Consolidated list of Article 13 health claims
List of references received by EFSA

Part 1
IDs 1 – 1000

(This document contains the list of references for claims which the Commission has asked EFSA to prioritise in the evaluation.)

BACKGROUND

In accordance with Article 13 of Regulation (EC) No 1924/2006 Member States had provided the European Commission with lists of claims accompanied by the conditions applying to them and by references to the relevant scientific justification by 31 January 2008.

EFSA has received from the European Commission nine Access databases with a consolidated list of 4,185 main health claim entries with around 10,000 similar health claims. The similar health claims were accompanied by the conditions of use and scientific references. The nine Access databases were sent in three batches - in July 2008, in November 2008 and in December 2008.

Subsequently, EFSA combined the databases into one master database and re-allocated upon request of the Commission and Member States similar health claims which had been accidentally placed under a wrong main health claim entry (misplaced claims). During this process some Member States also identified a number of similar health claims which still needed to be submitted to EFSA (“missing claims”). These similar claims were also added to the database.

In March 2010, the European Commission forwarded to EFSA an addendum to the consolidated list containing an additional 452 main entry claims which have been added to the updated final database which was published on the EFSA website in May 2010 (containing 4,637 main entry claims).

The references to the scientific justifications provided by Member States were either included in the database or were provided in separate files. In addition, full-text copies of references were provided directly to EFSA from stakeholders. The deadline for submission of these references was end of 2008. EFSA wishes to acknowledge the full-text copies of relevant literature provided by stakeholders until that date. In some instances, references provided to EFSA were referring to papers which were submitted for publication. In case the publication had in the meanwhile taken place EFSA has included the correct citation in the list of references and this may result in some references carrying a 2009 or 2010 publication date.

EFSA has screened all health claims on the list using six criteria established by the NDA Panel to identify claims for which EFSA considers sufficient information has been provided for evaluation and those for which more information or clarification is needed before evaluation can be carried out. The claims which had been sent back to the Commission and the Member States for further clarification in January 2009 were received back with additional information in November 2009.

Further information can be found on the EFSA website under the following link: http://www.efsa.europa.eu/EFSA/efsa_locale-1178620753812_article13.htm.

LIST OF REFERENCES
The present document compiles the lists of references for claims with ID numbers between 1 and 1000 and which the Commission has asked EFSA to prioritise in the evaluation. The list takes into account references provided through different sources and those coming from misplaced or missing claims. The main health claim entries are sorted in ascending order of the ID number.

This document has been updated according to the progress of adoption of opinions related to Article 13 health claims. References for ID numbers which have been added to the document after the last update of 4 October 2010 have been highlighted in red font.
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1 Ordonnance du Conseil Fédéral Suisse du Mars 1995 sur le denrées alimentaires et les objets usuels (ODAIIOUs).
2 Permitted Health Claims (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations Section B.01.603.

ID 2: “All vitamins” and “Reproduction”


SCF (Scientific Committee on Food) and Scientific Panel on Dietetic Products Nutrition and Allergies (NDA), 2006. Tolerable Upper Intake Levels for Vitamins and Minerals. EFSA (European Food Safety Authority), Parma.

ID 3: “All vitamins” and “Conception”


SCF (Scientific Committee on Food) and Scientific Panel on Dietetic Products Nutrition and Allergies (NDA), 2006. Tolerable Upper Intake Levels for Vitamins and Minerals. EFSA (European Food Safety Authority), Parma.

ID 4: “All vitamins and minerals” and “Multivitamin supplementation to sustain vitality while aging”


ID 5: “All vitamins and minerals” and “Vitamins and minerals during pregnancy and lactation”


ID 6: “Vitamins, minerals, lysine and/or arginine and/or taurine” and “Nutritional support during the period of growth for physical development”

ID 7: “Vitamins, minerals, trace elements and omega-3 fatty acids (incl. DHA)” and “Supply and maintenance of normal levels of vitamins, minerals, trace elements and fatty acids (DHA) in pregnant and lactating and non-lactating women, as well as for women planning to become pregnant”


ID 8: “Vitamins, minerals, trace elements and standardized ginseng G115 extract (Pharmaton capsules, film coated tablets, effervescent)” and “To cover increased needs of vitamins, minerals, trace elements and Ginseng G115 extract specifically in cases of exhaustion, tiredness, feeling of weakness, decreasing concentration as well as decreasing mental alertness”


ID 9: “Vitamins, minerals, trace elements and standardized ginseng G115 extract (Pharmaton Activit G effervescent tablets)” and “Physical and mental health”


ID 10: “All vitamins, minerals and trace-elements” and “The role of vitamins and minerals during pregnancy and lactation”

13 SCF (Scientific Committee on Food) and Scientific Panel on Dietetic Products Nutrition and Allergies (NDA), 2006. Tolerable Upper Intake Levels for Vitamins and Minerals. EFSA (European Food Safety Authority), Parma.

ID 11: “B vitamins (Riboflavin (B2), Niacin, Pyridoxine (B6), vitamin B12, Biotin, Pantothenic Acid, Folic Acid), vitamin C, calcium, magnesium and zinc” and “Stress management”


ID 12: “All vitamins, minerals and trace-elements” and “Weight management”


ID 13: “Vitamin A” and “Bone growth and development of teeth”

Permitted Health Claims (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations Section B.01.603.


ID 14: “Vitamin A” and “Cell differentiation including immune system”

1 Ordonnance du Conseil Fédéral Suisse du 23 novembre 2005 sur les denrées alimentaires et les objets usuels (ODAIIOUs).
2 Andreae-Noris Zahn AG, Vitamin A (Retinol).


EVM (Expert Group on Vitamins and Minerals), 2002. Revised Review of Vitamin A.


SCF (Scientific Committee on Food), 2002. Opinion on the tolerable upper intake level of preformed vitamin A (retinol and retinyl esters).

SCF (Scientific Committee on Food), 2003. Opinion on the tolerable upper intake Level of Zinc.


ID 15: “Vitamin A” and “Structure and function of the skin and mucous membranes (such as in the lung, intestines, nose, eyes and female reproductive tract)”

Liste der in der Schweiz zulässigen Anpreisungen für Vitamine und Mineralstoffe.

Avis de la commission interministérielle d’étude des produits destinés à une alimentation particulière (CEDAP) en date du 18 décembre 1996 sur les recommandations relatives au caractère non trompeur des seuils des allégations nutritionnelles fonctionnelles. BOCCRF (Bulletin Officiel de la Concurrence, de la Consommation et de la Répression des fraudes) du 7 octobre 1997.


Permitted Health Claims (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations Section B.01.603.


EVM (Expert Group on Vitamins and Minerals), 2002. Revised Review of Vitamin A.


20 SCF (Scientific Committee on Food), 2000. Opinion on the Tolerable Upper Intake Level of Beta Carotene.
21 SCF (Scientific Committee on Food), 2002. Opinion on the Tolerable Upper Intake Level of Preformed Vitamin A (retinol and retinyl esters).

**ID 16: “Vitamin A” and “Vision”**

1 Avis de la commission interministérielle d’étude des produits destinés à une alimentation particulière (CEDAP) en date du 18 décembre 1996 sur les recommandations relatives au caractère non trompeur des seuils des allégations nutritionnelles fonctionnelles. BOCCRF (Bulletin Officiel de la Concurrence, de la Consommation et de la Répression des fraudes) du 7 octobre 1997.
3 Permitted Health Claims (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations Section B.01.603.
5 Aue K, Ernährung aktuell: Vitamin A für Augen, Knochen und Immunsystem.


37 SCF (Scientific Committee on Food), 2000. Opinion on the Tolerable Upper Intake Level of Beta Carotene.
SCF (Scientific Committee on Food), 2002. Opinion on the Tolerable Upper Intake Level of Preformed Vitamin A (retinol and retinyl esters).


ID 17: “Vitamin A” and “Bone/Teeth/Hair/Skin and Nail health”


3 EVM (Expert Group on Vitamins and Minerals), 2002. Revised Review of Vitamin A.


13 SCF (Scientific Committee on Food), Reports.

14 SCF (Scientific Committee on Food), 2002. Opinion on the Tolerable Upper Intake Level of Preformed Vitamin A (retinol and retinyl esters).

ID 18: “Vitamin A” and “Energy and Vitality”


ID 19: “Beta carotene” and “Antioxidants and aging”


Torbergsen AC and Collins AR, 2000. Recovery of human lymphocytes from oxidative DNA damage; the apparent enhancement of DNA repair by carotenoids is probably simply an antioxidant effect. Eur J Nutr, 39, 80-85.


ID 20: “Vitamin B1 (Thiamin)” and “Cardiac function”


SCF (Scientific Committee on Food), 2000. Opinion on Tolerable Upper Intake Level of Vitamin B1.


ID 21: “Vitamin B1 (Thiamin)” and “Energy and Carbohydrate metabolism”

Permitted Health Claims (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations Section B.01.603.


Avis de la commission interministérielle d’étude des produits destinés à une alimentation particulière (CEDAP) en date du 18 décembre 1996 sur les recommandations relatives au caractère non trompeur des seuils des allégations nutritionnelles fonctionnelles. BOCCRF (Bulletin Officiel de la Concurrence, de la Consommation et de la Répression des fraudes) du 7 octobre 1997.

Liste der in der Schweiz zulässigen Anpreisungen für Vitamine und Mineralstoffe.


**ID 22: “Vitamin B1 (Thiamin)” and “Neurological function”**


ID 23: “Thiamin (B1)” and “Vitamin/mineral supplementation to reduce fatigue and tiredness in situations of inadequate micronutrient status”


ID 24: “Vitamin B1” and “Macronutrient metabolism”

ID 25: “Vitamin B1” and “Bone/Teeth/ Hair / Skin and Nail health”

6 SCF (Scientific Committee on Food) and Scientific Panel on Dietetic Products Nutrition and Allergies (NDA), 2006. Tolerable Upper Intake Levels for Vitamins and Minerals. EFSA (European Food Safety Authority), Parma.

ID 26: “Vitamin B1” and “Energy and Vitality”


ID 27: “Vitamin B1” and “Neurological and cardiac systems”

ID 28: “Thiamin” and “Thiamin participates as a coenzyme in the carbohydrate metabolism”


ID 29: “Vitamin B2 (Riboflavin)” and “Energy metabolism”

1 Avis de la commission interministérielle d’étude des produits destinés à une alimentation particulière (CEDAP) en date du 18 décembre 1996 sur les recommandations relatives au caractère non trompeur des
seuils des allégations nutritionnelles fonctionnelles. BOCCRF (Bulletin Officiel de la Concurrence, de la Consommation et de la Répression des fraudes) du 7 octobre 1997.

