 g of glycaemic carbohydrates has been estimated to cover the glucose requirement of the brain.	A daily intake of 130 g of glycaemic carbohydrates has been estimated to cover the glucose requirement of the brain.				2011;9(6):226
463	5	646	Macronutrient	Foods with reduced lactose content	Consumption of lactose in amounts exceeding individual tolerances may lead to the occurrence of symptoms of lactose intolerance in lactose intolerant individuals; consumption of foods with reduced amounts of lactose may help to decrease gastro-intestinal discomfort caused by lactose intake in lactose intolerant individuals.	Consumption of lactose in amounts exceeding individual tolerances may lead to the occurrence of symptoms of lactose intolerance in lactose intolerant individuals; consumption of foods with reduced amounts of lactose may help to decrease gastro-intestinal discomfort caused by lactose intake in lactose intolerant individuals.	The Panel considers that no single condition of use can be set because of the great variation in individual tolerances to lactose of lactose intolerant individuals (EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA), 2010).	NO CoU DECIDED YET				2011;9(6):236
464	5	653	Macronutrient	Glycaemic carbohydrates	Glycaemic carbohydrates contribute to the maintenance of normal brain function	Glycaemic carbohydrates contribute to the maintenance of normal brain function	A daily intake of 130 g of glycaemic carbohydrates has been estimated to cover the glucose requirement of the brain.	A daily intake of 130 g of glycaemic carbohydrates has been estimated to cover the glucose requirement of the brain.				2011;9(6):226
465	5	670	Macronutrient	Fats	Fat contributes to the normal absorption of fat-soluble vitamins	Fat contributes to the normal absorption of fat-soluble vitamins	The Panel considers that no conditions of use can be defined	NO CoU DECIDED YET				2011;9(6):220
466	5	705	mineral	Foods with reduced amounts of sodium	High sodium intakes increase blood pressure; consumption of foods low or very low in sodium helps to maintain normal blood pressure	High sodium intakes increase blood pressure; consumption of foods low or very low in sodium helps to maintain normal blood pressure	To establish conditions of use, sodium/salt nutrition claims as per Annex of Regulation (EC) No 1924/2006 should be considered.	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] as listed in the Annex to Regulation 1924/2006.				2011;9(6):237
467	5	819	Fibre/ Starch/ Polysaccharides	Oat and Barley grain fibre	Barley grain fibre contributes to an increase in faecal bulk	Barley grain fibre contributes to an increase in faecal bulk	The Panel considers that in order to obtain the claimed effect, a food should be at least "high in fibre" from oats or barley as per Annex to Regulation (EC) No 1924/2006.	The claim may only be used for food which is high in fibre as referred to in the claim [HIGH FIBRE] as listed in the Annex to Regulation 1924/2006.				2011;9(6):249
468	5	821	Fibre/ Starch/ Polysaccharides	Beta-glucans from oats and barley	Consumption of beta-glucans from oats or barley contributes to the reduction of the glucose rise after a meal	Consumption of beta-glucans from oats or barley with meals contributes to the reduction of the glucose rise after those meals	In order to obtain the claimed effect, 4 g of beta-glucans from oats or barley for each 30 g of available carbohydrates should be consumed per meal. The target population is individuals who wish to reduce their post-prandial glycaemic responses.	In order to obtain the claimed effect, 4 g of beta-glucans from oats or barley for each 30 g of available carbohydrates should be consumed per meal.				2011;9(6):207
469	5	822	Fibre/ Starch/ Polysaccharides	Oat and Barley grain fibre	Oat grain fibre contributes to an increase in faecal bulk	Barley grain fibre contributes to an increase in faecal bulk	The Panel considers that in order to obtain the claimed effect, a food should be at least "high in fibre" from oats or barley as per Annex to Regulation (EC) No 1924/2006.	The claim may only be used for food which is high in fibre as referred to in the claim [HIGH FIBRE] as listed in the Annex to Regulation 1924/2006.				2011;9(6):249
470	5	824	Fibre/ Starch/ Polysaccharides	Beta-glucans from oats and barley	Consumption of beta-glucans from oats or barley contributes to the reduction of the glucose rise after a meal	Consumption of beta-glucans from oats or barley with meals contributes to the reduction of the glucose rise after those meals	In order to obtain the claimed effect, 4 g of beta-glucans from oats or barley for each 30 g of available carbohydrates should be consumed per meal. The target population is individuals who wish to reduce their post-prandial glycaemic responses.	In order to obtain the claimed effect, 4 g of beta-glucans from oats or barley for each 30 g of available carbohydrates should be consumed per meal.				2011;9(6):207
