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اشتراطات الادعاءات الصحية والتغذوية على المنتجات الغذائية

Requirements for Health and Nutrition Claims on Food Products

ICS: 67.040

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هذه الوثيقة مشروع لائحة فنية خليجية تم توزيعها لإبداء الرأي والملاحظات بشأنها، لذلك فإنها عرضة للتغيير والتبديل، ولا يجوز الرجوع إليها كلائحة فنية خليجية إلا بعد اعتمادها من الهيئة.

## Forwards

GCC Standardization Organization (GSO) is a regional Organization which consists of the National Standards Bodies of GCC member States. One of GSO main functions is to issue Gulf Standards/Technical regulations through specialized technical committees (TCs).

GSO through the technical program of committee TC No.: (.....) decided in its meeting No. ( ), which was held on ..... / ..... / ..... e, corresponding to .... Approval of updating the Gulf Technical Regulations No. (GSO 2333) (Food Requirements with Health and Nutrition Claims) that have been studied and prepared within the program of work of the Gulf Technical Committee No. TC05 Gulf Technical Committee for Food and Agricultural Specifications "presented in the plan of the Kingdom of Saudi Arabia.

## Requirements for Health and Nutrition Claims

### 1 Scope:

- 1/1 This standard is concerned with the permitted health, and nutrition claims and the conditions applying to them if being considered for use in the labeling or advertising of foods to be delivered to the final consumer.
- 1/2 This standard is intended to supplement the Recommendation of Nutrition and Health claims and General Guidelines on Claims. It does not apply to claims such as suitable for diabetics, gluten free, special medical purpose, foods for particular nutritional uses or other claims aimed at consumers with specific disorders.
- 1/3 Nutrition and health claims shall not be permitted for foods for infants and young children except if it is comply for the requirements of these products.

### 2 Complementary references:

- 2/1 GSO 9 “Labeling of prepackaged food stuffs”.
- 2/2 GSO 2233 “Requirements of nutrition labeling”.
- 2/3 GSO 1058 “foods for use in weight control diets”.

### 3 Definitions:

- 3/1 Claim: any message or representation, which is not mandatory under Community or national legislation, including pictorial, graphic or symbolic representation, in any form, which states, suggests or implies that a food has particular characteristics.
- 3/2 Health claim: any claim that states, suggests or implies that a relationship exists between a food category, a food or one of its constituents and health.
- 3/3 Nutrition claim: any claim that states, suggests or implies that a food has particular beneficial nutritional properties.

### 4 Requirements:

- 4/1 When writing a health or nutrition claim on a food product label, the amount of dietary components associated with the claim shall be declared in the nutrition facts.
- 4/2 Without prejudice to what is stated in the standards mentioned in sections 2/1 and 2/2, the following additional statements shall be made in the labeling of food that make health claims:
  - 4/2/1 A statement indicating the importance of a varied and balanced diet and a healthy lifestyle.
  - 4/2/2 The quantity of the food and pattern of consumption required to obtain the claimed beneficial effect.
  - 4/2/3 Where appropriate, a statement addressed to persons who should avoid using the food.
  - 4/2/4 An appropriate warning for food product that is likely to present a health risk if consumed to excess.
  - 4/2/5 Other statements should be mandatory depending on the specific claim.
- 4/3 If a related claim is made, the requirements of nutritional labeling in section 2/2 should be applied.

**5 The following claims shall not be permitted:**

- 5/1 Claims which make reference to the rate or amount of weight loss.
- 5/2 Claims which make reference to recommendations of individual doctors or health professionals cannot be made on food.
- 5/3 Claims which suggest that health could be affected by not consuming the food.
- 5/4 Claims show that a food can be used in the prevention, alleviation, treatment or cure of a disease, disorder or particular physiological condition.
- 5/5 Claims stating that any given food will provide an adequate source of all essential nutrients.
- 5/6 Claims implying that a balanced diet or ordinary foods cannot supply adequate amounts of all nutrients.
- 5/7 Claims which cannot be substantiated.
- 5/8 Claims which could give rise to doubt about the safety of similar food or which could arouse or exploit fear in the consumer.
- 5/9 Meaningless claims including incomplete comparatives and superlatives.
- 5/10 Claims as to good hygienic practice, such as “wholesome”, “healthful”, “sound”.

**6 List of permitted health, and nutrition claims used on food:**

- 6/1 Health Claims listed in table no. (1) are permitted to be used on food label and for advertising purposes. These claims should be accompanied with all necessary conditions (including restrictions & warnings) for their use.
- 6/2 Addition or use of substance or combination of substances mentioned in table no. (1) in food product shall be fulfilled to conditions of use.
- 6/3 Wording and presentation of claim to be made on food product should be truthful, clear, reliable and useful to the consumer. Flexibility with the wording of claims (including graphics and symbols) is allowed if it provides the same meaning for consumers as the listed in the tables (1 and 2) and they are not misleading.
- 6/4 Any health and nutrition claim made on food products label is prohibited unless it is fulfill in this standard.

Table (1) Permitted Health claims

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
1.	Activated charcoal	Activated charcoal contributes to reducing excessive flatulence after 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 the beneficial effect is obtained with 1 g which should be taken at least 30 minutes before and 1 g shortly after the meal.	reduction of excessive intestinal gas accumulation
2.	Alpha-cyclodextrin	Consumption of alpha-cyclodextrin as part of a starch-containing meal contributes to the reduction of the blood glucose rise after that meal	The claim may be used for food which contains at least 5 g of alpha-cyclodextrin per 50 g of starch in a quantified portion as part of the meal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming the alpha-cyclodextrin as part of the meal.	Reduction of post-prandial glycaemic responses
3.	Alpha-linolenic acid (ALA)	ALA contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which is at least a source of ALA as referred to in the claim SOURCE OF OMEGA 3 FATTY ACIDS as listed in the Table(2). Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of ALA.	maintenance of normal blood cholesterol concentrations
4.	$\alpha$ -linolenic acid (ALA) & linoleic acid (LA), essential fatty acids	Essential fatty acids are needed for normal growth and development of children.	Information to the consumer that the beneficial effect is obtained with a daily intake of 2 g of $\alpha$ -linolenic acid (ALA) and a daily intake of 10 g of linoleic acid (LA).	
5.	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 consuming the arabinoxylan (AX)-rich fibre produced from	reduction of post-prandial glycaemic responses

