

Working document on the establishment of the list of permitted health claims ("Article 13 list") – Pending publication of subsequent batches

**ANNEX**  
**PERMITTED HEALTH CLAIMS**

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Activated charcoal	Activated charcoal contributes to reducing excessive flatulence after eating	In order to achieve the effect, 1g should be taken at least 30 minutes before and 1g shortly after the meal.		2011;9(4):2049	1938
Alpha-linolenic acid (ALA)	Alpha-linolenic acid contributes to maintenance of normal blood cholesterol concentrations	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	493

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<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Arginine	Arginine contributes to the maintenance of normal ammonia clearance			2011;9(4):2051	4683
Beta-glucans	Regular consumption of beta-glucans contributes to maintenance of normal blood cholesterol	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.		2009; 7(9):1254	754, 755, 757, 801, 1465, 2934

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Betaine	Betaine contributes to the normal breakdown of amino acids (such as homocysteine)	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	4325
Biotin	Biotin contributes to normal release of energy for use in the body	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	114, 117
Biotin	Biotin contributes to normal use of macronutrients in the body	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 2010;8(10):1728	117, 4661

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Biotin	Biotin contributes to normal use of fat in the body	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	114
Biotin	Biotin contributes to normal use of protein in the body	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	113

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Biotin	Biotin contributes to normal functioning of the nervous system	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	116
Biotin	Biotin contributes to the maintenance of normal hair	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1209	2876

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Biotin	Biotin contributes to the maintenance of normal hair growth	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 2010;8(10):1728	118, 121
Biotin	Biotin contributes to the maintenance of normal mucous membranes	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1209	115

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Biotin	Biotin contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1209 2010;8(10):1728	115, 121
Biotin	Biotin contributes to normal psychological function	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1728	120
Caffeine	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.		2011;9(4):2053	1488, 1490

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Caffeine	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.		2011;9(4):2053	1488
Caffeine	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.		2011;9(4):2053	737, 1486
Caffeine	Caffeine helps to improve concentration	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	736, 1485, 1491, 2375



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Caffeine	Caffeine helps to increase alertness	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	736, 1101, 1187, 1485, 1491, 2063, 2103
Calcium	Calcium is needed for the maintenance of normal bones	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1210 2009; 7(9):1272 2010;8(10):1725	224, 230, 350, 354, 2731, 3155, 4311, 4312, 4703

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Calcium	Calcium is needed for the maintenance of normal teeth	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1210 2010;8(10):1725	224, 230, 231, 2731, 3099, 3155, 4311, 4312, 4703
Chloride	Chloride contributes to normal digestion by production of hydrochloric acid in the stomach	The claim may be used only for food which is at least a source of chloride as referred to in the claim 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	326

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Choline	Choline contributes to the normal breakdown of amino acids (such as homocysteine)	The claim may be used only for food which contains at least 82.5mg of choline.		2011;9(4):2056	3090
Choline	Choline contributes to normal use of lipids in the body	The claim may be used only for food which contains at least 82.5mg of choline.		2011;9(4):2056	3186
Choline	Choline contributes to the maintenance of normal liver function	The claim may be used only for food which contains at least 82.5mg of choline.		2011;9(4):2056	1501

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Chromium	Chromium contributes to normal use of macronutrients in the body	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	260, 401, 4665, 4666, 4667
Chromium	Chromium contributes to the maintenance of normal blood glucose levels	The claim may be used only for food which is at least a source of trivalent chromium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1732	262, 4667

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Copper	Copper contributes to maintenance of normal connective tissues	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1211	265, 271, 1722
Copper	Copper contributes to normal release of energy for use in the body	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 2011;9(4):2079	266, 1729

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Copper	Copper contributes to normal hair pigmentation	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1211	268, 1724
Copper	Copper contributes to normal iron transport in the body	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	269, 270, 1727

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Copper	Copper contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1211 2011;9(4):2079	267, 1723
Copper	Copper contributes to normal skin pigmentation	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1211	268, 1724