2 Permitted Health Claims (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations Section B.01.603.


8 COMA (Committee on Medical Aspects of Food Policy), 1997. Dietary Reference Values for Food Energy and Nutrients for the United Kingdom.


Talking Food, Vitamine – kleine Menge, große Wirkung. Wo stecken sie drin und was sind ihre Aufgaben?, http://www.talkingfood.de/ernaehrungswissen/nahrstoffe/TITEL-Vitamine_%96_kleine_Menge__gro%DFe_Wirkung,22.html.

ID 30: “Vitamin B2” and “Transport and metabolism of iron”


ID 31: “Vitamin B2” and “Required for the normal structure of mucous membranes (such as the surface of the tongue, the mouth, eyes and intestines).”


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ID 32: “Vitamin B2” and “Mental performance (where mental performance stands for those aspects of brain and nerve functions which determine aspects like concentration, learning, memory and reasoning, as well as resistance to stress)”


**ID 33: “Vitamin B2” and “Bone/Teeth/ Hair / Skin and Nail health”**


**ID 35: “Riboflavin” and “Riboflavin participates in oxidation-reduction reactions in numerous metabolic pathways and in energy production via respiratory chain”**


ID 36: “Riboflavin (vitamin B2)” and “Macronutrient metabolism”


ID 37: “Riboflavin (vitamin B2)” and “Healthy iron status”


ID 38: “Riboflavin (Vitamin B2)” and “Fetal Growth”


ID 39: “Riboflavin (vitamin B2)” and “Eyes”


ID 40: “Riboflavin (vitamin B2)” and “Red blood cells”


ID 41: “Riboflavin (B2)” and “Vitamin/mineral supplementation to reduce fatigue and tiredness in situations of inadequate micronutrient status”


ID 42: “Riboflavin (B2)” and “Release of energy from food”


ID 43: “Niacin (Vitamin B3)” and “Energy metabolism Nutrient utilisation”


Avis de la commission interministérielle d’étude des produits destinés à une alimentation particulière (CEDAP) en date du 18 décembre 1996 sur les recommandations relatives au caractère non trompeur des seuils des allégations nutritionnelles fonctionnelles. BOCCRF (Bulletin Officiel de la Concurrence, de la Consommation et de la Répression des fraudes) du 7 octobre 1997.


Permitted Health Claims (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations Section B.01.603.


ID 44: “Niacin” and “Neurological functions”

1. Liste der in der Schweiz zulässigen Anpreisungen für Vitamine und Mineralstoffe.
2. Permitted Health Claims (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations Section B.01.603.
ID 45: “Niacin” and “Normal structure and function of skin and mucous membranes (such as the intestines)”


ID 46: “Niacin (nicotinic acid)” and “Blood lipids”


Vacek JL, Dittmeier G, Chiarelli T, White J, Bell HH, 1995. Comparison of lovastatin (20 mg) and nicotinic acid (1.2 g) with either drug alone for type II hyperlipoproteinemia. Am J Cardiol, 76, 182-184.


ID 47: “Niacin” and “Vitamin/mineral supplementation to reduce fatigue and tiredness in situations of inadequate micronutrient status”


ID 48: “Niacin” and “Structure and function of skin”

6. SCF (Scientific Committee on Food), 2002. Opinion on the Tolerable Upper Intake Levels of Nicotinic Acid and Nicotinamide

ID 49: “Niacin” and “Macronutrient metabolism”


ID 50: “Vitamin B3” and “Bone/Teeth/ Hair / Skin and Nail health”

ID 51: “Vitamin B3” and “Energy and Vitality”


ID 52: “Niacin (Vitamin B3)” and “Skin and mucous membranes”

1 Ordonnance du Conseil Fédéral Suisse du Mars 1995 sur les denrées alimentaires et les objets usuels (ODAIIOUs).
6 SCF (Scientific Committee on Food), 2002. Opinion on the Tolerable Upper Intake Levels of Nicotinic Acid and Nicotinamide

ID 53: “Niacin (Vitamin B3)” and “Neurologic system”

5 SCF (Scientific Committee on Food), 2002. Opinion of the Scientific Committee on Food on the Tolerable Upper Intake Levels of Nicotinic Acid and Nicotinamide.

ID 54: “Niacin ” and “NAD and NADP. These nucleotides are key components of oxidation-reduction reactions, ATP synthetic pathways and ADP-ribose transfer reactions.”

ID 55: “Niacin” and “The role of vitamins and minerals in mental performance (where mental performance stands for those aspects of brain and nerve functions which determine aspects like concentration, learning, memory and reasoning)”


ID 56: “Pantothenic Acid (Vitamin B5)” and “Fat and carbohydrate metabolism”

1 Liste der in der Schweiz zulässigen Anpreisungen für Vitamine und Mineralstoffe.
3 Ordonnance du Conseil Fédéral Suisse du 23 novembre 2005 sur les denrées alimentaires et les objets usuels (ODAIOU)S.
4 Ordonnance du Conseil Fédéral Suisse du Mars 1995 sur les denrées alimentaires et les objets usuels (ODAIOU)S.
Permitted Health Claims (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations Section B.01.603.


Health Canada Natural Health Products Directorate (NHPD), Regulatory Requirements for Vitamin/Mineral Supplements in Nonprescription Drug Products.


ID 57: “Pantothenic Acid” and “Mental performance (where mental performance stands for those aspects of brain and nerve functions which determine aspects like concentration, learning, memory and reasoning, as well as resistance to stress)”


ID 58: “Pantothenic Acid” and “The role of vitamins and minerals in mental performance (where mental performance stands for those aspects of brain and nerve functions which determine aspects like concentration, learning, memory and reasoning)”

ID 59: “Pantothenic Acid” and “Macronutrient metabolism”


ID 60: “Vitamin B5 (Pantothenic Acid)” and “Energy metabolism”


ID 61: “Vitamin B5 ” and “Bone/Teeth/Hair/Skin and Nail health”

2. EVM (Experts Group on Vitamins and Minerals), 2002. Draft reports

ID 62: “Vitamin B5” and “Energy and Vitality”

ID 63: “Pantothenic Acid” and “Vitamin/mineral supplementation to reduce fatigue and tiredness in situations of inadequate micronutrient status”


ID 64: “Pantothenic acid ” and “Metabolism of fat”


4 SCF (Scientific Committee on Food), 2002. Opinion on the Tolerable Upper Intake Level of Pantothenic Acid.

ID 65: “Vitamin B6 (pyridoxine)” and “Protein and Glycogen/ stored carbohydrate metabolism”


2 Avis de la commission interministérielle d’étude des produits destinés à une alimentation particulière (CEDAP) en date du 18 décembre 1996 sur les recommandations relatives au caractère non trompeur des seuils des allégations nutritionnelles fonctionnelles. BOCCRF (Bulletin Officiel de la Concurrence, de la Consommation et de la Répression des fraudes) du 7 octobre 1997.

3 Permitted Health Claims (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations Section B.01.603.


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ID 66: “Vitamin B6 (pyridoxine)” and “Nervous system function”


ID 67: “Vitamin B6 ” and “Transport and metabolism of iron”


ID 68: “Vitamin B6 ” and “Immune system function”


**ID 69: “Vitamin B6 ” and “An essential co-factor in fatty acid metabolism that impacts upon hormonal health”**


5 De Souza MC, Walker AF, Robinson PA, Bolland K, 2000. A synergistic effect of a daily supplement for 1 month of 200 mg magnesium plus 50 mg vitamin B6 for the relief of anxiety-related premenstrual symptoms: a randomized, double-blind, crossover study. Journal of Women's Health & Gender-Based Medicine, 9, 131-139.


**ID 70: “Vitamin B6 (Pyridoxine)” and “Protein metabolism”**

1 Ordonnance du Conseil Fédéral Suisse du 23 novembre 2005 sur les denrées alimentaires et les objets usuels (ODAIIOUs).


SCF (Scientific Committee on Food), 2000. Opinion of the Scientific Committee on Food on the Tolerable Upper Intake Level of Vitamin B6.


ID 71: “Vitamin B6” and “Glucose and macronutrient metabolism”


ID 72: “Vitamin B6” and “Blood health”


ID 73: “Vitamin B6” and “Homocysteine levels”


26 SCF (Scientific Committee on Food), 2000. Opinion on Tolerable Upper Intake Level of Vitamin B6.


ID 74: “Vitamin B6” and “Bone/Teeth/ Hair / Skin and Nail health”

1 Talking Food, Vitamine – kleine Menge, große Wirkung. Wo stecken sie drin und was sind ihre Aufgaben?, http://www.talkingfood.de/ernaehrungswissen/nahrstoffe/TITEL-Vitamine_%96_kleine_Menge__gro%DFe_Wirkung,22.html.


ID 75: “Vitamin B6” and “Energy and Vitality”


ID 76: “Vitamin B6” and “Heart Health”


ID 77: “Vitamin B6” and “Heart Health”


ID 78: “Pyridoxine (B6)” and “Vitamin/mineral supplementation to reduce fatigue and tiredness in situations of inadequate micronutrient status”


ID 79: “Folate/ Folic acid (Vitamin B9)” and “Blood formation”

1 Ordonnance du Conseil Fédéral Suisse du 23 novembre 2005 sur les denrées alimentaires et les objets usuels (ODAIIOUs).
3 Permitted Health Claims (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations Section B.01.603.
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SCF (Scientific Committee on Food), 2000. Opinion on Tolerable Upper Intake Level of Folate.


ID 80: “Folate/ Folic acid (Vitamin B9)” and “Homocysteine metabolism”


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ID 81: “Folate” and “Mental performance (where mental performance stands for those aspects of brain and nerve functions which determine aspects like concentration, learning, memory and reasoning, as well as resistance to stress)”


Ganji V and Kafai MR, 2004. Frequent consumption of milk, yogurt, cold breakfast cereals, peppers, and cruciferous vegetables and intakes of dietary folate and riboflavin but not vitamins B-12 and B-6 are inversely associated with serum total homocysteine concentrations in the US population. Am J Clin Nutr, 80, 1500-1507.


