

LIST OF HEALTH CLAIMS						
No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
MICRONUTRIENTS						
VITAMINS						
	VITAMINS		MUST AT LEAST BE A SOURCE OF VITAMIN/S AS PER ANNEX TO REGULATION 1924/2006		Regulation on Nutrition and Health Claims made on Foods 1924/2006 Directive on Nutrition Labelling for Foodstuffs 90/496/EEC	
1	Vitamins, in general	Development, growth, body maintenance, body metabolism and equilibrium		Authoritative Body Textbook	JHCI, NHPD, CH	-vitamin(s) help the development of all body structures; -vitamin(s) help to maintain a strong body; -vitamin(s) are essential for your body; -vitamin(s) are needed for body metabolism.
	Vitamin A		15% RDA of vitamin A is equivalent to 720 micrograms beta-carotene	Scientific Body Textbook	Garrow et al 2000; IOM 2001	
2		Bone growth and development of teeth		Authoritative Body Textbook	NHPD	-vitamin A is essential for healthy bone and teeth growth.
3		Cell differentiation including immune system		Authoritative Body Scientific Body Textbook	CH, JHCI, WHO See: Vitamin A and Immune function	-vitamin A is essential for the proper functioning of the immune system; -vitamin A is essential for the proper functioning of the cells.
4		Structure and function of the skin and mucous membranes (such as in the lung, intestines, nose, eyes and female reproductive tract)		Authoritative Body Textbook	CH, CEDAP, NHPD, JHCI	-vitamin A helps keep the skin and mucous membranes healthy.
5		Vision		Authoritative Body Textbook	JHCI, CH, CEDAP, FNFC, NHPD	-vitamin A is essential for normal vision.
6	Vitamin B1 (Thiamin)	Energy and Carbohydrate metabolism		Authoritative Body Textbook	CH, CEDAP, NHPD, JHCI, FNFC	-vitamin B1 (Thiamin) is needed to release the energy from foods; -vitamin B1 (Thiamin) is needed to release the energy from carbohydrates.
7		Cardiac function		Authoritative Body Scientific Body Textbook	JHCI, IOM 1998 See: Vitamin B1 and cardiac function	-vitamin B1 (Thiamin) is needed to keep the heart working properly.
8		Neurological function		Authoritative Body Textbook	CH, JHCI	-vitamin B1(Thiamin) helps keeping the nervous system working properly.
9	Vitamin B2 (Riboflavin)	Energy metabolism		Authoritative Body Textbook	CH, CEDAP, JHCI, NHPD	-Riboflavin contributes to the normal release of energy from foods.
10		Transport and metabolism of iron		Authoritative Body Textbook	JHCI	-vitamin B2 (Riboflavin) is needed for the normal transport and metabolism of iron in the body; -vitamin B2 (Riboflavin) helps the body to maintain a normal iron level.
11		Required for the normal structure of mucous membranes (such as the surface of the tongue, the mouth, eyes and intestines).		Authoritative Body Textbook	JHCI, CH	-vitamin B2 (Riboflavin) helps keep your skin and mucous membranes healthy.
12	Niacin (Vitamin B3)	Energy metabolism Nutrient utilisation		Authoritative Body Textbook	CH, CEDAP, NHPD, JHCI	-Niacin (vitamin B3) helps release the energy from foods.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
13		Neurological functions		Authoritative Body Scientific Body Textbook	JHCI, CH, IOM 1998	-Niacin (vitamin B3) helps keep the nervous system functioning; -Niacin (vitamin B3) is needed for normal mental function.
14		Normal structure and function of skin and mucous membranes (such as the intestines)		Authoritative Body Textbook	JHCI, CH	Niacin helps keep your skin and mucous membranes healthy.
15	Pantothenic Acid (Vitamin B5)	Fat and carbohydrate metabolism		Authoritative Body Textbook	JHCI, CH, NHPD	-Pantothenic acid is needed for the body to use fats properly; -Pantothenic acid is needed for the body to release energy from foods.
16	Vitamin B6 (pyridoxine)	Protein and Glycogen/ stored carbohydrate metabolism		Authoritative Body, textbook	CEDAP, NHPD, FNFC, JHCI, CH	-vitamin B6 (pyridoxine) is needed for muscle function; -vitamin B6 (pyridoxine) is needed to release energy from carbohydrates stored in muscle; -vitamin B6 (pyridoxine) is necessary for the body to use protein.
17		Homocysteine metabolism		Authoritative Body Meta-analysis Individual Studies	JHCI See: Vitamin B6 and Homocysteine	-vitamin B6 (pyridoxine) contributes to the maintenance of normal blood homocysteine levels.
18		Transport and metabolism of iron		Authoritative Body	JHCI	-vitamin B6 (pyridoxine) helps the body handle iron.
19		Nervous system function		Authoritative Body Scientific Body Textbook	-Deutsche Gesellschaft für Ernährung (German Society of Nutrition) and Opinion of the Scientific Committee on Food (SCF) on the Tolerable upper Intake Level of Vitamin B6 October 2000. -Biesalski et al. 'Nutritional medicine', 2004	-vitamin B6 (pyridoxine) is important for the function of the nervous system.
20		Immune system function		Reviews Individual studies	See: Vitamin B6 and Immune function	-vitamin B6 (pyridoxine) is important for the immune system/natural defenses.
21	Folate/ Folic acid (Vitamin B9)	Fœtal neural tube development		Authoritative Body Textbook	CH, JHCI, ANZFA	-Folate/ Folic acid (Vitamin B9) contributes to the normal growth of the foetus/unborn baby/baby in the womb; -Folate/ Folic acid (Vitamin B9) is necessary for foetal development/ the development of the foetus.
22		Cell division/multiplication: Nucleic acids and amino acids synthesis (such as in the gastrointestinal tract)		Authoritative Body Textbook	JHCI, CEDAP	-Folate/ Folic acid (Vitamin B9) is essential for cell division.
23		Blood formation		Authoritative Body Textbook	CH, JHCI, NHPD	-Folate/ Folic acid (Vitamin B9) is essential for healthy blood; -Folate/ Folic acid (Vitamin B9) is essential for blood formation.
24		Homocysteine metabolism		Authoritative Body Meta-analysis	JHCI See: Vitamin B9 and Homocysteine metabolism	-Folate/ Folic acid (Vitamin B9) helps maintain normal blood homocysteine levels.
25		Vascular function / Cardiovascular health	400 microgram/ day	Authorative bodies Reviews Meta-analysis Individual studies	See: Vitamin B9 and (Cardio)vascular health	-helps keep arteries/blood vessels healthy; -contributes to healthy arteries and vessels; -helps promote heart health.
26	Vitamin B12 (cyanocobalamin)	Cell division (such as in the gastrointestinal tract)		Authoritative Body Textbook	JHCI	-vitamin B12 (cyanocobalamin) is essential for cell division.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
27		Blood formation		Authoritative Body Textbook	CH, JHCI, NHPD	-vitamin B12 (cyanocobalamin) is needed for blood formation; -vitamin B12 (cyanocobalamin) is needed for healthy blood.
28		Homocysteine metabolism		Authoritative Body Meta-analysis Individual Studies	JHCI See: Vitamin B12 and Homocysteine Metabolism	-vitamin B12 (cyanocobalamin) helps maintain normal blood homocysteine levels.
29		Neurological system: structure and function		Authoritative Body Scientific Body Textbook	JHCI, IOM 1998	-vitamin B12 (cyanocobalamin) is needed to keep the nervous system healthy; -vitamin B12 (cyanocobalamin) is needed for normal mental function.
30		Cognitive function in ageing		Authoritative Body Scientific Body Reviews Individual Studies	See: Vitamin B12 and cognitive function in ageing	-vitamin B 12 (cyanocobalamin) helps maintain cognitive performance as you get older.
31		Energy metabolism: propionate and amino acids		Textbook	See: Vitamin B12 and energy metabolism	-vitamin B12 (cyanocobalamin) is essential for energy metabolism / the transformation of food into energy.
32	Biotin	Protein and amino acid metabolism		Authoritative Body Scientific Body Textbook	CH See: Biotin	-Biotin is needed for the proper metabolism of proteins; -Biotin helps to build your proteins.
33		Fat, carbohydrate, energy metabolism		Authoritative Body Textbook	JHCI, NHPD See: Biotin	-Biotin helps release energy from fats; -Biotin is needed for the body to control carbohydrate supply.
34		Normal structure and function of skin and mucosa		Textbook	See: Biotin	-Biotin helps to maintain healthy skin and mucosa.
35		Neurological system function		Scientific Body Textbook	IOM 1998	-Biotin is needed for normal mental function.
36	Vitamin K	Blood coagulation		Authoritative Body Textbook	CH, JHCI	-vitamin K is needed for blood clot to stop you bleeding.
37		Bone structure		Authoritative Body Scientific Body Meta-analysis Reviews Individual studies	JHCI, SCF, IOM See: Vitamin K and bone integrity	-vitamin K is needed to build and maintain healthy bones' -vitamin K is required for the normal structure of the bone; -vitamin K contributes to promote bone remineralization' -vitamin K helps to reduce bone loss.
38	Vitamin K2	Vascular health		Authoritative Body Scientific Body Meta-analysis Reviews Individual studies	SCF, IOM See: Vitamin K2 and Vascular Health	-vitamin K2 contributes to vascular health.
39	Vitamin C	Protection of body tissues and cells from oxidative damage		Authoritative Body Scientific Body Reviews Individual studies	CH, JHCI, FNFC, SNF See: Vitamin C and Antioxidant action	-vitamin C is an antioxidant that protects the body's cells.
40		Structure and function of blood vessels		Authoritative Body Textbook	JHCI	-vitamin C is necessary for keeping blood vessels healthy.
41		Connective tissue - structure and function: bones, teeth, gums, skin, healing processes		Authoritative Body Scientific Body Reviews Clinical trials Individual studies	JHCI, CH, NHPD, CEDAP See: Vitamin C and Connective tissue	-vitamin C is necessary to build and maintain healthy bone, teeth, cartilage, gums and skin; -vitamin C is necessary for wound healing.
42		Iron absorption	when consumed with iron-containing foods	Authoritative Body	CH, SNF, JHCI, CEDAP	-vitamin C contributes to iron absorption from food.
43		Neurological system function		Authoritative Body Scientific Body	JHCI IOM 2002	-vitamin C helps the nervous system work; -vitamin C is needed for normal mental function.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
44		Immune system function	180mg per day	Textbooks Reviews Meta-analysis	See: Vitamin C and Immune function	-vitamin C is needed as part of the body's defences; -vitamin C helps support the body's immune system.
45		Energy metabolism: carnitine biosynthesis		Textbook	See: Vitamin C and Energy metabolism	-vitamin C is essential for the energy metabolism / the transformation of food into energy.
46	Vitamin D	Bone health/ bone strength Includes bone structure, bone mineralisation, bone density		Authoritative Body	CEDAP, CH, NHPD, DK, SNF, JHCI	-vitamin D is essential for the structure of bones/healthy bones; -vitamin D helps build and maintain strong/healthy bones; -vitamin D is necessary for adequate bone density; -vitamin D helps build strong bones.
47		Teeth mineralization		Authoritative Body	CEDAP, CH, NHPD, DK,	-vitamin D is needed for the development of healthy teeth.
48		Absorption and utilisation of Calcium, Phosphorus		Authoritative Body	JHCI, NHPD, CEDAP, CH, DK	-vitamin D is necessary for the absorption and utilisation of calcium and phosphorus; -vitamin D is necessary for Calcium up-take in bones.
49		Cell division		Authoritative Body	JHCI	-vitamin D is needed for cell division.
50		Immune system		Reviews Individual studies	See: Vitamin D and Immune function	-vitamin D is important for the immune system/natural defenses.
51		Muscle growth, development and function		Metanalysis Reviews Individual studies	See: Vitamin D and Muscle growth	-vitamin D helps build and maintain strong muscles; -vitamin D is needed for proper functioning of the muscles; -vitamin D helps maintain muscle function in ageing.
52	Vitamin E	Protection of body tissues, cells, membranes and lipids from oxidative damage (such as the oxidation of polyunsaturated fatty acids in red blood cell membranes)		Authoritative Body	JHCI, SNF, CH, CEDAP, NHPD, FNFC	-vitamin E is an antioxidant that protects the body's cells.
53		Normal immune system function	100-200 IU per day = approx 70-135mg	Textbooks Reviews Individual studies	See: Vitamin E and Immune function	-vitamin E contributes to a normal immune system function; -vitamin E helps to strengthen the body's defences; -vitamin E helps to boost cell-mediated immunity in older people.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
MINERALS						
	MINERALS		MUST AT LEAST BE A SOURCE OF MINERAL/S AS PER ANNEX TO REGULATION 1924/2006		Regulation on Nutrition and Health Claims made on Foods 1924/2006 Directive on Nutrition Labelling for Foodstuffs 90/496/EEC	
54	Minerals, in general	Development, growth, body maintenance, conception, reproductive function, equilibrium, co-factor in enzyme systems.		Authoritative Body Textbook	JHCI, SNF, CH, NHPD	-mineral(s) help the development of all body structures; -mineral(s) help to maintain a strong body; -mineral(s) are essential or your body; -mineral(s) contributes to normal reproduction and conception; -mineral(s) is a factor in the maintenance of good health; -we need mineral(s) to make the body functions work.
55	Calcium	Bone health/ bone strength (includes bone structure, bone mineralisation, bone density), structure of teeth		Authoritative Body Textbook Reviews	CEDAP, CH, DK, NHPD, NFA, SNF, JHCI See: Calcium and Bone health	-Calcium is essential for the structure of bones/healthy bones; -Calcium is needed to build and maintain strong/healthy bones; -Calcium is necessary for adequate bone density; -Calcium is needed for development of teeth.
56		Blood pressure		Scientific Body Expert Review Meta-analyses	AHA See: Calcium and Blood pressure	-Calcium is beneficial for blood pressure; -Calcium helps to keep a healthy blood pressure.
57		Blood coagulation		Authoritative Body Textbook	JHCI	-Calcium is needed for normal blood clotting.
58		Muscle function		Authoritative Body Textbook Monograph	CH, JHCI Monograph on water containing calcium, Federal Gazette No. 115, 26.6.1990, p. 3239	-Calcium is needed for muscle function (including function of heart muscle).
59		Nerve transmission/ function		Authoritative Body Textbook Monograph	CH, JHCI Monograph on water containing calcium, Federal Gazette No. 115, 26.6.1990, p. 3239	-Calcium is needed for normal nerve function.
60		Weight management		Textbook Reviews Individual studies	See: Calcium and Weight management	-Calcium helps manage your weight; -Calcium modulates energy metabolism; -Calcium contributes to weight control.
61		Colorectal cell protection		Review Meta-analysis Individual studies (RCT, Intervention study)	See: Calcium and Colorectal cell protection	-Calcium helps protects gut cells; -Calcium helps gut cells to maintain normal regulation of growth and development.
62	Magnesium	Bone and teeth structure		Authoritative Body Textbook	JHCI, CH, NHPD See: Magnesium and Bone health	-Magnesium is needed to build healthy bones and teeth.
63		Energy metabolism		Authoritative Body	CH, NHPD, JHCI	-Magnesium is essential for use of energy by the body.
64		Electrolyte balance		Authoritative Body	JHCI	-Magnesium is necessary for electrolyte balance.
65		Muscle function		Authoritative Body	JHCI, CEDAP, CH Monograph on water containing magnesium, Federal Gazette No. 37, 23.2.1994, p. 1618	-Magnesium is necessary for muscle function (including function of heart muscle).

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
66		Nerve transmission/ function		Authoritative Body	CEDAP, CH, JHCI Monograph on water containing magnesium, Federal Gazette No. 37, 23.2.1994, p. 1618	-Magnesium is necessary for nerve/ nervous system function.
67	Iron	Red blood cell and haemoglobin formation		Authoritative Body Textbook	JHCI, CEDAP, CH, NHPD, SNF	-Iron is needed for blood formation. -Iron is essential for making hemoglobin and red-blood cells.
68		Oxygen transport to the tissues		Authoritative Body Textbook	CEDAP, CH, NHPD, JHCI	-Iron is necessary for the transport of oxygen in the body.