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Copper	Copper contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1211 2011;9(4):2079	264, 1725
Copper	Copper contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1211	263, 1726
Docosahexanoic acid (DHA)	DHA contributes to the maintenance of normal blood triglyceride levels			2010;8(10):1734	533, 691, 3150



Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Docosahexanoic acid (DHA)	DHA contributes to the maintenance of normal brain function	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 2011;9(4):2078	565, 626, 631, 689, 704, 742, 3148, 3151, 497, 501, 510, 513, 519, 521, 534, 540, 688, 1323, 1360, 4294
Docosahexanoic acid (DHA)	DHA contributes to the maintenance of normal vision	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 2011;9(4):2078	627, 632, 743, 3149, 2905, 508, 510, 513, 519, 529, 540, 688, 4294

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EPA/ DHA/DPA	DHA and EPA contribute to the maintenance of normal blood pressure			2009; 7(9):1263 2010;8(10):1796	502, 506, 516, 703, 1317, 1324
EPA/ DHA/DPA	DHA and EPA contribute to the maintenance of normal triglyceride concentrations			2009; 7(9):1263 2010;8(10):1796	506, 517, 527, 538, 1317, 1324, 1325,
EPA/DHA/DPA	EPA and DHA contribute to the normal function of the heart [healthy functioning of the heart]	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 2011;9(4):2078	504, 506, 516, 527, 538, 703, 1128, 1317, 1324, 1325, 510, 688, 1360

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Fluoride	Fluoride contributes to the maintenance of tooth mineralisation	The claim may be used only for food which is at least a source of fluoride as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1212 2010;8(10):1797 2011;9(4):2072	275, 276, 338, 4238, 1154
Folate	Folate can contribute to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of Folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1760	84

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Folate	Folate contributes to maternal tissue growth during pregnancy	The claim may be used only for food which is at least a source of Folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1213	2882
Folate	Folate contributes to building amino acids into proteins that may be used by the body	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	195, 2881

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Folate	Folate contributes to normal blood formation	The claim may be used only for food which is at least a source of Folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1213	79
Folate	Folate contributes to the normal breakdown of amino acids (such as homocysteine)	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	80

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Folate	Folate contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of Folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1213	91
Folate	Folate contributes to normal psychological function	The claim may be used only for food which is at least a source of Folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1760	81, 85, 86, 88

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Folate	Folate has a role in the process of cell division	The claim may be used only for food which is at least a source of Folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1213 2010;8(10):1760	193, 195, 2881
Foods with reduced amounts of saturated fatty acids	Eating foods with reduced amounts of saturated fat may help to maintain normal blood cholesterol concentrations	The claim may be used only for food where the saturated fat content has been reduced by the amount referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation 1924/2006.		2011;9(4):2062	620, 671, 4332

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Glucomannan	Consumption of glucomannan helps maintain normal 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 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	836, 1560
Guar Gum	Consumption of guar gum contributes to the maintenance of normal blood levels	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	808

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Hydroxypropyl methylcellulose (HPMC)	Consumption of Hydroxypropyl methylcellulose with meals contributes to a reduction in the blood glucose rise after meals	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	814
Hydroxypropyl methylcellulose (HPMC)	Hydroxypropyl methylcellulose contributes to the maintenance of normal blood cholesterol levels	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	815

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Iodine	Iodine contributes to normal functioning of the nervous system and cognitive function	The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.	split	2010;8(10):1800	273
Iodine	Iodine contributes to normal release of energy for use in the body	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 2010;8(10):1800	274, 402

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Iodine	Iodine contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1214	370
Iodine	Iodine contributes to the normal production of thyroid hormones and normal thyroid function	The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1214 2010;8(10):1800	274, 1237

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Iron	Iron can contribute to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1740	255, 374, 2889
Iron	Iron contributes to normal release of energy for use in the body	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1215 2010;8(10):1740	251, 1589, 255

