Commission Regulation (EU) No 432/2012 of 16 May 2012 establishing a list of permitted health claims made on foods, other than those referring to the reduction of disease risk and to children's development and health (Text with EEA relevance)

COMMISSION REGULATION (EU) No 432/2012

of 16 May 2012

establishing a list of permitted health claims made on foods, other than those referring to the reduction of disease risk and to children's development and health

(Text with EEA relevance)

THE EUROPEAN COMMISSION,

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

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

Whereas:

- (1) Pursuant to Article 10(1) of Regulation (EC) No 1924/2006, health claims made on foods are prohibited unless they are authorised by the Commission in accordance with that Regulation and included in a list of permitted claims.
- (2) Article 13(2) of Regulation (EC) No 1924/2006 provides that Member States shall submit national lists of health claims made on foods, as referred to in Article 13(1) of that Regulation to the Commission, by 31 January 2008 at the latest. The national lists of claims must be accompanied by the conditions applying to them and by references to the relevant scientific justification.
- (3) Article 13(3) of Regulation (EC) No 1924/2006 provides that, after consulting the European Food Safety Authority (hereinafter referred to as 'the Authority'), the Commission shall adopt a list of permitted health claims made on foods, as referred to in Article 13(1) of that Regulation, and all necessary conditions for the use of those claims by 31 January 2010 at the latest.
- (4) On 31 January 2008 the Commission received lists with more than 44 000 health claims from the Member States. An examination of the national lists showed that due to many duplications and following discussions with Member States, it was necessary to compile the national lists into a consolidated list of the claims for which the Authority should give scientific advice, hereinafter referred to as the 'consolidated list'⁽²⁾.
- (5) On 24 July 2008, the Commission formally transmitted to the Authority the request for a scientific opinion pursuant to Article 13(3) of Regulation (EC) No 1924/2006, together with terms of reference and a first part of the consolidated list. Subsequent parts of the consolidated list were transmitted in November and December 2008. The consolidated list was finalised by the Commission by an addendum, which was

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

- (6) In its evaluation the Authority found that some submissions covered different claimed effects or brought together the same claimed effect. Therefore, a health claim considered in this Regulation may represent one or more of the entries on the consolidated list.
- (7) For a number of health claims the Authority concluded that, on the basis of the data submitted, a cause and effect relationship has been established between a food category, a food or one of its constituents and the claimed effect. Health claims corresponding to those conclusions and complying with the requirements of Regulation (EC) No 1924/2006 should be authorised under Article 13(3) of Regulation (EC) No 1924/2006, and included in a list of permitted claims.
- (8) Article 13(3) of Regulation (EC) No 1924/2006 provides that permitted health claims must be accompanied with all necessary conditions (including restrictions) for their use. Accordingly, the list of permitted claims should include the wording of the claims and specific conditions of use of the claims, and where applicable, conditions or restrictions of use and/or an additional statement or warning, in accordance with the rules laid down in Regulation (EC) No 1924/2006 and in line with the opinions of the Authority.
- (9) One of the objectives of Regulation (EC) No 1924/2006 is to ensure that health claims are truthful, clear, reliable and useful to the consumer. In that respect, the wording and presentation of such claims have to be taken into account. Where the wording of claims has the same meaning for consumers as that of a permitted health claim, because it demonstrates the same relationship that exists between a food category, a food or one of its constituents and health, the claims should be subject to the same conditions of use indicated for the permitted health claims.
- (10) The Commission has identified a number of claims submitted for evaluation, referring to effects of plant or herbal substances, commonly known as 'botanical' substances, for which the Authority has yet to complete a scientific evaluation. In addition, there are a number of health claims for which either a further evaluation is required before the Commission is able to consider their inclusion or otherwise in the list of permitted claims, or which have been evaluated, but due to other legitimate factors consideration cannot be completed by the Commission at this time.
- (11) Claims whose evaluation by the Authority or whose consideration by the Commission has not yet been completed will be published on the website of the Commission⁽⁴⁾ and may continue to be used pursuant to Article 28(5) and (6) of Regulation (EC) No 1924/2006.
- (12) Pursuant to Articles 6(1) and 13(1) of Regulation (EC) No 1924/2006 health claims need to be based on generally accepted scientific evidence. Accordingly, health claims that did not receive a favourable assessment on their scientific substantiation by the Authority, as it was not concluded that a cause and effect relationship had been established between a food category, a food or one of its constituents and the claimed

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

- (13) This Regulation should apply six months after the date of its entry into force to enable food business operators to adapt to its requirements, including the prohibition according to Article 10(1) of Regulation (EC) No 1924/2006 of those health claims whose evaluation by the Authority and whose consideration by the Commission has been completed.
- (14) Article 20(1) of Regulation (EC) No 1924/2006 provides for the Commission to establish and maintain a Union Register of nutrition and health claims made on foods, hereinafter referred to as 'the Register'. The Register will contain all the authorised claims and, inter alia, the conditions of use applying to them. The Register will also contain a list of rejected health claims and the reasons for their rejection.
- (15) Health claims that have been withdrawn by the Member States will not be included in the list of rejected claims in the Union Register. The Register will be updated periodically and, as the case may be, following progress on health claims for which the evaluation by the Authority and/or consideration by the Commission has not yet been completed.
- (16) Comments and positions from the members of the public and interested stakeholders, received by the Commission have been adequately considered when setting the measures provided for in this Regulation.
- (17) The addition of substances to or the use of substances in foodstuffs is governed by specific Union and national legislation, as is the classification of products as foodstuffs or medicinal products. Any decision on a health claim in accordance with Regulation (EC) No 1924/2006 such as inclusion in the list of permitted claims referred to in Article 13(3) thereof does not constitute an authorisation to the marketing of the substance on which the claim is made, a decision on whether the substance can be used in foodstuffs, or a classification of a certain product as a foodstuff.

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

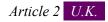
HAS ADOPTED THIS REGULATION:



Permitted health claims

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

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



Entry into force and application

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

It shall apply from 14 December 2012.

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

Done at Brussels, 16 May 2012.

For the Commission The President José Manuel BARROSO

ANNEX U.K.

LIST OF PERMITTED HEALTH CLAIMS

charcoal ch co to ex fla	harcoal ontributes o reducing xcessive atulence fter eating	The claim may be used only for food which contains 1 g of activated charcoal per quantified portion. In order to bear the claim information shall be given to the consumer that	2011;9(4):2049	1938
		the beneficial effect is obtained with 1 g which should be taken at least 30 minutes before and 1 g shortly after the meal.		
linolenic acid (ALA) to ma of block	o the naintenance f normal lood holesterol	The claim may be used only for food which is at least a source of ALA as referred to in the claim SOURCE OF	2009; 7(9):1252 2011;9(6):2203	493, 568

		OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation (EC) No 1924/2006. Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of ALA.			
Arabinoxylan produced from wheat endosperm	Consumption of arabinoxylan as part of a meal contributes to a reduction of the blood glucose rise after that meal	The claim may be used only for food which contains at least 8 g of arabinoxylan (AX)- rich fibre produced from wheat endosperm (at least 60 % AX by weight) per 100 g of available carbohydrates in a quantified portion as part of the meal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by		2011;9(6):2205	\$830
		tulose this should read			
b In the case of I	D-tagatose and isomal	tulose this should read	l `other sugars'		

		consuming the arabinoxylan (AX)- rich fibre produced from wheat endosperm as part of the meal.			
Barley grain fibre	Barley grain fibre contributes to an increase in faecal bulk	The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation (EC) No 1924/2006.		2011;9(6):2249	9819
Beta-glucans	Beta-glucans contribute to the maintenance of normal blood cholesterol levels	The claim may be used only for food which contains at least 1 g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these sources per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of beta-		2009; 7(9):1254 2011;9(6):2207	754, 755, 757, 801, 1465, 2934 1236, 1299
		tulose this should read			
b In the case of l	D-tagatose and isomal	tulose this should read	l 'other sugars'		

Status: Point in time view as at 16/05/2012.