471	5	825	Fibre/ Starch/ Polysaccharides	Rye fibre	Rye fibre contributes to normal bowel function	Rye fibre contributes to normal bowel function	The Panel considers that in order to bear the claim a food should be at least "high in fibre" as per Annex to Regulation (EC) No 1924/2006.	The claim may only be used for food which is high in fibre as referred to in the claim [HIGH FIBRE] as listed in the Annex to Regulation 1924/2006.				2011;9(6):258
472	5	830	other	Arabinoxylan produced from wheat endosperm	Consumption of arabinoxylan contributes to a reduction of the glucose rise after a meal	Consumption of arabinoxylan with meals contributes to a reduction of the glucose rise after those meals	The Panel considers that in order to obtain the claimed effect, 8 g of AX-rich fibre produced from wheat endosperm (at least 60 % AX by weight) per 100 g of available carbohydrates should be consumed. The target population is individuals who wish to reduce their post-prandial glycaemic responses.	In order to obtain the claimed effect, 8 g of AX-rich fibre produced from wheat endosperm (at least 60 % AX by weight) per 100 g of available carbohydrates should be consumed.				2011;9(6):205

473	5	1148	mineral	Foods with reduced amounts of sodium	High sodium intakes increase blood pressure; consumption of foods low or very low in sodium helps to maintain normal blood pressure	High sodium intakes increase blood pressure; consumption of foods low or very low in sodium helps to maintain normal blood pressure	To establish conditions of use, sodium/salt nutrition claims as per Annex of Regulation (EC) No 1924/2006 should be considered.	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] as listed in the Annex to Regulation 1924/2006.				2011;9(6):2 237
474	5	1168	other	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	The Panel considers that 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 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. The target population is active individuals performing endurance 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 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.				2011;9(6):2 211
475	5	1178	mineral	Foods with reduced amounts of sodium	High sodium intakes increase blood pressure; consumption of foods low or very low in sodium helps to maintain normal blood pressure	High sodium intakes increase blood pressure; consumption of foods low or very low in sodium helps to maintain normal blood pressure	To establish conditions of use, sodium/salt nutrition claims as per Annex of Regulation (EC) No 1924/2006 should be considered.	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] as listed in the Annex to Regulation 1924/2006.				2011;9(6):2 237
476	5	1181	food	Sugar-free chewing gum sweetened with xylitol	Sugar-free chewing gum helps maintain tooth mineralization	Sugar-free chewing gum helps maintain tooth mineralization	The Panel considers that, in order to obtain the claimed effect, sugar-free chewing gum should be used for at least 20 minutes after eating or drinking. The target population is the general population.	In order to bear the claim, the chewing gum should comply with the conditions of use for the nutrition claim [SUGARS FREE] as listed in the Annex to Regulation 1924/2006. Information to the consumer that the beneficial effect is obtained with chewing, for at least 20 minutes, after eating or drinking	The use of chewing gum should be avoided in children less than three years of age owing to a high choking hazard.			2011;9(6):2 266
477	5	1185	mineral	Foods with reduced amounts of sodium	High sodium intakes increase blood pressure; consumption of foods low or very low in sodium helps to maintain normal blood pressure	High sodium intakes increase blood pressure; consumption of foods low or very low in sodium helps to maintain normal blood pressure	To establish conditions of use, sodium/salt nutrition claims as per Annex of Regulation (EC) No 1924/2006 should be considered.	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] as listed in the Annex to Regulation 1924/2006.				2011;9(6):2 237
478	5	1224	Macronutrient	Foods with reduced lactose content	Consumption of lactose in amounts exceeding individual tolerances may lead to the occurrence of symptoms of lactose intolerance in lactose intolerant individuals; consumption of foods with reduced amounts of lactose may help to decrease gastro-intestinal discomfort caused by lactose intake in lactose intolerant individuals.	Consumption of lactose in amounts exceeding individual tolerances may lead to the occurrence of symptoms of lactose intolerance in lactose intolerant individuals; consumption of foods with reduced amounts of lactose may help to decrease gastro-intestinal discomfort caused by lactose intake in lactose intolerant individuals.	The Panel considers that no single condition of use can be set because of the great variation in individual tolerances to lactose of lactose intolerant individuals (EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA), 2010).	NO CoU				2011;9(6):2 236