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Iron	Iron contributes to normal formation of red blood cells and haemoglobin	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1215 2010;8(10):1740	249, 1589, 374, 2889
Iron	Iron contributes to normal oxygen transport in the body	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1215 2010;8(10):1740	250, 254, 256, 255

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Iron	Iron contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1215	252, 259
Iron	Iron contributes to normal cognitive function	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1215	253

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Iron	Iron has a role in the process of cell division	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1215	368
Konjac mannan (glucomannan)	Glucomannan in an energy restricted diet contributes to weight loss	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	854, 1556, 3725, 3100, 3217

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Lactase enzyme	Lactase enzyme improves lactose digestion in individuals with lactose maldigestion	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	1697, 1818
Lactulose	Lactulose contributes to an acceleration of intestinal transit	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	807



Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Linoleic acid	Linoleic acid contributes to maintenance of normal blood cholesterol concentrations	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	489
Live yoghurt cultures	Live cultures in yoghurt improve lactose digestion of the product in individuals with lactose maldigestion	In order to bear the claim, the yoghurt should contain at least 10 <sup>8</sup> CFU live starter microorganisms (Lactobacillus delbrueckii subsp. bulgaricus and Streptococcus thermophilus) per gram.		2010;8(10):1763	1143, 2976

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Magnesium	Magnesium can contribute to a reduction of tiredness and fatigue	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	244
Magnesium	Magnesium contributes to electrolyte balance	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1216	238

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Magnesium	Magnesium contributes to normal release of energy for use in the body	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	240, 247, 248
Magnesium	Magnesium contributes to normal muscle function	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1216 2010;8(10):1807	241, 380, 3083

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Magnesium	Magnesium contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1216	242
Magnesium	Magnesium contributes to building amino acids into proteins that may be used by the body	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	364

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Magnesium	Magnesium contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1216	239
Magnesium	Magnesium contributes to the maintenance of normal teeth	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	239

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Magnesium	Magnesium contributes to normal psychological function	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1807	245, 246
Magnesium	Magnesium has a role in the process of cell division	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1216	365

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Manganese	Manganese contributes to normal release of energy for use in the body	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):1217 2010;8(10):1808	311, 405
Manganese	Manganese contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1217	310

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Manganese	Manganese contributes to the normal formation of connective tissue	The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1808	404
Manganese	Manganese contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1217	309



Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Meal replacement for weight control	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, two meals should be substituted with meal replacements daily.		2010; 8(2):1466	1418
Meal replacement for weight control	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.		2010; 8(2):1466	1417

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Meat or fish	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.		2011;9(4):2040	1223
Melatonin	Melatonin contributes to the alleviation of subjective feelings of jet lag	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.	Daily intake should not exceed 2mg	2010; 8(2):1467	1953

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Molybdenum	Molybdenum contributes to normal breakdown of amino acids	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	313
Niacin	Niacin can contribute to the reduction of tiredness and fatigue	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	47

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Niacin	Niacin contributes to normal release of energy for use in the body	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 2010;8(10):1757	43, 49, 54, 51
Niacin	Niacin contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1224	44, 53

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Niacin	Niacin contributes to the maintenance of normal mucous membranes	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1224	45, 52, 4700
Niacin	Niacin contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1224 2010;8(10):1757	45, 48, 50, 52, 4700

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Niacin	Niacin contributes to normal psychological function	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1757	55
Oleic acid	Replacing saturated fats with unsaturated fats contributes to maintaining normal blood cholesterol levels. Oleic acid is an unsaturated fat.	The claim may be used only for food which is high in unsaturated fatty acids, as referred to in the claim HIGH UNSATURATED FAT as listed in the Annex to Regulation 1924/2006.		2011;9(4):2043	673, 728, 729, 1302, 4334
Pantothenic Acid	Pantothenic acid can contribute to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of Pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1758	63