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
			wheat endosperm as part of the meal.	
6.	Barley beta-glucans	Barley beta-glucans has been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease	Information shall be given to the consumer that the beneficial effect is obtained with daily intake of 3 g of barley beta-glucan. The claim can be used for foods which provide at least 1 g of barley beta-glucan per quantified portion.	
7.	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 Table(2).	increase in faecal bulk
8.	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-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans.	maintenance of normal blood cholesterol concentrations
9.	Beta-glucans from oats and barley	Consumption of beta-glucans from oats or barley as part of a meal contributes to the reduction of the blood glucose rise after that meal	The claim 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.	reduction of post-prandial glycaemic responses
10.	Betaine	Betaine contributes to normal homocysteine metabolism	The claim may be used only for food which contains at least 500 mg of betaine 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 1,5 g of betaine. In order to bear the claim information shall be given to the consumer that a daily intake in excess of 4 g	contribution to normal homocysteine metabolism

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
			may significantly increase blood cholesterol levels.	
11.	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 Table (2).	energy-yielding metabolism
12.	Biotin	Biotin contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	function of the nervous system
13.	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 Table (2).	contribution to normal macronutrient metabolism
14.	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 Table (2).	contribution to normal psychological functions
15.	Biotin	Biotin contributes to the maintenance of normal hair	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	maintenance of normal hair
16.	Biotin	Biotin contributes to the maintenance of normal mucous membranes	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	maintenance of normal skin and mucous membranes
17.	Biotin	Biotin contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	maintenance of normal skin and mucous membranes
18.	Calcium	Calcium contributes to normal	The claim may be used only for food which is at least a	blood coagulation

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
		blood clotting	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 Table (2).	
19.	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 Table (2).	energy-yielding metabolism
20.	Calcium	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/S] as listed in the Table (2).	muscle function and neurotransmission
21.	Calcium	Calcium contributes to normal neurotransmission	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 Table (2).	muscle function and neurotransmission
22.	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 Table (2).	function of digestive enzymes
23.	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 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	regulation of cell division and differentiation
24.	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 Table (2).	maintenance of normal bones and teeth
25.	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 Table (2).	maintenance of normal bones and teeth



s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
			MINERAL/S] as listed in the Table (2).	
26.	Calcium	Calcium helps to reduce the loss of bone mineral in post-menopausal women. Low bone mineral density is a risk factor for osteoporotic bone fractures	The claim may be used only for food which provides at least 400 mg of calcium per quantified portion. Information shall be given to the consumer that the claim is specifically intended for women 50 years and older and the beneficial effect is obtained with a daily intake of at least 1 200 mg of calcium from all sources. For foods with added calcium the claim may be used only for those targeting women 50 years and older	
27.	Calcium	Calcium is needed for normal growth and development of bone in children.	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 Table (2).	
28.	Calcium and vitamin D	Calcium and vitamin D help to reduce the loss of bone mineral in post-menopausal women. Low bone mineral density is a risk factor for osteoporotic bone fractures	The claim may be used only for food supplements which provide at least 400 mg of calcium and 15 µg of vitamin D per daily portion. Information shall be given to the consumer that the claim is specifically intended for women 50 years and older and the beneficial effect is obtained with a daily intake of at least 1 200 mg of calcium and 20 µg of vitamin D from all sources. For food supplements with added calcium and vitamin D the claim may be used only for those targeting women 50 years and older	
29.	Calcium and vitamin D	Calcium and vitamin D are needed for normal growth and development of bone in children	The claim can be used only for food which is at least a source of calcium and vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	
30.	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions contribute to the maintenance of endurance performance during prolonged	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,	maintenance of endurance performance

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
		endurance exercise	such as glucose, glucose polymers and sucrose. In addition, these beverages should contain between 20 mmol/L (460 mg/L) and 50 mmol/L (1,150 mg/L) of sodium, and have an osmolality between 200-330 mOsm/kg water.	
31.	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	In order to bear the claim carbohydrate-electrolyte solutions should contain 80-350 kcal/L from carbohydrates, and at least 75 % of the energy should be derived from carbohydrates which induce a high glycaemic response, such as glucose, glucose polymers and sucrose. In addition, these beverages should contain between 20 mmol/L (460 mg/L) and 50 mmol/L (1,150 mg/L) of sodium, and have an osmolality between 200-330 mOsm/kg water.	enhancement of water absorption during exercise
32.	Carbohydrates	Carbohydrates contribute to the maintenance of normal brain function	In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 130 g of carbohydrates from all sources. The claim may be used for food which contains at least 20 g carbohydrates which are metabolised by humans, excluding polyols, per quantified portion and complies with the nutrition claim LOW SUGARS or WITH NO ADDED SUGARS as listed in the Table (2). The claim shall not be used on food which is 100% sugars.	Maintenance of normal brain function
33.	Carbohydrates	Carbohydrates contribute to the recovery of normal muscle function (contraction) after highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle	The claim may be used only for food which provides carbohydrates which are metabolised by humans (excluding polyols). Information shall be given to the consumer that the beneficial effect is obtained with the consumption of carbohydrates, from all sources, at a total intake of 4 g per kg body weight, at doses, within the first 4 hours and no later than 6 hours, following highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle. The claim	

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
			may be used only for foods intended for adults who have performed highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle.	
34.	Chewing gum sweetened with 100% xylitol	Chewing gum sweetened with 100% xylitol has been shown to reduce dental plaque. High content/level of dental plaque is a risk factor in the development of caries in children	Information to the consumer that the beneficial effect is obtained with a consumption of 2-3g of chewing gum sweetened with 100% xylitol at least 3 times per day after the meals	
35.	Chitosan	Chitosan contributes to the maintenance of normal blood cholesterol levels	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 consumer that the beneficial effect is obtained with a daily intake of 3 g of chitosan.	maintenance of normal blood LDL-cholesterol concentrations
36.	Chloride	Chloride contributes to normal digestion by production of hydrochloric acid in the stomach	The claim may be used only for food which is at least a source of chloride as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2). The claim cannot be used on chloride from the source sodium chloride	contribution to normal digestion by production of hydrochloric acid in the stomach
37.	Choline	Choline contributes to normal homocysteine metabolism	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.	Contribution to normal homocysteine metabolism
38.	Choline	Choline contributes to normal lipid metabolism	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.	Contribution to normal lipid metabolism
39.	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.	Maintenance of normal liver function

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
40.	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 Table (2).	contribution to normal macronutrient metabolism
41.	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 Table (2).	maintenance of normal blood glucose concentrations
42.	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 Table (2).	maintenance of connective tissues
43.	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 Table (2).	Contribution to normal energy-yielding metabolism
44.	Copper	Copper contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	Maintenance of the normal function of the nervous system
45.	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 Table (2).	maintenance of skin and hair pigmentation
46.	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 Table (2).	iron transport
47.	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	maintenance of skin and hair pigmentation

