ANNEX

PERMITTED HEALTH CLAIMS

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Activated charcoal	Activated charcoal contributes to reducing excessive flatulence after eating EFSA: Activated charcoal contributes to the reduction of excessive intestinal gas accumulation	In order to achieve the effect, 1g should be taken at least 30 minutes before and 1g shortly after the meal.		2011;9(4):2049	1938
Alpha-linolenic acid (ALA)	Alpha-linolenic acid contributes to maintenance of normal blood cholesterol concentrations	The claim may be used only for food which is at least a source of alpha-linolenic (ALA) as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. Information to the consumer that the beneficial effect is obtained with a daily intake of 2 g of ALA.		2009; 7(9):1252 2011;9(6):2203	493 568

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Arabinoxylan produced from wheat endosperm	Consumption of arabinoxylan with meals contributes to a reduction of the glucose rise after those meals Consumption of arabinoxylan contributes to a reduction of the glucose rise after a meal	In order to obtain the claimed effect, 8 g of AX-rich fibre produced from wheat endosperm (at least 60 % AX by weight) per 100 g of available carbohydrates should be consumed.		2011;9(6):2205	830
Arginine	Arginine contributes to the maintenance of normal ammonia clearance			2011;9(4):2051	4683

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Beta-glucans	Regular consumption of beta-glucans contributes to maintenance of normal blood cholesterol concentrations	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 3g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans. Foods should provide at least 1g of beta-glucans per quantified portion.		2009; 7(9):1254 2011;9(6):2207	754, 755, 757, 801, 1465, 2934 1236, 1299
Beta-glucans from oats and barley	Consumption of beta-glucans from oats or barley with meals contributes to the reduction of the glucose rise after those meals Consumption of beta-glucans from oats or barley contributes to the reduction of the glucose rise after a meal	In order to obtain the claimed effect, 4 g of beta-glucans from oats or barley for each 30 g of available carbohydrates should be consumed per meal.		2011;9(6):2207	821, 824

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Betaine	Betaine contributes to the normal breakdown of amino acids (such as homocysteine) Betaine contributes to normal homocysteine metabolism	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 1.5g of betaine.	In order to bear the claim information should be given to the consumer that a daily intake should not exceed 4g.	2011;9(4):2052	4325
Biotin	Biotin contributes to normal functioning of the nervous system Biotin contributes to the normal function of the nervous system	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1209	116
Biotin	Biotin contributes to normal psychological function	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1728	120

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Biotin	Biotin contributes to normal release of energy for use in the body Biotin contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1209	114, 117
Biotin	Biotin contributes to normal use of fat in the body Biotin contributes to normal macronutrient metabolism	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1209	114

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Biotin	Biotin contributes to normal use of macronutrients in the body Biotin contributes to normal macronutrient metabolism	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1209 2010;8(10):1728	117, 4661
Biotin	Biotin contributes to normal use of protein in the body Biotin contributes to normal macronutrient metabolism	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1209	113

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Biotin	Biotin contributes to the maintenance of normal hair	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1209 2010;8(10):1728	118, 121, 2876
Biotin	Biotin contributes to the maintenance of normal mucous membranes	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1209	115, 121

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Biotin	Biotin contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1209 2010;8(10):1728	115, 121
Caffeine	Caffeine contributes to a reduction in the rated perceived exertion/effort during endurance exercise Caffeine contributes to a reduction in the rated perceived exertion/effort during exercise	Information should be given to the consumer that in order to obtain the claimed effect, caffeine should be consumed at doses of 4 mg/kg body weight one hour prior to exercise.		2011;9(4):2053	1488, 1490
Caffeine	Caffeine contributes to an increase in endurance capacity	In order to obtain the claimed effect, caffeine should be consumed at doses of 3 mg/kg body weight one hour prior to exercise.		2011;9(4):2053	1488

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Caffeine	Caffeine contributes to an increase in endurance performance	In order to obtain the claimed effect, caffeine should be consumed at doses of 3 mg/kg body weight one hour prior to exercise.		2011;9(4):2053	737, 1486
Caffeine	Caffeine helps to improve concentration	In order to bear the claim, a product should contain at least 75 mg caffeine per serving.	In products with the caffeine content required to bear this claim must include a warning that the product is not recommended for children and pregnant women.	2011;9(4):2054	736, 1485, 1491, 2375
Caffeine	Caffeine helps to increase alertness	In order to bear the claim, a product should contain at least 75 mg caffeine per serving.	In products with the caffeine content required to bear this claim must include a warning that the product is not recommended for children and pregnant women.	2011;9(4):2054	736, 1101, 1187, 1485, 1491, 2063, 2103

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Calcium	Calcium contributes to normal blood clotting	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006		2009; 7(9):1210	230, 236
Calcium	Calcium contributes to normal energy metabolism	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006		2009; 7(9):1210	234

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
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 Annex to Regulation 1924/2006		2009; 7(9):1210	226
Calcium	Calcium contributes to normal muscle function and 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 Annex to Regulation 1924/2006		2009; 7(9):1210	230, 235

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
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 Annex to Regulation 1924/2006		2009; 7(9):1210	227
Calcium	Calcium contributes to the normal function of digestive enzymes	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006		2009; 7(9):1210	355

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Calcium	Calcium has a role in the process of cell division and differentiation.	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006		2010;8(10):1725	237
Calcium	Calcium is needed for the maintenance of normal bones	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1210 2009; 7(9):1272 2010;8(10):1725 2011;9(6):2203	224, 230, 350, 354, 2731, 3155, 4311, 4312, 4703 4704