ID 83: “Folate” and “Eye health”

1 Ordonnance du Conseil Fédéral Suisse du 23 novembre 2005 sur les denrées alimentaires et les objets usuels (ODAIOUUs).


ID 84: “Folic Acid” and “Vitamin/mineral supplementation to reduce fatigue and tiredness in situations of inadequate micronutrient status”


ID 85: “Folic acid” and “The role of vitamins and minerals in mental performance (where mental performance stands for those aspects of brain and nerve functions which determine aspects like concentration, learning, memory and reasoning)”


ID 86: “Folate” and “Cognitive function”


ID 87: “Folic acid” and “Eye health, folic acid with vitamin E and C”


ID 88: “Folic acid” and “Cognitive health”


ID 90: “Folic acid” and “The role of water-soluble vitamins in energy metabolism / transformation of food into physiological energy”

ID 91: “Folic acid” and “The role of vitamins and minerals in immunity”


**ID 92: “Vitamin B12 (cyanocobalamin)” and “Blood formation”**

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ID 93: “Vitamin B12 (cyanocobalamin)” and “Cell division (such as in the gastrointestinal tract)”


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**ID 94: “Folic Acid (Vitamin B9)” and “Vascular function / Cardiovascular health”**


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ID 95: “Vitamin B12 (cyanocobalamin)” and “Neurological system: structure and function”

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ID 96: “Vitamin B12 (cyanocobalamin)” and “Homocysteine metabolism”


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ID 97: “Vitamin B12” and “Neurological system: structure and function”


ID 98: “Vitamin B12” and “Cognitive function in ageing”


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**ID 99: “Vitamin B12” and “Energy metabolism: propionate and amino acids”**


**ID 100: “Vitamin B12” and “Structure and function of the neurological system”**


SCF (Scientific Committee on Food), 2000. Opinion on the Tolerable Upper Intake Level of Vitamin B12.

**ID 101: “Vitamin B12” and “Blood function”**


**ID 102: “Vitamin B12” and “Nerve system and cognitive function”**


**ID 103: “Vitamin B12” and “Homocysteine levels”**

ID 104: “Vitamin B12” and “Bone/Teeth / Hair / Skin and Nail health”


ID 105: “Vitamin B12” and “Energy and Vitality”


ID 106: “Vitamin B12” and “Heart Health”

1 Ordonnance du Conseil Fédéral Suisse du 23 novembre 2005 sur les denrées alimentaires et les objets usuels (ODAI0Us).
2 Permitted Health Claims (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations Section B.01.603.
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ID 107: “Vitamin B12” and “The role of vitamins and minerals in immunity”


**ID 108:** “Vitamin B12” and “Vitamin/mineral supplementation to reduce fatigue and tiredness in situations of inadequate micronutrient status”


ID 109: “Vitamin B12” and “The role of vitamins and minerals in mental performance (where mental performance stands for those aspects of brain and nerve functions which determine aspects like concentration, learning, memory and reasoning)”


ID 110: “Vitamin B12” and “Neural Tube Development”


ID 111: “Vitamin B12” and “Strong healthy bones”


ID 112: “Folic acid, vitamins B12, B6” and “Homocysteine metabolism”


ID 113: “Biotin” and “Protein and amino acid metabolism”

18 SCF (Scientific Committee on Food), 2001. Opinion on the Tolerable Upper Intake Level of Biotin.

ID 114: “Biotin” and “Fat, carbohydrate, energy metabolism”

ID 115: “Biotin” and “Normal structure and function of skin and mucosa”


ID 116: “Biotin” and “Neurological system function”


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ID 119: “Biotin” and “Vitamin/mineral supplementation to reduce fatigue and tiredness in situations of inadequate micronutrient status”


ID 120: “Biotin” and “The role of vitamins and minerals in mental performance (where mental performance stands for those aspects of brain and nerve functions which determine aspects like concentration, learning, memory and reasoning)”


ID 121: “Biotin” and “Bone/Teeth/ Hair / Skin and Nail health”


ID 122: “Biotin” and “Energy and Vitality”


ID 123: “Vitamin K” and “Bone structure”


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ID 124: “Vitamin K1 + K2” and “Hearth health”


ID 125: “Vitamin K2” and “Vascular health ”


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ID 127: “Vitamin K” and “Bone integrity”


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ID 128: “Vitamin K” and “Bone calcification”

6 SCF (Scientific Committee on Food), 2003. Opinion on the Tolerable Upper Intake Level of Vitamin K.

ID 129: “Vitamin C” and “Protection of body tissues and cells from oxidative damage. Antioxidant activity/Antioxidant”

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SNF (Swedish Nutrition Foundation), 2004. Health claims in the labelling and marketing of food products. The food sector’s code of practice.


ID 130: “Vitamin C” and “Structure and function of blood vessels”

Avis de la commission interministérielle d’étude des produits destinés à une alimentation particulière (CEDAP) en date du 18 décembre 1996 sur les recommandations relatives au caractère non trompeur des seuils des allégations nutritionnelles fonctionnelles. BOCCRF (Bulletin Officiel de la Concurrence, de la Consommation et de la Répression des fraudes) du 7 octobre 1997.


Permitted Health Claims (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations Section B.01.603.


ID 131: “Vitamin C” and “Connective tissue - structure and function: bones, teeth, gums, skin, healing processes. Normal collagen formation”

1 Liste der in der Schweiz zulässigen Anpreisungen für Vitamine und Mineralstoffe.
2 Avis de la commission interministérielle d’étude des produits destinés à une alimentation particulière (CEDAP) en date du 18 décembre 1996 sur les recommandations relatives au caractère non trompeur des seuils des allégations nutritionnelles fonctionnelles. BOCCRF (Bulletin Officiel de la Concurrence, de la Consommation et de la Répression des fraudes) du 7 octobre 1997.
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**ID 132: “Vitamin C” and “Iron absorption”**


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ID 133: “Vitamin C” and “Neurological system function”

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ID 134:**“Vitamin C” and “Immune system function”**


SNF (Swedish Nutrition Foundation), 2004. Health claims in the labelling and marketing of food products. The food sector’s code of practice.


ID 135: “Vitamin C” and “Energy metabolism: carnitine biosynthesis”


**ID 136: “Vitamin C” and “Healthy gums”**


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ID 137: “Vitamin C” and “Healthy skin”

4 EVM (Expert Group on Vitamins and minerals), 2002. Review of Vitamin C.

**ID 138: “Vitamin C” and “Antioxidants and ageing”**


**ID 139: “Vitamin C” and “Vitamin/mineral supplementation to reduce fatigue and tiredness in situations of inadequate micronutrient status”**


**ID 140: “Vitamin C” and “The role of vitamins and minerals in mental performance (where mental performance stands for those aspects of brain and nerve functions which determine aspects like concentration, learning, memory and reasoning)”**


ID 141: “Vitamin C” and “Eye health, free radical scavenger”


ID 142: “Vitamin C” and “Eye health”


**ID 143: “Vitamin C” and “Cell protection from free radical damage”**


**ID 144: “Vitamin C” and “Oxidative stress” and “Acts as antioxidant and helps protect the body tissues against the potentially damaging effects of free radicals”**


ID 145: “Vitamin C” and “Energy and Vitality”


ID 146: “Vitamin C” and “Promotes the antioxidative function of lutein”

ID 147: “Vitamin–C 1” and “Due to its reducing power vitamin C can improve absorption of non-haem iron”


ID 148: “Vitamin – C 2” and “Antioxidant properties”


ID 149: “Vitamin-C 3” and “Vitamin C is a cofactor for several enzymes involved in the biosynthesis of collagen”

1 Ordonnance du Conseil Fédéral Suisse du Mars 1995 sur les denrées alimentaires et les objets usuels (ODAIIOUs).
ID 150: “Vitamin D” and “Bone health/bone strength. Includes bone structure, bone mineralisation, bone desity”

3. Liste der in der Schweiz zulässigen Anpreisungen für Vitamine und Mineralstoffe.
5. Permitted Health Claims (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations Section B.01.603.


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ID 151: “Vitamin D” and “Teeth mineralization”


2 Avis de la commission interministérielle d’étude des produits destinés à une alimentation particulière (CEDAP) en date du 18 décembre 1996 sur les recommandations relatives au caractère non trompeur des seuils des allégations nutritionnelles fonctionnelles. BOCCRF (Bulletin Officiel de la Concurrence, de la Consommation et de la Répression des fraudes) du 7 octobre 1997.

3 Permitted Health Claims (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations Section B.01.603.


ID 152: “Vitamin D” and “Absorption and utilisation of Calcium, Phosphorus”

1 Avis de la commission interministérielle d’étude des produits destinés à une alimentation particulière (CEDAP) en date du 18 décembre 1996 sur les recommandations relatives au caractère non trompeur des seuils des allégations nutritionnelles fonctionnelles. BOCCRF (Bulletin Officiel de la Concurrence, de la Consommation et de la Répression des fraudes) du 7 octobre 1997.


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SCF (Scientific Committee on Food) and Scientific Panel on Dietetic Products Nutrition and Allergies (NDA), 2006. Tolerable Upper Intake Levels for Vitamins and Minerals. EFSA (European Food Safety Authority), Parma.


**ID 153: “Vitamin D” and “Cell division”**


Avis de la commission interministérielle d’étude des produits destinés à une alimentation particulière (CEDAP) en date du 18 décembre 1996 sur les recommandations relatives au caractère non trompeur des seuils des allégations nutritionnelles fonctionnelles. BOCCRF (Bulletin Officiel de la Concurrence, de la Consommation et de la Répression des fraudes) du 7 octobre 1997.

Permitted Health Claims (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations Section B.01.603.


17 SCF (Scientific Committee on Food), 2002. Opinion of the Scientific Committee on Food on the Tolerable Upper Intake Level of Vitamin D.

18 SNF (Swedish Nutrition Foundation), 2004. Health claims in the labelling and marketing of food products. The food sector’s code of practice.


ID 154: “Vitamin D” and “Immune system”

1 Ordonnance du Conseil Fédéral Suisse du 23 novembre 2005 sur les denrées alimentaires et les objets usuels (ODAIIOUs).

2 Avis de la commission interministérielle d’étude des produits destinés à une alimentation particulière (CEDAP) en date du 18 décembre 1996 sur les recommandations relatives au caractère non trompeur des seuils des allégations nutritionnelles fonctionnelles. BOCCRF (Bulletin Officiel de la Concurrence, de la Consommation et de la Répression des fraudes) du 7 octobre 1997.