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
			[NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	
48.	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 Table (2).	Maintenance of the normal function of the immune system
49.	Copper	Copper contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	protection of DNA, proteins and lipids from oxidative damage
50.	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	increase in physical performance during short-term, high intensity, repeated exercise bouts
51.	Docosahexaenoic acid (DHA)	DHA 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.	maintenance of normal brain function
52.	Docosahexaenoic acid (DHA)	DHA contributes to the maintenance of normal blood triglyceride levels	The claim may be used only for food which provides a daily intake of 2 g of DHA and which contains DHA in combination with eicosapentaenoic acid (EPA). In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of DHA. When the claim is used on food supplements and/or fortified foods information shall also be given to consumers not to exceed a supplemental daily intake of 5 g of EPA and DHA combined. The claim shall not be used	Maintenance of normal (fasting) blood concentrations of triglycerides

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
			for foods targeting children.	
53.	Docosahexaenoic acid (DHA)	DHA contributes to the maintenance of normal vision	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.	maintenance of normal vision
54.	Docosahexaenoic acid (DHA)	Docosahexaenoic acid (DHA) intake contributes to the normal visual development of infants up to 12 months of age.	Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 100 mg of DHA. When the claim is used on follow-on formula, the food shall contain at least 0,3 % of the total fatty acids as DHA.	
55.	Docosahexaenoic acid (DHA)	Docosahexaenoic acid (DHA) maternal intake contributes to the normal brain development of the foetus and breastfed infants.	Information shall be given to pregnant and lactating women that the beneficial effect is obtained with a daily intake of 200 mg of DHA in addition to the recommended daily intake for omega-3 fatty acids for adults, i.e.: 250 mg DHA and EPA. The claim can be used only for food which provides a daily intake of at least 200 mg DHA	
56.	Docosahexaenoic acid (DHA)	Docosahexaenoic acid (DHA) maternal intake contributes to the normal development of the eye of the foetus and breastfed infants.	Information shall be given to pregnant and lactating women that the beneficial effect is obtained with a daily intake of 200 mg of DHA in addition to the recommended daily intake for omega-3 fatty acids for adults, i.e.: 250 mg DHA and eicosapentaenoic acid (EPA). The claim can be used only for food which provides a daily intake of at least 200 mg DHA.	
57.	Docosahexaenoic acid and Eicosapentaenoic acid (DHA/EPA)	DHA and EPA contribute to the maintenance of normal blood pressure	The claim may be used only for food which provides a daily intake of 3 g of EPA and DHA. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of EPA and DHA. When the claim is used on food supplements and/or fortified foods information shall also be	Maintenance of normal blood pressure

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
			given to consumers not to exceed a supplemental daily intake of 5 g of EPA and DHA combined. The claim shall not be used for foods targeting children.	
58.	Docosahexaenoic acid and Eicosapentaenoic acid (DHA/EPA)	DHA and EPA contribute to the maintenance of normal blood triglyceride levels	The claim may be used only for food which provides a daily intake of 2 g of EPA and DHA. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of EPA and DHA. When the claim is used on food supplements and/or fortified foods information shall also be given to consumers not to exceed a supplemental daily intake of 5 g of EPA and DHA combined. The claim shall not be used for foods targeting children.	Maintenance of normal (fasting) blood concentrations of triglycerides
59.	Eicosapentaenoic acid and docosahexaenoic acid (EPA/DHA)	EPA and DHA contribute to the normal function of the heart	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 Table (2). 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 EPA and DHA.	maintenance of normal cardiac function
60.	Dried plums of 'prune' cultivars ( <i>Prunus domestica</i> L.)	Dried plums/prunes contribute to normal bowel function	The claim may be used only for food which provides a daily intake of 100 g of dried plums (prunes). In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 100 g of dried plums (prunes).	Maintenance of normal bowel function
61.	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 Table (2).	maintenance of tooth mineralisation
62.	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	maternal tissue growth during pregnancy

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
			MINERAL/S] as listed in the Table (2).	
63.	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 SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	contribution to normal amino acid synthesis
64.	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 Table (2).	blood formation
65.	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 Table (2).	homocysteine metabolism
66.	Folate	Folate contributes to normal psychological function	The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	contribution to normal psychological functions
67.	Folate	Folate contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	function of the immune system
68.	Folate	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/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	reduction of tiredness and fatigue
69.	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 Table (2).	cell division
70.	Folic Acid	Supplemental folic acid intake	The claim may be used only for food supplements which	



s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
		increases maternal folate status. Low maternal folate status is a risk factor in the development of neural tube defects in the developing foetus.	provide at least 400 µg of folic acid per daily portion. Information shall be provided to the consumer that the target population is women of child-bearing age and the beneficial effect is obtained with a supplemental folic acid daily intake of 400 µg for at least one month before and up to three months after conception.	
71.	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 Table (2).	maintenance of normal blood LDL-cholesterol concentrations
72.	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 Table (2).	maintenance of normal blood pressure
73.	Fructose	Consumption of foods containing fructose leads to a lower blood glucose rise compared to foods containing sucrose or glucose	In order to bear the claim, glucose and/or sucrose should be replaced by fructose in sugar-sweetened foods or drinks so that the reduction in content of glucose and/or sucrose, in these foods or drinks, is at least 30%.	Reduction of post-prandial glycaemic responses
74.	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 - advice on taking with plenty of water to ensure substance reaches stomach.	maintenance of normal blood cholesterol concentrations
75.	Glucomannan (konjac	Glucomannan in the context of	The claim may be used only for food which contains 1 g of	reduction of body

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
	mannan)	an energy restricted diet contributes to weight loss	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 - advice on taking with plenty of water to ensure substance reaches stomach.	weight
76.	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 of 10 g of guar gum. Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.	Maintenance of normal blood cholesterol concentrations
77.	Hydroxypropyl methylcellulose (HPMC)	Consumption of Hydroxypropyl methylcellulose with a meal contributes to a reduction in the blood glucose rise after that meal	The claim may be used only for food which contains 4 g of HPMC per 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 4 g of HPMC as part of the meal. Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.	reduction of post-prandial glycaemic responses
78.	Hydroxypropyl methylcellulose (HPMC)	Hydroxypropyl methylcellulose contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which provides a daily intake of 5 g of HPMC. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 5 g of	maintenance of normal blood cholesterol concentrations

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
			HPMC. Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.	
79.	Iodine	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 Table (2).	contribution to normal cognitive and neurological function
80.	Iodine	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 Table (2).	contribution to normal energy-yielding metabolism
81.	Iodine	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 VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	contribution to normal cognitive and neurological function
82.	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 Table (2).	maintenance of skin
83.	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 Table (2).	contribution to normal thyroid function and production of thyroid hormones
84.	Iodine	Iodine contributes to the normal growth of children	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 Table (2).	
85.	Iron	Iron contributes to normal cognitive function	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF	cognitive function

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
			[NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	
86.	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 Table (2).	contribution to normal energy-yielding metabolism
87.	Iron	Iron contributes to normal formation of red blood cells and haemoglobin	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	formation of red blood cells and haemoglobin
88.	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 Table (2).	oxygen transport
89.	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 Table (2).	function of the immune system
90.	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 referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	reduction of tiredness and fatigue
91.	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 Table (2).	cell division
92.	Iron	Iron contributes to normal cognitive development of children	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 Table (2).	