69		Energy production		Authoritative Body Textbook	JHCI	-The body needs Iron for energy production.
70		Immune system		Authoritative Body Textbook Reports Reviews Individual studies	JHCI See: Iron	-Iron is necessary for the function of the immune system.
71		Neurological development in embryos		Authoritative Body Textbook	JHCI	-Iron is necessary for development of brain and nerves in embryos
72		Cognitive development and function		Authoritative Body Textbook Reports; reviews; individual studies	See: Iron	-Iron is necessary for mental/ cognitive development and function.
73		Metabolism of foreign substances		Authoritative Body Textbook	JHCI	-Iron is needed to allow the body metabolise drugs and other substances.
74	Copper	Protection of body tissues and cells from oxidative damage		Authoritative Body Scientific Body Textbook	JHCI, IOM 2001	-Copper contributes to cell protection from damage caused by free radicals.
75		Immune system		Authoritative Body Scientific Body Textbook	JHCI, IOM 2001	-Copper is needed for the function of the immune system.
76		Connective tissues		Authoritative Body Scientific Body Textbook	JHCI, IOM 2001	-Copper helps build connective tissues (such as in bone, lungs and the vascular system).
77		Energy production		Authoritative Body Scientific Body Textbook	JHCI, IOM 2001	-The body needs copper for energy production.
78		Neurological system structure and function		Authoritative Body Scientific Body Textbook	JHCI, IOM 2001	-Copper is needed for the nervous system to function.
79		Skin and hair pigment		Authoritative Body Scientific Body Textbook	JHCI, IOM 2001	-Copper is needed for colour (pigmentation) of skin and hair.
80		Transport and metabolism of iron		Authoritative Body Scientific Body Textbook	JHCI, IOM 2001	-Copper helps the body use iron; -Copper is needed for blood formation; -Copper contributes to the transport and metabolism of Iron to the body.
81	Iodine	Neurological/ mental and cognitive development (including in-utero)		Authoritative Body Scientific Body Textbook Reviews	JHCI, WHO See: Iodine and Cognitive development/ thyroid function	-Iodine is essential for neurological development; -Iodine is essential for mental development; -Iodine plays a role in development of the brain; -Iodine plays a role in mental performance/ activity.
82		Thyroid function and production of hormone, energy metabolism		Authoritative Body Textbook	JHCI, CEDAP, CH, NHP See: Iodine and Cognitive development/ thyroid function	-Iodine is needed for growth and function of the thyroid gland; -Iodine is essential for the production of thyroid hormones; -Iodine is needed for energy metabolism.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
83	Fluoride	Tooth and enamel strength, remineralisation		Authoritative Body Textbook Monograph	JHCI, CEDAP, Monograph on water containing fluoride, Federal Gazette No. 37, 2003, 1997, 1998	-Fluoride strengthens the teeth/ enamel; -Fluoride helps protect the teeth; -Fluoride helps the teeth recover after meals.
84	Selenium	Protection of body tissues and cells from oxidative damage		Authoritative Body Scientific Body Reviews	JHCI, CH, NHPD, WHO See: Selenium and Antioxidant activity	-Selenium is necessary for cells' protection; -Selenium helps scavenging free radicals.
85		Immune system		Authoritative Body Scientific Body Reviews	JHCI, WHO. See: Selenium and Immune system	-Selenium is necessary for the function of the immune system.
86		Iodine utilisation for thyroid hormone production		Authoritative Body	JHCI See: Selenium and Thyroid function	-Selenium is needed by the body to use iodine in the production of thyroid hormones.
87	Zinc	Immune system		Authoritative Body Scientific Body Textbook	JHCI, IOM 2001 See: Zinc and immune function	-Zinc is necessary for the function of the immune system; -Zinc helps to support a healthy immune system.
88		DNA synthesis/ cell division		Authoritative Body Textbook	JHCI, CEDAP	Zinc is needed for cell division.
89		Skin and wound healing		Authoritative Body Textbook	JHCI	-Zinc is needed for healthy skin; -Zinc helps in wound healing.
90		Protection of body tissues and cells from oxidative damage		Textbook, Critical Reviews, Individual Studies	See: Zinc and Antioxidant action	-Zinc is necessary for cells' protection; -Zinc helps scavenging free radicals.
91		Bone formation		Textbook Reviews Individual Studies	See: Zinc and Bone formation	-Zinc helps build and maintain strong bones.
92	Manganese	Protection of body tissues and cells from oxidative damage		Authoritative Body Scientific Body	JHCI, WHO See: Manganese and Antioxidant action	-Manganese is necessary for cells' protection; -Manganese helps scavenging free radicals.
93		Bone formation		Authoritative Body	JHCI	-Manganese helps build and maintain strong bones.
94		Energy metabolism		Authoritative Body	JHCI	The body needs manganese to produce energy.
95	Sodium	Water and electrolyte balance		Authoritative Body Textbook	JHCI	-Sodium is necessary for water and electrolyte balance throughout the body.
96		Rehydration	20 - 50 mmol/L Na ⁺ and 200-330 mOsm/kg (with readily available carbohydrate providing at least 75% energy which should be 80-350 kcal per litre)	Authoritative Body	SCF Report on composition and specification of food intended to meet the expenditure of intense muscular effort, especially for sportsmen SCF/CS/NUT/SPORT/5 Final (corrected) 28 February 2001	-For the replenishment of lost salts due to sweating and dehydration.
97		Nutrient absorption		Authoritative Body	JHCI	-Sodium aids the absorption of nutrients during digestion (such as the active transport of nutrients and water from the gut).
98	Potassium	Water and electrolyte balance		Authoritative Body Textbook	JHCI	-Potassium is necessary for water and electrolyte balance throughout the body.
99		Signal transduction and muscle contraction		Textbook	See list of textbook references	-Potassium is needed for muscle function including the heart.
100		Blood pressure		Authoritative Body Meta-analysis	FDA Authoritative Statement FDA Docket No. 00Q-1582 See: Potassium and Blood pressure	-Increasing potassium intake helps maintain healthy blood pressure; -Potassium helps promote healthy blood pressure; -Potassium is important for keeping blood pressure healthy.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
101	Chloride as Na-, K-, Ca-, Mg-salts	Water and electrolyte balance		Authoritative Body Textbook	JHCI	-Chloride is necessary for water and electrolyte balance throughout the body.
102		Stomach acid and digestion		Authoritative Body Textbook	JHCI	-Chloride is necessary for the production of the hydrochloric acid in the stomach, which is required for digestion.
103	Phosphorus/Phosphates as Na-, K-, Ca-, Mg- salts	Bone and teeth structure		Authoritative Body Textbook	JHCI, CH, NHPD	-Phosphorus is necessary for the structure of bone and teeth.
104		Cell membrane's structure (in the form of phospholipids)		Authoritative Body Textbook	JHCI	-Phosphorus is necessary for the structure of cell membranes
105		Energy metabolism		Authoritative Body Textbook	JHCI	-Phosphorus is necessary for normal energy metabolism.
106	Citrates as Na-, K-, Ca-, Mg salts	Acid/ base balance and bone health		Reviews Individual studies	See: Citrates and Acid base/ bone health	-Citrates (e.g. potassium citrate) reduce dietary acid load. -Citrates (e.g. potassium citrate) help maintain acid-base balance and support bone health. -Citrates (e.g. potassium citrate) maintain bone strength.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
MACRONUTRIENTS						
PROTEIN						
	Protein		MUST AT LEAST BE A SOURCE OF PROTEIN AS PER ANNEX TO REGULATION 1924/2006			
107	Protein	Supply of metabolic energy		Textbook	See list of textbook references	-proteins provide energy to the body
108	Protein/ essential amino acids	Essential for growth, development and maintenance of the body/body tissues/body function.		Textbook	See list of textbook references	-protein is essential for normal growth and development; -proteins help to build and maintain a strong body; -essential amino acids are needed for maintenance of muscles; -protein supports body functions; -proteins are needed to transport other nutrients around the body.
109	Protein	Bone health		Review Individual studies (Intervention studies/clinical trials, Epidemiological studies, Animal studies)	See: Protein and Bone health	-protein contributes to the bone health; -protein has beneficial effects on bone health.
110	Protein	Satiety / Weight management	Conditions of "high protein" from HC regulation 1924/2006 (i.e.20% E from protein)	Reviews Individual studies	See: Protein and Satiety/ weight management	-foods/ meals/ diets rich in protein help you feel fuller for longer to help manage your weight; -protein promotes satiety.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
CARBOHYDRATES						
111	Carbohydrates	Supply of metabolic energy		Scientific Body Textbooks	IOM, See list of textbook references	-carbohydrates provide energy to the body.
112	Carbohydrates with a low glycaemic index (GI)	Impact on blood glucose / Glycemic control / Glycemic response	Where low GI = GI score of less than or equal to 55, assessed from the incremental area under the blood glucose response curve of a portion of the food/ product providing 50g available carbohydrate (minimum 10g), measured over 2 hours, and expressed as a percentage of the response to 50g glucose or white bread where GI = 100. Reference: WHO/FAO 1998; Brouns et al 2005.	Textbook (Encyclopedia) Meta-analyses Reviews Individual studies	See: Carbohydrates - low GI - Blood Glucose	-low GI carbohydrates sustain steady blood sugar levels.
113	Carbohydrates with a low glycaemic index (GI)	Serum cholesterol	Idem	Textbook (Encyclopedia) Meta-analyses Reviews Individual studies Epidemiological evidence	See: Carbohydrates - low GI - Cholesterol	-a low GI [carbohydrate] diet helps to maintain healthy cholesterol levels.
114	Carbohydrates with a low glycaemic index (GI)	Satiety	Idem	Reviews Individual studies	See: Carbohydrates - low GI - Satiety	-low GI [carbohydrate] foods help you feel fuller for longer.
115	Carbohydrates with a low glycaemic response	Low impact on blood glucose / Low glycemic response / Improved blood glucose control (= benefits discussed with respect to the dietary management of body weight regulation, insulin sensitivity, obesity, diabetes, metabolic syndrome)	The glycemic response is not more than half that of glucose.....see Reference list for details	Expert reviews Reviews Meta-analyses Individual studies	See: Carbohydrates with a low glycaemic response	-low glycemic carbohydrates / low glycemic [carbohydrate] diet helps maintain and improve blood glucose control; -low glycemic carbohydrates / low glycemic [carbohydrate] diet helps in the management of regular blood glucose levels; -low glycemic carbohydrates / low glycemic [carbohydrate] diet helps maintain insulin sensitivity; -low glycemic carbohydrates / low glycemic [carbohydrate] diet supports body weight regulation; -low glycemic carbohydrates / low glycemic [carbohydrate] diet contributes to weight control.
116	Carbohydrates with a reduced glycemic response	Lower impact on blood glucose/ lower glycemic response; improved blood glucose control	The glycemic response is at least 30% reduced compared to a regular food, without increasing the fat content, Assessed from blood glucose response curve (e.g. test food vs traditional food)	Expert reviews Reviews Individual studies Meta-analysis	See: Carbohydrates with a reduced glycemic response	-due to its (modified) carbohydrate composition, this food has a lower blood glucose and insulin response; -this food has a [x%] lower impact on blood sugar levels than comparable foods and thus helps to maintain more steady blood sugar levels; -[graphical presentations of blood glucose response curves].
117	Carbohydrates	Physical endurance		Authoritative Body	See: Carbohydrates and physical endurance	-carbohydrate-containing foods have a beneficial impact on exercise performance; -carbohydrate is a key energy source prior to exercise.
118	Carbohydrates	Reconstitution of liver and muscle glycogen stores		Authoritative Body	See: Carbohydrates and physical endurance	-carbohydrate-containing foods help to rebuild liver and muscle glycogen stores after exercise.
119	Carbohydrates providing a source of glucose	Cognitive/ mental performance; alertness; attention; memory		Peer reviewed individual studies PASSCLAIM	See: Carbohydrate/Glucose and cognitive performance	-glucose is the preferred source of energy for the brain and central nervous system; -glucose improves mental performance; -the delivery of glucose has beneficial effects on feelings of alertness, attention and memory.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
120	Carbohydrates - non-cariogenic e.g. isomaltulose; tagatose, polyols, polydextrose. Absence of, or low, fermentable carbohydrates	Dental health	According to US 21CFR§101.80: the food shall not lower plaque pH below 5,7 by bacterial fermentation during consumption and up to 30 min after consumption, as determined by plaque pH telemetry, and other comparable methods.	Authoritative Body	SNF, FDA, FOSHU, CH(LMV), ADA, WHO 2003 See: Carbohydrates Non-cariogenic/absence of fermentable	-food X is kind to teeth; -food/drink X is safe for teeth; -X food helps keep teeth healthy when used between meals in place of [food] made with fermentable sugars; -helps keep teeth healthy; -use of graphic device such as toothfriendly logo.
121	Isomaltulose	Reduced speed of digestion and absorption results in lower glycemic and insulinemic response		Critical reviews Individual studies	See: Isomaltulose and Low glycaemic response	-isomaltulose is fully yet slowly digested and absorbed; -isomaltulose is slowly released; -isomaltulose is a slow release form of energy; -isomaltulose has a low glycemic and low insulinemic response; -isomaltulose provides energy in form of blood glucose over a longer period of time.
122	Lactose	Calcium absorption		Reviews Individual studies	See: Lactose and Calcium absorption	-lactose supports calcium absorption.
123	Polyols	Remineralisation of teeth		Authoritative bodies Reviews Individual studies	See: Polyols and Remineralisation of teeth	-promotes remineralisation of teeth when used after meals
124	Polyols	Low glycemic properties		Authoritative bodies Reviews Individual studies	See: Polyols and Low glycaemic properties	-polyols induce a low glycemic and low insulinemic response - polyols induce a low blood sugar rise (+ explanation + simplified figure of blood glucose response curves) - polyols help controlling blood sugar and insulin levels - polyols help to maintain blood sugar levels - polyols improve blood glucose control - polyols have a lower impact on blood sugar levels than traditional product; -suitable for those following a low glycemic diet.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
FATS						
125	Fats	Supply of metabolic energy		Scientific Body Textbook	IOM 2002	-fats are a source of energy for the body
126	Fats	Cell growth/cell functioning and structure		Scientific Body Textbook	IOM 2002	-fats are essential to the body.
127	Fats (fatty acids higher than c-10)	Absorption of fat soluble vitamins		Scientific Body Textbook	IOM 2002	-fats are needed to absorb fat soluble-vitamins
128	Fats (containing EFA)	Essential fatty acids (EFA) supply		Scientific Body Textbook	IOM 2002	-this product provides you with essential fatty acids, which cannot be produced by your own body.
129	Saturated fats/fatty acids (decrease)	Blood cholesterol and artery/heart health		Authoritative Body Scientific Body	JHCI, SNF, NFA, IOM 2002; WHO 2003	-decreasing saturated fatty acids helps lowering cholesterol and maintaining a healthy heart; -controls your cholesterol; -lowering LDL cholesterol helps result in more elastic and reactive vessels.
130	Unsaturated fats/ fatty acids (poly and/or mono unsaturates)	Blood cholesterol and artery/heart health		Authoritative Body Metanalysis Reviews	See: Lipid 1	-decreasing saturated fats and increasing unsaturated fats helps lowering cholesterol and maintaining a healthy heart; -lowering LDL cholesterol helps result in more elastic and reactive vessels.
131	Unsaturated fats/fatty acids	Function of the cell membrane		Scientific Body Textbook	IOM 2002	-help to maintain the function and fluidity of the cellular membranes.
132	Essential fatty acid Linoleic Acid (LA - omega 6)	Growth and development and maintenance of body functions		Scientific Body Textbook	IOM 2002	-linoleic acid (omega 6) is essential for growth and development.
133	Essential fatty acid Linoleic Acid (LA - omega 6)	Brain development and maturation of neurosensorial functions		Textbook	See list of textbook references	-LA acid contributes to mental and cognitive development.