Beta-glucans from oats and barleyConsumption of beta- glucans or barley as part of a meal contributes to the reduction of the blood glucose rise after that mealThe claim may be used only for from oats or barley for each 30 g of available carbohydrates in a quantified portion as part of the meal2011;9(6):2207 821, 824BetaineBetaineConsumption of the blood glucose rise after that mealThe claim from oats or of available carbohydrates in a quantified portion as part of the meal. In order to bear the beta-glucans from oats or barley as part of the meal.2011;9(6):2207 821, 824BetaineBetaime contributes to contributes to normal onty for shall be glucans from oats or barley as part of the meal.In order to bear the claim information shall be glucans from oats or barley as part of the meal.2011;9(4):2052 4325BetaineBetaime contributes to normal homocysteine metabolismThe claim food which contains at glucans from oats or barley as part of the meal.In order to bear the claim information shall be consument that divide the claim information shall be given to the contains at glucans from oats or barley as part of the meal.BetaineBetaime contributes to normal of betaine per quantified portion. In of betaine per quantified portion. In of 4 g may of 4 g may2011;9(4):2052 4325aIn the case of D-tagarose and isomal-usee this should read 'other sugars'2011;9(4):2052 4325			glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta- glucans.			
contributes to normal homocysteine metabolismmay be used only for food which contains at least 500 mg of betaine per a daily intake in excess portion. In of 4 g may significantlybear the claim information shall be consumer that a daily intake significantlyaIn the case of D-tagatose and isomaltulose this should read 'other sugars'	from oats and barley	of beta- glucans from oats or barley as part of a meal contributes to the reduction of the blood glucose rise after that meal	may be used only for food which contains at least 4 g of beta-glucans from oats or barley for each 30 g of available carbohydrates in a quantified portion as part of the meal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming the beta- glucans from oats or barley as part of the meal.			
	Betaine	contributes to normal homocysteine	may be used only for food which contains at least 500 mg of betaine per quantified portion. In	bear the claim information shall be given to the consumer that a daily intake in excess of 4 g may	2011;9(4):2052	.4325
b In the case of D-tagatose and isomaltulose this should read 'other sugars'						

		the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 1,5 g of betaine.	increase blood cholesterol levels.		
Biotin	Biotin contributes to normal energy- yielding metabolism	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1209	114, 117
Biotin	Biotin contributes to normal functioning of the 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 [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1209	116

Biotin	Biotin contributes to normal macronutrient metabolism	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1209 2010;8(10):172	113, 114, 117 4661 28
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 (EC) No 1924/2006.	2010;8(10):172	2820
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/	2009; 7(9):1209 2010;8(10):172	118, 121, 2876 28

cc tc m of m	Biotin contributes o the naintenance of normal nucous nembranes	The claim may be used only for food which is at least a source of biotin as referred to	2009; 7(9):1209	115
		in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
cc tc m ot	Biotin contributes o the naintenance of normal kin	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1209 2010;8(10):172	115, 121 28
	Calcium contributes to	The claim may be used only for food	2009; 7(9):1210	230, 236
a In the case of D-tab In the case of D-ta				

	normal blood clotting	which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Calcium	Calcium contributes to normal energy- yielding metabolism	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1210	234
Calcium a In the case	Calcium contributes to normal muscle function	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/ ultulose this should read 'other su	2009; 7(9):1210	226, 230, 235

		S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Calcium	Calcium contributes to normal neurotransmiss	The claim may be used only for food sinthich is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1210	227, 230, 235
Calcium	Calcium contributes to the normal function of digestive enzymes	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1210	355
Calcium	Calcium has a role in the process of cell division and specialisation	The claim may be used only for food which is at least a source of calcium	2010;8(10):172	2237
		tulose this should read tulose this should read		

		as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Calcium	Calcium is needed for the maintenance of normal bones	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1210 2009; 7(9):1272 2010;8(10):17 2011;9(6):220	
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	2009; 7(9):1210 2010;8(10):17 2011;9(6):220	

		(EC) No 1924/2006.		
Carbohydrate- electrolyte solutions	Carbohydrate- electrolyte solutions contribute to the maintenance of endurance performance during prolonged endurance exercise	In order to bear the claim carbohydrate- electrolyte solutions should contain 80-350 kcal/L from carbohydrates, and at least 75 % of the energy should be derived from carbohydrates which induce a high glycaemic response, such as glucose, glucose, glucose, glucose, glucose, glucose. In addition, these beverages should contain between 20 mmol/L (460 mg/L) and 50 mmol/ L (1,150 mg/ L) of sodium, and have an osmolality between 200-330 mOsm/kg water.	2011;9(6):2211	
Carbohydrate- electrolyte	Carbohydrate- electrolyte	In order to bear the claim	2011;9(6):2211	314, 315, 316, 317,
solutions	solutions	carbohydrate-		319, 322,
	enhance the	electrolyte		325, 332,
	absorption of	solutions		408, 465,

b In the case of D-tagatose and isomaltulose this should read 'other sugars'

	water during physical exercise	should contain 80-350 kcal/L from carbohydrates, and at least 75 % of the energy should be derived from carbohydrates which induce a high glycaemic response, such as glucose, glucose polymers and sucrose. In addition, these beverages should contain between 20 mmol/L (460 mg/L) and 50 mmol/ L (1,150 mg/ L) of sodium, and have an osmolality between 200-330 mOsm/kg		473, 1168, 1574, 1593, 1618, 4302, 4309
Chitosan	Chitosan contributes to the maintenance of normal blood cholesterol levels	water. The claim may be used only for food which provides a daily intake of 3 g of chitosan. In order to bear the claim information shall be given to the	2011;9(6):2214	4663
		tulose this should read tulose this should read		
				·

ibutes may rmal only tion by whi totion of leas ochloric of c n the as r in the SOU [NA VIT	e claim y be used y for food ch is at st a source chloride eferred to he claim URCE OF	The claim cannot be used on chloride from the source sodium chloride	2010;8(10):176	5326
[ÑA MI S] a in t to R (EC	AME OF CAMIN/ AND/OR AME OF NERAL/ as listed the Annex Regulation C) No 4/2006.			
ibutes may cysteine food polism con leas of c per 100 sing	e claim y be used y for d which tains at st 82,5 mg choline 100 g or ml or per gle portion cood.		2011;9(4):2056	53090
ibutes to may al lipid only polism food con leas of c per	y for d which tains at st 82,5 mg choline 100 g or ml or per gle portion		2011;9(4):2056	53186
2	Il lipid only olism foo con leas of c per 100 sing of f	al lipid olism olism olism only for food which contains at least 82,5 mg of choline per 100 g or 100 ml or per single portion of food.	al lipid olism only for food which contains at least 82,5 mg of choline per 100 g or 100 ml or per single portion	al lipid only for olism food which contains at least 82,5 mg of choline per 100 g or 100 ml or per single portion of food. e and isomaltulose this should read 'other sugars'

Choline	Choline contributes to the maintenance of normal liver function	The claim may be used only for food which contains at least 82,5 mg of choline per 100 g or 100 ml or per single portion of food.	2011;9(4):20561501 2011;9(6):2203712, 1633
Chromium	Chromium contributes to normal macronutrient metabolism	The claim may be used only for food which is at least a source of trivalent chromium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2010;8(10):173 2 60, 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	2010;8(10):173 2 62, 4667 2011;9(6):2203 4698

		(EC) No 1924/2006.		
Copper	Copper contributes to maintenance of normal connective tissues	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1211	265, 271, 1722
Copper	Copper contributes to normal energy- yielding metabolism	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1211 2011;9(4):20	266, 1729 79
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	2009; 7(9):1211 2011;9(4):20	267, 1723 79

Status: Point in time view as at 16/05/2012.