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
93.	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 4500 FCC (Food Chemicals Codex) units with instructions to the target population to consume with each lactose containing meal. Information shall also be given to the target population that tolerance to lactose is variable and they should seek advice as to the role of this substance in their diet.	breaking down lactose
94.	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.	reduction in intestinal transit time
95.	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.	maintenance of normal blood cholesterol concentrations
96.	Live yoghurt cultures	Live cultures in yoghurt or fermented milk improve lactose digestion of the product in individuals who have difficulty digesting lactose	In order to bear the claim, yoghurt or fermented milk should contain at least $10^8$ Colony Forming Units live starter microorganisms ( <i>Lactobacillus delbrueckii</i> subsp. <i>bulgaricus</i> and <i>Streptococcus thermophilus</i> ) per gram.	improved lactose digestion
97.	Magnesium	Magnesium contributes to a reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	Reduction of tiredness and fatigue
98.	Magnesium	Magnesium contributes to electrolyte balance	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF	electrolyte balance

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
			MINERAL/S] as listed in the Table (2).	
99.	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 Table (2).	energy-yielding metabolism
100.	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 Table (2).	neurotransmission and muscle contraction including heart muscle
101.	Magnesium	Magnesium contributes to normal muscle function	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	neurotransmission and muscle contraction including heart muscle
102.	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 Table (2).	protein synthesis
103.	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 Table (2).	Contribution to normal psychological functions
104.	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 Table (2).	maintenance of bones
105.	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 Table (2).	maintenance of teeth
106.	Magnesium	Magnesium has a role in the	The claim may be used only for food which is at least a	cell division

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
		process of cell division	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 Table (2).	
107.	Manganese	Manganese contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	contribution to normal energy-yielding metabolism
108.	Manganese	Manganese contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	maintenance of bones
109.	Manganese	Manganese contributes to the normal formation of connective tissue	The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	contribution to normal formation of connective tissue
110.	Manganese	Manganese contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	metabolism of fatty acids
111.	Meal replacement for weight control	Substituting one daily meal of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss	In order to bear the claim, a food should comply with specifications laid down in standard mentioned in article 2/3. In order to achieve the claimed effect, one meal should be substituted with meal replacements daily.	Maintenance of body weight after weight loss
112.	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 standard mentioned in article 2/3. In order to achieve the claimed effect, two meals should be substituted with meal replacements daily.	Reduction in body weight
113.	Meat or fish	Meat or fish contributes to the improvement of 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	improvement of non-haem iron absorption

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
		absorption when eaten with other foods containing iron	order to bear the claim information shall be 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.	
114.	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.	Alleviation of subjective feelings of jet lag.
115.	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 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.	reduction of sleep onset latency.
116.	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 Table (2).	contribution to normal amino acid metabolism
117.	Monascus purpureus (red yeast rice)	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 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.	maintenance of normal blood LDL-cholesterol concentrations
118.	Monounsaturated and/or polyunsaturated fatty acids	Replacing saturated fats with unsaturated fats in the diet contributes to the maintenance of normal blood cholesterol	The claim may be used only for food which is high in unsaturated fatty acids, as referred to in the claim HIGH UNSATURATED FAT as listed in the Table (2).	Replacement of mixtures of saturated fatty acids (SFAs) as present in foods or diets with



s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
		levels [MUFA and PUFA are unsaturated fats]		mixtures of polyunsaturated fatty acids (PUFAs) and maintenance of normal blood LDL-cholesterol concentrations
119.	Monounsaturated and/or polyunsaturated fatty acids	Replacing saturated fats with unsaturated fats in the diet has been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease	The claim may be used only for food which is high in unsaturated fatty acids, as referred to in the claim HIGH UNSATURATED FAT as listed in the Table (2). The claim may only be used on fats and oils	
120.	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 Table (2).	contribution to normal energy-yielding metabolism
121.	Niacin	Niacin contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	function of the nervous system
122.	Niacin	Niacin contributes to normal psychological function	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	contribution to normal psychological functions
123.	Niacin	Niacin contributes to the maintenance of normal mucous membranes	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	maintenance of normal skin and mucous membranes
124.	Niacin	Niacin contributes to the	The claim may be used only for food which is at least a	maintenance of normal

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
		maintenance of normal skin	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 Table (2).	skin and mucous membranes
125.	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 Table (2).	reduction of tiredness and fatigue
126.	Non-digestible carbohydrates	Consumption of foods/drinks containing <name of all used non-digestible carbohydrates> instead of sugars induces a lower blood glucose rise after their consumption compared to sugar-containing foods/drinks.	In order to bear the claim, sugars should be replaced in foods or drinks by non-digestible carbohydrates, which are carbohydrates neither digested nor absorbed in the small intestine, 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 Table (2).	
127.	Non-fermentable• carbohydrates	Consumption of foods/drinks containing <name of all used non-fermentable carbohydrates> instead of fermentable carbohydrates contributes to the maintenance of tooth mineralisation.	In order to bear the claim, fermentable carbohydrates* should be replaced in foods or drinks by non-fermentable carbohydrates** in such amounts that consumption of such foods or drinks does not lower plaque pH below 5.7 during and up to 30 minutes after consumption.	
128.	Oat beta-glucan	Oat beta-glucan has been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease	Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of oat beta-glucan. The claim can be used for foods which provide at least 1g of oat beta glucan per quantified portion.	
129.	Oat grain fibre	Oat 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	increase in faecal bulk