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Calcium	Calcium is needed for the maintenance of normal teeth	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1210 2010;8(10):1725 2011;9(6):2203	224, 230, 231, 2731, 3099,3155, 4311, 4312, 4703 4704

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions can contribute to the maintenance of endurance performance during prolonged endurance exercise	In order to bear the claim carbohydrate-electrolyte solutions should contain 80-350 kcal/L from carbohydrates, and at least 75 % of the energy should be derived from carbohydrates which induce a high glycaemic response, such as glucose, glucose polymers and sucrose. In addition, these beverages should contain between 20 mmol/L (460 mg/L) and 50 mmol/L (1,150 mg/L) of sodium, and have an osmolality between 200-330 mOsm/kg water.		2011;9(6):2211	466, 469

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
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.		2011;9(6):2211	314, 315, 316, 317, 319, 322, 325, 332, 408, 465, 473, 1168, 1574, 1593, 1618, 4302, 4309
Chitosan	Chitosan may contribute to maintaining normal blood cholesterol levels	In order to obtain the claimed effect, 3 g of chitosan should be consumed daily.		2011;9(6):2214	4663

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Chloride	Chloride contributes to normal digestion by production of hydrochloric acid in the stomach Chloride, as Na-, K-, Ca- or Mg-salt, contributes to normal digestion by production of hydrochloric acid in the stomach.	The claim may be used only for food which is at least a source of chloride as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006. and from the following sources: Na, K, Ca, Mg.		2010;8(10):1764	326
Choline	Choline contributes to normal use of lipids in the body Choline contributes to normal lipid metabolism	The claim may be used only for food which contains at least 82.5mg of choline.		2011;9(4):2056	3186
Choline	Choline contributes to the maintenance of normal liver function	The claim may be used only for food which contains at least 82.5mg of choline.		2011;9(4):2056 2011;9(6):2203	1501 712, 1633

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Choline	Choline contributes to the normal breakdown of amino acids (such as homocysteine) Choline contributes to normal homocysteine metabolism	The claim may be used only for food which contains at least 82.5mg of choline.		2011;9(4):2056	3090
Chromium	Chromium contributes to normal use of macronutrients in the body Chromium contributes to normal macronutrient metabolism	The claim may be used only for food which is at least a source of trivalent chromium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1732	260, 401, 4665, 4666, 4667

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Chromium	Chromium contributes to the maintenance of normal blood glucose levels	The claim may be used only for food which is at least a source of trivalent chromium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1732 2011;9(6):2203	262, 4667 4698
Copper	Copper contributes to maintenance of normal connective tissues	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1211	265, 271, 1722

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Copper	Copper contributes to normal functioning of the nervous system Copper contributes to normal function of the nervous system	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1211 2011;9(4):2079	267, 1723
Copper	Copper contributes to normal hair pigmentation	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1211	268, 1724

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Copper	Copper contributes to normal iron transport in the body	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1211	269, 270, 1727
Copper	Copper contributes to normal release of energy for use in the body Copper contributes to normal energy yielding metabolism	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1211 2011;9(4):2079	266, 1729

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Copper	Copper contributes to normal skin pigmentation	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1211	268, 1724
Copper	Copper contributes to the normal function of the immune system Copper contributes to normal function of the immune system	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1211 2011;9(4):2079	264, 1725

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Copper	Copper contributes to the protection of cells from oxidative stress Copper contributes to the protection of cell constituents from oxidative damage	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1211	263, 1726
Creatine	Consumption of creatine increases physical performance during short-term, high intensity, repeated exercise bouts	In order to obtain the claimed effect, 3 g of creatine should be consumed daily. The target population is adults performing high-intensity exercise		2011;9(7):2303	739, 1520, 1521, 1522, 1523, 1525, 1526, 1531, 1532, 1533, 1534, 1922, 1923, 1924
Docosahexanoic acid (DHA)	DHA contributes to the maintenance of normal blood triglyceride levels			2010;8(10):1734	533, 691, 3150

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Docosahexanoic acid (DHA)	DHA contributes to the maintenance of normal brain function	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.		2010;8(10):1734 2011;9(4):2078	565, 626, 631, 689, 704, 742, 3148, 3151, 497, 501, 510, 513, 519, 521, 534, 540, 688, 1323, 1360, 4294
Docosahexanoic acid (DHA)	DHA contributes to the maintenance of normal vision	The claim may be used only for food which is at least a source of DHA as referred to in the claim SOURCE OF OMEGA-3 FATTY ACIDS as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.		2010;8(10):1734 2011;9(4):2078	627, 632, 743, 3149, 2905, 508, 510, 513, 519, 529, 540, 688, 4294

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
EPA/ DHA/DPA	DHA and EPA contribute to the maintenance of normal blood pressure			2009; 7(9):1263 2010;8(10):1796	502, 506, 516, 703, 1317, 1324
EPA/ DHA/DPA	DHA and EPA contribute to the maintenance of normal triglyceride concentrations			2009; 7(9):1263 2010;8(10):1796	506, 517, 527, 538, 1317, 1324, 1325
EPA/DHA/DPA	EPA and DHA contribute to the normal function of the heart [healthy functioning of the heart] 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 Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 250mg of DHA.		2010;8(10):1796 2011;9(4):2078	504, 506, 516, 527, 538, 703, 1128, 1317, 1324, 1325, 510, 688, 1360