Changes to legislation: There are outstanding changes not yet made to Commission Regulation (EU) No 432/2012. Any changes that have already been made to the legislation appear in the content and are referenced with annotations. (See end of Document for details)

		[NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Copper	Copper contributes to normal hair pigmentation	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1211	268, 1724
Copper	Copper contributes to 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 (EC) No 1924/2006.	2009; 7(9):1211	269, 270, 1727

b In the case of D-tagatose and isomaltulose this should read 'other sugars'

Copper	Copper contributes to normal skin pigmentation	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1211	268, 1724
Copper	Copper contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 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/	2009; 7(9):1211	263, 1726

		S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.					
Creatine	Creatine increases physical performance in successive bursts of short-term, high intensity exercise	The claim may be used only for food which provides a daily intake of 3 g of creatine. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of creatine.	The claim may be used only for foods targeting adults performing high intensity exercise	2011;9(7):2303	739, 1520, 1521, 1522, 1523, 1525, 1526, 1531, 1532, 1533, 1534, 1922, 1923, 1924		
Docosahexaena acid (DHA)	oldHA contributes to maintenance of normal brain function	The claim may be used only for food which contains at least 40 mg of DHA per 100 g and per 100 kcal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250 mg of DHA.		2010;8(10):173 2011;9(4):2078			
	D-tagatose and isomal	tulose this should read					
b In the case of I	b In the case of D-tagatose and isomaltulose this should read 'other sugars'						

(DHA)to the maintenance of normal visiononly for food which contains at least 40 mg of DHA per 100 g and per 100 kcal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250 mg of DHA.2010;8(10):179604, 506, 2010;8(10):179604, 506, 2011;9(4):2078516, 527, 538, 703, 1128, 1317, 1324, 1325, 510, 688, 1360EicosapentaenotEPA and acid and DHAThe claim may be used of DHA.2010;8(10):179604, 506, 2011;9(4):2078516, 527, 538, 703, 1128, 1317, 1324, 1325, 510, 668, 1360EicosapentaenotEPA and acid and acid acid acid acid acid the hormal (EPA/DHA)The claim may be used of EPA and DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation (EC) No 1924/2006, In order to bear the claim information shall be given to the consumer that the beneficial effect is ootsined with	Docosahexaen		The claim	2010;8(10):173 6 27, 632,	
maintenance of normal visionfood which contains at least 40 mg of DHA per 100 g and per 100 kcal. In order to bear the claim information shall be given to the consumer that the beneficial effect is oot DHA510, 513, 540, 668, 4294Eicosapentaeno/EPA and acid and acid and acid and match the normal (EPA/DHA)The claim may be used only for food which is at least a source of EPA and DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation (EC) No 1924/2006. In order to bear the claim information shall be given to the consumer that the beneficial effect is oot in the claim source of EPA and DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation (EC) No 1924/2006. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with510, 513, 510, 688, 510, 688, 1360	acid	contributes	may be used	2011;9(4):2078743, 3149	
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		of 250 mg of EPA and DHA.		
Fluoride	Fluoride contributes to the maintenance of tooth mineralisation	The claim may be used only for food which is at least a source of fluoride as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1212 2010;8(10):179	275, 276, 338, 4238, 7
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 (EC) No 1924/2006.	2009; 7(9):1213	2882
Folate	Folate contributes to normal amino acid synthesis	The claim may be used only for food which is at least a source of folate as referred to in the claim	2010;8(10):170	5 0 95, 2881

		SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Folate	Folate contributes to normal blood formation	The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1213	79
Folate	Folate contributes to normal homocysteine metabolism	The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1213	80

Folate contributes to normal psychological function	The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):176	981, 83, 80, 88
Folate contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1213	91
Folate contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/		2010;8(10):176	584
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		S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Folate	Folate has a role in the process of cell division	The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1213 2010;8(10):17¢	193, 195, 2881 50
Foods with a low or reduced content of saturated fatty acids	Reducing consumption of saturated fat contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which is at least low in saturated fatty acids, as referred to in the claim LOW SATURATED FAT or reduced in saturated fatty acids as referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to		2011;9(4):2062	2620, 671, 4332
a In the case of I	D-tagatose and isomal	tulose this should read	'other sugars'		
b In the case of I	D-tagatose and isomal	tulose this should read	'other sugars'		

Status: Point in time view as at 16/05/2012.

Changes to legislation: There are outstanding changes not yet made to Commission Regulation (EU) No 432/2012. Any changes that have already been made to the legislation appear in the content and are referenced with annotations. (See end of Document for details)

		Regulation (EC) No 1924/2006.			
Foods with a low or reduced content of sodium	Reducing consumption of sodium contributes to the maintenance of normal blood pressure	The claim may be used only for food which is at least low in sodium/salt as referred to in the claim LOW SODIUM/ SALT or reduced in sodium/salt as referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation (EC) No 1924/2006.		2011;9(6):2237	7336, 705, 1148, 1178, 1185, 1420
Glucomannan (konjac mannan)	Glucomannan contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which provides a daily intake of 4 g of glucomannan. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 4 g of glucomannan.	Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake — advic on taking with plenty of water to ensur subst reach stoma	g e ance es	836, 1560, 3100, 3217 98

a In the case of D-tagatose and isomaltulose this should read 'other sugars'

b In the case of D-tagatose and isomaltulose this should read 'other sugars'

Glucomannan (konjac mannan)	Glucomannan in the context of an energy restricted diet contributes to weight loss	The claim may be used only for food which contains 1 g of glucomannan per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of glucomannan in three doses of 1 g each, together with 1-2 glasses of water, before meals and in 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 — advic on taking with plenty of water to ensur substar reach	g v e ance es	3725,
Guar Gum	Guar gum contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which provides a daily intake of 10 g of guar gum. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake	Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake — advic on taking with plenty of water to	ý	1808

Status: Point in time view as at 16/05/2012.

		of 10 g of	ensur		
		guar gum.	subst		
			reach		
			stoma	ich.	
Hydroxypropy	Consumption	The claim	Warning of	2010;8(10):173	8 14
methylcellulos	eof	may be used	choking to		
(HPMC)	Hydroxypropy	only for	be given for		
	methylcellulos		people with		
	with a meal	contains 4 g	swallowing		
	contributes to	of HPMC per	difficulties		
	a reduction	quantified	or when		
	in the blood	portion as	ingesting with		
	glucose rise	part of the	inadequate		
	after that	meal. In	fluid intake		
	meal	order to bear	— advic	e	
		the claim	on		
		information	taking	5	
		shall be	with		
		given to the	plent	ý	
		consumer that	of		
		the beneficial	water		
		effect is	to		
		obtained by	ensur	e	
		consuming	subst	ance	
		4 g of HPMC	reach	es	
		as part of the	stoma	ich.	
		meal.			
Hydroxypropy	Hydroxypropy	I The claim	Warning of	2010;8(10):173	815
	emethylcellulos		choking to		~
(HPMC)	contributes	only for	be given for		
()	to the	food which	people with		
	maintenance	provides a	swallowing		
	of normal	daily intake	difficulties		
	blood	of 5 g of	or when		
	cholesterol	HPMC. In	ingesting with		
	levels	order to bear	inadequate		
		the claim	fluid intake		
		information	— advic	e	
		shall be	on		
		given to the	taking	5	
		consumer that	with		
		the beneficial	plent	ý	
		effect is	of		
		obtained	water		
		with a daily	to		
		intake of 5 g	ensur		
		of HPMC.	subst		
			reach		
			stoma	ich.	
a In the case of I	D-tagatose and isomal	tulose this should read	l 'other sugars'		
b In the case of I	D-tagatose and isomal	tulose this should read	1 'other sugars'		