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
			the Table (2).	
130.	Oleic acid	Replacing saturated fats in the diet with unsaturated fats contributes to the maintenance of normal blood cholesterol levels. Oleic acid is an unsaturated fat.	The claim may be used only for food which is high in unsaturated fatty acids, as referred to in the claim HIGH UNSATURATED FAT as listed in the Table (2).	maintenance of normal blood LDL-cholesterol concentrations
131.	Olive oil polyphenols	Olive oil polyphenols contribute to the protection of blood lipids from oxidative stress	The claim may be used only for olive oil which contains at least 5 mg of hydroxytyrosol and its derivatives (e.g. oleuropein complex and tyrosol) per 20 g of olive oil. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 20 g of olive oil.	protection of LDL particles from oxidative damage
132.	Pantothenic acid	Pantothenic acid contributes to normal energy-yielding metabolism	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 Table (2).	energy-yielding metabolism
133.	Pantothenic acid	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 Table (2).	mental performance
134.	Pantothenic acid	Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters	The claim may be used only for food which is at least a source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters
135.	Pantothenic acid	Pantothenic acid contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	reduction of tiredness and fatigue

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
136.	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 - advice on taking with plenty of water to ensure substance reaches stomach.	Reduction of post-prandial glycaemic responses
137.	Pectins	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 the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 6 g of pectins. Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.	maintenance of normal blood cholesterol concentrations
138.	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/S] as listed in the Table (2).	energy-yielding metabolism
139.	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 Table (2).	function of cell membranes
140.	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 Table (2).	maintenance of bone and teeth
141.	Phosphorus	Phosphorus contributes to the maintenance of normal teeth	The claim may be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE	maintenance of bone and teeth

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
			OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	
142.	Phosphorus	Phosphorus is needed for the normal growth and development of bone in children	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 Table (2).	
143.	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.	maintenance of normal blood cholesterol concentrations
144.	Plant sterols/Plant stanol esters	Plant sterols and plant stanol esters have been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease.	Information to the consumer that the beneficial effect is obtained with a daily intake of 1,5-3 g plant sterols/stanols. Reference to the magnitude of the effect may only be made for foods within the following categories: yellow fat spreads, dairy products, mayonnaise and salad dressings. When referring to the magnitude of the effect, the range "7 % to 10 %" for foods that provide a daily intake of 1,5-2,4 g plant sterols/stanols or the range "10 % to 12,5 %" for foods that provide a daily intake of 2,5-3 g plant sterols/stanols and the duration to obtain the effect "in 2 to 3 weeks" must be communicated to the consumer.	
145.	Plant sterols: Sterols extracted from plants, free or esterified with food grade fatty acids.	Plant sterols have been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease.	Information to the consumer that the beneficial effect is obtained with a daily intake of 1,5-3 g plant sterols. Reference to the magnitude of the effect may only be made for foods within the following categories: yellow fat spreads, dairy products, mayonnaise and salad dressings. When referring to the magnitude of the effect, the range "7 % to 10 %" for foods that provide a daily intake of 1,5-2,4 g plant sterols or the range "10 % to 12,5 %" for foods that provide a daily intake of 2,5-3 g plant sterols and the duration to obtain the effect "in 2 to 3 weeks" must be	

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
			communicated to the consumer.	
146.	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 Table (2).	Muscular and neurological function
147.	Potassium	Potassium contributes to normal muscle function	The claim may be used only for food which is at least a source of potassium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	Muscular and neurological function
148.	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 Table (2).	Blood pressure
149.	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 Table (2).	growth or maintenance of muscle mass
150.	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 Table (2).	growth or maintenance of muscle mass
151.	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 Table (2).	maintenance of normal bones
152.	Protein	Protein is needed for normal growth and development of bone in children.	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 Table (2).	
153.	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.	reduction of post-prandial glycaemic responses

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
154.	Riboflavin (Vitamin B2)	Riboflavin contributes to normal energy-yielding metabolism	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 Table (2).	contribution to normal energy-yielding metabolism
155.	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 Table (2).	maintenance of the normal function of the nervous system
156.	Riboflavin (Vitamin B2)	Riboflavin contributes to the maintenance of normal mucous membranes	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	maintenance of normal skin and mucous membranes
157.	Riboflavin (Vitamin B2)	Riboflavin contributes to the maintenance of normal red blood cells	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	maintenance of normal red blood cells
158.	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 Table (2).	maintenance of normal skin and mucous membranes
159.	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 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	maintenance of normal vision
160.	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 Table (2).	contribution to normal metabolism of iron
161.	Riboflavin (Vitamin B2)	Riboflavin contributes to the protection of cells from	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE	protection of DNA, proteins and lipids from

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
		oxidative stress	OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	oxidative damage
162.	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 Table (2).	reduction of tiredness and fatigue
163.	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 Table (2).	changes in bowel function
164.	Selenium	Selenium contributes to normal spermatogenesis	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	spermatogenesis
165.	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 Table (2).	maintenance of normal hair
166.	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 Table (2).	maintenance of normal nails
167.	Selenium	Selenium contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	maintenance of the normal function of the immune system
168.	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 Table (2).	thyroid function
169.	Selenium	Selenium contributes to the	The claim may be used only for food which is at least a	protection of DNA,



s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
		protection of cells from oxidative stress	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 Table (2).	proteins and lipids from oxidative damage
170.	Sugar beet fibre	Sugar beet 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 Table (2).	
171.	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* contributes to the maintenance of tooth mineralisation * In the case of D-tagatose and isomaltulose this should read "other sugars"	In order to bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by sugar replacers, i.e. intense sweeteners, xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, in amounts such that consumption of such foods or drinks does not lower plaque pH below 5.7 during and up to 30 minutes after consumption	maintenance of tooth mineralisation by decreasing tooth demineralisation
172.	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* induces a lower blood glucose rise after their consumption compared to sugar-containing foods/drinks * In the case of D-tagatose and isomaltulose this should read "other sugars"	In order to bear the claim, sugars should be replaced in foods or drinks by sugar replacers, i.e. intense sweeteners, xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, sucralose or polydextrose, or a combination of them, so that foods or drinks contain reduced amounts of sugars by at least the amount referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Table (2). In the case of D-tagatose and isomaltulose, they should replace equivalent amounts of other sugars in the same proportion as that referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Table (2).	reduction of post-prandial glycaemic responses
173.	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 Table (2). Information shall be given to the consumer that the beneficial effect is	maintenance of tooth mineralisation

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
			obtained with chewing, for at least 20 minutes, after eating or drinking.	
174.	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 Table (2). Information shall be given to the consumer that the beneficial effect is obtained with chewing, for at least 20 minutes, after eating or drinking.	plaque acid neutralisation
175.	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 Table (2). Information shall be given to the consumer that the beneficial effect is obtained with use of the chewing gum whenever the mouth feels dry.	reduction of oral dryness
176.	Sugar-free chewing gum	Sugar-free chewing gum helps neutralise plaque acids. Plaque acids are a risk factor in the development of dental caries.	Information shall be given to the consumer that the beneficial effect is obtained with chewing of 2-3 g of sugar-free chewing gum for 20 minutes, at least three times per day after meals.	
177.	Sugar-free chewing gum	Sugar-free chewing gum helps reduce tooth demineralisation. Tooth demineralisation is a risk factor in the development of dental caries.	Information shall be given to the consumer that the beneficial effect is obtained with chewing of 2-3 g of sugar-free chewing gum for 20 minutes, at least three times per day after meals.	
178.	Sugar-free chewing gum with carbamide	Sugar-free chewing gum with carbamide neutralises plaque acids more effectively than sugar-free chewing gums without carbamide	The claim may be used only for chewing gum which complies with the conditions of use for the nutrition claim SUGARS FREE as listed in the Table (2). 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.	plaque acid neutralisation