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Fats	Fat contributes to the normal absorption of fat-soluble vitamins			2011;9(6):2220	670, 2902
Fluoride	Fluoride contributes to the maintenance of tooth mineralisation Fluoride contributes to maintain tooth mineralisation	The claim may be used only for food which is at least a source of fluoride as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1212 2010;8(10):1797	275, 276, 338, 4238,
Folate	Folate can contribute to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of Folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1760	84

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Folate	Folate contributes to building amino acids into proteins that may be used by the body 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 Annex to Regulation 1924/2006.		2010;8(10):1760	195, 2881
Folate	Folate contributes to maternal tissue growth during pregnancy	The claim may be used only for food which is at least a source of Folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1213	2882

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Folate	Folate contributes to normal blood formation	The claim may be used only for food which is at least a source of Folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1213	79
Folate	Folate contributes to normal psychological function	The claim may be used only for food which is at least a source of Folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1760	81, 85, 86, 88

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Folate	Folate contributes to the normal breakdown of amino acids (such as homocysteine) Folate contributes to normal homocysteine metabolism	The claim may be used only for food which is at least a source of Folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1213	80
Folate	Folate contributes to the normal function of the immune system Folate contributes to a normal function of the immune system	The claim may be used only for food which is at least a source of Folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1213	91

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Folate	Folate has a role in the process of cell division Folate contributes to normal cell division	The claim may be used only for food which is at least a source of Folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1213 2010;8(10):1760	193, 195, 2881
Foods where the content of with saturated fatty acids have been reduced	Eating foods where the content of saturated fat has been reduced may help to maintain normal blood cholesterol concentrations Consumption of saturated fat increases blood cholesterol concentrations; consumption of foods with reduced amounts of saturated fat may help to maintain normal blood cholesterol concentrations	The claim may be used only for food where the saturated fat content has been reduced by at least the amount referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation 1924/2006.		2011;9(4):2062	620, 671, 4332

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Foods with reduced amounts of sodium	High sodium intakes increase blood pressure; consumption of foods low or very low in sodium helps to maintain normal blood pressure	The claim may be used only for food which is at least low in sodium/salt as referred to in the claim [LOW SODIUM/SALT] as listed in the Annex to Regulation 1924/2006.		2011;9(6):2237	336, 705, 1148, 1178, 1185, 1420
Foods with reduced lactose content	Consumption of lactose in amounts exceeding individual tolerances may lead to the occurrence of symptoms of lactose intolerance in lactose intolerant individuals; consumption of foods with reduced amounts of lactose may help to decrease gastro-intestinal discomfort caused by lactose intake in lactose intolerant individuals.	The Panel considers that no single condition of use can be set because of the great variation in individual tolerances to lactose of lactose intolerant individuals (EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA), 2010).		2011;9(6):2236	646, 1224, 1238, 1339

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Fructose	Consumption of fructose leads to a lower blood glucose rise than consumption of sucrose or glucose	In order to bear the claim, glucose or sucrose should be replaced by fructose in sugar-sweetened foods or beverages.	High intakes of fructose may lead to metabolic complications such as dyslipidaemia, insulin resistance and increased visceral adiposity.	2011;9(6):2223	558
Glucomannan	Consumption of glucomannan helps maintain normal blood cholesterol concentrations Regular consumption of glucomannan helps maintain normal blood cholesterol concentrations	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of 4 g of glucomannan.	Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.	2009; 7(9):1258 2010;8(10):1798	836, 1560, 3100, 3217

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Glycaemic carbohydrates	Glycaemic carbohydrates contribute to the maintenance of normal brain function	A daily intake of 130 g of glycaemic carbohydrates has been estimated to cover the glucose requirement of the brain.		2011;9(6):2226	603, 653
Guar Gum	Consumption of guar gum contributes to the maintenance of normal blood cholesterol levels	In order to bear a claim, information should be given to the consumer that the beneficial effect is obtained with a daily intake of 10g of guar gum.	Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.	2010;8(2):1464	808

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Hydroxypropyl methylcellulose (HPMC)	Consumption of Hydroxypropyl methylcellulose with meals contributes to a reduction in the blood glucose rise after those meals Hydroxypropyl methylcellulose contributes to a reduction of the blood glucose rise after meals	In order to bear the claim information should be given to the consumer that at least 4 g of HPMC should be consumed per meal when wishing to control blood glucose levels.	Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.	2010;8(10):1739	814
Hydroxypropyl methylcellulose (HPMC)	Hydroxypropyl methylcellulose contributes to the maintenance of normal blood cholesterol levels	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of at least 5 g of HPMC.	Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.	2010;8(10):1739	815

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Intense sweeteners	Consumption of foods/drinks containing <name of sugar replacer> instead of sugar induces a lower blood glucose rise after meals compared to sugar-containing foods/drinks	In order to bear the claim, sugars should be replaced in foods or drinks by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, sucralose or polydextrose, or a combination of them, so that foods or drinks contain reduced amounts of sugars by at least the amount referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation 1924/2006. (Section 2.2.3). In the case of D-tagatose and isomaltulose, they should replace equivalent amounts of other sugars in the same proportion as REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation 1924/2006. (Section 2.2.3).	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC.	2011;9(6):2229	4298