134	Essential fatty acid Linoleic Acid (LA - omega 6)	Molecule precursors regulating cell functions (prostaglandins, leucotrienes)		Scientific Body Expert Reviews Textbook	IOM 2002 WHO/FAO Fats and oils in human nutrition Report of a joint expert consultation. Rome, 19-26 October 1993 British Nutrition Foundation (1999) Briefing Paper: n-3 Fatty Acids and Health.	-Linoleic acid (omega 6) is important for healthy vascular function and the immune system.
135	Essential fatty acid Linoleic Acid (LA - omega 6)	Blood cholesterol		Scientific Body Reviews	WHO 2003; IOM 2002 See: Lipid 1	-Linoleic acid (omega 6) lowers blood cholesterol.
136	Essential fatty acid Linoleic Acid (LA - omega 6)	Artery/ Heart health		Scientific Body Reviews	WHO 2003; IOM 2002 See: Lipid 1 and Lipid 2	-eating Linoleic acid (omega 6) promotes/ contributes to artery and heart health; -eating Linoleic acid (omega 6) promotes/ contributes to blood flow/ circulation.
137	Essential fatty acid Alpha-linolenic acid (LNA - omega 3)	Growth and development and maintenance		Scientific Body Textbook	IOM 2002	-Alpha-linolenic acid (omega 3) is essential for normal growth and development.
138	Essential fatty acid Alpha-linolenic acid (LNA - omega 3)	Brain development and maturation of neurosensorial functions		Textbook	See list of textbook references	-Alpha-linolenic acid (omega 3) contributes to mental and cognitive development; -LNA helps to keep your nervous system healthy.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
139	Essential fatty acid Alpha-linolenic acid (LNA omega 3)	Molecule precursors regulating cell functions (prostaglandins, leucotrienes)		Scientific Body Expert Reviews Textbook	IOM 2002 WHO/FAO Fats and oils in human nutrition Report of a joint expert consultation. Rome, 19-26 October 1993 British Nutrition Foundation (1999) Briefing Paper: n-3 Fatty Acids and Health.	-Alpha-linolenic acid (omega 3) is important for healthy vascular function and immune system and blood clotting.
140	Essential fatty acid Alpha-linolenic acid (LNA omega 3)	Blood cholesterol		Scientific Body Reviews	WHO 2003; IOM 2002 See: Lipid 1	-Alpha-linolenic acid (omega 3) lowers blood cholesterol.
141	Essential fatty acid Alpha-linolenic acid (LNA omega 3)	Artery/Heart health		Scientific Body Reviews	WHO 2003; IOM 2002 See: Lipid 1 and Lipid 2	-eating Alpha-linolenic acid (omega 3) promotes/ contributes heart health.
142	Essential fatty acid Alpha-linolenic acid (LNA omega 3)	A high LNA to LA ratio has positive effects on eicosanoids and thus protects against inflammatory and thrombotic reactions		Authoritative Body Reviews Observational studies	See: Lipid 3	'-LNA contributes to the good balance in essential fatty acids in the diet and as such improves your health.
143	Long chain Omega 3 fatty acids	Brain development, cognitive development and cognitive function		Textbook	See: Lipid 4	-long chain omega-3 fatty acids play a role in normal brain and mental development.
144	Long chain Omega 3 fatty acids	Cardiovascular/ heart health	0.43g per day (serving - 1/3 to 1/4 of this)	Authoritative Body Reviews	SNF/FDA/JHCI WHO 2003; AHA 2006 See: Lipid 5	-a diet rich in long chain omega 3 fatty acids keeps the arteries healthy; -a diet rich in long chain omega 3 fatty acids promotes a healthy heart.
145	Long chain Omega 3 fatty acids	Blood pressure - n-3 LC-PUFA cause relaxation in the neighbouring blood vessel to dilate influencing blood pressure	3 to 4 g per day	Meta-analyses Human intervention Animal studies	See: Lipid 6	-n-3 LC-PUFA help maintain a healthy blood pressure.
146	Long chain Omega 3 fatty acids	Lowering of both fasting and postprandial levels of blood triglycerides	>1.5g per day (BNF CVD 2005 p.217)	Human intervention Animal studies	See: Lipid 7	-contributes to heart health; -helps control levels of triglycerides (type of blood fat).
147	Long chain Omega 3 fatty acids	Endothelial function/arterial function	>1.5g per day (BNF CVD 2005 p.217)	Human intervention Animal studies	See: Lipid 8	-n-3 LC-PUFA have a beneficial effect on the function of the arteries
148	Long chain Omega 3 fatty acids	Normal immune system function		Reviews	See: Lipid 9	-long chain Omega 3 fatty acids are important for a healthy immune system; -LC n3 PUFA help reduce inflammation.
149	Cholesterol	Blood cholesterol and heart health		Textbook Meta-analysis	See: Lipid 10	-foods low in cholesterol help manage blood cholesterol.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
FIBRE						
	FIBRE		Where a daily value is indicated the amount per serving is typically 25% unless otherwise stated			
150	Dietary fibre	Bowel function	Conditions of "source of" from HC regulation 1924/2006, specific conditions of use are listed in the list of references	Authoritative Body	SNF, NHPD, JHCI, NFA See: Dietary Fibre and Bowel Function	-dietary fibre helps to maintain normal bowel/colonic function; -dietary fibre promotes regularity; -ensures a healthy digestive system/function;
151	Dietary fibre	Satiety	Condition of use to meet the definition of "high fibre" (6g/100g) and provide at least 5g of total dietary fibre per serving of food which can reasonably be consumed in one day	Textbooks Individual studies	See: Dietary Fibre and Satiety	-foods high in fibre help you to feel full for longer to help maintain your body weight.
152	Dietary fibre	Reduction of glycemic response	Conditions of "source of" from HC regulation 1924/2006, specific conditions of use are listed in the list of references	Authoritative Body Individual human studies	See: Dietary fibre and Glycemic response	-dietary fibre as part of diet low in sugars; -dietary fibre is suitable for diabetics; -dietary fibre induces a low glycemic response; -dietary fibre helps to control/ balance blood insulin/glucose level.
153	Oats/ Oat beta-glucan	Blood cholesterol	1. Whole oats,/rolled oats/whole oat flour (min 4% beta-glucan), oat bran (min 5.5% beta glucan) 2. 3g beta glucan/ day - a portion or in an amount that is customarily consumed in a day should contain at least 0.75g of beta-glucan.	Authoritative body Meta-analyses Randomized controlled trials	US FDA, UK JHCI , SE SNF, CH BAG, NL- Nutrition Center See: Dietary fibre - Oat beta-glucan and Cholesterol	-oats help reduce cholesterol.
154	Barley/ barley beta-glucan	Blood cholesterol levels	3g/day	Authoritative Body Barley (FDA)	See: Dietary fibre - Barley beta-glucan and Cholesterol	-barley helps reduce cholesterol.
155	Acacia gum (gum arabic)	Prebiotic action: increase in beneficial bacteria in the colon	6g/day	Authoritative Body Individual studies	See: Dietary fibre - Acacia gum and prebiotic action	-acacia gum is a bifidogenic fibre; -acacia gum has a prebiotic effect; -acacia gum stimulates the growth of beneficial bacteria in the colon; -acacia gum beneficially modulates the intestinal flora.
156	Acacia gum (gum arabic)	Improved intestinal conditions (pH, SCFA production) and intestinal functions	10g/day	Authoritative Body Individual studies	See: Dietary fibre - Acacia gum and Improved intestinal conditions	-acacia gum promotes good intestinal health; -acacia gum improves bowel functions & gut comfort; -acacia gum stimulates metabolic activity.
157	Inulin / oligofructose / Oligofructose-enriched inulin (specific selection of short & long chains) from chicory	Prebiotic / Bifidogenic	5g/ day	Authoritative Body Human Intervention Trials In-vitro trials Expert opinions	See: Dietary fibre - Inulin from chicory 1	-inulin/oligofructose/ oligofructose enriched inulin from chicory stimulates the growth of Bifidobacteria in the colon; -inulin/oligofructose/ oligofructose enriched inulin from chicory beneficially affects the intestinal flora; -inulin/oligofructose/ oligofructose enriched inulin from chicory is prebiotic; -inulin/oligofructose/ oligofructose enriched inulin from chicory promote healthy/balanced/good gut bacteria.
158	Inulin / FOS (β2→1 linked fructans)	Prebiotic/ Bifidogenic; Digestive Health	5g/ day	Books and Review Papers Human Studies Animal Studies In-Vitro Studies Chemistry References	See: Dietary Fibre - Inulin / FOS (β2→1 linked fructans)	-Inulin (or FOS) promotes healthy gut bacteria or microflora; -Inulin (or FOS) is a prebiotic; -Inulin (or FOS) is bifidogenic; -Inulin (or FOS) promotes good digestive health; -Inulin (or FOS) promotes gastrointestinal /bowel/gut/colonic health; -Inulin (or FOS) promotes proper bowel function.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
159	Inulin/oligofructose from chicory	Improved intestinal conditions (pH, SCFA production) and intestinal functions	5g/day	Authoritative Body Individual studies	See: Dietary fibre - Inulin from chicory 2	-inulin/oligofructose from chicory improves intestinal conditions; -inulin/oligofructose from chicory promotes intestinal health.
160	Inulin / oligofructose / oligofructose-enriched inulin (specific selection of short & long chains) from chicory	Improves digestive/ bowel function	8g/day	Human Intervention Trials Expert opinions	See: Dietary fibre - Inulin from chicory 3	-promotes/ supports digestive health; -improves regularity; -improves digestive/ bowel function.
161	Inulin/ oligofructose from chicory	Cholesterol lowering	9g/ day	Individual and animal studies	See: Dietary fibre - Inulin from chicory 4	-inulin/ oligofructose from chicory helps to reduce cholesterol
162	Inulin/oligofructose from chicory	Improved Calcium absorption	8g/ day	Human studies Animal studies	See: Dietary fibre - Inulin from chicory 5	-inulin/ oligofructose enhances calcium absorption
163	Oligofructose-enriched inulin (specific selection of short & long chains) from chicory	Increased Calcium absorption	8 g/day	Human Intervention trials Animal studies Review and Expert opinions	See: Dietary fibre - Inulin from chicory 6	-increases/ promotes/ enhances Calcium absorption.
164	Oligofructose-enriched inulin (specific selection of short & long chains) from chicory	Increased bone mineral density	8 g/day	Human Intervention trials Animal studies Review and Expert opinions	See: Dietary fibre - Inulin from chicory 7	-increased bone mineral density; -increased bone strength.
165	Chicory oligofructose	Increased inner protection/ resistance	12g/ day	Human intervention trials Supporting animal trial Expert opinions	See: Dietary fibre - Inulin from chicory 8	-contributes to your body's natural defences; -supports/ increases your internal protection/ resistance.
166	Fructooligosaccharides from sucrose	Prebiotic / Bifidogenic	2.5g/ day	Authoritative Body Reviews Individual studies	See: Dietary fibre - Fructooligosaccharides from sucrose 1	-fructooligosaccharides from sucrose / oligofructose stimulates the growth of Bifidobacteria in the colon; -fructooligosaccharides/ oligofructose beneficially affects the intestinal flora; -fructooligosaccharides/ oligofructose are prebiotics; -fructooligosaccharides/ oligofructose promote healthy/good/balanced gut bacteria.
167	Fructooligosaccharides from sucrose	Improved intestinal conditions (pH, SCFA production) and intestinal functions	5g/ day	Authoritative Body Individual studies	See: Dietary fibre - Fructooligosaccharides from sucrose 2	-fructooligosaccharides from sucrose/ oligofructose promote healthy conditions in the colon; -fructooligosaccharides/ oligofructose improve bowel function; -fructooligosaccharides/ oligofructose improve gut comfort.
168	Fructooligosaccharides from sucrose	Increase mineral (Ca/ Mg) absorption	10g/ day	Individual studies Animal studies	See: Dietary fibre - Fructooligosaccharides from sucrose 3	-fructooligosaccharides/ oligofructose enhance/ promote/ increase magnesium absorption; -fructooligosaccharides/ oligofructose enhance/ promote/ increase calcium absorption; -fructooligosaccharides/ oligofructose support isoflavone activity on bone health.
169	Fructooligosaccharides from sucrose	Reduction in blood plasma lipids	8g/ day	Individual studies Animal studies	See: Dietary fibre - Fructooligosaccharides from sucrose 4	Fructooligosaccharide/oligofructose: - improve blood lipids -combined to a balanced diet lower blood cholesterol

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
170	Galacto-oligosaccharides	Prebiotic/ Bifidogenic	2,5 g/day	Reviews Individual studies (adults and infants)	See: Dietary fibre - Galacto-oligosaccharides and Prebiotic action	-GOS stimulates the growth of Bifidobacteria in the colon; -GOS beneficially affects the intestinal flora; -GOS are prebiotics/bifidogenic; -GOS improve healthy intestinal condition.
171	Xylo-oligosaccharides	Prebiotic/ Bifidogenic	2,6g/ day	Individual studies Animal and in vitro studies	See: Dietary fibre - Xylooligosaccharides and prebiotic action	-stimulates a healthy intestinal flora; -stimulates the growth of bifidobacteria
172	Resistant starch	Favours a normal colon metabolism	17g/ day	Animal studies Human studies In vitro studies	See: Dietary fibre - Resistant starch 1	-Resistant starch helps favour a normal colon metabolism; -Resistant starch is a butyrogenic fiber, butyrate participates to a normal colonic function and metabolism.
173	Sugar beet fibre	Blood glucose control	10g/ day	Human studies	See: Dietary fibre - Sugar beet fibre 1	-sugar beet fibre helps to balance blood sugar levels.
174	Sugar beet fibre	Contributes to lower cholesterol levels	25-40g/ day	Human studies Animal studies	See: Dietary fibre - Sugar beet fibre 2	-sugar beet fibre helps to lower blood LDL cholesterol; -sugar beet fibre improves your cholesterol profile.
175	Polydextrose	Improves the bowel function	4g/ day	Authoritative bodies Reviews Human studies Animal studies	See: Dietary fibre - Polydextrose and Bowel function	- polydextrose promotes good intestinal health; -polydextrose improves bowel function and gut comfort; -polydextrose stimulates metabolic activity.
176	Polydextrose	Prebiotic / Bifidogenic	4g/ day	Human studies In vitro studies	See: Dietary fibre - Polydextrose and Prebiotic action	- polydextrose stimulate the growth of beneficial bacteria in the gut; - polydextrose stimulates the growth of Bifidobacteria in the colon; - polydextrose stimulate the growth of Lactobacilli bacteria in the gut; - prebiotics promote healthy/well-balanced gut bacteria/flora.
177	Pectins	Blood cholesterol lowering	6g/ day	Reviews Meta-analysis Individual studies (human)	See: Dietary fibre - Pectins 1	-pectins help to reduce blood cholesterol to promote heart health
178	Pectins	Reduces the postprandial levels of glucose	10g/ day	Reviews Individual studies (human)	See: Dietary fibre - Pectins 2	-helps to manage your blood glucose and insulin levels after (carbohydrate rich) meals

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
PROBIOTIC INGREDIENTS						
179	<i>Bacillus subtilis</i> BP6	Intestinal / digestive health	at least 10 ⁷ cfu/day	Review Textbook Animal & In Vitro Studies	See: Probiotic 1	<ul style="list-style-type: none"> - for good intestinal health; - promotes and maintains intestinal health; - promotes and maintains intestinal function; - promotes intestinal health during travel; - promotes intestinal health during treatment with antibiotics; - supports healthy gastrointestinal flora; - for good digestive health; - promotes and stimulates good bowel movement; - supports normal bowel regularity; - supports normal digestion; - promotes good digestion; - promotes regularity; - has bifidogenic properties in the digestive tract; - stimulates natural resistance in the digestive tract.
180	<i>Bifidobacterium animalis</i> Lafti B94 (CBS118.529)	Intestinal flora	at least 10 ¹¹ cfu/day	Human studies Supportive in vitro and in vivo animal evidence	See: Probiotic 2	<ul style="list-style-type: none"> -enhances levels of beneficial microflora; -balances your intestinal microflora; -beneficially affects the intestinal flora; -supports a balanced beneficial gastro-intestinal micro flora.