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
179.	Thiamine	Thiamine contributes to normal energy-yielding metabolism	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 Table (2).	energy-yielding metabolism
180.	Thiamine	Thiamine contributes to normal functioning of the nervous system	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 Table (2).	function of the nervous system
181.	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 Table (2).	contribution to normal psychological functions
182.	Thiamine	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 MINERAL/S] as listed in the Table (2).	cardiac function
183.	Vitamin A	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 Table (2).	metabolism of iron
184.	Vitamin A	Vitamin A contributes to the maintenance of normal mucous membranes	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	maintenance of normal skin and mucous membranes
185.	Vitamin A	Vitamin A contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	maintenance of normal skin and mucous membranes
186.	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	maintenance of normal vision

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
			OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	
187.	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 Table (2).	maintenance of the normal function of the immune system
188.	Vitamin A	Vitamin A has a role in the process of cell specialisation	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	cell differentiation
189.	Vitamin B12	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 Table (2).	energy-yielding metabolism
190.	Vitamin B12	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 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	contribution to neurological and psychological function
191.	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 Table (2).	contribution to normal homocysteine metabolism
192.	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 in the Table (2).	contribution to neurological and psychological function
193.	Vitamin B12	Vitamin B12 contributes to normal red blood cell formation	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	red blood cell formation

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
194.	Vitamin B12	Vitamin B12 contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	function of the immune system
195.	Vitamin B12	Vitamin B12 contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	reduction of tiredness and fatigue
196.	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 Table (2).	cell division
197.	Vitamin B6	Vitamin B6 contributes to normal cysteine synthesis	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 Table (2).	contribution to normal cysteine synthesis
198.	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 Table (2).	contribution to normal energy-yielding metabolism
199.	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 Table (2).	function of the nervous system
200.	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 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	contribution to normal homocysteine metabolism
201.	Vitamin B6	Vitamin B6 contributes to normal protein and glycogen	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE	protein and glycogen metabolism

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
		metabolism	OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	
202.	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 Table (2).	contribution to normal psychological functions
203.	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 Table (2).	red blood cell formation
204.	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 Table (2).	function of the immune system
205.	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 [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	reduction of tiredness and fatigue
206.	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 Table (2).	regulation of hormonal activity
207.	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 to the recommended daily intake of vitamin C.	function of the immune system during and after extreme physical exercise
208.	Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of blood	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	collagen formation

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
		vessels	MINERAL/S] as listed in the Table (2).	
209.	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 Table (2).	collagen formation
210.	Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of cartilage	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	collagen formation
211.	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 Table (2).	collagen formation
212.	Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of skin	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	collagen formation
213.	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 Table (2).	collagen formation
214.	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 Table (2).	contribution to normal energy-yielding metabolism
215.	Vitamin C	Vitamin C contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	function of the nervous system
216.	Vitamin C	Vitamin C contributes to	The claim may be used only for food which is at least a	contribution to normal

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
		normal psychological function	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 Table (2).	psychological functions
217.	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 Table (2).	maintenance of the normal function of the immune system
218.	Vitamin C	Vitamin C contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	protection of DNA, proteins and lipids from oxidative damage
219.	Vitamin C	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 Table (2).	reduction of tiredness and fatigue
220.	Vitamin C	Vitamin C contributes to the regeneration of the reduced form of vitamin E	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	regeneration of the reduced form of vitamin E
221.	Vitamin C	Vitamin C increases iron absorption	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	non-haem iron absorption
222.	Vitamin D	Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	absorption and utilisation of calcium and phosphorus and maintenance of normal blood calcium concentrations
223.	Vitamin D	Vitamin D contributes to	The claim may be used only for food which is at least a	absorption and



s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
		normal blood calcium levels	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 Table (2).	utilisation of calcium and phosphorus and maintenance of normal blood calcium concentrations
224.	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 Table (2).	maintenance of bones and teeth
225.	Vitamin D	Vitamin D contributes to the maintenance of normal muscle function	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	Normal muscle function
226.	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 Table (2).	maintenance of bones and teeth
227.	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 Table (2).	Normal function of immune system and inflammation response
228.	Vitamin D	Vitamin D has a role in the process of cell division	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	cell division
229.	Vitamin D	Vitamin D helps to reduce the risk of falling associated with postural instability and muscle weakness. Falling is a risk factor for bone fractures	The claim may be used only for food supplements which provide at least 15 g of vitamin D per daily portion. Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 20 g of vitamin D from all sources. For food supplements with	

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
		among men and women 60 years of age and older.	added vitamin D the claim may be used only for those targeting men and women 60 years and older	
230.	Vitamin D	Vitamin D contributes to the normal function of the immune system in children.	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 Table (2).	
231.	Vitamin D	Vitamin D is needed for normal growth and development of bone in children.	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 Table (2).	
232.	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 Table (2).	protection of DNA, proteins and lipids from oxidative damage
233.	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 Table (2).	blood coagulation
234.	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 Table (2).	maintenance of bones
235.	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.	Improvement of endothelium-dependent vasodilation
236.	Water	Water contributes to the maintenance of normal physical and cognitive	In order 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	maintenance of normal physical and cognitive functions

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
		functions	day. The claim may be used only on water complying with the Relevant technical regulations.	
237.	Water	Water contributes to the maintenance of normal regulation of the body's temperature	In order 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 day. The claim may be used only on water complying with the Relevant technical regulations.	maintenance of normal thermoregulation
238.	Wheat bran fibre	Wheat bran fibre contributes to an acceleration of intestinal transit	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 Table (2). In order to bear the claim information shall be given to the consumer that the claimed effect is obtained with a daily intake of at least 10 g of wheat bran fibre.	reduction in intestinal transit time
239.	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 Table (2).	Increase in faecal bulk
240.	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 Table (2).	DNA synthesis and cell division
241.	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 Table (2).	acid-base metabolism
242.	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/S] as listed in the Table (2).	contribution to normal carbohydrate metabolism
243.	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	cognitive function