Iodine contributes to normal cognitive function	The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2	010;8(10):180	u/3
Iodine contributes to normal energy- yielding metabolism	The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	7	(9):1214	274, 402
Iodine contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF]	2	010;8(10):180	Q73
	contributes to normal cognitive functionfunctionIodine contributes to normal energy- yielding metabolismIodine contributes to normal functioning of the nervous	contributes to normal cognitivemay be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.Iodine contributes to normal energy- yielding metabolismThe claim may be used only for food which is at least a source of iodine as referred to in 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 VITAMIN/ S] AND/OR [NAME OF VITAMIN/ S] AND/OR [NAME OF VITAMIN/ S] AND/OR [NAME OF VITAMIN/ S] as listed in the Annex to Regulation (EC) No 1924/2006.Iodine contributes to normal functioning of the nervous systemThe claim may be used only for food which is at least a source of iodine as referred to in the Annex to Regulation (EC) No 1924/2006.Iodine contributes to normal functioning of the nervous systemThe claim may be used only for food which is at least a source of iodine as referred to in the claim source of	contributes to normal cognitive functionmay be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.2Iodine contributes metabolismThe claim may be used of iodine as referred to in the claim source OURCE OF2Iodine contributes metabolismThe claim may be used of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF VITAMIN/ S] AND/OR [NAME OF VITAMIN/ S] AND/OR [NAME OF VITAMIN/ S] AND/OR [NAME OF VITAMIN/ S] as listed in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.2Iodine contributes to normal functioning of functioning of <br< td=""><td>contributes to normal cognitive functionmay 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 VITAMIN/ S] as listed in the Annex to Regulation (EC) No 1924/2006.2009; 7(9):1214 2010;8(10):180Iodine contributes to normal energy- yielding metabolismThe claim may be used of iodine as referred to in the claim SOURCE OF [NAME OF With is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF VITAMIN/ S] AND/OR [NAME OF VITAMIN/ S] as listed in the claim SOURCE OF [NAME OF VITAMIN/ S] as listed in the claim may be used only for food functioning of the nervous system2010;8(10):180</td></br<>	contributes to normal cognitive functionmay 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 VITAMIN/ S] as listed in the Annex to Regulation (EC) No 1924/2006.2009; 7(9):1214 2010;8(10):180Iodine contributes to normal energy- yielding metabolismThe claim may be used of iodine as referred to in the claim SOURCE OF [NAME OF With is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF VITAMIN/ S] AND/OR [NAME OF VITAMIN/ S] as listed in the claim SOURCE OF [NAME OF VITAMIN/ S] as listed in the claim may be used only for food functioning of the nervous system2010;8(10):180

		S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Iodine	Iodine contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1214	370
Iodine	Iodine contributes to the normal production of thyroid hormones and normal 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 (EC) No 1924/2006.		2009; 7(9):1214 2010;8(10):180	274, 1237 00
Iron	Iron contributes to normal	The claim may be used only for food		2009; 7(9):1215	253
a In the case of I	D-tagatose and isomal	tulose this should read	l 'other sugars'		
b In the case of b	D-tagatose and isomal	tulose this should read	l 'other sugars'		

	cognitive function	which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Iron	Iron contributes to normal energy- yielding metabolism	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1215 2010;8(10):1	251, 1589, 255 740
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/	2009; 7(9):1215 2010;8(10):1	249, 1589, 374, 2889 740

		S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Iron	Iron contributes to normal oxygen transport in the body	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	,	2009; 7(9):1215 2010;8(10):174	250, 254, 256, 255 0
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 (EC) No 1924/2006.		2009; 7(9):1215	252, 259
Iron	Iron contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of iron as		2010;8(10):174	Q 55, 374, 2889

		referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Iron	Iron has a role in the process of cell division	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1215	368
Lactase enzyme	Lactase enzyme improves lactose digestion in individuals who have difficulty digesting lactose	The claim may be used only for food supplements, with a minimum dose of 4 500 FCC (Food Chemicals Codex) units with instructions to the target population to consume with each lactose	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 2011;9(6):2203	1697, 1818 1974
a In the case of I	D-tagatose and isomal		l 'other sugars'		

		containing meal.			
Lactulose	Lactulose contributes to an acceleration of intestinal transit	The claim may be used only for food which contains 10 g of lactulose in a single quantified portion. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a single serving of 10 g of lactulose per day.		2010;8(10):180	0807
Linoleic acid	Linoleic acid contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for a food which provides at least 1,5 g of linoleic acid (LA) per 100 g and per 100 kcal. Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 10 g of LA.		2009; 7(9):1276 2011;9(6):2235	489, 2899
Live yoghurt cultures	Live cultures in yoghurt or fermented milk improve	In order to bear the claim, yoghurt or		2010;8(10):176	53143, 2976
a In the case of I	D-tagatose and isomal	tulose this should read	1 'other sugars'		
b In the case of	D-tagatose and isomal	tulose this should read	other sugars'		

(Lactobacillus delbrueckii subsp. bulgaricus and Streptococcus thermophilus) per gram.	
Magnesium contributes to a reduction of tiredness and fatigueThe claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 	
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 2009; 7(9):1216 238 a In the case of D-tagatose and isomaltulose this should read 'other sugars'	
 a In the case of D-tagatose and isomaltulose this should read 'other sugars' b In the case of D-tagatose and isomaltulose this should read 'other sugars' 	

		MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Magnesium	Magnesium contributes to normal energy- yielding metabolism	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1216	240, 247, 248
Magnesium	Magnesium contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1216	242
Magnesium	Magnesium contributes to normal muscle function	The claim may be used only for food which is at least a source		2009; 7(9):1216 2010;8(10):180	241, 380, 3083 97
	D-tagatose and isomal		_		

		of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Magnesium	Magnesium contributes to normal protein synthesis	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1216	364
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	2010;8(10):180)2 45, 246

		to Regulation (EC) No 1924/2006.		
Magnesium	Magnesium contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	009; (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 (EC) No 1924/2006.	009; (9):1216	239
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	009; (9):1216	365

ManganeseManga contrib to norm energy yieldin metaboManganeseManga contrib to the mainte of norm bones	outes may be used only for food - which is at g least a source of manganese as referred to in the claim SOURCE OF [NAME OF]	311, 405 808
contrib to the mainte of norr	VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	
	nance may be used only for food which is at	310

Manganese contributes to the protection	The claim may be used			
of cells from oxidative stress	only for food which is at least a source of manganese as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1217	309
Substituting one daily meal of an energy restricted diet with a meal replacement contributes to the maintenance of weight	In order to bear the claim, a food should comply with specifications laid down in Directive 96/8/EC in relation to food products	f 'other sugars'	2010; 8(2):1466	1418
	one daily meal of an energy estricted diet with a meal replacement contributes o the maintenance of weight	SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006. Substituting one daily neal of in energy restricted diet with a meal eplacement contributes o the maintenance of weight stagatose and isomaltulose this should read	SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.Substituting one daily meal of estricted diet with a meal eplacement contributes o the one daily maintenance of weightIn order to bear the claim, a specifications laid down in Directive 96/8/EC in relation to food products	SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.2010; 8(2):1466Substituting one daily me al of estricted diet with a meal eplacement to the on the on the on the on the on the on the on the on the comply with specifications laid down in Directive o the of weight2010; 8(2):1466

	after weight loss	under Article 1(2)(b) of that Directive. In order to achieve the claimed effect, one meal should be substituted with meal replacements daily.		
Meal replacement for weight control	Substituting two daily meals of an energy restricted diet with meal replacements contributes to weight loss	In order to bear the claim, a food should comply with specifications laid down in Directive 96/8/EC in relation to food products under Article 1(2)(b) of that Directive. In order to achieve the claimed effect, two meals should be substituted with meal replacements daily.	2010; 8(2):1466	1417
Meat or fish	Meat or fish contributes to the improvement of iron absorption when eaten with other foods containing iron	The claim may be used only for food which contains at least 50 g of meat or fish in a single quantified portion. In order to bear the claim information shall be	2011;9(4):2040)1223

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		given to the consumer that the beneficial effect is obtained by consuming 50 g of meat or fish together with food(s) containing non-haem iron.		
Melatonin	Melatonin contributes to the alleviation of subjective feelings of jet lag	The claim may be used only for food which contains at least 0,5 mg of melatonin per quantified portion. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a minimum intake of 0,5 mg to be taken close to bedtime on the first day of travel and on the following few days after arrival at the destination.	2010; 8(2):1467	1953
Melatonin	Melatonin contributes to the reduction of time taken to fall asleep	The claim may be used only for food which contains 1 mg of melatonin	2011;9(6):2241	1698, 1780, 4080
	D-tagatose and isomal D-tagatose and isomal			

		per quantified portion. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained by consuming 1 mg of melatonin close to bedtime.			
Molybdenum	Molybdenum contributes to normal sulphur amino acid metabolism	The claim may be used only for food which is at least a source of molybdenum as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):174	1313
Monascus purpureus (red yeast rice) a In the case of	Monacolin K from red yeast rice contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which provides a daily intake of 10 mg of monacolin K from red yeast rice. In order to bear the claim, information	l 'other sugars'	2011;9(7):2304	1648, 1700

Status: Point in time view as at 16/05/2012.