181	<i>Bifidobacterium animalis</i> ssp. lactis Bb-12®	Intestinal flora	at least 10 ⁹ cfu/day	individual human studies	See: Probiotic 3	<ul style="list-style-type: none"> -boosts the level of natural good bacteria in your body, which can aid digestion; -supports a healthy digestive system; -beneficially affects the intestinal flora.
182	<i>Bifidobacterium animalis</i> ssp. lactis BB-12® and <i>Lactobacillus</i> LA-5®	Digestive system	at least 10 ⁹ cfu/day	Human study Animal study In vitro study	See: Probiotic 4	<ul style="list-style-type: none"> -improves the microflora in elderly; -beneficially affects the microflora; -helps to keep your digestive system in balance; -helps maintain a healthy digestive system; -helps maintain a healthy gut flora.
183	<i>Bifidobacterium animalis</i> ssp. lactis BB-12® and <i>Lactobacillus paracasei</i> ssp. paracasei CRL-431®	Digestive system	at least 10 ⁶ cfu/day	Human study Animal study In vitro study	See: Probiotic 5	<ul style="list-style-type: none"> -helps against slow transit; -improves the gastrointestinal flora.
184	<i>Bifidobacterium animalis</i> ssp. lactis BB-12®, <i>Lactobacillus acidophilus</i> LA-5®, <i>Lactobacillus bulgaricus</i> LBY-27® and <i>Streptococcus thermophilus</i> STY-31®	Gut flora	at least 10 ⁹ cfu/day	Human study Animal study In vitro study	See: Probiotic 6	<ul style="list-style-type: none"> -helps maintain a healthy gut flora.
185	<i>Bifidobacterium animalis</i> ssp. lactis CNCM I-2494 / DN-173 010	Intestinal transit	at least 10 ¹⁰ cfu/ day fermented milk product daily consumption	Authoritative bodies Critical reviews Individual studies	See: Probiotic 7	<ul style="list-style-type: none"> -helps to improve your natural digestive transit; -helps slow transit; -helps your natural regularity; -helps to naturally regulate digestion; -helps to regulate your intestinal flora; -helps your intestinal rhythm.
186	<i>Bifidobacterium bifidum</i> CNCM I-373	Digestive Health	at least 10 ⁹ cfu/day daily intake	Textbook Critical reviews	See: Probiotic 8	<ul style="list-style-type: none"> -helps maintain a healthy gut flora.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
187	<i>Bifidobacterium bifidum</i> I-3426	Digestive health	at least 1x10 ⁹ cfu/day	Human studies Review articles	See: Probiotic 9	-helps maintain a healthy gut flora; -helps to recover after antibiotics or chemotherapeutics medication.
188	<i>Bifidobacterium breve</i> I-3425	Digestive health	at least 1x10 ⁹ cfu/day	Human study	See: Probiotic 10	-helps balance the intestinal flora; -helps maintain digestive health.
189	<i>Bifidobacterium breve</i> Yakult (BbY)	Digestive system / Intestinal flora	at least 10 ⁹ cfu/day	Human study Animal study In vitro study	See: Probiotic 11	-contributes to a healthy digestive system by supporting a well-balanced gut flora through an increased number of (beneficial) bifidobacteria in the large intestine/large bowel.
190	<i>Bifidobacterium infantis</i> I-3424	Digestive health	at least 1x10 ⁹ cfu/day	Review	See: Probiotic 12	-helps maintain digestive health.
191	<i>Bifidobacterium longum</i> I-3470	Digestive health	at least 1x10 ⁹ cfu/day	Human studies	See: Probiotic 13	-helps balance the intestinal flora; -helps maintain digestive health.
192	<i>Lactobacillus acidophilus</i> CNCM I-1722	Digestive health	at least 10 ⁹ cfu/day daily intake	Textbook Critical reviews	See: Probiotic 14	-helps maintain a healthy gut flora.
193	<i>Lactobacillus acidophilus</i> CUL21 NCIMB 30156 <i>Lactobacillus acidophilus</i> CUL 60 NCIMB 30157 <i>Bifidobacterium adolescentis</i> CUL 17 NCIMB 30153 <i>Bifidobacterium lactis</i> (animalis ssp. lactis) CUL 34 NCIMB 30172	Gut flora	at least 2.4x10 ¹⁰ cfu/day	Human Studies (Double blind placebo controlled randomised studies), in vitro studies	See: Probiotic 15	-improves intestinal environment and functionality; -maintains healthy digestive system; -supports good digestive function; -maintains balance of healthy microflora; -influences composition of gut flora after taking antibiotics; -stimulates the proportions of friendly bacteria after taking antibiotics; -reduces the occurrence of antibiotic resistant bacteria in the gut flora after taking antibiotics.
194	<i>Lactobacillus acidophilus</i> Lafti L10 (CBS 116.411)	Digestive Health	at least 5x10 ⁹ cfu/day	Human studies Animal studies In vitro studies	See: Probiotic 16	-helps to reduce GI discomfort; -improves your feeling of (intestinal) comfort; -helps you feel better; -reduces overall severity of gastro-intestinal complaints; -helps to reduce GI complaints.
195	<i>Lactobacillus acidophilus</i> Lafti L10 (CBS 116.411)	Intestinal flora	at least 5x10 ⁹ cfu/day	Human studies Supportive in vitro and in vivo animal evidence	See: Probiotic 17	-enhances levels of beneficial microflora; -balances your intestinal flora; -beneficially affects the intestinal flora; -supports a balanced beneficial gastro-intestinal micro flora.
196	<i>Lactobacillus acidophilus</i> NCFM ATCC SD5221	Gut health	at least 10 ⁹ cfu/day	Individual studies (human intervention and animal studies) Review article	See: Probiotic 18	-helps to improve the level of natural good bacteria in your body; -helps to aid digestion and well-being; -helps to reduce gastro-intestinal discomfort; -maintains the balance of healthy microflora; -beneficially affects the intestinal flora; -reduces lactose intolerance symptoms.
197	<i>Lactobacillus helveticus</i> I-1722	Digestive health	at least 1x10 ⁹ cfu/day	Human studies Review article	See: Probiotic 19	- Helps balance the intestinal flora - Helps maintain digestive health - Helps to reduce gastro-intestinal discomfort - Maintains the balance of healthy microflora
198	<i>Lactobacillus casei</i> Lafti L26 (CBS 116.412)	Intestinal flora	at least 5x10 ⁹ CFU	Human studies Animal & in vitro studies	See: Probiotic 20	-enhance levels of beneficial microflora; -balance your intestinal microflora; -beneficially affect the intestinal flora; -supports a balanced beneficial gastro-intestinal micro flora.
199	<i>Lactobacillus casei</i> I-3429	Digestive health	at least 1x10 ⁹ cfu/day	Human study	See: Probiotic 21	-helps balance the intestinal flora; -helps maintain digestive health; -contributes to the gut health by increasing number of beneficial bacteria and decreasing of harmful substances in the gut.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
200	<i>Lactobacillus casei Shirota (LcS)</i>	Gut health	at least 10 ⁹ cfu/day	Authoritative Bodies Human study Animal study In vitro study	See: Probiotic 22	contribute to the gut health by: - supporting a well-balanced gut flora through an increased number of beneficial bacteria; - decreasing harmful substances in the gut; - improving intestinal environment; - improving the metabolic activity of the gut flora; - supporting the gut barrier function.
201	<i>Lactobacillus casei Shirota (LcS)</i>	Digestive system / bowel habit	at least 10 ⁹ cfu/day	Authoritative Bodies Human study Animal study In vitro study	See: Probiotic 23	helps maintain a healthy digestive system by: - improving sub-optimal bowel habits; - modulating bowel activity; - improving stool frequency; - contributing to healthy bowel habits.
202	<i>Lactobacillus gasseri PA 16/8 and Bifidobacterium bifidum MF 20/5</i>	Intestinal flora / digestive health	at least 10 ⁸ cfu/day	Individual human studies Animal studies In-vitro study	See: Probiotic 24	-helps to maintain a healthy gut flora; -beneficial for maintaining a healthy intestinal flora; -contributes to a healthy digestive system by supporting a well-balanced gut flora through an increased number of beneficial bacteria and decreasing harmful substances in the gut.
203	<i>Lactobacillus gasseri CECT5714 and Lactobacillus coryniformis CECT5711</i>	Intestinal flora and intestinal transit	at least 10 ⁸ cfu/day dairy fermented product periods of 3-4 weeks daily consumption	Individual human studies: adults and children	See: Probiotic 25	-balances your healthy intestinal flora; -protects the intestinal tract; -improves your intestinal transit.
204	<i>Lactobacillus helveticus CNCM I-1722 and Bifidobacterium longum CNCM I-3470</i>	Digestive system	at least 3x10 ⁹ cfu/ day	Individual human studies Animal and in vitro studies (supporting)	See: Probiotic 26	-reduces stress-induced gastro-intestinal discomfort.
205	<i>Lactobacillus helveticus CNCM I-1722 and Lactobacillus rhamnosus</i>	Digestive system	at least 3x10 ⁹ cfu/ day	Individual human studies Animal and in vitro studies (supporting)	See: Probiotic 27	-helps gastro-intestinal comfort/ transit.
206	<i>Lactobacillus johnsonii La-19/CLbA5 and Bifidobacterium animalis ssp. lactis Bf-6/Bif-6/CB111 (Biogar®/Bioghurt®/Biogar®/Bighurt®-Cultures)</i>	Intestinal flora / digestive health	at least 10 ⁸ cfu/day	Scientific / Authoritative bodies Text book Reviews Human studies Animal & in vitro studies	See: Probiotic 28	-Biogar®/Bioghurt®/Biogar®/Bighurt®-Cultures support the natural beneficial gut flora; -Biogar®/Bioghurt®/Biogar®/Bighurt®-Cultures support the natural beneficial gut flora and activate/stimulate thereby the metabolism and the natural defences.
207	<i>Lactobacillus johnsonii NCC 533 (La1) (Pasteur culture collection CNCM I-1225)</i>	Gut health	at least 10 ⁸ cfu/day Fermented milk	individual human studies	See: Probiotic 29	-regulates your intestinal transit; -balances your intestinal flora; -supports healthy digestive system.
208	<i>Lactobacillus paracasei NCC 2461 (ST11) (Pasteur culture collection CNCM I-2116)</i>	Gut health	at least 10 ⁹ cfu/day Fermented milk	individual human studies	See: Probiotic 30	-balances your intestinal flora; -supports/protects digestive system; -improves digestive comfort; -reduces/ relieves gut discomfort; -reduces bowel disturbances; -reduces/relieves common digestive complaints; -reduces/ relieves bloating.
209	<i>Lactobacillus plantarum Rosell-1012</i>	Digestive health	at least 1x10 ⁹ cfu/day	Human studies In vitro study	See: Probiotic 31	-helps balance the intestinal flora; -helps maintain digestive health.
210	<i>Lactobacillus plantarum 299v</i>	Digestive system	at least 20x10 ⁹ cfu/ day	Authoritative body Individual human studies Animal and in vitro studies (supporting)	See: Probiotic 32	-reduces flatulences/ bloating.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
211	<i>Lactobacillus reuteri</i> ATCC 55730	Intestinal flora	at least 1x10 ⁸ cfu/day daily consumption	Individual human studies	See: Probiotic 33	-beneficially affects the intestinal flora; -supports a healthy intestinal flora; -balances the intestinal flora.
212	<i>Lactobacillus rhamnosus</i> ATCC53103 (LGG®)	Gastro-intestinal health	Food matrix: at least 10 ⁹ cfu/day Capsules, tablets etc: at least 10 ⁹ cfu/day	Authoritative bodies Meta-analyses Critical review articles Individual human studies Animal studies In vitro studies	See: Probiotic 34	-LGG® acts as a part of the natural, beneficial intestinal microbiota; -LGG® supports beneficial microbiota and healthy intestinal metabolism; -LGG® supports a healthy digestive tract and mucosal barrier function; -LGG® balances intestinal activity.
213	<i>Lactobacillus rhamnosus</i> L-1720	Digestive health	at least 1x10 ⁹ cfu/day	Human studies Review article	See: Probiotic 35	-beneficially affects the intestinal flora; -supports a healthy intestinal flora.
214	<i>Propionibacterium freudenreichii</i> SI 41 and <i>Propionibacterium freudenreichii</i> SI 26 Propio-Fidus®	Intestinal flora	at least 10 ¹⁰ cfu/day daily consumption	Individual human studies	See: Probiotic 36	-is viable and active during intestinal transit and beneficially affects the intestinal flora by increasing bifidobacteria.
215	<i>Saccharomyces boulardii</i> (trade name PYN68)	Digestive health	at least 2x10 ⁹ cfu/day	Human studies Meta-analysis	See: Probiotic 37	-suitable for travelling; -maintains the fine balance of the intestinal microflora; -helps to stimulate the body's natural defences; -reduces symptoms of travelling addicted diarrhoea.
216	<i>Sacharomyces cerevisiae</i> var <i>boulardii</i>	Digestive system	at least 4x10 ⁹ cfu/ day	Meta analysis + in vitro studies (supporting)	See: Probiotic 38	-helps maintain intestinal flora/comfort.
217	<i>Streptococcus thermophilus</i> I-3428	Digestive health	at least 1x10 ⁹ cfu/day	Human studies	See: Probiotic 39	-helps balance the intestinal flora; -helps maintain digestive health.
218	<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> Bb-12®	Natural defence / immune system	at least 10 ⁹ cfu/day yoghurt daily consumption	Individual human studies	See: Probiotic 40	-support your natural defences; -strengthen the natural defense.
219	<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> BB-12, <i>Lactobacillus acidophilus</i> LA-5, <i>Lactobacillus bulgaricus</i> LBY-27 and <i>Streptococcus thermophilus</i> STY-31	Natural defence / immune system	at least 10 ⁹ cfu/day	Human study Animal study In vitro study	See: Probiotic 41	-enhances/supports your bodys natural defence.
220	<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> BB-12® and <i>Lactobacillus acidophilus</i> La-5®	Natural defence / immune system	at least 4,6x10 ⁹ cfu/day	Human study Animal study In vitro study	See: Probiotic 42	-helps to support your natural defences; -helps to strengthen the natural defense; -helps to stimulate the immune system.
221	<i>Bifidobacterium bifidum</i> I-3426	Immune defenses / support of immunity	at least 1x10 ⁹ cfu/day	Human studies Review articles	See: Probiotic 43	-helps to strengthen your body's natural defences; -stimulates the specific and non specific immune system; -strengthens immune system in case of allergy; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens immune system and resistance of organism against bacterial contamination.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
222	<i>Bifidobacterium breve</i> I-3425	Immune defenses / support of immunity	at least 1x10 ⁹ cfu/day	Human study	See: Probiotic 44	-helps body's natural defences; -stimulates the specific and non specific immune system; -strengthens immune system in case of allergy; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens immune system and resistance of organism against bacterial contamination.
223	<i>Bifidobacterium infantis</i> I-3424	Immune defenses / support of immunity	at least 1x10 ⁹ cfu/day	Human study Review article	See: Probiotic 45	-helps body's natural defences; -stimulates the specific and non specific immune system; -strengthens immune system in case of allergy; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens immune system and resistance of organism against bacterial contamination.
224	<i>Bifidobacterium lactis</i> HNO19 AGAL NM97/09513	Natural defence/immune system	at least 10 ⁹ cfu/day	Individual studies (human intervention animal studies and in vitro studies) review articles	See: Probiotic 46	-helps to strenghten your body's natural defences; -helps to strengthen the natural defenses of elderly; -contributes to enhance your body's resistance; -helps to positively influence a healthy immune system.
225	<i>Bifidobacterium longum</i> I-3470	Immune defenses / support of immunity	at least 1x10 ⁹ cfu/day	Human studies	See: Probiotic 47	-helps body's natural defences; -stimulates the specific and non specific immune system; -strengthens immune system in case of allergy; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens immune system and resistance of organism against bacterial contamination.