479	5	1238	Macronutrient	Foods with reduced lactose content	Consumption of lactose in amounts exceeding individual tolerances may lead to the occurrence of symptoms of lactose intolerance in lactose intolerant individuals; consumption of foods with reduced amounts of lactose may help to decrease gastro-intestinal discomfort caused by lactose intake in lactose intolerant individuals.	Consumption of lactose in amounts exceeding individual tolerances may lead to the occurrence of symptoms of lactose intolerance in lactose intolerant individuals; consumption of foods with reduced amounts of lactose may help to decrease gastro-intestinal discomfort caused by lactose intake in lactose intolerant individuals.	The Panel considers that no single condition of use can be set because of the great variation in individual tolerances to lactose of lactose intolerant individuals (EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA), 2010).	NO CoU				2011;9(6):2 236
480	5	1339	Macronutrient	Foods with reduced lactose content	Consumption of lactose in amounts exceeding individual tolerances may lead to the occurrence of symptoms of lactose intolerance in lactose intolerant individuals; consumption of foods with reduced amounts of lactose may help to decrease gastro-intestinal discomfort caused by lactose intake in lactose intolerant individuals.	Consumption of lactose in amounts exceeding individual tolerances may lead to the occurrence of symptoms of lactose intolerance in lactose intolerant individuals; consumption of foods with reduced amounts of lactose may help to decrease gastro-intestinal discomfort caused by lactose intake in lactose intolerant individuals.	The Panel considers that no single condition of use can be set because of the great variation in individual tolerances to lactose of lactose intolerant individuals (EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA), 2010).	NO CoU				2011;9(6):2 236
481	5	1410	diet	Very low calorie diets, VLCD	Replacing the usual diet with a very low calorie diet helps to lose weight	Replacing the usual diet with a very low calorie diet helps to lose weight	The Panel considers that in order to bear the claim, a diet should comply with the specifications and conditions of use laid down in CODEX STAN 203-1995. The target population is obese adults who wish to reduce their body weight.	In order to bear the claim, a diet should comply with the specifications and conditions of use laid down in CODEX STAN 203-1995. The target population is obese adults who wish to reduce their body weight				2011;9(6):2 271

482	5	1420	mineral	Foods with reduced amounts of sodium	High sodium intakes increase blood pressure; consumption of foods low or very low in sodium helps to maintain normal blood pressure	High sodium intakes increase blood pressure; consumption of foods low or very low in sodium helps to maintain normal blood pressure	To establish conditions of use, sodium/salt nutrition claims as per Annex of Regulation (EC) No 1924/2006 should be considered.	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] as listed in the Annex to Regulation 1924/2006.				2011;9(6):2237
483	5	1574	other	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	The Panel considers that 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 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. The target population is active individuals performing endurance 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 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.				2011;9(6):2211
484	5	1593	other	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	The Panel considers that 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 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. The target population is active individuals performing endurance 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 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.				2011;9(6):2211
485	5	1618	other	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	The Panel considers that 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 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. The target population is active individuals performing endurance 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 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.				2011;9(6):2211
486	5	1698	other	Melatonin	Melatonin helps to reduce the time to fall asleep	Melatonin helps to reduce the time to fall asleep	The Panel considers that in order to obtain the claimed effect, 1 mg of melatonin should be consumed close to bedtime.	In order to obtain the claimed effect, 1 mg of melatonin should be consumed close to bedtime.				2011;9(6):2241