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<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Pantothenic Acid	Pantothenic acid contributes to normal release of energy for use in the body	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	56, 59, 60, 64, 171, 172, 208
Pantothenic Acid	Pantothenic acid contributes to normal production and use of steroid hormones, vitamin D and some neurotransmitters	The claim may be used only for food which is at least a source of Pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1218	181

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Pantothenic Acid	Pantothenic contributes to normal mental performance	The claim may be used only for food which is at least a source of Pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1218 2010;8(10):1758	57, 58
Pectins	Consumption of pectins contributes to the maintenance of normal blood cholesterol levels	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	818



<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Pectins	Consumption of pectins with meals contributes to the reduction of the blood glucose rise after meals	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	786
Phosphorus	Phosphorus contributes to normal release of energy for use in the body	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	329, 373

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Phosphorus	Phosphorus contributes to normal function of cell membranes	The claim may be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1219	328
Phosphorus	Phosphorus contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1219	324, 327

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Phosphorus	Phosphorus contributes to the maintenance of normal teeth	The claim may be used only for food which is at least a source of phosphorus as referred to 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	324, 327
Plant sterols and plant stanols	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol	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	549, 550, 567, 713, 1234, 1235, 1466, 1634, 1984, 2909, 3140

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Polyphenols in olive	Consumption of olive oil polyphenols contributes to the protection of blood lipids from oxidative stress.	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	1333, 1638, 1639, 1696, 2865
Potassium	Potassium contributes to normal muscular function	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.		2010; 8(2):1469	320

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Potassium	Potassium contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of Potassium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010; 8(2):1469	386
Potassium	Potassium contributes to the maintenance of normal blood pressure	The claim may be used only for food which is at least a source of Potassium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010; 8(2):1469	321

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Protein	Protein contributes to a growth in muscle mass	The claim may be used only for food which is at least a source of Protein as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1811	415, 417, 593, 594, 595, 715
Protein	Protein contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of Protein as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1811	416

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Protein	Protein contributes to the maintenance of muscle mass	The claim may be used only for food which is at least a source of Protein as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1811	415, 417, 593, 594, 595, 715
Replacement of saturated fatty acids by MUFA and/or PUFA	Replacing saturated fats with unsaturated fats contributes to maintaining normal blood cholesterol levels.	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	621, 1190, 1203, 2906, 2910, 3065
Resistant starch	Replacing digestible starches with resistant starch contributes to a reduction in the blood glucose rise after 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.		2011;9(4):2024	681

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Riboflavin (B2)	Riboflavin can contribute to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1814	41
Riboflavin (B2)	Riboflavin contributes to normal release of energy for use in the body	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	29, 35, 36, 42



<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Riboflavin (B2)	Riboflavin contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim 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	213
Riboflavin (B2)	Riboflavin contributes to the maintenance of normal mucous membranes	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1814	31

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Riboflavin (B2)	Riboflavin contributes to the maintenance of normal red blood cells	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1814	40
Riboflavin (B2)	Riboflavin contributes to the maintenance of normal skin	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	31, 33

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Riboflavin (B2)	Riboflavin contributes to the maintenance of normal vision	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1814	39
Riboflavin (B2)	Riboflavin contributes to the normal use of iron in the body	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	30, 37

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Riboflavin (B2)	Riboflavin contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1814	207
Selenium	Selenium contributes to normal spermatogenesis	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1220	396

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Selenium	Selenium contributes to the maintenance of normal hair	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1727	281
Selenium	Selenium contributes to the maintenance of normal nails	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1727	281

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Selenium	Selenium contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1220 2010;8(10):1727	278, 1750
Selenium	Selenium contributes to the normal thyroid function	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1727 2009; 7(9):1220	279, 282, 286, 410, 1289, 1290, 1291, 1292, 1293

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Selenium	Selenium contributes to the protection of cells from oxidative stress	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 2010;8(10):1727	277, 283, 286, 1289, 1290, 1291, 1293, 1751, 410, 1292
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	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).	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC.	2011;9(4):2076	617, 619, 669, 1590, 1762, 2903, 2908, 2920