3 Permitted Health Claims (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations Section B.01.603.


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ID 155: “Vitamin D” and “Muscle”

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ID 156: “Vitamin D” and “Endocrine/thyroid metabolism”


ID 157: “Vitamin D” and “Normal blood calcium levels”


ID 158: “Vitamin D” and “Normal bone and tooth formation”


ID 159: “Vitamin D3” and “Vitamin D3 has long been known to aid in calcium absorption, but new research shows that D3 also plays a role in cardiovascular function and supports healthy inflammatory response”

6  NHPD (Natural Health Products Directorate), 2009. Canadian Food and Drug Regulations C.R.C., c. 870. Health claims (Sections B.01.600 - B.01.603).
10  SNF (Swedish Nutrition Foundation), 2004. Health claims in the labelling and marketing of food products. The food sector’s code of practice.

ID 160: “Vitamin E” and “Protection of body tissues, cells, membranes and lipids from oxidative damage (such as the oxidation of polyunsaturated fatty acids in red blood cell membranes). Antioxidant activity”

1  Avis de la commission interministérielle d’étude des produits destinés à une alimentation particulière (CEDAP) en date du 18 décembre 1996 sur les recommandations relatives au caractère non trompeur des seuils des allégations nutritionnelles fonctionnelles. BOCCRF (Bulletin Officiel de la Concurrence, de la Consommation et de la Répression des fraudes) du 7 octobre 1997.
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ID 161: “Vitamin E” and “Normal immune system function”


29 Landmark K, 1998. [Vitamin E is beneficial for the immune system in the elderly]. Tidsskr Nor Laegeforen, 118, 4403-4404.


ID 162: “Vitamin E” and “The role of vitamins and minerals in immunity”

Avis de la commission interministérielle d’étude des produits destinés à une alimentation particulière (CEDAP) en date du 18 décembre 1996 sur les recommandations relatives au caractère non trompeur des seuils des allégations nutritionnelles fonctionnelles. BOCCRF (Bulletin Officiel de la Concurrence, de la Consommation et de la Répression des fraudes) du 7 octobre 1997.


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60  SNF (Swedish Nutrition Foundation), 2004. Health claims in the labelling and marketing of food products. The food sector’s code of practice.


**ID 163: “Vitamin E” and “The role of vitamins and minerals in immunity”**


ID 164: “Vitamin E” and “Bone/Teeth/Hair/Skin and Nail health”

1 Permitted Health Claims (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations Section B.01.603.


3 Avis de la commission interministérielle d’étude des produits destinés à une alimentation particulière (CEDAP) en date du 18 décembre 1996 sur les recommandations relatives au caractère non trompeur des seuils des allégations nutritionnelles fonctionnelles. BOCCRF (Bulletin Officiel de la Concurrence, de la Consommation et de la Répression des fraudes) du 7 octobre 1997.


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SNF (Swedish Nutrition Foundation), 2004. Health claims in the labelling and marketing of food products. The food sector’s code of practice.


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ID 165: “Vitamin E” and “Energy and Vitality”

7. SCF (Scientific Committee on Food) and Scientific Panel on Dietetic Products Nutrition and Allergies (NDA), 2006. Tolerable Upper Intake Levels for Vitamins and Minerals. EFSA (European Food Safety Authority), Parma.

ID 166: “Vitamin E” and “Hearth health”


SCF (Scientific Committee on Food), 2003. Opinion on the Tolerable Upper Intake Level of vitamin E.


ID 167: “Vitamin E” and “Eye health; vitamin E, C are found in the lens of the eye; acts jointly with vitamin C”


**ID 168: “Vitamin E” and “Eye health”**


ID 169: “ZMA (comprises the minerals zinc and magnesium, and also contains vitamin B6)” and “Supports an increase in muscle strength when taken in conjunction with resistance exercise”


ID 171: “Dexpanthenol” and “Energy metabolism”


SCF (Scientific Committee on Food), 2002. Opinion on the Tolerable Opinions on Tolerable Upper Intake Level of Pantothenic Acid.

ID 172: “Dexpanthenol” and “Fat metabolism”


SCF (Scientific Committee on Food), 2002. Opinion on the Tolerable Opinions on Tolerable Upper Intake Level of Pantothenic Acid.

ID 173: “Multivitamin-mineral products” and “Bones and teeth “


ID 174: “Multivitamin-mineral products” and “Skin, hair and nails”


ID 175: “Folic acid (syn.: Vitamin B9)” and “Cardiovascular health”


**ID 176: “Calcium L-methylfolate (syn.: L-5-methyltetra-hydrofolic acid, calcium salt; Vitamin B9), MetafolinTM” and “Cardiovascular health”**


ID 178: “Beta carotene” and “Skin ageing/skin health”


ID 179: “Beta carotene in combination with vitamin C and E” and “Eye health and vision”


ID 181 “Vitamin B5 (Pantothenic acid)” and “Synthesis and metabolism of steroid hormones, A, D, B12 vitamins, neurotransmitters”


ID 182: “Vitamin E” and “Antioxidant activity and cognitive function”


ID 183: “Vitamin E” and “Mental state and performance”


ID 184: “Group B vitamins” and “Carbohydrates and energy metabolism”


ID 185: “Vitamin B6” and “Mental state and performance”


ID 193: “Name of Food product: Folate/ Folic Acid. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Folic Acid is essential for cell division. Do benefits relate to a disease risk factor: No. Target group: All adults aged 18 years and over”

1 Avis de la commission interministérielle d’étude des produits destinés à une alimentation particulière (CEDAP) en date du 18 décembre 1996 sur les recommandations relatives au caractère non trompeur des seuils des allégations nutritionnelles fonctionnelles. BOCCRF (Bulletin Officiel de la Concurrence, de la Consommation et de la Répression des fraudes) du 7 octobre 1997.


10 SCF (Scientific Committee on Food), 2000. Opinion on the Tolerable Upper Intake Level of Folate.

ID 195: “Vitamine B9 Complément alimentaire” and “la Folate (Vitamine B9) participe au métabolisme des protéines”


ID 197: “B-caroten” and “Protection of tissues and skin against oxidant agents (sun rays exposure) Antioxidant activity”


37 Torbergsen AC and Collins AR, 2000. Recovery of human lymphocytes from oxidative DNA damage; the apparent enhancement of DNA repair by carotenoids is probably simply an antioxidant effect. Eur J Nutr, 39, 80-85.


ID 198: “Beta-carotene” and “Immune health in relation to UV-radiation”


ID 199: “Vitamin B6 (Pyridoxine)” and “Homocysteine metabolism”


van Dijk RA, Rauwerda JA, Steyn M, Twisk JW, Stehouwer CD, 2001. Long-term homocysteine-lowering treatment with folic acid plus pyridoxine is associated with decreased blood pressure but not with
improved brachial artery endothelium-dependent vasodilation or carotid artery stiffness: a 2-year, randomized, placebo-controlled trial. Arterioscler Thromb Vasc Biol, 21, 2072-2079.


ID 200: “Beta-Carotene” and “Immune health/Immune function”


ID 201: “Beta carotene in combination with vitamin E and vitamin C” and “Eye health and vision”


Wirtschafter ZT and Walsh JR. 1963. Adrenocortical alterations induced by deficiency and excess of pantothenic acid. Endocrinology, 72, 725-734.


ID 206: “Vitamin A” and “Metabolism of iron”


ID 207: “Riboflavin” and “Antioxidant properties”


ID 208: “Panthotenic acid” and “Carbohydrate and amino-acid metabolism”


ID 209: “Vitamin A” and “Oxidative Stress. Acts as antioxidant and helps protect the body tissues against the potentially damaging effects of free radicals.”


ID 210: “Folsäure und Vitamin B12 (Cobalamin)” and “Knochendichte/Knochengesundheit“


ID 211: “Niacin” and “niacin enhances the blood flow because of its vascular dilatation effect”


ID 212: “Vitamin B12” and “supports folic acid metabolism, in succession: DNA synthesis”


ID 213: “Vitamin B2” and “nervous system: formation of the myelin sheath”


ID 214: “Vitamin B6“ and “musele metabolism: shares in biochemical reaction which are needed for mucle contraction”


ID 215: “Vitamin D3” and “Vitamin D3 steigert die Resorption von Calcium aus dem Darm, indem es in der Dünndarmschleimhaut die Bildung eines calciumbindenden Proteins induziert”

1 Ordonnance du Conseil Fédéral Suisse du 23 novembre 2005 sur les denrées alimentaires et les objets usuels (ODAIUOs).


ID 216: “Vitamin E” and “blood circulation”

ID 217: “All minerals” and “Development”

4 Permitted Health Claims (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations Section B.01.603.
15 SNF (Swedish Nutrition Foundation), 2004. Health claims in the labelling and marketing of food products. The food sector’s code of practice.

ID 218: “Boron” and “Bone health”


38 Miggiano GA and Gagliardi L, 2005. [Diet, nutrition and bone health]. La Clinica terapeutica, 156, 47.


Palacios C, 2006. The role of nutrients in bone health, from A to Z. Critical Reviews in Food Science and Nutrition, 46, 621-628.


SCF (Scientific Committee on Food), 2000. Guidelines for the development of tolerable upper intake levels for vitamins and minerals.


ID 219: “Boron” and “Joint health/Bone metabolism”


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Palacios C, 2006. The role of nutrients in bone health, from A to Z. Critical Reviews in Food Science and Nutrition, 46, 621-628.


SCF (Scientific Committee on Food), 2000. Guidelines for the development of tolerable upper intake levels for vitamins and minerals.