487	5	1780	other	Melatonin	Melatonin helps to reduce the time to fall asleep	Melatonin helps to reduce the time to fall asleep	The Panel considers that in order to obtain the claimed effect, 1 mg of melatonin should be consumed close to bedtime.	In order to obtain the claimed effect, 1 mg of melatonin should be consumed close to bedtime.				2011;9(6):2241
488	5	1928	other	L-tyrosine	L-Tyrosine contributes to normal synthesis of catecholamines	L-tyrosine L-Tyrosine contributes to normal synthesis of catecholamines	The Panel considers that in order to bear the claim a food should be at least a source of protein as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006.				2011;9(6):2270
489	5	2902	Macronutrient	Fats	Fat contributes to the normal absorption of fat-soluble vitamins	Fat contributes to the normal absorption of fat-soluble vitamins	The Panel considers that no conditions of use can be defined	NO CoU				2011;9(6):2220
490	5	4080	other	Melatonin	Melatonin helps to reduce the time to fall asleep	Melatonin helps to reduce the time to fall asleep	The Panel considers that in order to obtain the claimed effect, 1 mg of melatonin should be consumed close to bedtime.	In order to obtain the claimed effect, 1 mg of melatonin should be consumed close to bedtime.				2011;9(6):2241
491	5	4302	other	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	The Panel considers that 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 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. The target population is active individuals performing endurance 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 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.				2011;9(6):2211

492	5	4309	other	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	The Panel considers that 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 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. The target population is active individuals performing endurance 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 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.				2011;9(6):211
493	5	4663	Fibre/ Starch/ Polysaccharides	Chitosan	Chitosan may contribute to maintaining normal blood cholesterol levels	Chitosan may contribute to maintaining normal blood cholesterol levels	The Panel considers that in order to obtain the claimed effect, 3 g of chitosan should be consumed daily.	In order to obtain the claimed effect, 3 g of chitosan should be consumed daily.				2011;9(6):214
494	3b	51	Vitamin	Niacin	Niacin contributes to normal energy-yielding metabolism	Niacin contributes to normal release of energy for use in the body	in order to bear the claim a food should be at least a source of niacin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10):1757
495	3b	58	Vitamin	Pantothenic acid	Pantothenic acid contributes to normal mental performance	Pantothenic contributes to normal mental performance	in order to bear the claim a food should be at least a source of pantothenic acid as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10):1758
496	3b	121	Vitamin	Biotin	Biotin contributes to the maintenance of normal hair	Biotin contributes to the maintenance of normal hair	In order to bear the claims a food should be at least source of biotin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10):1728
497	3b	121	Vitamin	Biotin	Biotin contributes to the maintenance of normal skin and mucous membranes	Biotin contributes to the maintenance of normal skin	In order to bear the claims a food should be at least source of biotin as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10):1728
498	3b	195	Vitamin	Folate	Folate contributes to normal cell division	Folate has a role in the process of cell division	in order to bear the claims a food should be at least a source of folate as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2010;8(10):1760
499	3b	212	Vitamin	Vitamin B12	Vitamin B12 contributes to normal cell division	Vitamin B12 has a role in the process of cell division	in order to bear the claims a food should be at least a source of vitamin B12 as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10):1756
500	3b	255	Mineral	Iron	Iron contributes to normal energy-yielding metabolism	Iron contributes to normal release of energy for use in the body	In order to bear the claims a food should be at least source of iron as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10):1740
501	3b	255	Mineral	Iron	Iron contributes to normal oxygen transport in the body	Iron contributes to normal oxygen transport in the body	In order to bear the claims a food should be at least source of iron as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10):1740
502	3b	293	Mineral	Zinc	Zinc contributes to normal DNA synthesis and cell division	Zinc contributes to the normal process of cell division	in order to bear the claim a food should be at least a source of zinc as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10):1819