226	<i>Lactobacillus acidophilus</i> CUL21 NCIMB 30156 <i>Lactobacillus acidophilus</i> CUL 60 NCIMB 30157 <i>Bifidobacterium adolescentis</i> CUL 17 NCIMB 30153 <i>Bifidobacterium lactis</i> (animalis ssp. lactis) CUL 34 NCIMB 30172	Natural defence and support of the immune system	at least 2.4x10 ¹⁰ cfu/day	Human Studies (Double blind placebo controlled randomised studies)	See: Probiotic 48	-helps to improve the body's natural defences; -helps to strengthen the immune system; -helps to regulate the body's immune response; -helps to maintain a dominance of friendly bacteria particularly in the elderly receiving antibiotics in hospital environment; -helps to boost the natural defenses among the elderly.
227	<i>Lactobacillus acidophilus</i> Lafti L10 (CBS 116.411)	Natural defence / immune system	at least 2x10 ¹⁰ cfu/day	Human studies Animal studies In vitro studies	See: Probiotic 49	-strenghtens the natural defences; -helps to restore the immune balance.
228	<i>Lactobacillus acidophilus</i> NCFM ATCC SD5221	Natural resistance/defence	at least 10 ⁹ cfu/day	Individual studies (human intervention and animal studies) Review article	See: Probiotic 50	-helps to strenghten your body's natural defences; -helps to strengthen the natural defenses; -helps to strengthen the natural defences of your body; -contributes to enhance your body's resistance.
229	<i>Lactobacillus helveticus</i> I-1722	Immune defenses / support of immunity	at least 1x10 ⁹ cfu/day	Human studies Review articles Animal study	See: Probiotic 51	-enhances the body's natural defences; -stimulates the specific and non specific immune system; -strengthens immune system in case of allergy; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens the immune system and resistance of organism against bacterial contamination.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
230	<i>Lactobacillus casei CNCM I-1518 / DN-114 001</i>	Natural defence	at least 10 ¹⁰ cfu/day fermented milk product daily consumption all population	Authoritative bodies Critical reviews Individual studies	See: Probiotic 52	-helps to strengthen natural defences; -helps to support body's defences; -activates natural defense; -helps to support body's defences; -helps tp strengthen body's defences; -helps you to be more resistant.
231	<i>Lactobacillus casei I-3429</i>	Immune defenses / support of immunity	at least 1x10 ⁹ cfu/day	Human studies	See: Probiotic 53	-helps body's natural defences; -stimulates the specific and non specific immune system; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens immune system and resistance of organism against bacterial contamination.
232	<i>Lactobacillus casei Shirota (LcS)</i>	Natural resistance / defence	at least 10 ⁹ cfu/day	Human study Animal study In vitro study	See: Probiotic 54	contributes to/supports the body's natural resistance/defence by: -supporting a well-balanced gut flora through an increased number of beneficial bacteria; -decreasing harmful substances in the gut; -improving intestinal environment; -improving the metabolic activity of the gut flora; -supporting the gut barrier function.
233	<i>Lactobacillus casei Shirota (LcS)</i>	Natural resistance / defence (enhance NK cell activity)	at least 10 ⁹ cfu/day	Human study Animal study In vitro study	See: Probiotic 55	-contributes to/ supports the body's natural resistance/ defence.
234	<i>Lactobacillus casei Shirota (LcS)</i>	Natural defence (regulation of cell development)	at least 10 ⁹ cfu/day	Human study Animal study In vitro study	See: Probiotic 56	contributes to/ supports the body's natural resistance/ defence by: -protecting from irregular cell development; -contributing to healthy cell development.
235	<i>Lactobacillus fermentum CECT5716</i>	Natural defence / immune system	at least 10 ⁹ -10 ¹⁰ cfu/day powder culture (pills) daily intake period of 3-4 weeks	Human and animal trials	See: Probiotic 57	-help/ contribute/ participate in increasing the natural defenses; -help/ contribute/ participate to strengh the immune system; -help/ contribute/ participate to equilibrate the immune response.
236	<i>Lactobacillus gasseri CECT5714 and Lactobacillus coryniformis CECT5711</i>	Natural defence / immune system	at least 10 ⁸ cfu/day dairy fermented product period of 3-4 weeks daily consumption	Human trials: adults and children	See: Probiotic 58	-help/ contribute/ participate in increasing the natural defenses; -help/ contribute/ participate to strengthen the immune system; -help/ contribute/ participate to equilibrate the immune response.
237	<i>Lactobacillus gasseri PA 16/8, Bifidobacterium bifidum MF 20/5 and Bifidobacterium longum SP 07/3</i>	Natural defence / immune system	at least 10 ⁷ cfu/day	Human studies Animal studies	See: Probiotic 59	-strenghtens the immune system; -enhances the bodys natural defences.
238	<i>Lactobacillus johnsonii La-19/CLbA5 and Bifidobacterium animalis ssp. lactis Bf-6/Bif-6/CB111 (Biogarde®/Bioghurt®/Big arde®/Bighurt®-Cultures)</i>	Natural / immune defences	at least 10 ⁸ cfu/day	Scientific / Authoritative bodies Text book Reviews Human studies Animal & in vitro studies	See: Probiotic 60	-Biogarde®/Bioghurt®/Bigarde®/Bighurt®-Cultures activate/ stimulate the body's natural (immune) defences.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
239	<i>Lactobacillus johnsonii</i> NCC 533 (La1) (Pasteur culture collection CNCM I-1225)	Natural defence/immune system	at least 10 ⁹ cfu/day Fermented milk and spray-dried	individual human studies	See: Probiotic 61	-increases your natural defences; -actively supports your immune system; -strengthens your immune defences.
240	<i>Lactobacillus paracasei</i> NCC 2461 (ST11) (Pasteur culture collection CNCM I-2116)	Natural defence/immune system	at least 10 ⁹ cfu/day Fermented milk and spray-dried	individual human studies	See: Probiotic 62	-increases your natural defences; -actively supports your immune system; -strengthens your immune defences; -supports your immune system during the pollen season; -reinforces your immune system to cope with airborne allergens; -strengthens your immune system to cope with pollen season; -makes you feel better during pollen season.
241	<i>Lactobacillus paracasei</i> ssp. <i>paracasei</i> CRL-431	Natural defence / immune system	at least 10 ¹⁰ cfu/day	Human study Animal study In vitro study	See: Probiotic 63	-strengthen/ support your body's natural defence; -strengthen/ support the immune system.
242	<i>Lactobacillus plantarum</i> Rosell-1012	Immune defenses / support of immunity	at least 1x10 ⁹ cfu/day	Human study In vitro study	See: Probiotic 64	-helps body's natural defences; -stimulates the specific and non specific immune system; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens immune system and resistance of organism against bacterial contamination.
243	<i>Lactobacillus reuteri</i> ATCC 55730	Natural defence	at least 10 ⁸ cfu/day daily consumption	Individual human studies	See: Probiotic 65	-helps to strengthen the natural defences; -helps to support the natural defences; -helps to support the body's defences; -helps to strengthen the body's defences.
244	<i>Lactobacillus rhamnosus</i> ATCC53103 (LGG®)	Natural defence, immune response	Food matrix: at least 10 ⁸ cfu/day, Capsules, tablets: at least 10 ⁹ cfu/day	Critical reviews Individual studies Animal and in vitro studies	See: Probiotic 66	-LGG® support/enhances body's natural defence systems; -LGG® supports/enhances natural immune response; -LGG® - Natural defence.
245	<i>Lactobacillus rhamnosus</i> HN001 AGAL NM97/09514	Natural defence/immune system	at least 10 ⁹ cfu/day	Individual studies (human intervention animal studies and in vitro studies)	See: Probiotic 67	-helps to strengthen your body's natural defences; -helps to strengthen the natural defenses of elderly; -contributes to enhance your body's resistance; -helps to positively influence a healthy immune system.
246	<i>Lactobacillus rhamnosus</i> L-1720	Immune defenses / support of immunity	at least 1x10 ⁹ cfu/day	Human studies	See: Probiotic 68	-helps body's natural defences; -stimulates the specific and non specific immune system; -strengthens immune system in case of allergy; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens immune system and resistance of organism against bacterial contamination.
247	<i>Streptococcus thermophilus</i> I-3428	Immune defenses / support of immunity	at least 1x10 ⁹ cfu/day	Human studies	See: Probiotic 69	-helps body's natural defences; -stimulates the specific and non specific immune system; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens immune system and resistance of organism against bacterial contamination.


No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
248	<i>Lactobacillus rhamnosus</i> GR 1 (ATCC 55826) and <i>Lactobacillus reuteri</i> RC-14 (ATCC 55845)	Vaginal health/flora	at least 10 ⁹ cfu/day	Peer-reviewed publications Human intervention studies Supporting data: animal, in vitro, cellular and molecular studies of genotype	See: Probiotic 70	-supports/ promotes/ helps maintain a healthy vaginal microflora; -helps to restore and maintain a normal vaginal microflora; -maintain/ support/ promote vaginal health.
249	<i>Lactobacillus acidophilus</i> LA14	Urogenital tract /Natural vaginal defence	at least 1x10 ⁹ cfu/day	Human study Review article	See: Probiotic 71	-helps during the treatment of urogenital disorders; -suitable during and after the use of antibiotics; -helps to restore and maintain normal vaginal microflora; -supports epithelial immunity.
250	<i>Lactobacillus rhamnosus</i> LR(3)	Urogenital tract /Natural vaginal defence	at least 1x10 ⁹ cfu/day	Human studies Review article	See: Probiotic 72	-helps during the treatment of urogenital disorders; -suitable during and after the use of antibiotics; -helps to restore and maintain normal vaginal microflora; -supports epithelial immunity.
251	<i>Lactobacillus johnsonii</i> NCC 533 (La1) (Pasteur culture collection CNCM I-1225)	Skin health	at least 5x10 ⁹ cfu/day Powder	individual human studies	See: Probiotic 73	-La1 helps to fight against UV damages; -La1 reinforces skin defences altered by UV; -La1 helps to preserve skin health.
252	<i>Lactobacillus paracasei</i> NCC 2461 (ST11) (Pasteur culture collection CNCM I-2116)	Skin health	at least 10 ⁹ cfu/day Powder	individual human studies	See: Probiotic 74	-ST11 helps to reinforce skin barrier function; -ST11 helps to reduce the reactivity of skin; -ST11 helps to reduce the sensitivity of skin; -ST11 helps to preserve skin health.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
FOODS AND						
253	Water	Basic requirement of all living things. Without water, biological processes necessary to life would cease in a matter of days. Solvent for minerals, vitamins, amino acids, glucose, and many other small molecules so that they can participate in metabolic activities. Transportation of nutrients to cells, wastes from cells, and substances, such as enzymes, blood platelets, and blood cells. Structure of large molecules such as proteins and glycogen. Direct metabolic role represented by hydrolysis.		Textbooks	See: Water	-water is an essential nutrient for life; -water helps all body functions to work properly; -water facilitates other nutrients to work properly; -water carries nutrients throughout the whole body; -water helps remove waste products from the body; -water is actively involved in body functioning; -recommended water intake is typically 1 to 1.5 litres/ day (sedentary/ temperate conditions) in addition to water contained in food.
254	Water	Regulation of normal body temperature		Textbooks	See: Water and Body temperature	-water acts as the body cooling system; -water is necessary to remove excess heat from the body; -recommended water intake is typically 1 to 1.5 litres/day (sedentary/ temperate conditions) in addition to water contained in food.
255	Water	Hydration, eg. body function, physical and cognitive performance		Textbooks Authoritative statements Human intervention and observational studies	See: Water and Hydration	-water keeps you hydrated; -good hydration ensures optimal mental and physical performance; -recommended water intake is typically 1 to 1.5 litres/ day (sedentary/ temperate conditions) in addition to water contained in food.
256	Water-based products (includes tea, coffee, soft drinks, fruit juices, soups etc.)	Hydration, eg. body function, physical and cognitive performance		Textbooks Authoritative statements Human intervention and observational studies	See: Water based products and Hydration	-water based products contribute to maintain your fluid balance; -good hydration ensures optimal mental and physical performance; -coffee contributes to maintain your fluid balance; -tea is an important source of fluid in the diet; -soft drinks/ juices count towards the required fluid intake. -recommended fluid intake - typically 1 to 1.5 litres/day (sedentary/ temperate conditions) in addition to water contained in food.
257	Coffee	Protection of body tissues, lipids, cells and DNA from oxidative damage	1 or 2 cups per day	Critical review Individual studies	See: Coffee and Protection from oxidative damage	coffee is a major dietary source of antioxidants. Antioxidants from dietary sources: -protect you from free radicals which cause cell damage; -protect your cells and tissues from oxidative damage. -antioxidants help strengthen our body's natural defences against oxidative stress.
258	Coffee	Glucose homeostasis	3 cups per day	Epidemiology studies Animal & In vitro studies	See: Coffee and Glucose homeostasis	-coffee contributes to keep normal blood glucose levels; -coffee has a beneficial effect on glucose metabolism/ insulin metabolism.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
259	Cranberry (Lingonberry) juice, (Vaccinium vitis-idaea, Vaccinium macrocarpon)	Urinary tract	Product ready-to-drink (diluted juice, nectar or syrup) containing 9,2 g of juice concentrate; used daily over 12 month.	Authoritative body Reviews RCTs	AFSSA 2003-SA-0352 and 2003-SA-0214, See: Cranberry and Urinary tract	-Cranberry juice helps to keep the urinary system in a healthy condition; -Lingonberry juice has a positive effect on the urinary tract; -Cranberry juice has a beneficial effect on the urinary system.
260	Fruits (fresh, frozen, canned, bottled, dried, juiced)	General health/ contribution to a balanced diet		Authoritative Body Scientific Body	WHO 2003/ National Recommendations National dietary guidelines e.g. 5 a day	-fruits are an important part of a balanced/ healthy diet; -consuming (e.g.) 5 fruit (and veg) portions per day helps keep you healthy. fruit juice can count as one of those portions.
261	Fruits (fresh, frozen, canned, bottled, dried, juiced)	Protection of body tissues and cells from oxidative damage		Authoritative Body Epidemiological evidence Individual studies	See: Fruits and Vegetables and protective effects	-fruit protects the body's cells; -protects you from radicals which cause cell damage; -protects your cells and tissues from oxidative damage; -antioxidants help strengthen our body's natural defences against oxidative stress.
262	Fruits (fresh, frozen, canned, bottled, dried, juiced)	Heart Health		Scientific Body	WHO 2003	-diets rich in fruit promote heart health.
263	Fruits (fresh, frozen, canned, bottled, dried, juiced)	Weight management via fibre		Scientific Body	WHO 2003	-a diet rich in fruits helps to manage body weight.
264	Fruits (fresh, frozen, canned, bottled, dried, juiced)	Modulation of glycemic response		Scientific Body	WHO 2003	-a diet rich in fruits helps to control blood glucose level.
265	Vegetables (fresh, frozen, canned, bottled, dried, juiced)	General health/ contribution to a balanced diet		Authoritative Body Epidemiological evidence	WHO 2003/ National Recommendations Encyclopedia of Human Nutrition 1999 page 906 National dietary guidelines e.g five a day	-vegetables are an important part of a balanced/ healthy diet; -consuming (e.g.) 5 veg (and fruit) portions per day helps keep you healthy; vegetable juice can count as one of those portions. -consuming vegetables in a wide variety, choosing among the colours present in nature, helps keep you healthy.
266	Vegetables (fresh, frozen, canned, bottled, dried, juiced)	Protection of body tissues and cells from oxidative damage		Authoritative Body Reviews	DGE (German Society of Nutrition) See: Fruits and Vegetables and Protective effects	-vegetables help protect the body's cells; -protect you from radicals which cause cell damage; -protect your cells and tissues from oxidative damage; -antioxidants help strengthen our body's natural defences against oxidative stress; -people should consume a wide variety of fruits and vegetables, choosing among colours present in nature, to incorporate the various phytochemical and maximise protection; -Brassica vegetables (e.g. X) provide particular protection against oxidative damage and help eliminate toxic substances.
267	Vegetables (fresh, frozen, canned, bottled, dried, juiced)	Heart Health		Scientific Body	WHO 2003	-a diet rich in vegetables promotes heart health.
268	Vegetables (fresh, frozen, canned, bottled, dried, juiced)	Weight management via fibre		Scientific Body	WHO 2003	-a diet rich in vegetables helps to manage body weight.