ID 220: “Boron as boric acid” and “Joint health”


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**ID 222: “Boron as boric acid” and “Thyroid health”**


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ID 249: “Iron” and “Red blood cell and haemoglobin formation”

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ID 250: “Iron” and “Oxygen transport to the tissues”

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ID 257: “Iron“ and “Neurological development in embryos”


ID 258: “Iron” and “Metabolism of foreign substances”

ID 259: “Iron” and “Normal functioning of the immune system”


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ID 272: “Copper” and “Vitamin/mineral supplementation to reduce fatigue and tiredness in situations of inadequate micronutrient status”


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ID 281: “Selenium” and “Hair & Nail formation”


ID 282: “Selenium” and “Thyroid function”


ID 283: “Selenium” and “Antioxidants and aging”


ID 284: “Selenium” and “Prostate Health”


**ID 285: “Selenium” and “Brain Health”**


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ID 291: “Zinc” and “Immune system”

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**ID 292: “Zinc” and “DNA synthesis/cell division”**

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**ID 297: “Zinc” and “Normal fertility”**


**ID 298: “Zinc” and “Reproductive development”**

ID 299: “Zinc” and “Required to maintain optimal muscle function”


ID 300: “Zinc” and “Reproduction in males”


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ID 307: “Zinc” and “Prostate Health”


ID 308: “Zinc” and “Thyroid Health”

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ID 312: “Manganese” and “Vitamin/mineral supplementation to reduce fatigue and tiredness in situations of inadequate micronutrient status”


ID 313: “Molybdenum” and “For amino acids (including uric acid) metabolism”


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**ID 316: “Sodium” and ” Nutrient absorption”**


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ID 320: “Potassium” and “Signal transduction and muscle contraction”

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ID 323: “Phosphorus” and “Vitamin/mineral supplementation to reduce fatigue and tiredness in situations of inadequate micronutrient status”


ID 324: “Phosphorus” and “Structure of bones and teeth”

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ID 326: “Chloride as Na-, K-, Ca-, Mg-salts” and “Stomach acid and digestion”


ID 327: “Phosphorus/Phosphates as Na-, K-, Ca-, Mg- salts” and “Bone and teeth structure ”


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ID 329: “Phosphorus/Phosphates as Na-, K-, Ca-, Mg-salts” and “Energy metabolism”


ID 330: “Citrates as Na-, K-, Ca-, Mg-salts” and “Acid/ base balance and bone health”


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**ID 336: “Sodium/salt” and “Effects on blood pressure. Target group: whole population”**


**ID 337: “Calcium phosphoryl oligosaccharide” and “Dental health”**


2. Avis de la commission interministérielle d’étude des produits destinés à une alimentation particulière (CEDAP) en date du 18 décembre 1996 sur les recommandations relatives au caractère non trompeur des
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ID 339: “Chromium” and “Weight control”


ID 341: “Molybdenum” and “Antioxidativity”


ID 342: “Magnesium” and “Carbohydrate metabolism and insulin sensitivity”


**ID 343: “Magnesium + green tea extract” and “Carbohydrate metabolism and insulin sensitivity”**


ID 344: “Magnesium” and “Cardiovascular system”


**ID 345: “Silicon” and “Gut health”**


**ID 347: “Argile verte” and “Système digestif. Antidiarrhéique”**


**ID 348: “Shells of Ostrea spp./Crassastrea spp. (oyster shell) are rich source of calcium” and “Premenstrual health: calcium alleviates premenstrual syndromes”**


**ID 349:** “Shells of Ostrea spp./Crassastrea spp. (oyster shell) are rich source of calcium” and “Cholesterol: calcium reduces LDL cholesterol ans increases HDL cholesterol. Calcium participates to the control of cholesterol”


**ID 350:** “Vitamin D + Calcium” and “Bone Health”

ID 351: “Magnesium” and “Antioxidant properties”


ID 352: “Magnesium” and “Immune system”


ID 353: “Sulphur” and “Essential part of the connective tissues, skin and hair”


ID 354: “Dairy Calcium” and “Bone Health, Bone structure, mineralisation & density”


ID 355: “Calcium” and “Normal functioning of digestion enzymes”


ID 356: “Iodine” and “Eye health/visual function”


ID 357: “Magnesium” and “Normal blood clotting”


ID 358: “Silicon (as stabilized oligomeric orthosilicic acid (OSA))” and “Immune health”


ID 359: “Sodium” and “Muscle function”


ID 360: “Zinc” and “Acid-base metabolism”


ID 361: “Zinc” and “Involvement in vitamin A metabolism and process of vision”


ID 362: “All minerals” and “The role of vitamins and minerals in metabolism”


ID 363: “Calcium” and “Cell functioning”


ID 364: “Magnesium” and “Protein synthesis”

No references provided.

ID 365: “Magnesium” and “Cell division”

No references provided.

ID 366: “Magnesium” and “Blood pressure”


ID 367: “Magnesium” and “Pregnancy”


ID 368: “Iron” and “Cell division”

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ID 370: “Iodine” and “Hair, nail, skin”


ID 371: “Fluoride” and “Bones”


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ID 373: “Phosphorus” and “Energy production”


ID 374: “Iron” and “fights against anemia/ tiredness”


ID 375: “Aliments contenant du Magnésium” et “Magnésium et stress : Magnesium is a mineral involved in stress and its reactions. On one hand, stress tends to reduce the magnesium status and, on the other hand, an exogenous or endogenous deficit in magnesium increases the stress response. It matters to maintain a suitable magnesium status in order to better react against stress.”


SCF (Scientific Committee on Food) and Scientific Panel on Dietetic Products Nutrition and Allergies (NDA), 2006. Tolerable Upper Intake Levels for Vitamins and Minerals. EFSA (European Food Safety Authority), Parma.


ID 376: “Magnesium hydroxide” and “Acide-base balance / Gastric acidity”

8 PDR (Physicians' Desk Reference), 2006. PDR for Nonprescription Drugs, Dietary Supplements, and Herbs. Thomson Reuters, Montvale.

ID 377: “Bicarbonate” and “Joue un rôle dans le processus digestif”


ID 378: “Magnésium” and “Fat metabolism: acid base balance”

**ID 379: “Magnesium” and “circulation”**


**ID 380: “Magnésium” and “fonctionnement musculaire”**


ID 381: “Magnésium” and “système nerveux”


Iakushev VS, Ruzhov AA, Mironova EV, 1989. [Changes in the concentration of nonesterified fatty acids and magnesium in emotional stress]. Fiziol Zh SSSR Im I M Sechenova, 75, 1146-1150.

Ising H, 1981. Interaction of noise-induced stress and Mg decrease. Artery, 9, 205-211.


ID 382: “Zinc” and “métabolisme glucidique”


ID 383: “Selenium” and “détoxification”


ID 384: “Haem iron present in meat, poultry and fish” and “Improvement in contribution to iron intake due to better availability”


ID 385: “Calcium (as a citrate salt derived from the red seaweed Lithothamnion Corallioides, Trade name Aquamin S). Description of food in terms of food legislation categories: Food supplement” and “Health benefits of food: Calcium promotes a healthy heart. Do benefits relate to a disease risk factor: No .Target group: All of the general population including children and adults”


9 Hsu HH and Culley NC, 2006. Effects of dietary calcium on atherosclerosis, aortic calcification, and icterus in rabbits fed a supplemental cholesterol diet. Lipids in Health and Disease, 5, 16.


ID 386: “Name of Food product: Potassium .Description of food in terms of food legislation categories: food not covered by specific food legislation .Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Potassium plays an important role in nerve function. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”


ID 387: “MSM - methylsulfonylmethane” and “pH balance”


ID 388: “MSM - methylsulfonylmethane” and “regeneration of cartilage”


ID 389: “Methylsulfonylmethane” and “Supports the human motion mechanism - might help with production of colagene”


ID 390: “MSM – methylsulfonylmethan” and “Strengthens the immune system function”


ID 391: “MSM – methylsulfonylmethan” and “Gastrointestinal system”


ID 392: “MSM – methylsulfonylmethan” and “Synthesis of amino acids”


ID 393: “MSM – methylsulfonylmethan” and “Metabolism of vitamins”


ID 394: “MSM - methylsulfonylmethan” and “Important for collagen synthesis in cartilage and for structure of bones, joints, teeth, hair and nails.”


ID 395: “MSM - methylsulfonylmethan” and “Joint health”


Appleton J, Unpublished. The anti-inflammatory effect of MSM.


ID 396: “Selenium” and “spermatogenesis”


ID 397: “Iron” and “activity of heart, liver and muscles”

ID 398: “Sodium bicarbonate and citric acid mixture” and “Anti-acid that helps digestion”

ID 399: “Mineral water/calcium” and “Significant effect on building of hair and nails”
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ID 400: “Calcium” and “Stoffwechsel”
1 DGE (Deutsche Gesellschaft für Ernährung), 2004. Ernährungsbericht.

ID 401: “Asparagus as vegetable: chrome content” and “Chrome is part of enzymes of the carbohydrate and lipmetabolism”

ID 402: “Iodine” and “energy metabolism”


ID 403: “Iodized Salt” and “Scientific based conclusions which determine prevention of iodine deficiency disorders”


3 BVL (Bundesamt für Verbraucherschutz und Lebensmittelsicherheit), Ausnahmegenehmigungen des BVL nach § 68 Lebensmittel- und Futtermittelgesetzbuches (LFGB) für das Inverkehrbringen von jodiertem Speisesalz mit Zusatz von Kaliumfluorid oder Natriumfluorid. Aktenzeichen 101 -222 -8346 -1/46


ID 404: “Beetroot as vegetable: manganese content” and “role of manganese within formation of tissue”

ID 405: “Manganese” and “Key function within metabolism (e.g. activation of enzymes)”


ID 406: “Gemüse / Rote Beete / Kalium” and “Aktivierung / Aufbau von Eiweiß / Kalium“


ID 407: “Kalium” and “Stoffwechsel”


ID 408: “Sellerieknolle mit Kraut (Apium graveolens)” and “Kalium - Wasser- und Elektrolytbalance; harntreibend”


ID 409: “Selenium” and “joint function”


ID 410: “Selenium” and “Key function within metabolism (e.g. GSH-peroxidase)”


ID 411: “Mineralwasser/Natriumchlorid” and “Appetit (Anregung)”


ID 412: “Zinc” and “Significant effect on building of hair and nails”


ID 413: “Protein” and “Supply of metabolic energy”


ID 414: “Protein” and “Satiety / Weight management”


ID 415: “Protein/ essential amino acids” and “Essential for growth, development and maintenance of the body/body tissues/body function”


British Nutrition Foundation, Protein, www.nutrition.org.uk


ID 416: “Protein ” and “Bone health”


ID 417: “Protein ” and “Muscle maintenance and recovery”


ID 418: “Whey protein” and “Promotes protein synthesis when taken after resistance exercise”


ID 419: “Whey protein” and “Supports an increase in lean body mass when combined with exercise and a hypercaloric diet”


Lemon PWR, Berardi JM, Noreen EE, 2002. The role of protein and amino acid supplements in the athlete’s diet: Does type or timing of ingestion matter? Current sports medicine reports, 1, 214-221.


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Bowen J, Noakes M, Clifton PM, 2006. Appetite regulatory hormone responses to various dietary proteins differ by body mass index status despite similar reductions in ad libitum energy intake. Journal of Clinical Endocrinology & Metabolism, 91, 2913-2919.