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Intense sweeteners	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar may help decrease tooth demineralisation	In order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, in amounts such that consumption of such foods or drinks does not lower plaque pH below 5.7 during and up to 30 minutes after consumption	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC).	2011;9(6):2229	1134, 1167, 1283
Iodine	Iodine contributes to normal cognitive function Iodine contributes to normal cognitive and neurological function	The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1800	273

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Iodine	Iodine contributes to normal functioning of the nervous system Iodine contributes to normal cognitive and neurological function	The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1800	273
Iodine	Iodine contributes to normal release of energy for use in the body Iodine contributes to normal energy-metabolism	The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1214 2010;8(10):1800	274, 402

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

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Iron	Iron can contribute to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1740	255, 374, 2889
Iron	Iron contributes to normal cognitive function	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1215	253

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

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Iron	Iron contributes to normal release of energy for use in the body Iron contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1215 2010;8(10):1740	251, 1589, 255
Iron	Iron contributes to the normal function of the immune system Iron contributes to a normal function of the immune system	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1215	252, 259

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Iron	Iron has a role in the process of cell division Iron contributes to normal cell division	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1215	368
Konjac mannan (glucomannan)	Glucomannan in an energy restricted diet contributes to weight loss Glucomannan contributes to the reduction of body weight in the context of an energy-restricted diet	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with at least 3 g of glucomannan consumed daily in three doses of at least 1 g each, together with 1-2 glasses of water, before meals and in the context of an energy-restricted diet.	Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.	2010;8(10):1798	854, 1556, 3725,

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Lactase enzyme	Lactase enzyme improves lactose digestion in individuals with lactose maldigestion Lactase enzyme contributes to breaking down 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.		2009; 7(9):1236 2011;9(6):2203	1697, 1818 1974
Lactulose	Lactulose contributes to an acceleration of intestinal transit Lactulose contributes to a reduction in intestinal transit time	In order to bear the claim, information should be given to the consumer that at least 10 g of lactulose per day should be consumed in a single serving.		2010;8(10):1806	807

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Linoleic acid	Linoleic acid contributes to maintenance of normal blood cholesterol concentrations Linoleic acid may help to maintain normal blood cholesterol concentrations	The claim may be used only for a food which provides at least 1,5 g of linoleic acid (LA) per 100 g and per 100 kcal. Information should be given to the consumer that the beneficial effect is obtained with a daily intake of 10 g of LA.		2009; 7(9):1276 2011;9(6):2235	489, 2899
Live yoghurt cultures	Live cultures in yoghurt or fermented milk improve lactose digestion of the product in individuals who have difficulty digesting lactose Live yoghurt cultures in yoghurt improve lactose digestion in individuals with lactose maldigestion	In order to bear the claim, the product should contain at least 10^8 CFU live starter microorganisms (Lactobacillus delbrueckii subsp. bulgaricus and Streptococcus thermophilus) per gram.		2010;8(10):1763	1143, 2976

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
L-tyrosine	L-Tyrosine contributes to normal synthesis of catecholamines	The claim may be used only for food which is at least a source of protein as referred to in the claim [SOURCE OF PROTEIN] as listed in the Annex to Regulation 1924/2006.		2011;9(6):2270	1928
Magnesium	Magnesium can contribute to a reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1807	244
Magnesium	Magnesium contributes to building amino acids into proteins that may be used by the body Magnesium contributes to normal protein synthesis	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1216	364

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Magnesium	Magnesium contributes to electrolyte balance	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1216	238
Magnesium	Magnesium contributes to normal functioning of the nervous system Magnesium contributes to normal nerve function	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1216	242

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Magnesium	Magnesium contributes to normal muscle function Magnesium contributes to normal muscle function including the heart muscle	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1216 2010;8(10):1807	241, 380, 3083
Magnesium	Magnesium contributes to normal psychological function	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1807	245, 246

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Magnesium	Magnesium contributes to normal release of energy for use in the body Magnesium contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1216	240, 247, 248
Magnesium	Magnesium contributes to the maintenance of normal bones Magnesium contributes to the maintenance of normal bone	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1216	239

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Magnesium	Magnesium contributes to the maintenance of normal teeth	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1216	239
Magnesium	Magnesium has a role in the process of cell division Magnesium contributes to normal cell division	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1216	365

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

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

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Meal replacement for weight control	Substituting one daily meal of an energy restricted diet with a meal replacement helps to maintain weight after weight loss Substituting one or two daily meals with meal replacements helps to maintain body weight after weight loss	In order to bear the claims, a food should contain a maximum of 250 kcal/serving and comply with specifications laid down in Directive 96/8/EC in relation to food products under Article 1 (2b) of that Directive. In order to achieve the claimed effect, two meals should be substituted with meal replacements daily.		2010; 8(2):1466	1418
Meal replacement for weight control	Substituting two daily meals of an energy restricted diet with meal replacements helps to lose weight Substituting two daily meals with meal replacements in the context of energy restricted diets helps to lose weight	In order to bear the claims, a food should contain a maximum of 250 kcal/serving and comply with specifications laid down in Directive 96/8/EC in relation to food products under Article 1 (2b) of that Directive. In order to achieve the claimed effect, two meals should be substituted with meal replacements daily.		2010; 8(2):1466	1417