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Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
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 decrease tooth demineralisation	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.	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC).	2011;9(4):2076	463, 464, 563, 618, 647, 1182, 1591, 2907, 2921, 4300



<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Sugar-free chewing gum	Sugar-free chewing gum helps maintain tooth mineralization	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 2011;9(4):2072	1151, 1154
Sugar-free chewing gum	Sugar-free chewing gum helps neutralise plaque acids	The claim may be used only for chewing gum which complies with the conditions of use for the nutrition claim [SUGARS FREE] as listed in the Annex to Regulation 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	1150

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Sugar-free chewing gum	Sugar-free chewing gum may reduce oral dryness	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	1240

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Sugar-free chewing gum with carbamide	Sugar-free chewing gum with carbamide neutralises plaque acids more effectively than sugar-free chewing gums without carbamide	The claim may be used only for chewing gum which complies with the conditions of use for the nutrition claim [SUGARS FREE] as listed in the Annex to Regulation 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 owing to a high choking hazard.	2011;9(4):2071	1153
Thiamin	Thiamin contributes to normal psychological function	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	205

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Thiamin	Thiamine contributes to normal release of energy for use in the body	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	21, 24, 28
Thiamin	Thiamine contributes to normal functioning of the nervous system	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	22, 27

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Thiamin	Thiamine contributes to the normal function of the heart	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	20
Vitamin A	Vitamin A contributes to normal use of iron in the body	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	206

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin A	Vitamin A contributes to the maintenance of normal mucous membranes	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1221 2010;8(10):1754	15, 4702
Vitamin A	Vitamin A contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1221 2010;8(10):1754	15, 17, 4660, 4702

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin A	Vitamin A contributes to the maintenance of normal vision	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1221 2010;8(10):1754	16, 4239, 4701
Vitamin A	Vitamin A contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1222 2011;9(4):2021	14, 200, 1462

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin A	Vitamin A has a role in the process of cell specialisation	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1221	14
Vitamin B12	Vitamin B12 can contribute to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):4114	108



<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin B12	Vitamin B12 contributes to normal release of energy for use in the body	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	99, 190
Vitamin B12	Vitamin B12 contributes to the normal breakdown of amino acids (such as homocysteine)	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	96, 103, 106

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin B12	Vitamin B12 contributes to normal functioning of the nervous system and contributes to normal psychological function	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.	split	2010;8(10):4114	95, 97, 98, 100, 102, 109
Vitamin B12	Vitamin B12 contributes to normal red blood cell formation	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1223	92, 101

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin B12	Vitamin B12 contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of vitamin B12 as referred to 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	107
Vitamin B12	Vitamin B12 has a role in the process of cell division	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1223 2010;8(10):1756	93, 212

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin B6	Vitamin B6 can contribute to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1759	78
Vitamin B6	Vitamin B6 contributes to normal formation of amino acids (such as cysteine)	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	4283

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin B6	Vitamin B6 contributes to normal release of energy for use in the body	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	75, 214
Vitamin B6	Vitamin B6 contributes to the normal breakdown of amino acids (such as homocysteine)	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	73, 76, 199

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin B6	Vitamin B6 contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1225	66
Vitamin B6	Vitamin B6 contributes to normal use of protein and simultaneously release of glucose stored in the body	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	65, 70, 71

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin B6	Vitamin B6 contributes to normal red blood cell formation	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1225	67, 72, 186
Vitamin B6	Vitamin B6 contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1225	68

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin B6	Vitamin B6 contributes to the regulation of hormonal activity	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1225	69
Vitamin B6	Vitamin B6 contributes to normal psychological function	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	77



<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin C	Vitamin C can contribute to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1815	139, 2622
Vitamin C	Vitamin C contributes to maintain the normal function of the immune system during and after intense physical exercise	The claim may be used only for food which contains at least 200 mg vitamin C with information to the consumer that the beneficial effect is obtained with a daily intake of at least 200 mg in addition to the recommended daily intake of vitamin C.		2009; 7(9):1226	144