**ID 421: “Whey protein” and “Supports a gain in lean body mass during periods of energy restriction”**


**ID 422: “Whey protein” and “Supports an increase in strength when combined with resistance exercise”**


ID 423: “Whey protein” and “Is rapidly digested”


ID 424: “Whey protein” and “Supports a healthy immune system”


Rankin D and Darragh A, 2006. dietary protein in an endurance exercise recovery beverage—What is the value of whey?. Proceedings of the fourth international whey conference, Chicago, USA. American Dairy Products Institute, Elmhurst, IL.


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**ID 428: “Whey protein” and “Physical Performance”**

1 Alf D and Broja J, Comparison of a commercial intact whey protein sports drink with a peptide sports drink (PeptoPro®) in well trained athletes.

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ID 429: “Whey Prot*omegaein” and “Muscle strength and body composition”

1. Alf D and Broja J, Comparison of a commercial intact whey protein sports drink with a peptide sports drink (PeptoPro®) in well trained athletes.


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**ID 430:** “Whey protein” and “Cognitive function”


**ID 431:** “Whey protein Hydrolysate” and “Muscle Recovery”


ID 432: “Whey protein” and “Stress and mental health”


ID 433: “Glutamine” and “Immune system”


ID 434: “Glutamine” and “Supporting glycogen replenishment”


ID 435: “Soy Protein” and “Antioxidant health”


ID 436: “Beta alanine” and “Increases muscle carnosine, the intracellular buffering agent proposed to be responsible for the beneficial effects on short-duration high intensity exercise”


**ID 437: “Beta Alanine” and “Increasing Exercise Thresholds”**


ID 438: “Beta alanine” and “Increasing Time to Exhaustion”


ID 439: “Beta alanine” and “Increasing Training Volume & Work”


ID 440: “Tyrosine” and “Helps to support cognitive performance during exposure to environmentally adverse conditions”


ID 441: “GAKIC (amino acids glycine and arginine, with alpha-ketoisocaproic acid (KIC)” and “Improves exercise performance”


**ID 442: “Branched-chain amino acids” and “Reduces protein breakdown after exercise”**


ID 443: “Attenuates the decline in power output following exercise at high altitude” and “Reduces protein breakdown after exercise”


ID 444: “Attenuates the decline in power output following exercise at high altitude” and “Increases protein synthesis”


ID 445: “Attenuates the decline in power output following exercise at high altitude” and “Recovery. Increased protein synthesis in skeletal muscle during recovery from sustained strength exercise”


ID 446: “Branched-chain amino acids” and “Improves mental performance after exercise”


ID 447: “Branched-chain amino acids” and “Promotes recovery after exercise”


ID 448: “Branched-chain amino acids” and “Promotes muscle recovery after exercise”


ID 449: “Branched-chain amino acids” and “Help maintain a healthy immune system”


**ID 450:** “Branched-chain amino acids” and “BCAAs improve performance during sustained exercise”


**ID 451:** “Branched-chain amino acids (BCAA) L-leucine L-valine L-isoleucine” and “Improvement of muscle recovery after exercise Improvement of muscle protein synthesis”


Newsholme EA and Blomstrand E, 1996. The plasma level of some amino acids and physical and mental fatigue. Experientia, 52, 413-415.


**ID 452: “L-glutamine” and “Maintains healthy gastrointestinal tract and immune functions in stressful conditions”**


ID 453: “Lysine” and “For immune systems functions”


ID 454: “Lysine” and “For cardiovascular system functions”

ID 455: “Arginine” and “For immune system functions”


ID 456: “Arginine” and “For muscle integrity and haematopoiesis (red blood cells building)”


FAO (Food and Agriculture Organization), FAOSTAT Nutrition Data: Food Balance Sheets.


ID 458: “Carbohydrate” and “Energise. Re-energise post exercise”


SCF (Scientific Committee on Food ), 2001. Report of the Scientific Committee on Food on composition and specification of food intended to meet the expenditure of intense muscular effort, especially for sportsmen.


ID 459: “Carbohydrates” and “Physical endurance


34 SCF (Scientific Committee on Food ), 2001. Report of the Scientific Committee on Food on composition and specification of food intended to meet the expenditure of intense muscular effort, especially for sportsmen.


ID 460: “Carbohydrate foods and beverages” and “Attenuation of the perception of effort and reduction in pleasure”


ID 461: “Carbohydrate and protein combination” and “Recovery Combination optimizes muscle glycogen and protein synthesis”


ID 462: “Carbohydrate, protein and lipid combination” and “Recovery, Glycogen restoration through ingested carbohydrate, Muscle tissue building from the amino acids obtained from protein, Muscle lipid reloading by consuming the right amount of dietary fat”


ID 463: “Carbohydrates - non-cariogenic e.g. isomaltulose; tagatose, polyols, polydextrose. Absence of, or low, fermentable carbohydrates” and “Dental health”


ADA (American Dental Association), Role of Sugar-Free Foods and Medications in Maintaining Good Oral Health., http://www.ada.org/prof/resources/positions/statements/sugarfre.asp


BfR (Federal Institute for Risk Assessment), 2004. EU Novel Food Approval: Initial assessment report on the application made by Südzucker AG to place on the market the novel food ingredient isomaltulose (Palatinose®) in accordance with Article 6 of Regulation (EC) No 258/97.


CSPI (Center for Science in the Public Interest), FOSHU-approved products (partial list) classified by ingredients used and intended benefit or effect, 1991 to 1997.


European Commission, 2002. Opinion on Revision of the scientific opinion on the effects of xylitol and other polyols on caries development adopted by the Scientific Committee on Medicinal Products and Medical Devices on 2 June 1999. .


Imfeld T, 2006. Expert opinion following the requirements of the Swiss legislation (LMV Art 176) and the methodology as laid down in the US FDA 21 CFR §101.80. University of Zurich.


JHNFA (Japan Health Nutrition Food Association)-FOSHU (Foods for Specified Health Uses), 2004. In Japan, ISOMALT (hydrogenerated Palatinose, Palatinit) is a food and accepted FOSHU ingredient due to its dental properties.


60 SNF (Swedish Nutrition Foundation), 2004. Health Claims In the Labelling and Marketing of Food Products.
**ID 464: “Polydextrose” and “Dental health”**

1. FDA (Food and Drugs Administration). Code of Food Regulations 21 CFR Part 101 granting eligibility for oral health claims, after pH telemetry test.

**ID 465: “Carbohydrate electrolyte drinks” and “Hydration”**

SCF (Scientific Committee on Food), 2001. Report of the Scientific Committee on Food on composition and specification of food intended to meet the expenditure of intense muscular effort, especially for sportsmen.


ID 466: “Carbohydrate electrolyte drinks” and “Endurance; Increased endurance capacity; Increased endurance performance; Delayed Fatigue”


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**ID 468:** “Carbohydrate electrolyte drinks” and “Attenuation of the perception of effort and reduction in pleasure”

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**ID 469:** “Carbohydrate electrolyte drinks with elevated sodium” and “Endurance in heat”

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ID 470: “Carbohydrate foods and beverages” and “Endurance; Increased endurance capacity; Increased endurance performance; Delayed Fatigue”

11 SCF (Scientific Committee on Food), 2001. Report of the Scientific Committee on Food on composition and specification of food intended to meet the expenditure of intense muscular effort, especially for sportsmen.

ID 471: “Carbohydrate foods and beverages” and “Recovery, Enhanced muscle glycogen synthesis, Enhanced recovery”


SCF (Scientific Committee on Food), 2001. Report of the Scientific Committee on Food on composition and specification of food intended to meet the expenditure of intense muscular effort, especially for sportsmen.


ID 472: “Glucose and fructose” and “Endurance, Enhanced carbohydrate delivery to muscle”


ID 473: “Glucose and fructose” and “Better/Faster fluid delivery with a combination of carbohydrates than with glucose alone”


ID 474: “Carbohydrates that induce a low glycaemic response” and “Low impact on blood glucose/low glycaemic response/improved blood glucose control”


Wolever TM and Mehling C, 2003. Long-term effect of varying the source or amount of dietary carbohydrate on postprandial plasma glucose, insulin, triacylglycerol, and free fatty acid concentrations in subjects with impaired glucose tolerance. Am J Clin Nutr, 77, 612-621.


**ID 475: “Carbohydrates that induce a reduced glycaemic response” and “Lower impact on blood glucose/ lower glycaemic response; improved blood glucose control”**


47 Thomas DE, Elliott EJ, Baar L, 2007. Low glycaemic index or low glycaemic load diets for overweight and obesity. Cochrane Database of Systematic Reviews, -.
ID 476: “Carbohydrates with a low glycaemic load” and “Impact on blood glucose, Glycaemic control, Glycaemic response”


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ID 477: “Carbohydrates with a low glycaemic load” and “Serum cholesterol levels”


ID 478: “Carbohydrates with a low glycaemic load” and “Satiety”


**ID 479: “Carbohydrates with a low glycaemic load” and “Maintenance of a healthy weight”**


**ID 480: “Carbohydrates with a low glycaemic index (GI)” and “Impact on blood glucose / Glycemic control / Glycemic response”**


Wolever TMS and Mehling C, 2003. Long-term effect of varying the source or amount of dietary carbohydrate on postprandial plasma glucose, insulin, triacylglycerol, and free fatty acid concentrations in subjects with impaired glucose tolerance. American Journal of Clinical Nutrition, 77, 612-621.


ID 481: “Carbohydrates with a low glycaemic index (GI)” and “Serum cholesterol”


**ID 482: “Carbohydrates with a low glycaemic index (GI)” and “Satiety”**


“Carbohydrates with a low glycaemic response” and “Low impact on blood glucose / Low glycemic response / Improved blood glucose control (= benefits discussed with respect to the dietary management of body weight regulation, insulin sensitivity, obesity, diabetes, metabolic syndrome)”


Wolever TMS and Mehling C, 2003. Long-term effect of varying the source or amount of dietary carbohydrate on postprandial plasma glucose, insulin, triacylglycerol, and free fatty acid concentrations in subjects with impaired glucose tolerance. American Journal of Clinical Nutrition, 77, 612-621.


ID 484: “Carbohydrates with a reduced glycemic response ” and “Lower impact on blood glucose/ lower glycemic response; improved blood glucose control”


Wolever TMS and Mehling C, 2003. Long-term effect of varying the source or amount of dietary carbohydrate on postprandial plasma glucose, insulin, triacylglycerol, and free fatty acid concentrations in subjects with impaired glucose tolerance. American Journal of Clinical Nutrition, 77, 612-621.