269	Vegetables (fresh, frozen, canned, bottled, dried, juiced)	Modulation of glycemic response		Scientific Body	WHO 2003	-a diet rich in vegetables helps to control blood glucose level.
270	Wholegrain foods	Heart health		Authoritative Body	JHCI , FDA	-people who have a healthy heart tend to eat more wholegrains.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
271	Wholegrain foods	Weight management	At least 3 servings per day	Scientific body Individual studies	See: Wholegrain and Weight management	-people who eat more whole grain foods tend to have a healthier body weight and gain less weight over time (as part of a low fat diet & healthy lifestyle).
272	Fish (fresh/ frozen)	Heart health	Two portions per week, at least one oily	Authoritative Body Scientific Body	JHCI, SNF WHO 2003, COMA 1994, SACN 2004, AHA 2006.	-eating fish promotes heart health. Fish is an important part of a balanced/ healthy diet.
273	Nuts - peanuts and tree nuts (almonds, hazelnuts, pecans, pistachios and walnuts), excludes brazil, macadamia and cashew	Heart health	See allowed nuts; 30g per day	Authoritative Body Reviews Epidemiological studies Individual human studies	FDA See: Nuts and Heart health	-eating 30g of nuts per day as part of a balanced diet helps maintain heart health.
274	Nuts - peanuts and tree nuts (almonds, hazelnuts, pecans, pistachios and walnuts); excludes brazil, macadamia and cashew	Weight management via satiaty (by proteins and fibre)	See allowed nuts; 30g per day; In an energy restricted diet.	Reviews Individual human studies	See: Nuts and Weight management	-eating 30g of nuts per day as part of an energy restricted diet helps maintain a healthy weight.
275	Almonds	Reduces blood total and LDL cholesterol and heart health	28g raw or roasted almonds with skin per day	Meta-analysis RCTs	See: Almonds and Cholesterol and heart health	-consuming a handful (28 grams) of almonds a day as part of a diet low in saturated fat, helps to lower blood cholesterol and promotes a healthy heart.
276	Soups	Body weight management	Low in energy density and high in volume	Individual studies	See: Soup and Weight management	-soups fit in a weight maintenance programme; -soups help to control your body weight; -soups, which are low in energy density and high in volume, are useful as part of a weight management diet; -the inclusion of soups into the daily diet are effective in weight management programmes.
277	Soups	Satiety/ satiation	Low in energy density and high in volume	Individual studies	See: Soup and Satiation	-this soup gives you a feeling of satiety; -this soup will help to fill you up; -this soup can delay the onset of hunger; -soups consumed as a starter that are low in energy density and high in volume have an affect on satiety/ satiation.
278	Soy / soy foods	Reduced total and LDL cholesterol and heart health	25 g soy protein per day	Authoritative Body Scientific Body	-FDA (1999) Food labelling, Health Claims; Soy Protein and Coronary Heart Disease – Final rule. Federal Register 64, 57699-57733. -JHCI - www.jhci.co.uk : 27/07/02 Generic health claim for soya protein and blood cholesterol	-the inclusion of at least 25g soya protein per day as part of a diet low in saturated fat promotes heart health and helps reduce blood cholesterol.
279	Soy / soy foods	Vascular effects including protection from oxidative damage	1-2 servings per day (40mg of isoflavones)	Individual studies	See: Soy and Vascular effects including protection from oxidative damage	-soy offers specific vascular benefits; -soy helps keep the arteries healthy and helps keep a healthy heart; -soy helps protect the body tissues and cells from oxidative damage.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
280	Table top sweeteners and foods, beverages containing intense sweeteners	Dental health/ sweeteners can not be fermented by oral bacteria, they are non-cariogenic	Food or beverage shall not lower plaque pH below 5,7 by bacterial fermentation during, and up to 30 min after consumption, as determined by plaque pH telemetry (US 21CFR§101.80) or other comparable methods	Authoritative body Clinical studies In vitro studies Animal studies	FDA See: Table top sweeteners/ intense sweeteners and Dental health	-intense sweeteners are non-cariogenic; -intense sweeteners do not promote tooth decay; -this table top sweetener is safe for teeth.
281	Table top sweeteners and foods beverages containing intense sweeteners	Blood glucose control	Food has no significant impact on blood glucose or insulin.	Authoritative/ Scientific body Clinical studies Animal studies	See: Table top sweeteners/ intense sweeteners and Blood glucose control	-intense sweeteners have no effect on carbohydrate metabolism, short or long-term blood glucose control or insulin secretion; -product [x] assists in blood glucose control.
282	Table top sweeteners and foods beverages containing intense sweeteners	Weight management	In an energy restricted diet	Scientific body Meta-analysis Review Clinical studies	See: Table top sweeteners/ intense sweeteners and Weight management	-intense sweeteners help to maintain a healthy body weight; -intense sweeteners help to control calorie intake.
283	Water soluble tomato concentrate (WSTC)	Suppression of blood platelet activity, circulatory and heart health	Daily consumption of 3g of WSTC I (or 85mg of the sugar-free WSTC II)	RCTs In vitro studies	See: Water soluble tomato concentrate and Heart health	-WSTC helps to maintain a healthy heart and benefits circulation; -maintains a healthy circulation; -maintains healthy blood flow.
284	Dairy	Bone health	Excluding butter	Authoritative Bodies Reviews Human intervention studies	See: Dairy and Bone health	-dairy is good for bones; -dairy contributes to bone health; -dairy helps to reduce the risk of bone loss.
295	Dairy	Weight loss	3 servings a day, in an energy restricted diet.	Review Individual human intervention study	See: Dairy and Weight Loss	-dairy in an energy restricted diet helps loose weight.
296	Dairy	Blood pressure		Reviews, Individual human studies	See: Dairy and Blood Pressure	A diet rich in low-fat dairy products has beneficial effect on blood pressure.
297	Milk	Dental health	To which no sugars are added	Scientific bodies Individual human studies	See: Milk and Dental health	-milk/ yoghurt plays a role in dental health; -milk/ yoghurt contributes to dental health; -milk/ yoghurt reduces the risk for dental erosion.
298	Hard cheese (Ca-rich)	Dental health		Scientific bodies, individual human studies	See: Hard cheese and Dental health	-hard cheese plays a role in dental health; -hard cheese chewed after meals helps to minimize dental erosion; -hard cheese chewed after meals and snacks helps to maintain healthy teeth; -hard cheese chewed after meals and snacks helps reducing the risk of tooth decay.
299	Yoghurt cultures (live)	Lactose digestion	Lactobacilli delbruekii subsp. bulgaricus and Streptococcus thermophilus, with "yoghurt" as defined by Codex Standard for Fermented Milks (codex stan 243-2003)	Authoritative bodies Critical reviews Individual studies	See: Yoghurt cultures and Lactose digestion	-live cultures of yoghurt improve lactose digestion; -fermented milks containing live cultures of yoghurt improve lactose digestion.
300	Food reduced/ low/ free of energy	Body weight management	Meet the relevant annex requirements in HC Regulation	Authoritative Body	SNF	-[x] helps maintain your body weight (as part of a calorie controlled diet)
301	Food reduced/ low in/ free of sodium/salt and/ or increased potassium	Blood pressure, heart health	Meet the relevant annex requirements in HC Regulation	Authoritative Body	SNF, NHPD, JHCI, NFA	-diet low in sodium and increased potassium helps maintain blood pressure; -[X] can be part of a low sodium/ salt diet to help maintain blood pressure, thereby promoting artery and heart health.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
302	Foods in general, particularly chewing gum, candies, chocolate-type products and other confectionery; soft drinks and sports drinks, flavored water and table top sweeteners	Dental health	The food shall, under usual conditions of consumption (a) not lower the pH of the dental plaque below 5.7 (pH measurement in vivo in the interproximal space by means of an indwelling electrode) and (b) not expose the plaque-free tooth surface to more than 40 µmol H+ x min (measurement in vivo with plaque-free electrode in the oral fluid).	Authoritative body Textbooks Reviews Individual Studies	FDA, CH (LMV), D (ALÜ) See: Food and Dental health	 Toothfriendly
303	Sugar-free chewing gum	Dental health/ Oral health, Gum and tooth protection/ strength	Use after eating or drinking	Authoritative Body Monograph Review Individual Studies	See: Sugar free chewing gum and Dental health	-beneficial to dental health; -safe for teeth; -promotes healthy teeth and gums; -helps protect teeth and gums; -helps to strengthen teeth and gums.
304	Sugar-free chewing gum	Plaque acid neutralisation	Use after eating or drinking	Authoritative Body Monograph Review Individual Studies	See: Sugar free chewing gum and Plaque acid neutralisation	-helps stop plaque acid attacks; -neutralises plaque acids; -restores optimum pH levels in the mouth; -pH curve.
305	Sugar-free chewing gum	Localised tooth mineralisation (non-systemic)	Use after eating or drinking	Scientific Body Monograph Review Individual Studies	See: Sugar free chewing gum and Localised tooth mineralisation	-helps increase tooth surface hardness; -helps rebuild the enamel; -helps protect against early damage to tooth enamel; -increases saliva flow to help remineralise tooth enamel.
306	Sugar-free chewing gum	Plaque reduction	Use after eating or drinking	Scientific Body Review Individual Studies	See: Sugar free chewing gum and Plaque reduction	-helps remove plaque; -helps inhibit plaque; -reduces formation of plaques.
307	Sugar-free chewing gum containing polyols	Beneficial for weight management	Use after eating or between meals Use in place of snacking Use before eating	Authoritative Body Individual Studies	See: Sugar free chewing gum and Weight management	-sugar-free chewing gum may be useful in weight management; -sugar-free chewing gum helps maintain your body weight (as part of a calorie controlled diet); -chewing gum helps to reduce appetite or hunger.
308	Sugar-free chewing gum	Dry Mouth (Reduces/ Improves Dry Mouth)		Authoritative Body Reviews Monograph Individual Studies	See: Sugar free chewing gum and Dry mouth	-reduces dry mouth; -moistens the mouth; -reduces oral dryness.
309	Sugar-free chewing gum with Xylitol	Plaque reduction (Xylitol is not metabolised by bacteria that can lead to plaque growth)	Use after eating or drinking	Scientific Body Review Individual Studies	See: Sugar-free chewing gum with Xylitol	-reduces the formation of plaque; -inhibits the formation of plaque and tartar.
310	Sugar-free chewing gum with Carbamide	Improved plaque acid neutralisation	Use sugar after eating or drinking	Scientific Body Review Individual Studies	See: Sugar free chewing gum with Carbamide	-help to neutralise plaque acids; -improved acid neutralisation when compared to other chewing gums.
311	Sugar-free chewing gum with Fluoride	Increases resistance of enamel to acid attacks and rate of remineralisation	Use of X pellets/sticks/tabs of gum /day delivers 0.75 mg of fluoride Not recommended for children under the age of 6	Scientific Body Reviews Individual Studies	See: Sugar free chewing gum with Fluoride	-helps to strengthen teeth; -neutralises acid attacks and reinforces the tooth's enamel;
DIETS						
312	Reduced or low in energy	Body weight management		Authoritative Body	SNF	-a nutritionally balanced diet with a well-adapted energy content is a key factor in maintaining one's weight.
313	Low or reduced saturated fat (hard fat) or replacement of saturated fat with MUFA PUFA (soft fat) low cholesterol	Lowers LDL cholesterol Arterial/ heart Health		Authoritative Body Scientific Body	JHCI, SNF, NFA WHO 2003	-a diet low or reduced in saturated fat lowers (LDL) cholesterol; -replacing hard fat with soft fat helps control blood cholesterol; -a diet low in saturated fat helps keep the arteries healthy.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
314	Fruit-rich diet	Heart health		Scientific Body	WHO 2003	-a diet rich in fruit promotes heart health.
315	Fruit-rich diet	Weight management via fibre		Scientific Body	WHO 2003	-a diet rich in fruits can help to control body weight.
316	Fruit-rich diet	Modulation of glycemic response		Scientific Body	WHO 2003	-a diet rich in fruits helps to control blood glucose level.
317	Vegetable-rich diet	Heart health		Scientific Body	WHO 2003	-diets rich in vegetables promote heart health.
318	Vegetable-rich diet	Weight management via fibre		Scientific Body	WHO 2003	-a diet rich in vegetables helps controlling body weight.
319	Vegetable-rich diet	Modulation of glycemic response		Scientific Body	WHO 2003	-a diet rich in vegetables helps controlling blood glucose level.
320	Diet rich in calcium-rich, low-fat dairy and fruit and vegetables (DASH)	Blood pressure		Scientific research group, Review, Individual human intervention studies	See: DASH and Blood pressure	-low-fat dairy products in a diet rich in fruits and vegetables reduce blood pressure.
321	Rich in whole grain	Heart health		Authoritative Body	FDA, JHCI, SNF	-diets rich in whole grain foods promote heart health.
322	Rich in dietary fibre	Bowel health and function		Authoritative Body	SNF, NHPD	-a nutritionally balanced diet high in dietary fibre is important for maintaining bowel regularity.
323	Rich in dietary fibre	Weight management		Scientific Body	WHO 2003	-diets high in fibre help control your weight.
324	Low sodium/ salt and/ or increased potassium	Blood pressure, heart health		Authoritative Body Scientific Body	SNF, NHPD, JHCI, NFA WHO 2003	-diet low in sodium and increased potassium helps maintain blood pressure; -a nutritionally balanced diet with a low sodium/ salt content maintains blood pressure, thereby promoting artery and heart health.
325	Mediterranean diet	Related to cardiovascular health	See reference section for dietary characteristics	Epidemiological studies Intervention studies.	See: Mediterranean Diet	- 'X' fits in a Mediterranean diet. A Mediterranean style diet helps maintain heart health.