503	3b	338	Mineral	Fluoride	Fluoride contributes to maintain tooth mineralisation	Fluoride contributes to the maintenance of tooth mineralisation	in order to bear the claim a food should be at least a source of fluoride as per Annex to Regulation 1924/2006.	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 1924/2006				2010;8(10):1797
504	3b	374	Mineral	Iron	Iron contributes to normal formation of red blood cells and haemoglobin	Iron contributes to normal formation of red blood cells and haemoglobin	in order to bear the claims a food should be at least a source of iron as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10):1740

505	3b	380	Mineral	Magnesium	Magnesium contributes to normal muscle function including the heart muscle	Magnesium contributes to normal muscle function	in order to bear the claim a food should be at least a source of magnesium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1807
506	3b	402	Mineral	Iodine	Iodine contributes to normal energy-metabolism	Iodine contributes to normal release of energy for use in the body	in order to bear the claims a food should be at least a source of iodine as per Annex to Regulation 1924/2006.	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 1924/2006				2010;8(10): 1800
507	3b	405	Mineral	Manganese	Manganese contributes to normal energy-yielding metabolism	Manganese contributes to normal release of energy for use in the body	in order to bear the claims a food should be at least a source of manganese as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1808
508	3b	410	Mineral	Selenium	Selenium contributes to normal thyroid function	Selenium contributes to the normal thyroid function	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1727
509	3b	410	Mineral	Selenium	Selenium contributes to the protection of cell constituents from oxidative damage	Selenium contributes to the protection of cells from oxidative stress	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1727
510	3b	506	Macronutrient	EPA/DHA/DPA	DHA and EPA contribute to the maintenance of normal blood pressure	DHA and EPA contribute to the maintenance of normal blood pressure	The Panel considers that intakes of EPA and DHA of about 3 g/d are required to obtain the claimed effect. The target population is adult men and women.	DECISION ON HOLD			The claim may be used only for food which provides at least 0,45 g of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) per 100 g and per 100 kcal. Information to the consumer that the beneficial effect is obtained with a daily intake of 3 g of EPA and DHA and that people with low blood pressure should not consume products with these amounts of DHA.	2010;8(10): 1796
511	3b	506	Macronutrient	EPA/DHA/DPA	DHA and EPA contribute to the maintenance of normal triglyceride concentrations	DHA and EPA contribute to the maintenance of normal triglyceride concentrations	The Panel considers that intakes of EPA and DHA of 2 g per day are required to obtain the claimed effect. Such an amount can be consumed as part of a balanced diet. The target population is adult men and women.	DECISION ON HOLD			The claim may be used only for food which provides at least 0,45 g of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) per 100 g and per 100 kcal. Information to the consumer that the beneficial effect is obtained with a daily intake of 2-4 g of EPA and DHA	2010;8(10): 1796
512	3b	516	Macronutrient	EPA/DHA/DPA	DHA and EPA contribute to the maintenance of normal blood pressure	DHA and EPA contribute to the maintenance of normal blood pressure	The Panel considers that intakes of EPA and DHA of about 3 g/d are required to obtain the claimed effect. The target population is adult men and women.	DECISION ON HOLD			The claim may be used only for food which provides at least 0,45 g of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) per 100 g and per 100 kcal. Information to the consumer that the beneficial effect is obtained with a daily intake of 3 g of EPA and DHA and that people with low blood pressure should not consume products with these amounts of DHA	2010;8(10): 1796
513	3b	527	Macronutrient	EPA/DHA/DPA	DHA and EPA contribute to the maintenance of normal triglyceride concentrations	DHA and EPA contribute to the maintenance of normal triglyceride concentrations	The Panel considers that intakes of EPA and DHA of 2 g per day are required to obtain the claimed effect. Such an amount can be consumed as part of a balanced diet. The target population is adult men and women.	DECISION ON HOLD			The claim may be used only for food which provides at least 0,45 g of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) per 100 g and per 100 kcal. Information to the consumer that the beneficial effect is obtained with a daily intake of 2-4 g of EPA and DHA	2010;8(10): 1796