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of blood vessels	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1226	130, 131, 149
Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of bones	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1226	131, 149

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of cartilage	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1226	131, 149
Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of gums	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1226	131, 136, 149

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of skin	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1226	131, 137, 149
Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of teeth	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1226	131, 149

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin C	Vitamin C contributes to normal release of energy for use in the body	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 2010;8(10):1815	135, 2334, 3196
Vitamin C	Vitamin C contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of vitamin C as referred to 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	133

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin C	Vitamin C contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1226 2010;8(10):1815	134, 4321
Vitamin C	Vitamin C contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1226 2010;8(10):1815	129, 138, 143, 148, 3331

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin C	Vitamin C contributes to the regeneration of the reduced form of vitamin E	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1815	202
Vitamin C	Vitamin C contributes to normal psychological function	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1815	140

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin C	Vitamin C increases iron absorption	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1226	132, 147
Vitamin D	Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1227	152



<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin D	Vitamin D contributes to normal blood calcium and phosphorus concentrations	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	157
Vitamin D	Vitamin D contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1227	150, 158, 350

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin D	Vitamin D contributes to the maintenance of normal muscle function	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010; 8(2):1468	155
Vitamin D	Vitamin D contributes to the maintenance of normal teeth	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1227	151, 158

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin D	Vitamin D contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010; 8(2):1468	154, 159
Vitamin D	Vitamin D has a role in the process of cell division	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1227	153

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin E	Vitamin E contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of vitamin E as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1816	160, 162, 1947
Vitamin K	Vitamin K contributes to normal blood clotting	The claim may be used only for food which is at least a source of vitamin K as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7 (9):1228	124, 126

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Vitamin K	Vitamin K contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of vitamin K as referred to 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	123, 127, 128, 2879
Walnuts	Walnuts contribute to the improvement of the elasticity of blood vessels	Information to the consumer that beneficial effect may be obtained with a daily intake of 30 g of walnuts.		2011;9(4):2074	1155, 1157
Water	Water contributes to the maintenance of normal physical and cognitive functions	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	1102, 1209, 1294, 1331

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Water	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.		2011;9(4):2075	1208
Wheat bran fibre	Wheat bran fibre contributes to an acceleration of intestinal transit	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	828, 839, 3067, 4699
Wheat bran fibre	Wheat bran fibre contributes to an increase in faecal bulk	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	3066

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<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Zinc	Zinc contributes to normal balance of acids and alkali (base) in the body	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	360
Zinc	Zinc contributes to normal use of carbohydrates in the body	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	382

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Zinc	Zinc contributes to normal production of DNA	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	292, 293, 1759
Zinc	Zinc contributes to normal fertility and reproduction	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1229	297, 300



<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Zinc	Zinc contributes to normal iron transport in the body	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	1756
Zinc	Zinc contributes to normal use of macronutrients in the body	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	2890

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Zinc	Zinc contributes to normal use of fatty acids in the body	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	302
Zinc	Zinc contributes to normal use of vitamin A in the body	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	361

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Zinc	Zinc contributes to building amino acids into proteins that may be used by the body	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	293, 4293
Zinc	Zinc contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1229	295

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Zinc	Zinc contributes to the maintenance of normal hair	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1819	412
Zinc	Zinc contributes to the maintenance of normal nails	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1819	412

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Zinc	Zinc contributes to the maintenance of normal testosterone concentrations in the blood	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	301
Zinc	Zinc contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1819	293

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Zinc	Zinc contributes to the maintenance of normal vision	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1229	361
Zinc	Zinc contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1229	291, 1757

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
Zinc	Zinc contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1229	294, 1758
Zinc	Zinc contributes to the normal process of cell division	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1229	292, 293, 1759

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Zinc	Zinc contributes to normal cognitive function	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1229	296