Changes to legislation: There are outstanding changes not yet made to Commission Regulation (EU) No 432/2012. Any changes that have already been made to the legislation appear in the content and are referenced with annotations. (See end of Document for details)

		shall be given to the consumer that the beneficial effect is obtained with a daily intake of 10 mg of monacolin K from fermented red yeast rice preparations.			
Monounsaturat and/or polyunsaturated fatty acids	saturated	The claim may be used only for food which is high in unsaturated fatty acids, as referred to in the claim HIGH UNSATURAT FAT as listed in the Annex to Regulation (EC) No 1924/2006.	ED	2011;9(4):2069 2011;9(6):2203	
Niacin	Niacin contributes to normal energy- yielding metabolism	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1224 2010;8(10):175	43, 49, 54, 51

a In the case of D-tagatose and isomaltulose this should read 'other sugars'

b In the case of D-tagatose and isomaltulose this should read 'other sugars'

Niacin contributes to normal psychological	The claim may be used only for food which is at	2010;8(10):175	\$35
function	which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
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/	2009; 7(9):1224	45, 52, 4700

		S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Niacin	Niacin contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1224 2010;8(10):175	45, 48, 50, 52, 4700 57
Niacin	Niacin contributes 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 (EC) No 1924/2006.		2010;8(10):175	547
Oat grain fibre	Oat grain fibre contributes to	The claim may be used only for food		2011;9(6):2249	822
a In the case of I		tulose this should read	l 'other sugars'	1	1
b In the case of I	D-tagatose and isomal	tulose this should read	l 'other sugars'		

of norm blood choles levels. acid is unsatu fat.Olive oil polyphenolsOlive oil polyph contrib	ted may be the only fo ith which i irated in unsa fatty ac butes as refer to in the enance claim F mal UNSAT FAT as sterol in the A	e used or food is high aturated cids, rred ne HIGH TURATED s listed Annex	2011;9(4):2043	3673, 728, 729, 1302, 4334
polyphenols polyph contribute the pro- of blood lipids to oxidat		lo		
	henols may be bute to only fo otection oil white od contain from least 5 ive hydrox and its derivati (e.g. oleurop comple and tyro per 20 olive oi order to the clai informa shall be	e used or olive ich ns at mg of xytyrosol tives pein ex rosol) g of il. In o bear im tation	2011;9(4):2033	3 1333, 1638, 1639, 1696, 2865

Acidacid contributes to normal energy- yielding metabolismmay be used only for is at least a source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.7(9):121864, 171, 172, 208Pantothenic AcidPantothenic acid as referred to in the claim source of pantothenic acid as acidThe claim referred to in the claim source of pantothenic acid as only for to normal of steroid pantothenic acid as of steroid pantothenic acid as of steroid pantothenic acid as referred to in the claim neurotransmittetsOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF [NAME OF VITAMIN/ S] AND/OR [NAME OF NINERAL/ S] as listed in the claim neurotransmittetsOURCE OF [NAME OF NINERAL/ S] as listed in the claim neurotransmittetsOURCE OF [NAME OF NINERAL/ S] as listed in the claim neurotransmittetsOurce of only for2009; a listed in the claim may be used oortiputes to only for2010;8(10):175 \$3aIn the case of D-tagatose and isomal-usee this should read 'other sugars'2010;8(10):175 \$3			obtained with a daily intake of 20 g of olive oil.		
Acidacid contributes to normal synthesis and metabolism of steroid hormones, and some neurotransmittemay be used food which 	Pantothenic Acid	acid contributes to normal energy- yielding	may be used only for food which is at least a source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No	· · ·	64, 171, 172,
Acid acid may be used contributes to only for a In the case of D-tagatose and isomaltulose this should read 'other sugars'		acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some	may be used only for food which is at least a source of pantothenic acid as referred to in the claim eSOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No		181
a In the case of D-tagatose and isomaltulose this should read 'other sugars'		acid	may be used	2010;8(10):17	583
b In the case of D-tagatose and isomaltulose this should read 'other sugars'					

the reduction of tiredness and fatigue	food which is at least a source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Pantothenic acid contributes to normal mental performance	The claim may be used only for food which is at least a source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1218 2010;8(10):175	57, 58
Pectins contribute to the maintenance of normal blood cholesterol levels	The claim may be used only for food which provides a daily intake of 6 g of pectins. In order to bear	Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake	2010;8(10):174	818, 4236
	of tiredness and fatigue Pantothenic acid contributes to normal mental performance Pectins contribute to the maintenance of normal blood cholesterol	of tiredness and fatigueis at least a source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.Pantothenic acid contributes to normal mental performanceThe claim may be used only for food which is at least a source of pantothenic acid as referred to in the claim Max 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 VITAMIN/ S] AND/OR [NAME OF VITAMIN/ S] as listed in the claim SOURCE OF [NAME OF VITAMIN/ S] as listed in the claim SOURCE OF [NAME OF VITAMIN/ S] as listed in the Annex to Regulation (EC) No 1924/2006.Pectins contribute to the maintenance of normal blood cholesterol levelsThe claim may be used only for food which provides a daily intake of 6 g of pectins. In	of tiredness and fatigueis at least a source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF NITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.Pantothenic acid 	of tiredness and fatigueis at least a source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.2009; 7(9):1218 2010;8(10):175Pantothenic acid acid contributes to normal mental performanceThe claim may be used only for fod which is at least a source of pantothenic acid as referred to in the claim source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF VITAMIN/ S] AND/OR [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.2010;8(10):174Pectins contribute to the only for bolodThe claim may be used only for be given for people with swallowing difficulties or when provides a blood daily intake difficulties of normal provides a pectins. In ingesting with2010;8(10):174

		information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 6 g of pectins.	— advic on taking with plenty of water to ensur substa reach stoma	g y e ance es	
Pectins	Consumption of pectins with a meal contributes to the reduction of the blood glucose rise after that meal	The claim may be used only for food which contains 10 g of pectins per quantified portion. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained by consuming 10 g of pectins as part of the meal.	Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake — advic on taking with plenty of water to ensur substa reach stoma	g y e ance es	786
Phosphorus	Phosphorus contributes to normal energy- yielding metabolism	The claim may be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/		2009; 7(9):1219	329, 373

		in the Annex to Regulation (EC) No 1924/2006.		
Phosphorus	Phosphorus contributes to normal function of cell membranes	The claim may be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1219	328
Phosphorus	Phosphorus contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1219	324, 327
Phosphorus	Phosphorus contributes to the maintenance of normal teeth	The claim may be used only for food which is at least a source of phosphorus as referred to	2009; 7(9):1219	324, 327

Plant sterols and plant stanols	Plant sterols/			
	stanols contribute to the maintenance of normal blood cholesterol levels	In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of at least 0,8 g of plant sterols/ stanols.	2010;8(10):181 2011;9(6):2203	
Potassium	Potassium contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of potassium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2010; 8(2):1469	386
Potassium	Potassium contributes to normal	The claim may be used only for food which is at	2010; 8(2):1469	320

	muscle function	least a source of potassium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Potassium	Potassium contributes to the maintenance of normal blood pressure	The claim may be used only for food which is at least a source of potassium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2010; 8(2):1469	321
Protein	Protein contributes to a growth in muscle mass	The claim may be used only for food which is at least a source of protein as referred to in the claim SOURCE OF PROTEIN as listed in the Annex to Regulation (EC) No 1924/2006.	2010;8(10):181 2011;9(6):2203	