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Meat or fish	Meat or fish contributes to the improvement of iron absorption when eaten with other foods containing iron Meat or fish contributes to the improvement of non-haem iron absorption	In order to obtain the claimed effect, foods providing at least 50 g of meat or fish should be consumed in one serving, together with food(s) containing non-haem iron. Such amounts can be easily consumed as part of a balanced diet.		2011;9(4):2040	1223
Melatonin	Melatonin contributes to the alleviation of subjective feelings of jet lag	In order to bear the claim, information should be given to the consumer that the beneficial effect is obtained with an intake of 0.5mg to be taken close to bedtime on the first day of travel and on the following few days after arrival at the destination.	Daily intake should not exceed 2mg	2010; 8(2):1467	1953

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Melatonin	Melatonin helps to reduce the time to fall asleep	In order to obtain the claimed effect, 1 mg of melatonin should be consumed close to bedtime.		2011;9(6):2241	1698, 1780, 4080
Molybdenum	Molybdenum contributes to normal breakdown of amino acids Molybdenum contributes to normal sulphur amino acid metabolism	The claim may be used only for food which is at least a source of molybdenum as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1745	313
Monascus purpureous (red yeast rice)	Monacolin K from red yeast rice contributes to the maintenance of normal blood cholesterol concentrations	In order to obtain the claimed effect, 10 mg of monacolin K from fermented red yeast rice preparations should be consumed daily.		2011;9(7):2304	1648, 1700

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Niacin	Niacin can contribute to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1757	47
Niacin	Niacin contributes to normal functioning of the nervous system Niacin contributes to the normal function of the nervous system	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1224	44, 53

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Niacin	Niacin contributes to normal psychological function	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1757	55
Niacin	Niacin contributes to normal release of energy for use in the body Niacin contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1224 2010;8(10):1757	43, 49, 54, 51

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Niacin	Niacin contributes to the maintenance of normal mucous membranes	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1224	45, 52, 4700
Niacin	Niacin contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1224 2010;8(10):1757	45, 48, 50, 52, 4700
Oat and Barley grain fibre	Barley grain fibre contributes to an increase in faecal bulk	The claim may only be used for food which is high in fibre as referred to in the claim [HIGH FIBRE] as listed in the Annex to Regulation 1924/2006.		2011;9(6):2249	819

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Oat and Barley grain fibre	Oat grain fibre contributes to an increase in faecal bulk	The claim may only be used for food which is high in fibre as referred to in the claim [HIGH FIBRE] as listed in the Annex to Regulation 1924/2006.		2011;9(6):2249	822
Oleic acid	Replacing saturated fats with unsaturated fats contributes to maintaining normal blood cholesterol levels. Oleic acid is an unsaturated fat. Consumption of saturated fat increases blood cholesterol concentrations; consumption of mono- and/or polyunsaturated fat in replacement of saturated fat contributes to the maintenance of normal blood cholesterol concentrations	The claim may be used only for food which is high in unsaturated fatty acids, as referred to in the claim HIGH UNSATURATED FAT as listed in the Annex to Regulation 1924/2006.		2011;9(4):2043	673, 728, 729, 1302, 4334

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Pantothenic Acid	Pantothenic acid can contribute to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of Pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1758	63
Pantothenic Acid	Pantothenic acid contributes to normal production and use of steroid hormones, vitamin D and some neurotransmitters 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 Annex to Regulation 1924/2006.		2009; 7(9):1218	181

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Pantothenic Acid	Pantothenic acid contributes to normal release of energy for use in the body 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 Annex to Regulation 1924/2006.		2009; 7(9):1218	56, 59, 60, 64, 171, 172, 208
Pantothenic Acid	Pantothenic contributes to normal mental performance	The claim may be used only for food which is at least a source of Pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1218 2010;8(10):1758	57, 58

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Pectins	Consumption of pectins contributes to the maintenance of normal blood cholesterol levels	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of at least 6 g of pectins.	Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.	2010;8(10):1747	818
Pectins	Consumption of pectins with meals contributes to the reduction of the blood glucose rise after those meals Consumption of pectins contributes to the reduction of the blood glucose rise after meals	In order to bear the claim, information should be given to the consumer that at least 10 g of pectins should be consumed per meal when wishing to control blood glucose levels.	Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.	2010;8(10):1747	786

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Phosphorus	Phosphorus contributes to normal function of cell membranes	The claim may be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1219	328
Phosphorus	Phosphorus contributes to normal release of energy for use in the body Phosphorus contributes to normal energy 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 Annex to Regulation 1924/2006.		2009; 7(9):1219	329, 373

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Phosphorus	Phosphorus contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1219	324, 327
Phosphorus	Phosphorus contributes to the maintenance of normal teeth	The claim may be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1219	324, 327
Plant sterols and plant stanols	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol	In order to bear the claim information should be given to the consumer that the beneficial effect is obtained with a daily intake of at least 0.8g of plant sterols/stanols.	NB coherence with NF legislation for sterols: but can we do something different for stanols?	2010;8(10):1813 2011;9(6):2203	549, 550, 567, 713, 1234, 1235, 1466, 1634, 1984, 2909, 3140 568

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Polyphenols in olive	Consumption of olive oil polyphenols contributes to the protection of blood lipids from oxidative stress. Consumption of olive oil polyphenols contributes to the protection of blood lipids from oxidative damage.	In order to bear this claim information should be given to the consumer that the beneficial effect is obtained from a daily consumption of 10g of olive oil. In order to bear this claim 10g of olive oil must contain at least 5 mg of hydroxytyrosol and its derivatives (e.g. oleuropein complex and tyrosol).		2011;9(4):2033	1333, 1638, 1639, 1696, 2865
Potassium	Potassium contributes to normal functioning of the nervous system Potassium contributes to normal muscular and neurological function	The claim may be used only for food which is at least a source of Potassium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010; 8(2):1469	386