ID 485: “Xylitol” and “Plaque reduction”


ID 486: “Xylitol” and “Tooth remineralisation”


ID 487: “Fats” and “Supply of metabolic energy”


ID 488: “Essential fatty acid Linoleic Acid (LA - omega 6 ) ” and “Molecule precursors regulating cell functions (prostaglandins, leukotrienes)”

1 British Nutrition Foundation, 1999. n-3 Fatty Acids and Health.

ID 489: “Essential fatty acid Linoleic Acid (LA - omega 6 ) ” and “Blood cholesterol”


FDA (Food and Drug Administration), FDA USA Authoritative Statement on MUFA from olive oil and CHD.


ID 490: “Essential fatty acid Alpha-linolenic acid (LNA - omega 3)” and “Growth and development and maintenance”


ID 491: “Essential fatty acid Alpha-linolenic acid (LNA - omega 3)” and “Brain development and maturation of neurosensorial functions”


SACN (Scientific Advisory Committee on Nutrition), 2004. Advice on Fish Consumption. Benefits and Risks.


ID 492: “Essential fatty acid Alpha-linolenic acid (LNA - omega 3)” and “Molecule precursors regulating cell functions (prostaglandins, leucotrines)”

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EFSA (European Food Safety Authority), 2005. Opinion of the Scientific Panel on Dietetic Products, Nutrition and Allergies on a request from the Commission related to nutrition claims concerning omega-3 fatty acids, monounsaturated fat, polyunsaturated fat and unsaturated fat. The EFSA Journal, 253, 1-29.


ID 494: “Gamma-linolenic acid (GLA; C18: 3n-6/C18: 3ω6) provided by evening primrose oil and/or borage (starflower) oil” and “Joint health”


ID 495: “Gamma-linolenic acid (GLA; C18: 3n-6/C18: 3?1-6) provided by evening primrose oil and/or borage (starflower) oil” and “Menstrual health”


ID 496: “Gamma linolenic acid” and “GLA reduces regaining weight in overweight individuals”


ID 497: “Fish oil” and “Brain / cognitive function”


ID 499: “Gamma-linolenic acid (GLA; C18: 3n-6/C18: 3?6) provided by evening primrose oil and/or borage (starflower) oil” and “Skin health”


ID 500: “Essential fatty acid, Alpha-linolenic acid (LNA - omega 3) “ and “A high LNA to LA ratio has positive effects on eicosanoids and thus protects against inflammatory and thrombotic reactions”


BNF (British Nutrition Foundation), 1999. n-3 Fatty Acids and Health.


SACN (Scientific Advisory Committee on Nutrition), 2004. Advice on Fish Consumption. Benefits and Risks.


ID 501: “Long chain Omega 3 fatty acids” and “Brain development, cognitive development and cognitive function”


Clandinin MT, 1999. Brain development and assessing the supply of polysaturated fatty acid. Lipids, 34, 131-137.


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ID 502: “Long chain Omega 3 fatty acids” and “Blood pressure - n-3 LC-PUFA cause relaxation in the neighbouring blood vessel to dilate influencing blood pressure”


5. No authors listed, 2004. Docosahexaensäure (DHA) fördert die geistige und visuelle Entwicklung des Kindes. PERILIP Consensus Conference on Dietary fat intake during the perinatal period, Wildbad, Germany.


Layne KS, Goh YK, Jumpsen JA, Ryan EA, Chow P, Clandinin MT, 1996. Normal subjects consuming physiological levels of 18:3(n-3) and 20:5(n-3) from flaxseed or fish oils have characteristic differences in plasma lipid and lipoprotein fatty acid levels. J Nutr, 126, 2130-2140.


5. Sanders TA, Lewis F, Slaughter S, Griffin BA, Griffin M, Davies I, Millward DJ, Cooper JA, Miller GJ, 2006. Effect of varying the ratio of n-6 to n-3 fatty acids by increasing the dietary intake of alpha-linolenic acid, eicosapentaenoic and docosahexaenoic acid, or both on fibrinogen and clotting factors VII and XII in persons aged 45-70 y: the OPTILIP study. Am J Clin Nutr, 84, 513-522.


ID 503: “Omega-3 fatty acids, DHA/EPA, Marine oils such as fish oil, cod liver oil containing DHA and EPA” and “Joint health”


ID 504: “Eicosapentaenoic acid (EPA; C20:5 n-3) + docosahexaenoic acid (DHA; C22:6 n-3) or long-chain n-3 (omega 3) polyunsaturated fatty acids (LC n-3 PUFA, LC omega 3 PUFA)” and “Cardiovascular System: maintenance and promotion of heart health and healthy circulation”


3 AFSSA (Agence française de sécurité sanitaire des aliments - French Food Safety Agency), No year listed. The omega 3 fatty acids and the cardiovascular system: nutritional benefits and claims.


14 EFSA (European Food Safety Authority), 2005. Opinion of the scientific panel on contaminants in the food chain on a request from the European parliament related to the safety assessment of wild and farmed fish. The EFSA Journal, 236, 1-118.
15 FDA (Food and Drug Administration), 2004. FDA response letter on "Health Claim Petition: Omega-3 Fatty Acids and Reduced Risk of Coronary Heart Disease (Docket No. 2003Q-0401)."
21 JHCI (Joint Health Claims Initiative), 2005. Generic claim assessment report of the Expert Committee to the JHCI Council ("Eating 3 g weekly, or 0.45 g daily, long chain omega-3 polyunsaturated fatty acids, as part of a healthy lifestyle, helps maintain heart health").
National Institute for Clinical Excellence, 2007. Appendices to the final version of "Clinical guideline on secondary prevention for patients following a myocardial infarction in primary and secondary care (post MI)".


Omega-3 Health Claim Consortium, 2004. “Eating long chain omega-3 polyunsaturated fatty acids, as part of a healthy lifestyle, has been shown to help maintain heart health” - A Generic Health Claim Submission by the Omega-3 Health Claim Consortium to the JHCl.


Marine oils such as cod liver oil and fish oil containing eicosapentaenoic acid (EPA; C20:5 n-3) + docosahexaenoic acid (DHA; C22:6 n-3) or long-chain n-3 (omega 3) polyunsaturated fatty acids (LC n-3 PUFA, LC omega 3 PUFA) or ‘Omega 3’ and “Joint health”


ID 506: “Omega 3 fatty acids” and “Normal cardiovascular function”


Clandinin MT, 1999. Brain development and assessing the supply of polyunsaturated fatty acid. Lipids, 34, 131-137.


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ID 507: “Fish oil, omega 3 fatty acids” and “Joint health”

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**ID 508: “Omega 3 fatty acids” and “Eye health”**


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**ID 509: “Omega” and “Heart health”**


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**ID 510:** “DHA+EPA - long chain omega 3 fatty acids” and “Eye, brain and heart health”


**ID 511:** “Long chain Omega 3 fatty acids (EPA/DPA/DHA)” and “Joint health”

1. NHPD (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate), Fish Oil Monograph.


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**ID 606: “Omega 3” and “Métabolisme du calcium”**


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ID 638: “Gamma-linolenic acid (GLA)” and “Maintaining hands and feet in good condition (supportive measure for microcirculation and peripheral nerves)”


**ID 639:** “Gamma-linolenic acid (GLA)” and “Skin health”


ID 640: “Gamma-linolenic acid (GLA)” and “Supportive measure during menstrual cycle (helps relieve painful breasts)”


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ID 642: “Gamma-linolenic acid + eicosapentaenoic acid (GLA+EPA)” and “Bone health”


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Conjugated linoleic acid (CLA) and Weight management


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**ID 697: “Evening primrose oil and fish oil” and “Bone health”**


ID 699: “Glutamine” and “Muscle function”


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<th>ID 711: “Phosphatidylserine” and “Memory and cognitive functioning in the elderly”</th>
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<th>ID 712: “Phospholipids (Phosphatidyl choline, Phosphatidyl ethanolamine, Phosphatidyl inositol, Lysophosphatidyl cholin)” and “Liver health”</th>
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ID 713: “Phytosterols (mixture of Beta-sitosterol, Campesterol, Stigmasterol, Brassicasterol, Stigmastanol, Ergostanol, Campestanol)” and “Cholesterol metabolism”

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ID 714: “Phytosterols (mixture of Beta-sitosterol, Campesterol, Stigmasterol, Brassicasterol, Stigmastanol, Ergostanol, Campestanol)” and “Prostate health”


ID 715: “Protein” and “Supports skeletal muscle protein accretion”


**ID 716: “Stearic acid” and “Lipid metabolism”**


ID 717: “Vitamins, minerals, trace elements and omega-3 fatty acids (incl. DHA) (Pharmaton Mayeslle)” and “Supply and maintenance of normal levels of vitamins, minerals, trace elements and fatty acids (DHA) in pregnant and lactating and non-lactating women, as well as for women planning to become pregnant”


ID 718: “Carbohydrates in dairy products” and “Foods with a low glycemic index (GI) give a low and slow blood glucose response”


ID 719: “Glutamine” and “Increasing cell swelling / volumization”


ID 720: “Glutamine” and “Abundance in the body”


ID 721: “Glutamine” and “Supporting exercise recovery”


ID 722: “Glutamine” and “Muscle protein metabolism”


ID 723: “Glutamine” and “Supporting glucose homeostasis”


ID 724: “Lactose naturally present in dairy products” and “Dental health”


ID 725: “Whey protein peptides” and “Maintaining vascular health”


ID 726: “Conjugated linoleic acid (CLA)” and “Weight management”


ID 727: “Azúcares de frutas de bajo índice glicémico” and “Disminución de la respuesta glicémica”


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ID 729: “Acido oleico” and “Salud cardiovascular”


ID 731: “CLA (conjugated linoleic acid)” and “Supports lean body mass (intake of CLA reduces body fat and increases lean body mass)”


ID 732: “Essential fatty acid Linoleic Acid (LA - omega 6)” and “Brain development and maturation of neurosensorial functions”


ID 733: “Glutamine” and “Immune health”


ID 734: “Phosphatidylserine” and “Mental health / Cognitive function”


ID 735: “Caffeine (from tea/coffee/chocolate or added in pure form)” and “Fat metabolism/Energy expenditure”


ID 736: “Caffeine (from tea/coffee/chocolate or added in pure form)” and “Cognitive and mental performance”