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 PROTEIN as listed in the Annex to Regulation (EC) No 1924/2006.	2010;8(10):18 2011;9(6):2203	
Protein	Protein contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of protein as referred to in the claim SOURCE OF PROTEIN as listed in the Annex to Regulation (EC) No 1924/2006.	2010;8(10):181 2011;9(6):2203	
Resistant starch	Replacing digestible starches with resistant starch in a meal contributes to a reduction in the blood glucose rise after that meal.	The claim may be used only for food in which digestible starch has been replaced by resistant starch so that the final content of resistant starch is at least 14 % of total starch.	2011;9(4):2024	681
Riboflavin (Vitamin B2)	Riboflavin contributes to normal	The claim may be used only for food	2010;8(10):181	4 9, 35, 36, 42
	to normal D-tagatose and isomal D-tagatose and isomal	tulose this should read		

	energy- yielding metabolism	which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Riboflavin (Vitamin B2)	Riboflavin contributes to 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 (EC) No 1924/2006.		2010;8(10):181	4 13
Riboflavin (Vitamin B2) a In the case of I	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/ tulose this should read	f 'other sugars'	2010;8(10):181	-3-1

Riboflavin (Vitamin B2)	Riboflavin contributes to the maintenance of normal red blood cells	S] as listed in the Annex to Regulation (EC) No 1924/2006. The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed	2010;8(10):181	40
		in the Annex to Regulation (EC) No 1924/2006.		
Riboflavin (Vitamin 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 (EC) No 1924/2006.	2010;8(10):181	4 1, 33
Riboflavin (Vitamin B2)	Riboflavin contributes to the maintenance of normal vision	The claim may be used only for food which is at least a source of riboflavin	2010;8(10):181	3 9
		tulose this should read tulose this should read		

		as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Riboflavin (Vitamin B2)	Riboflavin contributes to the normal metabolism of iron	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2010;8(10):181	3 0, 37
Riboflavin (Vitamin B2)	Riboflavin contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation	2010;8(10):181	4 07

		(EC) No 1924/2006.		
Riboflavin (Vitamin B2)	Riboflavin contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2010;8(10):181	41
Rye fibre	Rye fibre contributes to normal bowel function	The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation (EC) No 1924/2006.	2011;9(6):2258	825
Selenium	Selenium contributes to normal spermatogenes	The claim may be used only for food iswhich 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	2009; 7(9):1220	396

		in the Annex to Regulation (EC) No 1924/2006.	
Selenium	Selenium contributes to the maintenance of normal hair	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2010;8(10):172281
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 (EC) No 1924/2006.	2010;8(10):172281
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	2009; 278, 1750 7(9):1220 2010;8(10):1727

		in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Selenium	Selenium contributes to the normal thyroid function	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2010;8(10):172 2009; 7(9):1220	27 79, 282, 286, 410, 1289, 1290, 1291, 1292, 1293
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	2009; 7(9):1220 2010;8(10):172	277, 283, 286, 1289, 27290, 1291, 1293, 1751, 410, 1292

		(EC) No 1924/2006.			
Sugar replacers, i.e. intense sweeteners; xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, sucralose and polydextrose; D-tagatose and isomaltulose	Consumption of foods/ drinks containing <name of sugar replacer> instead of sugar^a induces a lower blood glucose rise after their consumption compared to sugar- containing foods/drinks</name 	In order to bear the claim, sugars should be replaced in foods or drinks by sugar replacers, i.e. intense sweeteners, xylitol, sorbitol, mannitol, mantitol, lactitol, isomalt, erythritol, sucralose or polydextrose, or a combination of them, so that foods or drinks contain reduced amounts of sugars by at least the amount referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation (EC) No 1924/2006. In the case of D- tagatose and isomaltulose, they should replace equivalent amounts of		2011;9(4):2076 2011;9(6):2229	
a In the case of I	J-tagatose and isomal	tulose this should read	1 other sugars		

Status: Point in time view as at 16/05/2012.

		other sugars in the same proportion as that referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation (EC) No 1924/2006.		
Sugar replacers, i.e. intense sweeteners; xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, sucralose and polydextrose; D-tagatose and isomaltulose	Consumption of foods/ drinks containing <name of sugar replacer> instead of sugar^b contributes to the maintenance of tooth mineralisation</name 	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	2011;9(4):2076 2011;9(6):2229	
	D-tagatose and isomal			

		up to 30 minutes after consumption		
Sugar-free chewing gum	Sugar-free chewing gum contributes to the maintenance of tooth mineralization	The claim may be used only for chewing gum which complies with the conditions of use for the nutrition claim SUGARS FREE as listed in the Annex to Regulation (EC) No 1924/2006. Information shall be given to the consumer that the beneficial effect is obtained with chewing, for at least 20 minutes, after eating or drinking.	2009; 7(9):1271 2011;9(4):2072 2011;9(6):2266	
Sugar-free chewing gum	Sugar-free chewing gum contributes to the neutralisation of plaque acids	The claim may be used only for chewing gum which complies with the conditions of use for the nutrition claim SUGARS FREE as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1271 2011;6(6):2266	1150 485
	D-tagatose and isomal D-tagatose and isomal			

Status: Point in time view as at 16/05/2012.

Changes to legislation: There are outstanding changes not yet made to Commission Regulation (EU) No 432/2012. Any changes that have already been made to the legislation appear in the content and are referenced with annotations. (See end of Document for details)

		Information shall be given to the consumer that the beneficial effect is obtained with chewing, for at least 20 minutes, after eating or drinking.		
Sugar-free chewing gum	Sugar-free chewing gum contributes to the reduction of 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 (EC) No 1924/2006. Information shall be given to the consumer that the beneficial effect is obtained with use of the chewing gum whenever the mouth feels dry.	2009; 7(9):1271	1240
Sugar-free chewing gum with carbamide	Sugar-free chewing gum with carbamide neutralises plaque acids more effectively	The claim may be used only for chewing gum which complies with the conditions of use for	2011;9(4):2071	1153

ThiamineThe claim may be used only for food energy- yielding metabolismThe claim may be used only for food which is at least a source of thiamine as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.2009; 7(9):122221, 24, 28ThiamineThiamine as referred to in the claim SOURCE OF [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.2009; 2009; 22, 2722, 27	than sugar- free chewing gums without carbamide	the nutrition claim SUGARS FREE as listed in the Annex to Regulation (EC) No 1924/2006. In order to bear the claim each piece of sugar- free chewing gum should contain at least 20 mg carbamide. Information shall be given to the consumer that gum should be chewed for at least 20 minutes after eating or drinking.		
	contributes to normal energy- yielding	may be used only for food which is at least a source of thiamine as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No		21, 24, 28
			· · · · · · · · · · · · · · · · · · ·	22, 27

	to normal functioning of the nervous system	least a source of thiamine as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Thiamine	Thiamine contributes to normal psychological function	The claim may be used only for food which is at least a source of thiamine as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):17	5205
Thiamine a In the case o	Thiamine contributes to the normal function of the heart	The claim may be used only for food which is at least a source of thiamine as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF	'other suggre'	2009; 7(9):1222	20

X 7° 4	1924/2006.			
Vitamin A contributes to normal iron metabolism	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1221	206
Vitamin A contributes to the maintenance of normal mucous membranes	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1221 2010;8(10):175	15, 4702
Vitamin A contributes to the maintenance	The claim may be used only for food which is at least a source		2009; 7(9):1221 2010;8(10):175	15, 17, 4660, 4702 54
	Vitamin A contributes to the maintenance of normal mucous membranes	metabolismwhich is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.Vitamin A contributes to the mucousThe 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 MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.Vitamin A contributes to the mucousThe claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.Vitamin A contributes to the maintenanceThe claim may be used only for food which is at least a sourceVitamin A contributes to the maintenanceThe claim may be used only for food which is at least a sourceTb-tagatose and isomaltulose this should read	metabolismwhich is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.Vitamin A contributes to the mintenance of normal membranesThe claim may be used of vitamin A as referred to in the claim may be used of vitamin A as referred to in the claim may be used of vitamin A as referred to in the claim SOURCE OF [NAME OF WITAMIN/ S] AND/OR [NAME OF VITAMIN/ S] as listed in the claim SOURCE OF [NAME OF VITAMIN/ S] as listed in the Annex to Regulation (EC) No 1924/2006.Vitamin A contributes to the 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] as listed in the Annex to Regulation (EC) No 1924/2006.Vitamin A contributes to the maintenanceThe claim may be used only for food which is at least a source'D-tagatose and isomatuoe this should read 'other sugars'	metabolismwhich is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.2009; 7(9):1221 2010;8(10):175Vitamin A contributes of normal membranesThe claim of vitamin A as referred to in the claim SOURCE OF [NAME OF which is at of normal membranes2009; 7(9):1221 2010;8(10):175Vitamin A contributes to the of normal membranesThe claim source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.2009; 7(9):1221 2010;8(10):175Vitamin A contributes to the many be used to the only for food2009; 7(9):1221 2010;8(10):175

		in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Vitamin 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 (EC) No 1924/2006.	2009; 7(9):1221 2010;8(10):17	16, 4239, 4701 754
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	2009; 7(9):1222 2011;9(4):202	14, 200, 1462