OTHER SUBSTANCES						
326	Alpha-lipoic-acid	Antioxidant properties	200-600 mg per day	official references for dietary reference intakes in France, monograph, review, critical studies, epidemiological studies, clinical studies, case control studies/RCT and reviews	See: Alpha-lipoic-acid and Antioxidant properties	Is an antioxidant/acts as an antioxidant/helps to reduce oxidative stress/helps to contrast the free radicals action/helps to restore intracellular antioxidants (e.i. glutathione)
327	Alpha-lipoic-acid	Metabolism of carbohydrates	Min 600 mg per day	human study, review, animal study, in vitro study	See: Alpha-lipoic-acid and Metabolism of carbohydrates	Contributes to glucose metabolism/improves blood glucose levels/ protects neurons against neuronal damages caused by elevated glucose levels

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
328	Antioxidant from processed fruits and vegetables and juices	Antioxidant properties	possible if one of the other claims concerning a specific antioxidant is acceptable	Official references for dietary reference intakes in France, monograph, review, critical studies, epidemiological studies, clinical studies, case control studies	See: Antioxidant from processed fruits and vegetables and juices and antioxidant properties	Antioxidant contained in this product contribute to the anti-oxidative functions of the body/ensure protective effect on the organism
329	Arabinogalactan (extract from larch tree)	Intestinal health	Min. 3 g/day	authoritative body, reviews and different individual human and animal studies	See: Arabinogalactan and Intestinal health	Supports gut regularity/helps maintain gut regularity/contributes to gut regularity/increases the production of short-chain fatty acids (SCFA) in the intestinal tract/prebiotic effects/bifodogenic/stimulates the growth of the intestinal Bifidobacteria/stimulates the
330	Arginine	Vascular health	1500 mg per day	reviews, clinical practice, individual studies	See: Arginine and Vascular health	Support of normal blood circulation
331	Bacterial lysate	Immune health	150 mg per day (2x10 days, 14 day pause)	textbook, review, individual studies	See: Bacterial lysate and Immune health	Strengthen the body's natural resistance/supports the immune function
332	Beta-alanine	Physical performance	1.6-5.2 g beta alanine per day	Randomised double blind placebo controlled trials	See: Beta-alanine and Physical performance	Supplementation helps improve exercise performance and cycling performance/helps reduce muscle fatigue/helps improve muscle work capacity/contributes to the increase of muscle carnosine stores/contributes to the increase of carnosine stores in fast twitch muscle fibres/contributes to the increase of muscle buffering capacity, which is directly related to muscle carnosine stores/helps maintain optimal muscle pH during exercise
333	Beta-Carotene	Antioxidant properties/Protection of DNA	Min 15% RDA of beta-carotene (as vitamin A, conversion factor 6)	critical reviews/clinical studies/experimental studies	See: Beta-Carotene and Antioxidant properties/Protection of DNA	Is an antioxidant that protects the body's cells/can protect you from radicals which cause cell damage/can protect your cells and tissues from oxidative damage/can contribute to the total antioxidant capacity of the body/helps to maintain intact cell DNA/support of healthy ageing by maintaining intact cell DNA/protects the body's cells
334	Beta-Carotene	Skin aging/Skin health	Minimum intake of 2 mg per day. Intake should not exceed 10 mg/d long term if ingested supplementary	individual human intervention studies, peer reviewed reviews	See: Beta-Carotene and Skin aging/Skin health	Helps to retard skin aging/contributes to maintain a healthy skin/taken on a regular basis, beta carotene can help to protect your skin from excessive UV-radiation and sunburns (Avoid sunburns by using an effective sun screen. Beta carotene is not a replacement for sun screens)/oral supplementation of Beta carotene helps to reduce skin damages from sun and UV light (Avoid sunburns by using an effective sun screen. Beta carotene is not a replacement for sun screens)/promotes healthy skin pigmentation and tanning/the anti-oxidant properties of Beta carotene help maintain a healthy and elastic skin
335	Beta-Carotene	Immune health	Up to 10 mg/day	text books and monographs, individual papers	See: Beta-Carotene and Immune health	Beta-carotene helps support healthy immunity/contributes to the body's defenses/supports non-specific immune function
336	Beta-Carotene	Immune health in relation to UV-radiation	Up to 10 mg per day (for 4 - 10 weeks)	individual papers	See: Beta-Carotene and Immune health in relation to UV-radiation	Beta-carotene helps to support immunity upon UV-radiation (sun exposure)/helps to maintain healthy immune responses upon UV-radiation (sun exposure)/helps to maintain physiological immune responses of the skin upon UV radiation (sun exposure)/

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
337	Beta-Carotene	Antioxidative properties/protection against UV-induced erythema	Up to 10 mg per day (for 8-10 weeks)	text books, monographs, individual papers	See: Beta-Carotene and Antioxidative properties/protection against UV-induced erythema	Beta-carotene supports the skin's natural defenses against UV-radiation (sun) induced damage/enhances the skin's intrinsic defenses against erythema induced by recreational UV exposure
338	Beta carotene in combination with vitamin E and vitamin C	Eye health and vision	At least 15% RDA of beta-carotene (as vitamin A, conversion factor 6), vitamin E and vitamin C.	individual human intervention studies (RCTs), supported by epidemiological evidence.	See: Beta carotene in combination with vitamin E and vitamin C and Eye health and vision	Beta carotene in combination with vitamins C and E helps to maintain the health of the eye/helps protect eye lens and retina from oxidative damage/are important nutrients for healthy vision (throughout life)
339	Beta sitosterol	Cholesterol	1 g/day	monographs, critical reviews, clinical studies	See: Beta sitosterol and Cholesterol	Reduce plasma LDL and total cholesterol concentration/functions by displacing cholesterol from intestinal micelles, thus reducing cholesterol absorption
340	Beta sitosterol	Kidney and prostate health	Min 60 mg per day	review, human study, animal study, in vitro study	See: Beta sitosterol and Kidney and prostate health	Helps maintain normal kidney and prostate function
341	Betaine	Heart health and vascular system	2-30 g per day	textbooks, peer-reviewed articles	See: Betaine and Heart health and vascular system	Contributes to the maintenance of a healthy heart by its ability to promote healthy levels of homocysteine/contributes to the normal functioning of the cardiovascular system
342	Betalains	Antioxidant properties	phytoconstituent's content in fruits and vegetables expressed in comparison with the daily needs and threshold for activity up to 16 mg	authoritative body textbook, reviews, clinical studies	See: Betalains and Antioxidant properties	Betalains containing foods contribute to keep your body healthy/antioxidant containing foods support of healthy ageing by maintaining intact cell DNA/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences
343	Bioflavonoids	Vein health	500 to 1000 mg per day / 100-150 mg in case of flavonoids such as proanthocyanidins from grape seeds or pine bark	Meta-analyses	See: Bioflavonoids and Vein health	Supports normal vascular function
344	Bioflavonoids from citrus	Vascular health	700-1500 mg per day	scientific literature, peer-reviewed articles, reviews	See: Bioflavonoids from citrus and Vascular health	Supports normal vascular function
345	Bovine colostrum	Immune health/source of immunoglobulins	1-4 g bovine colostrum per day (total quantity is dependent on the concentration of immunoglobulins in the colostrum preparation)	meta-analysis, critical expert reviews, human intervention studies	See: Bovine colostrum and Immune health/source of immunoglobulins	Optimises the natural defense system in healthy persons
346	Bovine lactoferrin	Antimicrobial / antiviral / innate host defense	200 mg bLF per day	mechanistic understanding, critical reviews by experts, multiple small human studies	See: Bovine lactoferrin and Antimicrobial / antiviral / innate host defense	Contributes to the natural defences against micro-organisms and viruses
347	Branched chain amino acids (Leucine, Isoleucine, valine)	Muscle metabolism	Min 3g per day, taken during and immediately following the exercise	reviews/peer-reviewed clinical studies	See: Branched chain amino acids (Leucine, Isoleucine, valine) and Muscle metabolism	Helps muscle recovery/supports muscle fatigue recovery
348	Bromelain	Immune health	daily dosage: ≥ 200 mg (with activity 5 F.I.P/mg).	expert organizations, textbooks, monographs, meta-analysis, review articles, individual trials, experimental work	See: Bromelain and Immune health	Contributes to the normal functioning of the immune system/helps maintain the body's natural defences
349	Bromelain	Vascular health	daily dosage: ≥ 200 mg (with activity 5 F.I.P/mg).	expert organizations, textbooks, monographs, meta-analysis, review articles, individual trials, experimental work	See: Bromelain and Vascular health	helps to maintain natural blood fluidity and vessel patency

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
350	C12-pepton	Vascular health	Product-specific claim. 1-4 g milk protein derived hydrolysate per day	epidemiological and intervention studies with protein hydrolysate + intervention studies	See: C12-pepton and Vascular health	helps to maintain a healthy blood pressure/supports a healthy blood pressure
351	Caffeine (from tea/coffee/chocolate or added in pure form)	Fat metabolism/Energy expenditure	Minimum of 150 mg per day / 5-15mg/kg bodywt caffeine	Double blind placebo-controlled crossover trials/Placebo-controlled crossover	See: Caffeine (from tea/coffee/chocolate or added in pure form) and Fat metabolism/Energy expenditure	Contributes to the mobilisation of fat stores/contributes to the stimulation of fat release/helps to increase fat burning/contributes to the oxidation of stored fats/helps generate a negative energy balance/contributes to increased calorie burning
352	Caffeine (from tea/coffee/chocolate or added in pure form)	Cognitive and mental performance	Min. 32 mg per day	Critical review + individual studies, FUF0SE	See: Caffeine (from tea/coffee/chocolate or added in pure form) and Cognitive and mental performance	Contributes to mental performance/helps maintain and improve alertness/aids concentration/helps make you feel more energetic/helps revive you/helps keep you alert/helps improve how you feel
353	Caffeine (from tea/coffee/chocolate or added in pure form)	Physical Performance (short term and endurance activities)	1-5mg/kg/day	authoritative body, individual studies	See: Caffeine (from tea/coffee/chocolate or added in pure form) and Physical Performance (short term and endurance activities)	Improves physical performance.
354	Carnitine	Fat metabolism	Min 200 mg per day	authorative body (Italian Ministry of Health), reviews and different individual human and animal studies, individual studies	See: Carnitine and Fat metabolism	Helps the energy production in the cell by transporting fatty acids in places where they are used and metabolised/contributes to the fat burning during exercise/contributes to increased fat oxidation/is important for the oxidation of fat/helps improve muscle recovery after exercise/helps maintain optimal repair of muscle tissue/transport long-chain fatty acids into the mitochondria/plays an important role in lipid metabolism/can support lipid metabolism converts fatty acids into energy/turns fat into energy/helps to increase fatty acid oxidation in healthy humans
355	Carnitine	Muscle metabolism / Recovery after exercise	A minimum of 200-500 mg per day	double blind, placebo controlled crossover studies on healthy humans	See: Carnitine and Muscle metabolism / Recovery after exercise	Helps improve muscle recovery after exercise/helps maintain optimal repair of muscle tissue/supports athletes in recovery from weight training/can help recreationally weight-trained in recovery from exercise/contributes to the reduction of muscle soreness from exercise in trained athletes
356	Carnitine	Heart health	Min 200 mg per day	reviews and different individual human and animal studies	See: Carnitine and Heart health	Helps to maintain healthy blood cholesterol and plasma lipid levels in the elderly/helps to provide energy to the heart/helps maintain heart health/supports a healthy heartbeat/can support healthy heart muscle/supports reducing heart rate during exercise
357	Carnitine	Vegetarism	Min. 200 mg/day	reviews and different individual human and animal studies	See: Carnitine and Vegetarism	Can increase plasma L-Carnitine levels of vegetarians/supports plasma L-Carnitine levels in vegetarians provides extra L-Carnitine when dietary intake is low
358	Carnitine	Pregnancy	Min. 500 mg/day	reviews and different individual human and animal studies	See: Carnitine and Pregnancy	Can increase L-Carnitine levels during pregnancy and lactation/can help decrease free fatty acids during pregnancy/can maintain normal L-Carnitine plasma levels during pregnancy
359	Carotenoids from fruits and vegetables juices	Antioxidant properties	30 % of observed intakes per day : 1.5 mg	Official references for dietary reference intakes in France, review, textbook, epidemiological studies, clinical studies	See: Carotenoids from fruits and vegetables juices and Antioxidant properties	Carotenoids contained in this product ensure antioxidant action/carotenoids contained in this product ensure protective effect on the organism

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
360	Casein protein hydrolysate	Physical performance	10-30 g protein consumption just before, during or directly after exercise per hour.	review, literature and human studies	See: Casein protein hydrolysate and Physical performance	Accelerates recovery from exercise/helps to recover faster/shortens the time to recover completely/helps to enhance endurance performance/helps to perform longer/supports endurance performance/increases endurance performance/increases time to fatigue during exercise/helps to enhance physical performance/helps to perform better/supports physical performance/helps to increase physical performance/helps to reduce exercise induced muscle damage/helps to reduce exercise induced muscle pain/protects muscle during exercise
361	Chitosan	Weight Management	1-6 g per day, 30 minutes before the main meals	Studies and critical reviews (meta analysis)	See: Chitosan and Weight Management	Contributes to management of weight control/can help in the reduction of body weight/can help to the control of weight by reducing the quantity of fat absorbed from the diet
362	Chlorella	Immune health	500-1000 mg per day	scientific literature, peer-reviewed articles, peer-reviewed review article	See: Chlorella and Immune health	Enhancement of vitality/energy
363	Choline	Development	20 mg per day	textbook	See: Choline and Development	Choline is essential for normal development, particular of brain and nervous system
364	Chondroitin	Joint Health	120-800 mg/day	meta-analysis, human intervention studies, recommendations of EULAR	See: Chondroitin and Joint Health	Helps to maintain healthy joints/supports mobility/helps keep joints supple and flexible/an important nutrient for joint health/an important component of the joint metabolism/an important component of the cartilage/contributes to normal joint function/keeps joints supple and healthy
365	Cocoa flavanols	Antioxidative properties	At least 168 mg per day	reviews and individual studies	See: Cocoa flavanols and Antioxidative properties	Shows antioxidative effects and help protect the cells against oxidative stress/helps protect you from radicals which cause cell damage/helps strengthen our body's natural defences against oxidative stress
366	Cocoa flavanols	Vascular health	At least 88 mg of cocoa flavonols per day	human clinical trials, epidemiological studies, reviews	See: Cocoa flavanols and Vascular health	Maintenance and promotion of a normal blood pressure due to the support of healthy and elastic blood vessels/support of cardiovascular health/support of vascular health and function and thereby support of a healthy blood pressure/vascular function is characterised by adequate elasticity of blood vessels and healthy blood flow properties
367	Coenzyme Q10 (Ubiquinone)	Energy metabolism	30-200 mg per day	monographs, textbook, critical reviews	See: Coenzyme Q10 (Ubiquinone) and Energy metabolism	Supports energy production/required for energy production in the cell/contributes to energy conversion/plays a vital role in the ATP production to maintain healthy condition/is essential for the energy metabolism and the transformation of food into physiological energy
368	Coenzyme Q10 (Ubiquinone)	Heart health	100-200 mg per day	textbook, meta-analysis, individual human studies	See: Coenzyme Q10 (Ubiquinone) and Heart health	Supports normal blood pressure/maintains and promotes a healthy heart/contributes to a normal blood pressure/helps to maintain a healthy heart
369	Coenzyme Q10 (Ubiquinone)	Antioxidant properties	30-200 mg per day	monographs, textbooks, critical reviews, individual human studies	See: Coenzyme Q10 (Ubiquinone) and Antioxidant properties	Naturally occurring lipid soluble antioxidant in the body/helps to protect against lipid peroxidation and oxidative DNA or protein damage in the body/antioxidant/helps to maintain healthy condition/helps to protect against free radicals which are mainly responsible for cellular ageing

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
370	Collagen hydrolysate	Joint health	10g per day (Type I collagen with an average Molecular Weight of up to 3.500 Dalton)	reviews, study	See: Collagen hydrolysate and Joint health	Collagen helps protect and strengthen the salutary effect on cartilage metabolism/contributes to the functioning of cartilage building cells/supports the (natural) regeneration of joint cartilage/stimulates the build-up of joint cartilage/contributes to improved joint functioning and joint mobility/soothes joint discomfort/provides the building blocks (peptides) for the biosynthesis of cartilage
371	Conjugated linoleic acid (CLA)	Weight management	1.5-3.4 g CLA/day, CLA is a commercial mixture of 50:50 c10t12 and t9c11 isomers	clinical studies	See: Conjugated linoleic acid (CLA) and Weight management	Aids slimming by reducing body fat and preserving lean muscle/helps to reduce muscle protein loss during a diet/increases lean tissue mass/increases feelings of fullness and satiety/helps to reduce yoyo-effect after a diet/improves the burning of fat while preserving muscle
372	Conjugated linoleic acid (CLA)	Insulin sensitivity	Up to 3,4 g CLA per day	meta-analysis, single large human studies, multiple small studies	See: Conjugated linoleic acid (CLA) and Insulin sensitivity	Contributes to the improvement of insulin sensitivity in overweight subjects/helps maintain normal blood glucose (in subjects with diabetes type 2)
373	Conjugated linoleic acid (CLA)	Immune health	Up to 3,4 g CLA per day	clinical studies	See: Conjugated linoleic acid (CLA) and Immune health	Support of (HepB) vaccine response/Helps respiratory comfort in asthma