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
			MINERAL/S] as listed in the Table (2).	
244.	Zinc	Zinc contributes to normal fertility and reproduction	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	fertility and reproduction
245.	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 Table (2).	contribution to normal macronutrient metabolism
246.	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 Table (2).	maintenance of normal serum testosterone concentrations
247.	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 Table (2).	vitamin A metabolism
248.	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 Table (2).	contribution to normal protein synthesis
249.	Zinc	Zinc contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	maintenance of bones
250.	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 Table (2).	maintenance of normal hair
251.	Zinc	Zinc contributes to the	The claim may be used only for food which is at least a	maintenance of normal

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
		maintenance of normal nails	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 Table (2).	nails
252.	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 Table (2).	maintenance of normal skin
253.	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 Table (2).	fertility and reproduction
254.	Zinc	Zinc contributes to the maintenance of normal vision	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	maintenance of vision
255.	Zinc	Zinc contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	function of the immune system
256.	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 Table (2).	protection of DNA, proteins and lipids from oxidative damage
257.	Zinc	Zinc has a role in the process of cell division	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	DNA synthesis and cell division
258.	Creatine	Daily creatine consumption can enhance the effect of resistance training on muscle	Information shall be provided to the consumer that: the claim is targeting adults over the age of 55, who are engaged in regular resistance training, the beneficial effect	The claim may be used only for foods targeting adults over the age of

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
		strength in adults over the age of 55.	is obtained with a daily intake of 3 g of creatine in conjunction with resistance training, which allows an increase in the workload over time and which should be performed at least three times per week for several weeks, at an intensity of at least 65 % - 75 % of one repetition maximum load.	55, who are engaged in regular resistance training.
259.	Lactitol	Lactitol contributes to normal bowel function by increasing stool frequency	The claim may be used only for food supplements which contain 10 g of lactitol in a single daily 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 lactitol in one daily dose. The claim shall not be used for foods targeting children.	

\* Fermentable carbohydrates are defined as carbohydrates or carbohydrate mixtures as consumed in foods or beverages that lower plaque pH below 5,7, as determined in vivo or in situ by plaque pH telemetry tests, by bacterial fermentation during and up to 30 minutes after consumption.

\*\* Non-fermentable carbohydrates are defined as carbohydrates or carbohydrate mixtures as consumed in foods or beverages that do not lower plaque pH, as determined in vivo or in situ by plaque pH telemetry tests, below a conservative value of 5,7 by bacterial fermentation during and up to 30 minutes after consumption.

\*\*\* Repetition maximum load is the maximum weight or force an individual can exert in a single lift.

**Table (2) Permitted Nutrition Claims**

s/n	Nutrient/description	Claim	Conditions of use of the claim	Remarks
1.	Omega-3 fatty acids	Source of omega-3 fatty acids	A claim that a food is a source of omega-3 fatty acids, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least 0,3g alpha-linolenic acid per 100g and per 100kcal, or at least 40mg of the sum of eicosapentaenoic acid and docosahexaenoic acid per 100g and per 100kcal.	
2.	Omega-3 fatty acids	High omega-3 fatty acids	A claim that a food is high in omega-3 fatty acids, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least 0,6g alpha-linolenic acid per 100g and per 100kcal, or at least 80mg of the sum of eicosapentaenoic acid and docosahexaenoic acid per 100g and per 100kcal.	
3.	Mono-unsaturated fat	High monounsaturated fat	A claim that a food is high in monounsaturated fat, and any claim likely to have the same meaning for the consumer, may only be made where at least 45% of the fatty acids present in the product derive from monounsaturated fat under the condition that monounsaturated fat provides more than 20% of energy of the product.	
4.	Poly-unsaturated fat	High polyunsaturated fat	A claim that a food is high in polyunsaturated fat, and any claim likely to have the same meaning for the consumer, may only be made where at least 45% of the fatty acids present in the product derive from polyunsaturated fat under the condition that polyunsaturated fat provides more than 20% of energy of the product.	
5.	Unsaturated fat	High unsaturated fat	A claim that a food is high in unsaturated fat, and any claim likely to have the same meaning for the consumer may only be made where at least 70% of the fatty acids present in the product derive from unsaturated fat under the condition that unsaturated fat provides more than 20% of energy of the product.	

s/n	Nutrient/description	Claim	Conditions of use of the claim	Remarks
6.	Energy	Low energy	A claim that a food is low in energy, and any claim likely to have the same meaning for the consumer, may only be made where the product does not contain more than 40 kcal (170 kJ)/100 g for solids or not more than 20 kcal (80 kJ)/100 ml for liquids. For table-top sweeteners the limit of 4 kcal (17 kJ)/portion, with equivalent sweetening properties to 6 g of sucrose (approximately 1 teaspoon of sucrose), applies.	
7.	Energy	Energy-reduced	A claim that a food is energy-reduced, and any claim likely to have the same meaning for the consumer, may only be made where the energy value is reduced by at least 30 %, with an indication of the characteristic(s) which make(s) the food reduced in its total energy value	
8.	Energy	Energy-free	A claim that a food is energy-free, and any claim likely to have the same meaning for the consumer, may only be made where the product does not contain more than 4 kcal (17 kJ)/100 ml. For table-top sweeteners the limit of 0,4 kcal (1,7 kJ)/portion, with equivalent sweetening properties to 6 g of sucrose (approximately 1 teaspoon of sucrose), applies.	
9.	Fat	Low fat	A claim that a food is low in fat, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 3 g of fat per 100 g for solids or 1,5 g of fat per 100 ml for liquids.	
10.	Fat	Fat-free	A claim that a food is fat-free, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 0,5 g of fat per 100 g or 100 ml. However, claims expressed as 'X % fat-free' shall be prohibited.	
11.	Saturated fat	Low saturated fat	A claim that a food is low in saturated fat, and any claim likely to have the same meaning for the consumer, may only be made if the sum of saturated fatty acids and trans-fatty acids in the product does not exceed 1,5 g per 100 g for solids or 0,75 g/100 ml for liquids and in either case the sum of saturated fatty acids and trans-fatty acids must not provide more than 10 % of energy.	