Vitamin A has a role in the process of cell specialisation	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1221	14
Vitamin B12 contributes to normal energy- yielding metabolism	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1223	99, 190
Vitamin B12 contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of vitamin B12		2010;8(10):411	9 5, 97, 98, 100, 102, 109
	the process of cell specialisation Vitamin B12 contributes to normal energy- yielding metabolism Vitamin B12 contributes to normal functioning of the nervous	the process of cellonly for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.Vitamin B12 contributes to normal metabolismThe claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.Vitamin B12 contributes to normal metabolismThe 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 WITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.Vitamin B12 contributes to normal functioning of the nervous systemThe claim may be used only for food which is at least a source of	the process of cell specialisationonly for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.Vitamin B12 	the process of cell specialisationonly for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.2009; 7(9):1223Vitamin B12 contributes to normal metabolismThe claim may be used only for is at least as referred to in the claim SOURCE OF [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.2009; 7(9):1223Vitamin B12 contributes to normal energy- yielding metabolismThe claim source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.2010;8(10):411Vitamin B12 contributes to normal only for functioning of functioning of fod which it as a source of2010;8(10):411

		as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Vitamin B12	Vitamin B12 contributes to normal homocysteine metabolism	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2010;8(10):411	9 6, 103, 106
Vitamin B12	Vitamin B12 contributes to normal psychological function	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed	2010;8(10):41	4 5, 97, 98, 100, 102, 109
	D-tagatose and isomal	S] as listed		

Vitamin B12 Vitamin B12 The claim may be used may be used plood cell formation 2009; 7(9):1223 92, 101 Vitamin B12 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 VITAMIN/ S] as listed in the Annex to Regulation (EC) No 2009; 7(9):1223 92, 101 Vitamin B12 Vitamin B12 The claim may be used in the Annex to Regulation function of the immune system 2009; 7(9):1223 107 Vitamin B12 Vitamin B12 The claim may be used in the claim source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF MINERAL/ S] as listed in the claim SOURCE OF [NAME OF NUTAMIN/ S] AND/OR NAME OF MINERAL/ S] as listed in the claim system 2009; 7(9):1223 107 Vitamin B12 Vitamin B12 The claim may be used in the claim SOURCE OF [NAME OF NUTAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the claim SOURCE OF [NAME OF MINERAL/ S] as listed in the claim as referred to in the claim SOURCE OF [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006. 2010;8(10):411 408 Vitamin B12 The claim may be used in the Annex to Regulation of tiredness and fatigue The claim may be used in the Annex to Regulation of the reduction only for food which is at least 2010;8(10):411 408 Vitamin B12 In the case of D-tagatose and isomatulous this should read 'other sugars' but the case of D-tagatose and isomatulous this should read 'other sugars' but the case of			in the Annex to Regulation (EC) No 1924/2006.		
contributes to the normal function of the immune systemmay be used only for food which is at least a source of vitamin B12 	Vitamin B12	contributes to normal red blood cell	may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No		92, 101
a In the case of D-tagatose and isomaltulose this should read 'other sugars'	Vitamin B12	contributes to the normal function of the immune	may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No		107
	Vitamin B12	contributes to the reduction of tiredness	may be used only for food which	2010;8(10):41	408

		a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Vitamin B12	Vitamin B12 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 (EC) No 1924/2006.	2009; 7(9):1223 2010;8(10):17:	93, 212
Vitamin B6	Vitamin B6 contributes to normal cysteine synthesis D-tagatose and isomal	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/	2010;8(10):175	5 9 283

		S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Vitamin B6	Vitamin B6 contributes to normal energy- yielding metabolism	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2010;8(10):175	595, 214
Vitamin B6	Vitamin B6 contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1225	66
Vitamin B6	Vitamin B6 contributes to normal homocysteine metabolism	The claim may be used only for food which is at least a source of vitamin B6	2010;8(10):175	593, 76, 199

		as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Vitamin B6	Vitamin B6 contributes to normal protein and glycogen metabolism	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1225	65, 70, 71
Vitamin B6	Vitamin B6 contributes to normal psychological function	The claim may be used only for food which is at least a source 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	2010;8(10):175	597

		(EC) No 1924/2006.		
Vitamin B6	Vitamin B6 contributes to normal red blood cell formation	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1225	67, 72, 186
Vitamin B6	Vitamin B6 contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1225	68
Vitamin B6	Vitamin B6 contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF	2010;8(10):175	598

		[NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Vitamin B6	Vitamin B6 contributes to the regulation of hormonal activity	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1225	69
Vitamin C	Vitamin C contributes to maintain the normal function of the immune system during and after intense physical exercise	The claim may be used only for food which provides a daily intake of 200 mg vitamin C. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 200 mg in addition	2009; 7(9):1226	144

		to the recommended daily intake of vitamin C.		
Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of blood vessels	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	09; 9):1226	130, 131, 149
Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of bones	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	09; 9):1226	131, 149
Vitamin C	Vitamin C contributes to normal collagen formation for the normal	The claim may be used only for food which is at least a source of vitamin C as referred to	09; 9):1226	131, 149

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Changes to legislation: There are outstanding changes not yet made to Commission
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	function of cartilage	in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of gums	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1226	131, 136, 149
Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of skin	The claim may be used only for food which is at	2009; 7(9):1226	131, 137, 149

		1924/2006.		
Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of teeth	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1226	131, 149
Vitamin C	Vitamin C contributes to normal energy- yielding metabolism	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1226 2010;8(10):181	135, 2334, 3196 5
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	2009; 7(9):1226	133

Status: Point in time view as at 16/05/2012.

Changes to legislation: There are outstanding changes not yet made to Commission Regulation (EU) No 432/2012. Any changes that have already been made to the legislation appear in the content and are referenced with annotations. (See end of Document for details)

		[NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Vitamin C	Vitamin C contributes to normal psychological function	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2010;8(10):181	.540
Vitamin C	Vitamin C contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1226 2010;8(10):181	134, 4321

a In the case of D-tagatose and isomaltulose this should read 'other sugars'

b In the case of D-tagatose and isomaltulose this should read 'other sugars'

Vitamin C contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 129, 138, 7(9):1226 143, 148, 2010;8(10):181 5 331	
Vitamin C contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2010;8(10):181539,2622	
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/	2010;8(10):181202	
	 contributes to the protection of cells from oxidative stress Vitamin C vitamin C contributes to the reduction of tiredness and fatigue Vitamin C contributes to the reduction of the reduction of the reduction of the reduction of the regeneration of the reduction of the reductio	contributes to the protection of cells from oxidative stressmay be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.Vitamin C contributes to the reduction of tiredness and fatigueThe claim may be used only for food which is at least a source of vitamin C as referred to in the claim Max 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 VITAMIN/ S] as listed in the claim SOURCE OF [NAME OF VITAMIN/ S] as listed in the Annex to Regulation (EC) No 1924/2006.Vitamin C contributes to the regeneration of the reduced form of vitamin EThe claim may be used only for food which is at least a source of vitamin C as referred to in the Annex to Regulation (EC) No 1924/2006.Vitamin C contributes to the reduced form of vitamin EThe claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF	contributes to the protection of cells from oxidativemay be used only for food which is at osidative7(9):1226 143, 148, 2010;8(10):18143, 148, 2010;8(10):18stressonly for food which is at of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.2010;8(10):185331Vitamin C contributes to the reduction of triedness and fatigueThe 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] a ND/OR [NAME OF VITAMIN/ S] a Source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] a ND/OR [NAME OF VITAMIN/ S] as listed in the Annex to Regulation (EC) No 1924/2006.2010;8(10):18539, 2622Vitamin C contributes to may be used of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] a ND/OR [NAME OF VITAMIN/ S] as listed in the Annex to Regulation (EC) No 1924/2006.2010;8(10):18202Vitamin C contributes to the egeneration of vitamin E as referred to in the claim may be used only for food which is at least a source of vitamin C as referred to in the claim source regeneration of vitamin E in the claim SOURCE OF2010;8(10):18202