514	3b	538	Macronutrient	EPA/DHA/DPA	DHA and EPA contribute to the maintenance of normal triglyceride concentrations	DHA and EPA contribute to the maintenance of normal triglyceride concentrations	The Panel considers that intakes of EPA and DHA of 2 g per day are required to obtain the claimed effect. Such an amount can be consumed as part of a balanced diet. The target population is adult men and women.	DECISION ON HOLD			The claim may be used only for food which provides at least 0,45 g of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) per 100 g and per 100 kcal. Information to the consumer that the beneficial effect is obtained with a daily intake of 2-4 g of EPA and DHA	2010;8(10): 1796

515	3b	703	Macronutrient	EPA/DHA/DPA	DHA and EPA contribute to the maintenance of normal blood pressure	DHA and EPA contribute to the maintenance of normal blood pressure	The Panel considers that intakes of EPA and DHA of about 3 g/d are required to obtain the claimed effect. The target population is adult men and women.	DECISION ON HOLD			The claim may be used only for food which provides at least 0,45 g of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) per 100 g and per 100 kcal. Information to the consumer that the beneficial effect is obtained with a daily intake of 3 g of EPA and DHA and that people with low blood pressure should not consume products with these amounts of DHA	2010;8(10): 1796
516	3b	1237	Food	Iodine	Iodine contributes to the normal production of thyroid hormones and normal thyroid function	Iodine contributes to the normal production of thyroid hormones and normal thyroid function	in order to bear the claims a food should be at least a source of iodine as per Annex to Regulation 1924/2006.	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 1924/2006				2010;8(10): 1800
517	3b	1292	Food	Selenium	Selenium contributes to normal thyroid function	Selenium contributes to the normal thyroid function	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1727
518	3b	1292	Food	Selenium	Selenium contributes to the protection of cell constituents from oxidative damage	Selenium contributes to the protection of cells from oxidative stress	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1727
519	3b	1317	Food	EPA/DHA/DPA	DHA and EPA contribute to the maintenance of normal blood pressure	DHA and EPA contribute to the maintenance of normal blood pressure	The Panel considers that intakes of EPA and DHA of about 3 g/d are required to obtain the claimed effect. The target population is adult men and women.	DECISION ON HOLD			The claim may be used only for food which provides at least 0,45 g of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) per 100 g and per 100 kcal. Information to the consumer that the beneficial effect is obtained with a daily intake of 3 g of EPA and DHA and that people with low blood pressure should not consume products with these amounts of DHA	2010;8(10): 1796
520	3b	1317	Food	EPA/DHA/DPA	DHA and EPA contribute to the maintenance of normal triglyceride concentrations	DHA and EPA contribute to the maintenance of normal triglyceride concentrations	The Panel considers that intakes of EPA and DHA of 2 g per day are required to obtain the claimed effect. Such an amount can be consumed as part of a balanced diet. The target population is adult men and women.	DECISION ON HOLD			The claim may be used only for food which provides at least 0,45 g of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) per 100 g and per 100 kcal. Information to the consumer that the beneficial effect is obtained with a daily intake of 2-4 g of EPA and DHA	2010;8(10): 1796
521	3b	1324	Food	EPA/DHA/DPA	DHA and EPA contribute to the maintenance of normal blood pressure	DHA and EPA contribute to the maintenance of normal blood pressure	The Panel considers that intakes of EPA and DHA of about 3 g/d are required to obtain the claimed effect. The target population is adult men and women.	DECISION ON HOLD			The claim may be used only for food which provides at least 0,45 g of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) per 100 g and per 100 kcal. Information to the consumer that the beneficial effect is obtained with a daily intake of 3 g of EPA and DHA and that people with low blood pressure should not consume products with these amounts of DHA	2010;8(10): 1796
522	3b	1324	Food	EPA/DHA/DPA	DHA and EPA contribute to the maintenance of normal triglyceride concentrations	DHA and EPA contribute to the maintenance of normal triglyceride concentrations	The Panel considers that intakes of EPA and DHA of 2 g per day are required to obtain the claimed effect. Such an amount can be consumed as part of a balanced diet. The target population is adult men and women.	DECISION ON HOLD			The claim may be used only for food which provides at least 0,45 g of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) per 100 g and per 100 kcal. Information to the consumer that the beneficial effect is obtained with a daily intake of 2-4 g of EPA and DHA	2010;8(10): 1796