s/n	Nutrient/description	Claim	Conditions of use of the claim	Remarks
12.	Saturated fat	Saturated fat-free	A claim that a food does not contain saturated fat, and any claim likely to have the same meaning for the consumer, may only be made where the sum of saturated fat and trans-fatty acids does not exceed 0,1 g of saturated fat per 100 g or 100 ml.	
13.	Saturated fat	Reduced saturated fat	The claim "reduced saturated fat", and any claim likely to have the same meaning for the consumer, may only be made: (a) if the sum of saturated fatty acids and of trans-fatty acids in the product bearing the claim is at least 30 % less than the sum of saturated fatty acids and of trans-fatty acids in a similar product; and (b) if the content in trans-fatty acids in the product bearing the claim is equal to or less than in a similar product.	
14.	Cholesterol	Low cholesterol	A claim that a food is low in cholesterol, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 0.02 g of cholesterol per 100 g for solids or 0.01 g of cholesterol per 100 ml for liquids. The saturated fat content in the product shall not exceed 1.5g per 100g for solids or 0.75g for liquids and less than 10% of energy from saturated fats.	
15.	Cholesterol	Cholesterol-free	A claim that a food is cholesterol-free, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 0.005g of cholesterol per 100g or 100 ml. However, claims expressed as 'X % cholesterol-free' shall be prohibited. The saturated fat content in the product shall not exceed 1.5g per 100g for solids or 0.75g for liquids and less than 10% of energy from saturated fats.	
16.	Sugars	Low sugars	A claim that a food is low in sugars, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 5 g of sugars per 100 g for solids or 2,5 g of sugars per 100 ml for liquids.	

s/n	Nutrient/description	Claim	Conditions of use of the claim	Remarks
17.	Sugars	Sugars-free	A claim that a food is sugars-free, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 0,5 g of sugars per 100 g or 100 ml.	
18.	Sugars	With no added sugars	A claim stating that sugars have not been added to a food, and any claim likely to have the same meaning for the consumer, may only be made where the product does not contain any added mono- or disaccharides or any other food used for its sweetening properties. If sugars are naturally present in the food, the following indication should also appear on the label: 'CONTAINS NATURALLY OCCURRING SUGARS'.	
19.	Sugars	reduced sugars	The claim "reduced sugars", and any claim likely to have the same meaning for the consumer, may only be made if the amount of energy of the product bearing the claim is equal to or less than the amount of energy in a similar product.	
20.	Sodium/salt	Low sodium/salt	A claim that a food is low in sodium/salt, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 0,12 g of sodium, or the equivalent value for salt, per 100 g or per 100 ml. For bottled Drinking waters, this value should not exceed 20 ppm.	
21.	Sodium/salt	Very low sodium/salt	A claim that a food is very low in sodium/salt, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 0,04 g of sodium, or the equivalent value for salt, per 100 g or per 100 ml. This claim shall not be used for natural mineral waters and other waters.	
22.	Sodium/salt	Sodium-free or salt-free	A claim that a food is sodium-free or salt-free, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 0,005 g of sodium, or the equivalent value for salt, per 100 g. For bottled Drinking waters, this value should not exceed 5 ppm.	

s/n	Nutrient/description	Claim	Conditions of use of the claim	Remarks
23.	Sodium/salt	No added sodium/salt	A claim stating that sodium/salt has not been added to a food and any claim likely to have the same meaning for the consumer may only be made where the product does not contain any added sodium/salt or any other ingredient containing added sodium/salt and the product contains no more than 0,12 g sodium, or the equivalent value for salt, per 100 g or 100 ml. This claim shall not be used for natural mineral waters and other waters.	
24.	Fibre	Source of fibre	A claim that a food is a source of fibre, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least 3 g of fibre per 100 g or at least 1,5 g of fibre per 100 kcal.	
25.	Fibre	High fibre	A claim that a food is high in fibre, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least 6 g of fibre per 100 g or at least 3 g of fibre per 100 kcal.	
26.	Protein	Source of protein	A claim that a food is a source of protein, and any claim likely to have the same meaning for the consumer, may only be made where at least 12 % of the energy value of the food is provided by protein.	
27.	Protein	High protein	A claim that a food is high in protein, and any claim likely to have the same meaning for the consumer, may only be made where at least 20 % of the energy value of the food is provided by protein.	
28.	Vitamin/s and/or mineral/s	Source of [name of vitamin/s] and/or [name of mineral/s]	A claim that a food is a source of vitamins and/or minerals, and any claim likely to have the same meaning for the consumer, may only be made where the product contains: 1- 15 % of the Nutrient Reference Values (NRV) "as stated in standard mentioned in article 2/2" per 100 g or 100 ml in the case of products other than beverages, 2- 7,5 % of the Nutrient Reference Values (NRV) "as stated in standard mentioned in article 2/2" per 100 ml in the case of beverages,	

s/n	Nutrient/description	Claim	Conditions of use of the claim	Remarks
29.	Vitamin/s and/or mineral/s	High [name of vitamin/s] and/or [name of mineral/s]	A claim that a food is high in vitamins and/or minerals, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least twice the value of 'source of [NAME OF VITAMIN/S] and/or [NAME OF MINERAL/S]'. A claim that a food contains a nutrient or another substance, for which specific conditions are not laid down in this Regulation, or any claim likely to have the same meaning for the consumer, may only be made where the product complies with all the applicable provisions of Recommendation of Nutrition and health claims. For vitamins and minerals, the conditions of the claim 'source of' shall apply.	
30.	Contains [name of the nutrient or other substance]	Contains [name of the nutrient or other substance]		
31.	Increased	Increased [name of the nutrient]	A claim stating that the content in one or more nutrients, other than vitamins and minerals, has been increased, and any claim likely to have the same meaning for the consumer, may only be made where the product meets the conditions for the claim 'source of' and the increase in content is at least 30 % compared to a similar product.	
32.	Reduced	Reduced [name of the nutrient]	A claim stating that the content in one or more nutrients has been reduced, and any claim likely to have the same meaning for the consumer, may only be made where the reduction in nutrient content is at least 30 % compared to a similar product, except for micronutrients, where a 10 % difference in the Nutrient Reference values "as stated in standard mentioned in article 2/2", and for sodium, or the equivalent value for salt, where a 25 % difference shall be acceptable.	
33.	Light/lite	Light/lite	A claim stating that a product is 'light' or 'lite', and any claim likely to have the same meaning for the consumer, shall follow the same conditions as those set for the term 'reduced'; the claim shall also be accompanied by an indication of the characteristic(s) which make(s) the food 'light' or 'lite'.	
34.	Lactose	Low lactose	A claim that a food is low lactose, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 1 g of lactose per 100 g or 100 ml.	

s/n	Nutrient/description	Claim	Conditions of use of the claim	Remarks
35.	Lactose	Lactose-free	A claim that a food is lactose-free, and any claim likely to have the same meaning for the consumer, may only be made where the product does not contain detectable lactose in the food using an acceptable analytical method.	

## References

- CAC/GL 1-1979 GENERAL GUIDELINES ON CLAIMS.
- EU Register of nutrition and health claims made on foods.
- Nutrition and health claims EU regulation ((EC) No 1924/2006).