increases iron absorptionmay be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.7(9):1226Vitamin D contributes to normal phosphorusThe claim may be used of vitamin D as referred to in the claim may be used of vitamin D as referred to in the claim may be used of vitamin D as referred to in the claim may be used on the claim SOURCE OF [NAME OF (NAME OF (NAME OF NAME OF NAME OF VITAMIN/ S] AND/OR [NAME OF NAME OF NAME OF NAME OF NAME OF NAME OF VITAMIN/ S] as listed in the claim SOURCE OF [NAME OF MINERAL/ S] as listed in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the claim SOURCE OF [NAME OF VITAMIN/ S] as listed in the claim SOURCE OF [NAME OF VITAMIN/ S] as listed in the claim SOURCE OF [NAME OF MINERAL/ S] as listed in the claim SOURCE OF [NAME OF MINERAL/ S] as listed in the claim source of p224/2006.2009; 2009; 201; <th></th> <th></th> <th>S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.</th> <th></th> <th></th> <th></th>			S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			
contributes to normal absorption/ utilisation of calcium and phosphorusmay 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 VITAMIN/ S] as listed in the Annex to Regulation (EC) No 1924/2006.7(9):1227Vitamin DVitamin D as used of vitamin D 	Vitamin C	increases iron	may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No			132, 147
contributes to normalmay be used only for food7(9):1227 2011;9(6):2203215	Vitamin D	contributes to normal absorption/ utilisation of calcium and	may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No			152, 157, 215
	Vitamin D	contributes	may be used		7(9):1227	215
	a In the case o			l 'other sugars'		1

	blood calcium levels	which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.			
Vitamin D	Vitamin D contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1227	150, 151, 158, 350
Vitamin D	Vitamin D contributes to the maintenance of normal muscle function	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/	(2010; 8(2):1468	155

		S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Vitamin D	Vitamin D contributes to the maintenance of normal teeth	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1227	151, 158
Vitamin D	Vitamin D contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2010; 8(2):1468	154, 159
Vitamin D	Vitamin D has a role in the process of cell division	The claim may be used only for food which is at least a source of vitamin D	2009; 7(9):1227	153

		as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Vitamin E	Vitamin E contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of vitamin E as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2010;8(10):181	6 60, 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	2009; 7 (9):1228	124, 126

		(EC) No 1924/2006.			
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 (EC) No 1924/2006.		2009; 7 (9):1228	123, 127, 128, 2879
Walnuts	Walnuts contribute to the improvement of the elasticity of blood vessels	The claim may be used only for food which provides a daily intake of 30 g of walnuts. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 30 g of walnuts.		2011;9(4):2074	1155, 1157
Water	Water contributes to the maintenance of normal physical and cognitive functions	In order to bear the claim, information shall be given to the consumer that in order	The claim may be used only on water complying with Directives 2009/54/EC	2011;9(4):2075	1102, 1209, 1294, 1331

Water contributes to the maintenance of normal regulation of the body's temperatureIn order to bear information shall be given to the consumer to obtain the claimed effect, at least 2,0 L of water, from all sources, should be consumed per day.The claim may be used only on water complying with Directives 2009/54/EC and/or 98/83/ EC2011;9(4):2075 1208Wheat bran fibreWheat bran fibre contributesThe claim may be used only on water2010;8(10):18 828, 839, 3067, 4699			to obtain the claimed effect, at least 2,0 L of water, from all sources, should be consumed per day.	and/or 98/83/ EC		
fibre bran fibre may be used 3067, 4699	Water	contributes to the maintenance of normal regulation of the body's	to bear the claim, information shall be given to the consumer that in order to obtain the claimed effect, at least 2,0 L of water, from all sources, should be consumed per	may be used only on water complying with Directives 2009/54/EC and/or 98/83/	2011;9(4):2075	1208
to an which is high acceleration in that fibre of intestinal as referred to transit in the claim HIGH FIBRE as listed in the Annex to Regulation (EC) No 1924/2006. In order to bear the claim information shall be given to the consumer that the claimed effect is obtained with a daily intake		bran fibre contributes to an acceleration of intestinal	may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation (EC) No 1924/2006. In order to bear the claim information shall be given to the consumer that the claimed effect is obtained with		2010;8(10):181	
a In the case of D-tagatose and isomaltulose this should read 'other sugars'	a In the case of	D-tagatose and isomal		d 'other sugars'		

		of at least 10 g of wheat bran fibre.			
Wheat bran fibre	Wheat bran fibre contributes to an increase in faecal bulk	The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation (EC) No 1924/2006.		2010;8(10):181	3066
Zinc	Zinc contributes to normal acid-base metabolism	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		2009; 7(9):1229	360
Zinc	Zinc contributes to normal carbohydrate metabolism	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/		2010;8(10):18	982
a In the case of I	D-tagatose and isomal	IMINERAL/ tulose this should read	l 'other sugars'		

		S] as listed in the Annex to Regulation (EC) No 1924/2006.		
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 (EC) No 1924/2006.	2009; 7(9):1229	296
Zinc	Zinc contributes to normal DNA synthesis	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2010;8(10):181	9 92, 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	2009; 7(9):1229	297, 300

		referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Zinc	Zinc contributes to normal macronutrient metabolism	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2010;8(10):18	2 890
Zinc	Zinc contributes to normal metabolism of fatty acids	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation	2009; 7(9):1229	302

		(EC) No 1924/2006.		
Zinc	Zinc contributes to normal metabolism of vitamin A	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1229	361
Zinc	Zinc contributes to normal protein synthesis	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2010;8(10):13	81993, 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	2009; 7(9):1229	295, 1756

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		[NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
Zinc	Zinc contributes to the maintenance of normal 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 (EC) No 1924/2006.	2010;8(10):181912	
Zinc	Zinc contributes to the maintenance of normal nails se of D-tagatose and isoma	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2010;8(10):181912	

b In the case of D-tagatose and isomaltulose this should read 'other sugars'

Zinc	Zinc contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2010;8(10):181 2 93	
Zinc	Zinc contributes to the maintenance of normal testosterone levels 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 (EC) No 1924/2006.	2010;8(10):181901	
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/ Itulose this should read 'other sug	2009; 7(9):1229 361	

		S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.		
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 [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1229	291, 1757
Zinc	Zinc contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/ S] AND/OR [NAME OF MINERAL/ S] as listed in the Annex to Regulation (EC) No 1924/2006.	2009; 7(9):1229	294, 1758
Zinc	Zinc has a role in the	The claim may be used only for food	2009; 7(9):1229	292, 293, 1759
		only for food		

process of	which is at		
cell division	least a source		
	of zinc as		
	referred to		
	in the claim		
	SOURCE OF		
	[NAME OF		
	VITAMIN/		
	S] AND/OR		
	ÍNAME OF		
	MINERAL/		
	S] as listed		
	in the Annex		
	to Regulation		
	(EC) No		
	1924/2006.		

 \mathbf{a} In the case of D-tagatose and isomaltulose this should read 'other sugars'

b In the case of D-tagatose and isomaltulose this should read 'other sugars'

- (**1**) OJ L 404, 30.12.2006, p. 9.
- (2) http://www.efsa.europa.eu/en/ndaclaims13/docs/ndaclaims13.zip
- (3) http://www.efsa.europa.eu/en/topics/topic/article13.htm
- $(4) \quad http://ec.europa.eu/food/food/labellingnutrition/claims/index_en.htm$
- (5) Corresponding to entries ID 670 and ID 2902 in the consolidated list.
- (6) Corresponding to entry ID 359 in the consolidated list.

Status:

Point in time view as at 16/05/2012.

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