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Potassium	Potassium contributes to normal muscular function Potassium contributes to normal muscular and neurological function	The claim may be used only for food which is at least a source of Potassium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010; 8(2):1469	320
Potassium	Potassium contributes to the maintenance of normal blood pressure Potassium helps maintain normal blood pressure	The claim may be used only for food which is at least a source of Potassium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010; 8(2):1469	321
Protein	Protein contributes to a growth in muscle mass Protein contributes to the growth or maintenance of muscle mass	The claim may be used only for food which is at least a source of Protein as referred to in the claim SOURCE OF [PROTEIN] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1811 2011;9(6):2203	415, 417, 593, 594, 595, 715 1398

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Protein	Protein contributes to the maintenance of muscle mass Protein contributes to the growth or maintenance of muscle mass	The claim may be used only for food which is at least a source of Protein as referred to in the claim SOURCE OF [PROTEIN] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1811 2011;9(6):2203	415, 417, 593, 594, 595, 715 1398
Protein	Protein contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of Protein as referred to in the claim SOURCE OF [PROTEIN] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1811 2011;9(6):2203	416 4704

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
[Replacement of saturated fatty acids by] MUFA and/or PUFA	Replacing saturated fats with unsaturated fats contributes to maintaining normal blood cholesterol levels. [MUFA and PUFA are unsaturated fats] Consumption of saturated fat increases blood cholesterol concentrations; consumption of mono- and/or polyunsaturated fat in replacement of saturated fat contributes to the maintenance of normal blood cholesterol concentrations	The claim may be used only for food which is high in unsaturated fatty acids, as referred to in the claim HIGH UNSATURATED FAT as listed in the Annex to Regulation 1924/2006.		2011;9(4):2069 2011;9(6):2203	621, 1190, 1203, 2906, 2910, 3065 674, 4335
Resistant starch	Replacing digestible starches with resistant starch at meals contributes to a reduction in the blood glucose rise after those meals. Replacing digestible starch with resistant starch induces a lower blood glucose rise after a meal	In order to bear the claim, high carbohydrate baked foods should contain at least 14 % of total starch as resistant starch, in replacement to digestible starch.		2011;9(4):2024	681

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Riboflavin (B2)	Riboflavin can contribute to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1814	41
Riboflavin (B2)	Riboflavin contributes to normal functioning of the nervous system Riboflavin contributes to the maintenance of the normal function of the nervous system	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1814	213

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Riboflavin (B2)	Riboflavin contributes to normal release of energy for use in the body 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 Annex to Regulation 1924/2006.		2010;8(10):1814	29, 35, 36, 42
Riboflavin (B2)	Riboflavin contributes to the maintenance of normal mucous membranes	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1814	31

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

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

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Riboflavin (B2)	Riboflavin contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1814	207
Rye fibre	Rye fibre contributes to normal bowel function	The claim may only be used for food which is high in fibre as referred to in the claim [HIGH FIBRE] as listed in the Annex to Regulation 1924/2006.		2011;9(6):2258	825
Selenium	Selenium contributes to normal spermatogenesis	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1220	396

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

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

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Selenium	Selenium contributes to the protection of cells from oxidative stress Selenium contributes to the protection of cell constituents from oxidative damage	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1220 2010;8(10):1727	277, 283, 286, 1289, 1290, 1291, 1293, 1751, 410, 1292

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Sodium	Sodium contributes to the maintenance of normal muscle function	The Panel notes that there is no evidence of deficiency of sodium leading to impaired muscle function in the general population in the EU. The Panel also notes that a dietary reference value has not been established for sodium, albeit it is suggested that an intake of 25 mmol/day (575 mg/day) could be set as an average requirement and the acceptable range of intake for adults should be from 25 to 150 mmol/day (575 to 3,450 mg/day) (SCF, 1993). No Upper Tolerable Intake Levels (ULs) have been set for sodium from dietary sources in children, adolescents or adults. The current intake levels of sodium as sodium chloride have been associated directly with a greater likelihood of increased blood pressure, which in turn has been directly related to the development of cardiovascular and renal diseases. For these reasons, national and international bodies have set targets for a reduction in dietary sodium intakes (EFSA, 2005; EFSA Panel on Dietetic Products Nutrition and Allergies (NDA), 2011).		2011;9(6):2260	359

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Sugar-free chewing gum	Sugar-free chewing gum helps maintain tooth mineralization	In order to bear the claim, the chewing gum should comply with the conditions of use for the nutrition claim [SUGARS FREE] as listed in the Annex to Regulation 1924/2006. Information to the consumer that the beneficial effect is obtained with chewing, for at least 20 minutes, after eating or drinking.		2009; 7(9):1271 2011;9(4):2072 2011;9(6):2266	1151, 1154 486, 562, 1181
Sugar-free chewing gum	Sugar-free chewing gum helps neutralise plaque acids	The claim may be used only for chewing gum which complies with the conditions of use for the nutrition claim [SUGARS FREE] as listed in the Annex to Regulation 1924/2006. Information should be given to the consumer that the beneficial effect is obtained with chewing, for at least 20 minutes, after eating or drinking.		2009; 7(9):1271 2011;6(6):2266	1150 485