523	3b	1325	Food	EPA/DHA/DPA	DHA and EPA contribute to the maintenance of normal triglyceride concentrations	DHA and EPA contribute to the maintenance of normal triglyceride concentrations	The Panel considers that intakes of EPA and DHA of 2 g per day are required to obtain the claimed effect. Such an amount can be consumed as part of a balanced diet. The target population is adult men and women.	DECISION ON HOLD			The claim may be used only for food which provides at least 0,45 g of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) per 100 g and per 100 kcal. Information to the consumer that the beneficial effect is obtained with a daily intake of 2-4 g of EPA and DHA	2010;8(10): 1796
524	3b	1750	mineral	Selenium	Selenium contributes to the normal function of the immune system	Selenium contributes to the normal function of the immune system	in order to bear the claims a food should be at least a source of selenium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1727
525	3b	2334	Botanical	Vitamin C	Vitamin C contributes to normal energy-yielding metabolism	Vitamin C contributes to normal release of energy for use in the body	in order to bear the claims a food should be at least a source of vitamin C as per Annex to Regulation 1924/2006.	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 1924/2006				2010;8(10): 1815
526	3b	2731	mineral	Calcium	Calcium is needed for the maintenance of normal bones and teeth	Calcium is needed for the maintenance of normal bones	in order to bear the claim a food should be at least a source of calcium as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2010;8(10): 1725
527	3b	2731	mineral	Calcium	Calcium is needed for the maintenance of normal bones and teeth	Calcium is needed for the maintenance of normal teeth	in order to bear the claim a food should be at least a source of calcium as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2010;8(10): 1725
528	3b	2881	Vitamin	Folate	Folate contributes to normal cell division	Folate has a role in the process of cell division	in order to bear the claims a food should be at least a source of folate as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2010;8(10): 1760
529	3b	2889	Mineral	Iron	Iron contributes to normal formation of red blood cells and haemoglobin	Iron contributes to normal formation of red blood cells and haemoglobin	In order to bear the claims a food should be at least source of iron as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1740
530	3b	3083	Food	Magnesium	Magnesium contributes to normal muscle function including the heart muscle	Magnesium contributes to normal muscle function	in order to bear the claim a food should be at least a source of magnesium as per Annex to Regulation (EC) No 1924/2006.	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 1924/2006				2010;8(10): 1807
531	3b	3100	Fibre/ Starch/ Polysaccharides	Glucomannan	Regular consumption of glucomannan helps maintain normal blood cholesterol concentrations	Consumption of glucomannan helps maintain normal blood cholesterol concentrations	in order to bear the claim, a food should provide at least 4 g/d of glucomannan in one or more servings.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 4 g of glucomannan.		Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.		2010;8(10): 1798
532	3b	3155	mineral	Calcium	Calcium is needed for the maintenance of normal bones and teeth	Calcium is needed for the maintenance of normal bones	in order to bear the claim a food should be at least a source of calcium as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2010;8(10): 1725
533	3b	3155	mineral	Calcium	Calcium is needed for the maintenance of normal bones and teeth	Calcium is needed for the maintenance of normal teeth	in order to bear the claim a food should be at least a source of calcium as per Annex to Regulation (EC) 1924/2006.	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 1924/2006				2010;8(10): 1725
534	3b	3196	Botanical	Vitamin C	Vitamin C contributes to normal energy-yielding metabolism	Vitamin C contributes to normal release of energy for use in the body	in order to bear the claims a food should be at least a source of vitamin C as per Annex to Regulation 1924/2006.	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 1924/2006				2010;8(10): 1815

535	3b	3217	Fibre/ Starch/ Polysaccharides	Glucomannan	Regular consumption of glucomannan helps maintain normal blood cholesterol concentrations	Consumption of glucomannan helps maintain normal blood cholesterol concentrations	in order to bear the claim, a food should provide at least 4 g/d of glucomannan in one or more servings.	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 4 g of glucomannan.		Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.		2010;8(10): 1798
536	3b	3331	Botanical	Vitamin C	Vitamin C contributes to the protection of cell constituents from oxidative damage	Vitamin C contributes to the protection of cells from oxidative stress	in order to bear the claims a food should be at least a source of vitamin C as per Annex to Regulation 1924/2006.	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 1924/2006				2010;8(10): 1815