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ID 739: “Creatine” and “Energy metabolism”


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ID 741: “Essentielle Fettsäuren (Omega 6 und Omega 3) in Nußöl” and “Minderung des Arterioskleroserisikos, entzündungshemmend”


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ID 748: “Dietary fibre” and “Normal glucose homeostasis”


ID 749: “Dietary fibre” and “Normal immune function”


ID 750: “Dietary fibre” and “Cholesterol level”


843


ID 751: “Sugar beet fibre” and “Bowel function”

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ID 758: “Acacia gum (gum Arabic)” and “prebiotic action: increase in beneficial bacteria in the colon”


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ID 761: “Galactoligo-saccharide (Arabino-galactans or Gum Acacia)” and “Beneficial effect on intestinal microflora, gut integrity, digestion”


ID 762: “Galacto-oligosaccharides” and “Helps maintain a healthy immune response in the elderly”


ID 763: “Galacto-oligosaccharides” and “Maintains a healthy normal digestive system”


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ID 771: “Oligofructose-enriched inulin (specific selection of short & long chains) from chicory” and “Increased calcium absorption”


ID 772: “Oligofructose-enriched inulin (specific selection of short & long chains) from chicory” and “Increased bone mineral density”


ID 773: “Chicory oligofructose” and “Increased inner protection/ resistance”


ID 774: “Fructoligosaccharides from sucrose” and “Prebiotic / Bifidogenic”

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ID 776: “Fructooligosaccharides from sucrose” and “Increase mineral (Ca/Mg) absorption”


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**ID 784: “Polydextrose” and “Improves the bowel function”**


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ID 791: “Partially Hydrolysed Guar Gum (PHGG)” and Immune health”


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ID 792: “Partially Hydrolysed Guar Gum (PHGG)” and “Energy and vitality”


ID 793: “PHGG” and “Lipid management”


ID 795: “Guar Gum” and “Satiety”


ID 796: “Fibersol-2™ Brand name Pinefiber® in Japan (Chemical name in Japan:Indigestible dextrin.Also called resistant dextrin within the European Union)” and “Postprandial blood glucose”


ID 797: “Fibersol-2™ Brand name Pinefiber® in Japan (Chemical name in Japan: Indigestible dextrin.Also called resistant dextrin within the European Union)” and “Bowel function”


ID 798: “Isomalto-oligosaccharides” and “Low Glycemic Index”


ID 799: “Isomalto-oligosaccharides” and “Prebiotic”


ID 800: “Isomalto-oligosaccharides” and “Normal bowel function/gastrointestinal function/colonic function”


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**ID 808: “Guar Gum” and “Cholesterol maintenance”**


ID 809: “Sugar beet fibre” and “Contributes to healthy cholesterol levels”


**ID 810: “Soluble dietary fibre” and “Heart and circulatory system”**


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ID 817: “Isomalto-oligosaccharides” and “Cholesterol maintenance”


ID 818: “Pectins” and “Cholesterol maintenance”


ID 819: “Barley grain fibre” and “Gut health”


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ID 837: “Xanthan” and “Bowel functions”


ID 838: “Xanthan” and “Appetite control”


ID 839: “Wheat Bran and Wheat Bran Enriched Foods” and “Intestinal transit time; Intestinal health”


**ID 840: “Acacia gum (gum arabic)” and “Acacia gum and renal function”**


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ID 846: “Wheat Dextrin” and “Mineral adsorption”


ID 847: “Beta-glucan of Saccharomyces cerevisiae” and “Immune health”


**ID 848: “Inulin/Oligofructose” and “Improved intestinal conditions (pH, SCFA production) and intestinal functions”**


ID 849: “Inulin/Oligofructose” and “Improved Calcium/Ca absorption/uptake”


ID 850: “Oats beta-glucan” and “Beta-glucan improves digestive function”


ID 851: “Oats beta-glucan” and “Beta-glucan increases satiety, prolongs satiety”


ID 852: “Barley beta-glucan” and “Beta-glucan increases satiety, prolongs satiety”


ID 853: “Hydrolised guar gum” and “Bowel function”


ID 854: “Glucomanan” and “Weight management”


ID 855: “Name of Food product: Total Dietary Fibre Description of food in terms of food legislation categories: food not covered by specific food legislation Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: People who have a diet high in fibre / People who eat foods high in fibre tend to have a healthy heart. Do benefits relate to a disease risk factor: No Target group: All adults aged 18 years and over”


ID 856: “Alpha-cyclodextrin (a soluble dietary fiber)” and “Glucose homeostasis”


ID 857: “Bioactive oligosaccharide, e.g. glucosylated phenylethanoides” and “Glucosylated phenylethanoides have in vitro a high antioxidative capacity (more effective than vitamin E)”


ID 858: “Bioaktive Oligosaccharide, wie z. B. glykosylierte Phenylethanoide” and “Glykosylierte Phenylethanoide beugten in vitro Ermüdungserscheinungen von Skelettmuskelzellen vor”


ID 859: “Bifidobacterium bifidum I-3426” and “Digestive health”


**ID 860:** “Bifidobacterium bifidum I-3426” and “Immune defenses / support of immunity”


**ID 861:** “Bifidobacterium bifidum CNCM I-373” and “Digestive Health”


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**ID 875: “Bifidobacterium infantis UCC35624” and “Improved Intestinal Flora balance, promotes gut barrier function”**


ID 876: “Bifidobacterium infantis I-3424” and “Immune defenses / support of immunity”


ID 877: “Bifidobacterium longum I-3470” and “Digestive health”


ID 878: “Bifidobacterium longum I-3470” and “Immune defenses / support of immunity”


ID 879: “Lactobacillus acidophilus CNCM I-1722” and “Digestive health”

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ID 887: “Lactobacillus helveticus I-1722” and “Immune defenses / support of immunity”


ID 888: “Lactobacillus casei Lafti L26 (CBS 116.412)” and “Intestinal flora”


**ID 889: “Lactobacillus casei I-3429”and “Digestive health”**


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ID 920: “Bifidobacterium animalis ssp. lactis BB-12®, Lactobacillus acidophilus LA-5®, Lactobacillus bulgaricus LBY-27 and Streptococcus thermophilus STY-31” and “Gut flora”


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**ID 922: “Lactobacillus paracasei ssp. paracasei CRL-431 (=L. casei 431)and Lactobacillus acidophilus”and “Natural defence/ immune system”**


ID 923: “A combination of three probiotic ingredients; Lactobacillus casei F19, Bifidobacterium lactis Bb12 and Lactobacillus acidophilus La5”and “Intestinal flora/digestive health”


ID 924: “Bifidobacterium (BB12) fortified cultured milk (Hodzeko-Amasi)” and “Natural immune function”


ID 925: “Probiotics and Prebiotics as contained in the formula AntiBloat: Bifidobacterium bifidum (CNCM I-3426), Lactobacillus casei (CNCM MA 64U), Lactobacillus acidophilus (CNCM I-1722), Lactococcus lactis (CNCM MA67/4J), Fructooligosaccharides (FOS)”and “AntiBloat Probiotic & Prebiotic rebalances the gut with good bacteria to support healthy digestion and good intestinal passage and transit for a comfortably flatter stomach”


ID 926: “Lactobacilli Probiotics as contained in the probiotic formula A’Biotica / Lacidofil- Lactobacillus acidophilus- Lactobacillus rhamnosus”and “Maintains a healthy intestinal microflora balance during and after antibiotic therapy”


ID 927: “Probiotics (Saccharomyces boulardii) as contained in the probiotic formula DiarSafe: - Saccharomyces boulardii” and “Supports bowel health, comfort and function promoting intestinal well-being and normalizing the balance of intestinal flora”


ID 929: “Probiotics & Prebiotics as contained in the probiotic formula ProbioStart: Bifidobacterium infantis (CNCM I-3424), Bifidobacterium bifidum (CNCM I-3426), Lactobacillus acidophilus (CNCM I-1722), Fructooligosaccharides” and “Supports digestive health and natural immune defences for children and pregnant women”


ID 930: “Lactobacillus gasseri CECT5714 and Lactobacillus coryniformis CECT5711” and “Natural defence / immune system”


ID 931: “Lactobacillus gasseri PA 16/8, Bifidobacterium bifidum MF 20/5 and Bifidobacterium longum SP 07/3”and “Natural defence / immune system”


ID 932: “Lactobacillus johnsonii La-19/CLbA5 and Bifidobacterium animalis ssp. lactis Bf-6/Bif-6/CB111 (Biogarde®/Bioghurt®/Bigarde®/Bighurt®-Cultures)”and “Natural / immune defences”


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**ID 936: “Lactobacillus gasseri PA 16/8 and Bifidobacterium bifidum MF 20/5”and “Intestinal flora / digestive health / digestive system”**


ID 937: “Lactobacillus gasseri CECT5714 and Lactobacillus coryniformis CECT5711” and “Intestinal flora and intestinal transit”


ID 938: “Lactobacillus helveticus CNCM I-1722 and Bifidobacterium longum CNCM I-3470” and “Digestive system”


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**ID 965: “Bifidobacterium breve THT 010601” and “Digestive health/ Intestinal flora”**


**ID 966: “Bifidobacterium breve THT 010601” and “Natural defenses/ immune system”**


**ID 967: “Bifidobacterium longum bv infantis THT 010201” and “Digestive health/ Intestinal flora”**


ID 968: “Bifidobacterium longum bv infantis THT 010201” and “Natural defenses/ immune system”


ID 969: “Bifidobacterium longum THT 010301” and “Digestive health/ Intestinal flora”


**ID 970:** “Bifidobacterium longum THT 010301” and “Natural defenses/ immune system”


**ID 971:** “Bifidobacterium pseudolongum ssp pseudolongum THT 010501” and “Digestive health/ Intestinal flora”


ID 972: “Bifidobacterium pseudolongum ssp pseudolongum THT 010501” and “Natural defenses/ immune system”


ID 973: “Lactobacillus acidophilus THT 030102” and “Digestive health/ Intestinal flora”


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**ID 983: “Lactobacillus gasseri THT 031301” and “Digestive health/ Intestinal flora”**


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**ID 985: “Lactobacillus helveticus THT 031102” and “Digestive health/ Intestinal flora”**


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**ID 987: “Lactobacillus helveticusTHT 031101” and “Digestive health/ Intestinal flora”**


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ID 990: “Lactobacillus johnsonii BFE 6128” and “Natural defenses/ immune system”


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