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Sugar-free chewing gum	Sugar-free chewing gum may reduce oral dryness	The claim may be used only for chewing gum which complies with the conditions of use for the nutrition claim [SUGARS FREE] as listed in the Annex to Regulation 1924/2006. Information to the consumer that the beneficial effect is obtained with use of the chewing gum whenever the mouth feels dry.		2009; 7(9):1271	1240

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Sugar-free chewing gum with carbamide	Sugar-free chewing gum with carbamide neutralises plaque acids more effectively than sugar-free chewing gums without carbamide	The claim may be used only for chewing gum which complies with the conditions of use for the nutrition claim [SUGARS FREE] as listed in the Annex to Regulation 1924/2006. In order to bear the claim each piece of sugar-free chewing gum should contain at least 20 mg carbamide. Information to the consumer that gum should be chewed for at least 20 minutes after eating or drinking.		2011;9(4):2071	1153
Thiamin	Thiamin contributes to normal psychological function	The claim may be used only for food which is at least a source of thiamin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1755	205

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Thiamin	Thiamine contributes to normal functioning of the nervous system Thiamine contributes to the normal function of the nervous system	The claim may be used only for food which is at least a source of thiamin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1222	22, 27
Thiamin	Thiamine contributes to normal release of energy for use in the body Thiamine contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of thiamin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1222	21, 24, 28

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Thiamin	Thiamine contributes to the normal function of the heart	The claim may be used only for food which is at least a source of thiamin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1222	20
Very low calorie diets, VLCD	Replacing the usual diet with a very low calorie diet helps to lose weight	In order to bear the claim, a diet should comply with the specifications and conditions of use laid down in CODEX STAN 203-1995. The target population is obese adults who wish to reduce their body weight.		2011;9(6):2271	1410
Vitamin A	Vitamin A contributes to normal use of iron in the body Vitamin A contributes to normal iron metabolism	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1221	206

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

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

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

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

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Vitamin B12	Vitamin B12 contributes to normal red blood cell formation	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1223	92, 101
Vitamin B12	Vitamin B12 contributes to normal release of energy for use in the body Vitamin B12 contributes to normal energy metabolism	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1223	99, 190

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Vitamin B12	Vitamin B12 contributes to the normal breakdown of amino acids (such as homocysteine) Vitamin B12 contributes to normal homocysteine metabolism	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):4114	96, 103, 106
Vitamin B12	Vitamin B12 contributes to the normal function of the immune system Vitamin B12 contributes to a normal function of the immune system	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1223	107

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Vitamin B12	Vitamin B12 has a role in the process of cell division Vitamin B12 contributes to normal cell division	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1223 2010;8(10):1756	93, 212
Vitamin B6	Vitamin B6 can contribute to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1759	78

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Vitamin B6	Vitamin B6 contributes to normal formation of amino acids (such as cysteine) 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 Annex to Regulation 1924/2006.		2010;8(10):1759	4283
Vitamin B6	Vitamin B6 contributes to normal functioning of the nervous system Vitamin B6 contributes to the normal function of the nervous system	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1225	66

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Vitamin B6	Vitamin B6 contributes to normal psychological function	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1759	77
Vitamin B6	Vitamin B6 contributes to normal red blood cell formation	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1225	67, 72, 186

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Vitamin B6	Vitamin B6 contributes to normal release of energy for use in the body Vitamin B6 contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1759	75, 214
Vitamin B6	Vitamin B6 contributes to normal use of protein and simultaneous release of glucose stored in the body Vitamin B6 contributes to normal protein and glycogen metabolism	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1225	65, 70, 71

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Vitamin B6	Vitamin B6 contributes to the normal breakdown of amino acids (such as homocysteine) 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 Annex to Regulation 1924/2006.		2010;8(10):1759	73, 76, 199
Vitamin B6	Vitamin B6 contributes to the normal function of the immune system Vitamin B6 contributes to normal function of the immune system	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1225	68

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Vitamin B6	Vitamin B6 contributes to the regulation of hormonal activity	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1225	69
Vitamin C	Vitamin C can contribute to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1815	139, 2622

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Vitamin C	Vitamin C contributes to maintain the normal function of the immune system during and after intense physical exercise	The claim may be used only for food which contains at least 200 mg vitamin C with information to the consumer that the beneficial effect is obtained with a daily intake of at least 200 mg in addition to the recommended daily intake of vitamin C.		2009; 7(9):1226	144
Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of blood vessels	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1226	130, 131, 149

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

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of gums	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1226	131, 136, 149
Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of skin	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1226	131, 137, 149

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of teeth	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1226	131, 149
Vitamin C	Vitamin C contributes to normal functioning of the nervous system Vitamin C contributes to the normal function of the nervous system	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1226	133

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Vitamin C	Vitamin C contributes to normal psychological function	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1815	140
Vitamin C	Vitamin C contributes to normal release of energy for use in the body Vitamin C contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1226 2010;8(10):1815	135, 2334, 3196

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

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Vitamin C	Vitamin C contributes to the regeneration of the reduced form of vitamin E	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1815	202
Vitamin C	Vitamin C increases iron absorption Vitamin C increases non-haem iron absorption	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1226	132, 147

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Vitamin D	Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus and maintenance of normal blood calcium concentrations	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1227	152
Vitamin D	Vitamin D contributes to normal blood calcium and phosphorus concentrations Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus and maintenance of normal blood calcium concentrations	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1227 2011;9(6):2203	157 215

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Vitamin D	Vitamin D contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1227	150, 151, 158, 350
Vitamin D	Vitamin D contributes to the maintenance of normal muscle function	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010; 8(2):1468	155

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Vitamin D	Vitamin D contributes to the maintenance of normal teeth	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1227	151, 158
Vitamin D	Vitamin D contributes to the normal function of the immune system Vitamin D contributes to the normal function of the immune system and healthy inflammatory response	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010; 8(2):1468	154, 159

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Vitamin D	Vitamin D has a role in the process of cell division Vitamin D contributes to normal cell division	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1227	153
Vitamin E	Vitamin E contributes to the protection of cells from oxidative stress Vitamin E contributes to the protection of cell constituents from oxidative damage	The claim may be used only for food which is at least a source of vitamin E as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1816	160, 162, 1947

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Vitamin K	Vitamin K contributes to normal blood clotting Vitamin K contributes to normal blood coagulation	The claim may be used only for food which is at least a source of vitamin K as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7 (9):1228	124, 126
Vitamin K	Vitamin K contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of vitamin K as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7 (9):1228	123, 127, 128, 2879
Walnuts	Walnuts contribute to the improvement of the elasticity of blood vessels Walnuts contribute to the improvement of endothelium-dependent vasodilation	Information to the consumer that beneficial effect may be obtained with a daily intake of 30 g of walnuts.		2011;9(4):2074	1155, 1157

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Water	Water contributes to the maintenance of normal physical and cognitive functions	Information should be given to the consumer that in order to obtain the claimed effect, at least 2.0 L of water should be consumed per day.		2011;9(4):2075	1102, 1209, 1294, 1331
Water	Water contributes to the maintenance of normal regulation of the body's temperature Water contributes to the maintenance of normal thermoregulation.	Information should be given to the consumer that in order to obtain the claimed effect, at least 2.0 L of water should be consumed per day.		2011;9(4):2075	1208

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Wheat bran fibre	Wheat bran fibre contributes to an acceleration of intestinal transit Wheat bran fibre contributes to a reduction in intestinal transit time	The claim may only be used for food which is high in fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation 1924/2006. In order to bear the claim information should be given to the consumer that the claimed effect is obtained with a daily intake of at least 10g of wheat bran fibre.		2010;8(10):1817	828, 839, 3067, 4699
Wheat bran fibre	Wheat bran fibre contributes to an increase in faecal bulk	The claim may only be used for food which is high in fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation 1924/2006.		2010;8(10):1817	3066

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose and polydextrose [Other than D-tagatose and isomaltulose these can be called sugar replacers]	Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* as part of a meal induces a lower blood glucose rise after meals compared to sugar-containing foods/drinks * In the case of D-tagatose and isomaltulose this should read "other sugars" Consumption of foods/drinks containing <name of sugar replacer> instead of sugar induces a lower blood glucose rise after meals compared to sugar-containing foods/drinks	In order to bear the claim, sugars should be replaced in foods or drinks by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, sucralose or polydextrose, or a combination of them, so that foods or drinks contain reduced amounts of sugars by at least the amount referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation 1924/2006. (Section 2.2.3). In the case of D-tagatose and isomaltulose, they should replace equivalent amounts of other sugars in the same proportion as REDUCED	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC.	2011;9(4):2076	617, 619, 669, 1590, 1762, 2903, 2908, 2920

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose and polydextrose [Other than D-tagatose and isomaltulose these can be called sugar replacers]	Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* may help decrease tooth demineralisation * In the case of D-tagatose and isomaltulose this should read "other sugars" Frequent consumption of sugars contributes to tooth demineralisation. Consumption of foods/drinks containing <name of sugar replacer> instead of sugar may help maintain tooth mineralisation by decreasing tooth demineralisation	In order bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, in amounts such that consumption of such foods or drinks does not lower plaque pH below 5.7 during and up to 30 minutes after consumption.	See Commission Directive 94/54/EC as amended by Council Directive 96/21/EC).	2011;9(4):2076	463, 464, 563, 618, 647, 1182, 1591, 2907, 2921, 4300

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Zinc	Zinc contributes to building amino acids into proteins that may be used by the body Zinc contributes to normal protein synthesis	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1819	293, 4293
Zinc	Zinc contributes to normal balance of acids and alkali (base) in the body Zinc contributes to normal acid-base metabolism	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1229	360

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Zinc	Zinc contributes to normal cognitive function	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1229	296
Zinc	Zinc contributes to normal fertility and reproduction	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1229	297, 300

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Zinc	Zinc contributes to normal production of DNA Zinc contributes to normal DNA synthesis and cell division	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1819	292, 293, 1759
Zinc	Zinc contributes to normal use of carbohydrates in the body 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 Annex to Regulation 1924/2006.		2010;8(10):1819	382

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Zinc	Zinc contributes to normal use of fatty acids in the body Zinc contributes to normal macronutrient metabolism	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1229	302
Zinc	Zinc contributes to normal use of macronutrients in the body Zinc contributes to normal macronutrient metabolism	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2010;8(10):1819	2890

Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Conditions and/or restrictions of use of the food and/or additional statement or warning	EFSA Journal number	Relevant entry number in the Consolidated List submitted to EFSA for its assessment
Zinc	Zinc contributes to normal use of vitamin A in the body Zinc contributes to normal metabolism of vitamin A	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1229	361
Zinc	Zinc contributes to the maintenance of normal bones Zinc contributes to maintenance of normal bone	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		2009; 7(9):1229	295, 1756

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

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

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

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