374	Conjugated linoleic acid (CLA) ((cis-9, trans-11 conjugated linoleic acid, and trans-10, cis-12 conjugated linoleic acid (50:50) triglycerides)	Body Weight management	Product-specific claim: 3.4 g CLA per day	meta-analysis, human studies	See: Conjugated linoleic acid (CLA) ((cis-9, trans-11 conjugated linoleic acid, and trans-10, cis-12 conjugated linoleic acid (50:50) triglycerides) and Body Weight management	Helps to control fat metabolism/influences lipid metabolism and storage/increases lean muscle mass/reduces body fat percentage/helps to reduce body fat mass while increasing lean body mass/helps to reduce body fat mass/helps to reduce the amount of fat you store after eating/helps to decrease the amount of fat stored in your body/helps to reduce you abdominal fat mass/helps to reduce fat mass in your abdomen and thighs/helps to improve your body shape/helps to increase lean body mass/helps reduce weight gain/helps to reduce SAD (sagittal abdominal diameter)/helps to prevent the yoyo-effect after a diet/helps to reduce muscle protein loss during a diet/helps to increase feelings of fullness and satiety
375	Creatine	Energy metabolism	A minimum of 6-20g daily	meta-analysis, RCT, text book, monograph, judgement by government-related organisation, clinical study, randomised controlled trials	See: Creatine and Energy metabolism	Support in case of intense physical activity/contributes to increased muscle strength/contributes to increased muscle torque production/contributes to increased training intensity workouts/contributes to increased work capacity/contributes to increased muscle fatigue resistance/helps reduce muscle fatigue during exercise/supplementation increases muscle creatine and phosphocreatine levels/supplementation increases muscle energy stores/contributes to increased lean body weight
376	Cystein rich protein hydrolysates	Glutathione metabolism	3.4 g per day (cysteine content of 6%)	generally accepted role, observational and intervention studies (human and animal)	See: Cystein rich protein hydrolysates and Glutathione metabolism	Adequate supply contributes to glutathione homeostasis/restoring glutathione levels with cysteine helps to keep the redox state in balance/building glutathione levels with cysteine support the body's natural defense system/building glutathione levels with cysteine supports the detoxification function of your liver
377	Docosahexaenoic acid (DHA)	Human Neurodevelopment	160 - 300 mg per day for pregnant and lactating women	Authoritative bodies/scientific committees, textbooks, critical reviews	See: Docosahexaenoic acid (DHA) and Human Neurodevelopment	Supports human neurodevelopment/plays an important role in the development of brain and nerves/contributes to normal brain, nerve and visual development therefore a regular consumption of DHA by pregnant and lactating mothers is important

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
378	Docosahexaenoic acid (DHA)	Optimization of brain maturation	55 - 160 mg per day	Authoritative bodies/scientific committees, textbooks, critical reviews, individual studies	See: Docosahexaenoic acid (DHA) and Optimization of brain maturation	Helps optimize brain maturation/supports normal brain development/supports cognitive function and mental balance in early life
379	Docosahexaenoic acid (DHA)	Cognitive function in the elderly.	720–1720 mg of DHA per day.	epidemiological studies, individual clinical studies	See: Docosahexaenoic acid (DHA) or high DHA fish oil. and Cognitive function in the elderly.	DHA may help maintain working memory and brain performance in aging adults/DHA is a building block of the brain and helps with the transmission of messages between nerves
380	Docosahexaenoic acid (DHA)	Eye health	85 mg per day	Textbooks, reviews	See: Docosahexaenoic acid (DHA) and Eye health	DHA is an important part of the structure of the retina and, therefore, plays a role in visual development and normal eye function
381	Epigallo-catechin-3-gallate (EGCG) / Green tea extract, rich in EGCG	Weight management	115-300 mg per day	Intervention studies, backed by epidemiological data, animal studies and in-vitro mechanistic plausibility	See: Epigallo-catechin-3-gallate (EGCG) / Green tea extract, rich in EGCG and Weight management	Helps to maintain and control weight/contributes to the reduction of body fat/helps to increase fat oxidation/helps to increase fat oxidation and to reduce body fat/when combined with a healthy diet and exercise, can help to control weight
382	Epigallo-catechin-3-gallate (EGCG) / Green tea extract, rich in EGCG	Blood glucose levels	Based on intervention studies a daily intake of 84-386 mg EGCG in the field of glucose homeostasis can be regarded as adequate.	Intervention studies, backed by epidemiological data, reviews, animal studies and in-vitro mechanistic plausibility	See: Epigallo-catechin-3-gallate (EGCG) / Green tea extract, rich in EGCG and Blood glucose levels	Help to maintain healthy blood glucose levels/helps to protect the insulin producing gland/supports the insulin production at healthy levels
383	Epigallo-catechin-3-gallate (EGCG) / Green tea extract, rich in EGCG	Cardio-vascular health	Based on studies with green tea a daily intake of EGCG from green tea ranging from 69 to 657 mg can be regarded as adequate	Intervention study, backed by epidemiological data, animal studies and in-vitro mechanistic plausibility	See: Epigallo-catechin-3-gallate (EGCG) / Green tea extract, rich in EGCG and Cardio-vascular health	Contributes to improved blood flow/in combination with physical activity helps to reduce blood pressure/contributes to maintain a healthy cardiovascular system
384	Ester-C	Antioxidant properties/Immune health	500-1500 mg per day	Monographs, peer-reviewed publications	See: Ester-C and Antioxidant properties/Immune health	Antioxidant that enhances Vitamin C absorption's and contributes to the functioning of the immune system
385	Evening primrose oil	Skin Health	Product-specific claim: 3000-6000 mg capsules per day	Meta-analyses and individual study.	See: Evening primrose oil and Skin Health	Helps maintain healthy skin
386	Evening primrose oil	Menstrual health	Product-specific claim: 3000 mg capsules per day	Individual Clinical Studies	See: Evening primrose oil and Menstrual health	Ensures an intake of polyunsaturated fatty acids that support a normal, healthy attitude during the menstrual cycle
387	Evening primrose oil and fish oil	Bone health	Product-specific claim: 4-6 g of 80% EPO and 20% FO per day	individual clinical human studies, animal studies	See: Evening primrose oil and fish oil and Bone health	Helps maintain bone strength/helps maintain bone density and strength by increasing intestinal calcium absorption and reducing urinary calcium excretion
388	Formulated palm and oat oil emulsion	Weight management	5-12,5 g per day	human studies	See: Formulated palm and oat oil emulsion and Weight management	Helps to eat less/helps to reduce weight regain after dieting
389	Glucomanan	Weight management	3 g perday	textbook, monographs and critical reviews	See: Glucomanan and Weight management	Contributes to reduce the appetite/can help in the management of weight control/By expanding in the stomach, glucomannan might be useful for people trying to lose weight, by helping to reduce the appetite

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
390	Glucosamine	Joint health	The equivalent of 1200-1500 mg/day as glucosaminesulphate	critical reviews, meta-analysis, human intervention trials (RCT), individual studies	See: Glucosamine and Joint health	Glucosamine alone or in combination with chondroitin sulfate contributes to the maintenance of flexibility and mobility of the joints/helps to maintain healthy joints/supports mobility/helps to keep joints supple and flexible/necessary for the structure of cartilage and other connective tissues/is produced naturally by the body where it plays a role in the smooth working of the joints/is produced naturally by the body where it helps maintain connective tissues/helps maintain healthy joints, bones, ligaments and tendons/occurs naturally in the joints and muscles where it plays a role in the smooth working of connective tissue/helps maintain joint health/helps keep joints in good condition
391	Glucosinolates	Immune health	Phytoconstituent's content in vegetables expressed in comparison with the daily needs and threshold for activity Up to 20 mg	authoritative body, textbook, reviews, clinical studies	See: Glucosinolates and Immune health	Glucosinolates containing foods contribute to keep your body healthy/help strengthen our body's defences
392	Glutamine and glutamin peptide	Metabolic stress/protein synthesis/gut permeability/carbohydrate metabolism	min.5 g glutamine per dag	generally accepted roles (6), meta-analyses and critical expert reviews (4) and human intervention studies (5)	See: Glutamine and glutamin peptide and Metabolic stress/protein synthesis/gut permeability/carbohydrate metabolism	Extra dietary supply of glutamine restores plasma glutamine levels after metabolic stress/contributes to gut protein synthesis/help decrease permeability of gut cells/helps to replenish carbohydrate stores in the muscle and the liver
393	Glutamine	Immune health	50-400 mg/kg per day	authoritative medical text regarding the biochemical and physiological properties of glutamine.	See: Glutamine and Immune health	Supports the immune system/is a vital nutrient for those cells requiring rapid renewal such as immune cells (e.g. lymphocytes)/is an essential fuel for rapidly dividing cells, including those of the immune system/supplementation contributes to immune function/contributes to the immune response to exercise
394	Glutamine	Muscle function	50-900 mg/kg per day	authoritative medical text: Biochemistry for the medicinal sciences	See: Glutamine and Muscle function	Skeletal muscle represents the greatest store of glutamine in the body/muscle tissue is an important source of glutamine/high intensity exercise decreases plasma glutamine levels/anaerobic training can deplete the glutamine pool/prolonged exercise such as marathon running decreases glutamine levels/supplementation can maintain glutamine levels during intense exercise/can abolish the exercise related decline in glutamine stores/enhances glutamine levels/restores blood glutamine levels post exercise/helps maintain optimal health after training/helps keep athletes healthy after intense exercise/optimizing blood glutamine levels helps enhance muscle adaptation to intense exercise/reduced glutamine levels decreases the adaptive response to intense exercise/helps enhance glycogen storage/helps increase carbohydrate storage
395	Glutamine	Mental health	Min 100 mg per day	monographs, peer-reviewed publications, textbooks	See: Glutamine and Mental health	Constituent of glutathione, purines, amino sugars, precursor of GABA (g-amino butyric acid)/supports concentration and mental performance under conditions of mental or physical exertion/helps to maintain working memory and brain performance in aging adults/plays an important role in healthy nerve function through the central nervous system including the brain
396	Hydrolysate with peptide	Stress	Product specific claim / 150mg/day	individual studies, Articles, AFSSA, DGCCRF, FDA	See: Hydrolysate with peptide and Stress	Can moderate the tensional response to stress, notably with particularly sensitive subjects

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
397	Lactotripeptides	Blood pressure	See list of references	reviews, clinical trials, animal studies	See: Lactotripeptides and Blood pressure	Helps to maintain a healthy blood pressure/contributes to a healthy blood pressure/helps to keep/control blood pressure at healthy levels/Helps to control blood pressure/helps to lower blood pressure
398	Lignans	Phyto-estrogenic properties	2 mg/serving	Textbooks and expert reports, reviews, bioche-mical evidence in humans and animals, intake data.	See: Lignans and Phyto-estrogenic properties	Phytonutrients that show similar attributes to phytoestrogens in soya.
399	Lutein	Eye health	Minimum 6 mg/day (regular consumption of lutein via dietary sources or/and supplementation)	Authoritative body: The positive statement issued by the French National Food Safety Agency (AFSSA) that lutein helps to protect the retina and lens from oxidation, and that it is one of the constituents of the retina and the lens, supports this general health relationship, text books, critical reviews, numerous published and peer reviewed articles including human studies	See: Lutein and Eye health	Helps support eye health/helps maintain healthy eyes/nutrition for eyes/promotes healthy eye function/helps maintain macular and retinal health/is one (of the) constituent(s) of the retina and the lens/is deposited naturally in the eye/is a constituent of the macular pigment/is highly and selectively accumulated in the retina/is highly and selectively accumulated in the macula lutea/congrtributes to macular pigment/fortifies the macula/important for the macula density/helps protect the retina and lens from oxidation (AFSSA)/helps protect the retina and lens from oxidative stress/natural antioxidant for the eye/helps fight free radicals in the eye/natural filter of visible blue light/natural filter of high-energy, harmful blue light/helps protect the eye against visible light damage/helps protect the eye against harmful effects of light exposure/helps protect against visible light damage/helps protect against harmful effects of light exposure
400	Lutein	Skin health	Minimum 10 mg/day (regular consumption of lutein via dietary sources or/and supplementation)	text books, critical reviews, numerous published and peer reviewed articles reporting a wide range of studies by qualified researchers at recognized academic and other institutions, including randomized placebo-controlled human intervention trials (5), case-control study; animal studies, ex-vivo and in vitro studies	See: Lutein and Skin health	Helps support skin health/helps promote healthy skin/helps maintain healthy skin/helps to maintain your skin's healthy look and feel/helps protect the skin against visible light damage/helps protect the skin against harmful effects of light exposure/helps protect against visible light damage/helps protect against harmful effects of light exposure/is deposited naturally in the skin/is a natural compound contained in the dermis and epidermis/is a natural compound contained in the deepest layers of the skin/nutrition for skin/helps maintain skin moisture/helps maintain skin hydration/improves skin moisture/helps improve skin hydration/helps improve skin elasticity/supports skin elasticity/contributes to the appearance of skin associated with premature aging/helps protect the dermis and epidermis from oxidative stress/natural antioxidant for the skin/natural antioxidant for healthy skin/helps fight free radicals in the skin
401	Lycopene	Skin health	Min. 6 mg/day	review, controlled human studies, uncontrolled human studies, in vitro studies	See: Lycopene and Skin health	Contributes to the maintenance of healthy skin when exposed to sun light. Helps to reduce skin reddening when exposed to sun light.
402	Lycopene	Prostate health	6-8 mg per day	Individual epidemiological and intervention studies, backed by animal and in-vitro studies, meta-analyses	See: Lycopene and Prostate health	Contributes to the normal functioning of the prostate/helps to maintain a healthy prostate/helps to keep your prostate in shape/helps to reduce oxidative damage of prostate cells and tissue/helps to maintain intact DNA in prostate tissue/helps to maintain a balanced androgen hormone metabolism/contributes to a balanced tissue growth in prostate

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
403	Lycopene	Antioxidant properties	7-16 mg/day	critical reviews/individual studies	See: Lycopene and Antioxidant properties	Lycopenes contained in this product ensure antioxidant action/ensure protective effect on the organism/contribute to the protection of the cellular membranes from oxidation
404	Lycopene	Antioxidant properties / protection of DNA	Up to 12 mg/day	Afssa notice No 2004-SA-336 esp pp 2/11, critical reviews, individual clinical studies, experimental studies	See: Lycopene and Antioxidant properties / protection of DNA	Lycopene or a diet rich in lycopene helps to maintain intact cell DNA/contributes to healthy ageing by maintaining intact cell DNA/ lycopene is an antioxidant and helps to protect the body's cells/helps to maintain intact body cells
405	Lycopene	Heart health	40-60 mg per day	Individual epidemiological and intervention studies, meta analysis, backed by in-vitro studies	See: Lycopene and Heart health	Helps to maintain a healthy heart/contributes to maintain a healthy cardiovascular system/contributes to protect the arteries from narrowing and hardening/contributes to keep the arteries healthy/helps to maintain a normal blood flow/helps to reduce blood lipid levels and artery wall thickness.
406	Lycopenes from tomato juices	Antioxidant properties	Estimated sufficient intakes: 6 to 10 mg per day	monographs, reviews, critical studies, epidemiological studies, clinical studies, case control studies	See: Lycopenes from tomato juices and Antioxidant properties	Lycopenes contained in this product ensure antioxidant action/lycopenes contained in this product ensure protective effect on the organism
407	Lysine	Body tissues	groups with insufficient intake of animal proteins	reviews/peer-reviewed clinical studies	See: Lysine and Body tissues	Lysine is an essential amino acid that is necessary for growth, development and maintenance of the body/body tissues/body function/addition of lysine enhances of cereal protein quality
408	Medium Chain Triglycerides (MCT)	Weight management	30-40 g/day short term use. 10 g/d long term use	clinical studies (RCT), textbooks, review articles	See: Medium Chain Triglycerides (MCT) and Weight management	Helps to increase satiety after a meal/helps to increase energy expenditure by increasing the metabolic rate/helps with weight loss by increasing metabolic rate/tends to reduce body weight and fat in overweight persons
409	Methionine	Lipid metabolism	2-5 g per day	reviews, clinical studies	See: Methionine and Lipid metabolism	Helps to maintain a healthy cholesterol level
410	Nucleotides	Immune health	Min 33.5 mg per day	review, animal study, in vitro study	See: Nucleotides and Immune health	Contributes to the normal functioning of the immune system/supports natural defences
411	Papain	Immune health	> 200 mg (with activity 1,5 FIP/mg)	expert org., textbooks, monographs, meta-analysis review articles, individual trials, experimental work	See: Papain and Immune health	Supports normal immune function/supports body own defence mechanisms
412	Phenylalanine	Mental health	750-3000 mg per day	monographs, peer-reviewed publications	See: Phenylalanine and Mental health	Helps to maintain mental health and stimulates mental alertness
413	Phosphatidyl choline / lecithin	Cholesterol / Heart health	1.2-6g per day	experts/reviews/monographs/ RCT	See: Phosphatidyl choline / lecithin and Cholesterol / Heart health	Helps to maintain a normal cholesterol level/helps to maintain a healthy heart
414	Phosphatidyl choline / lecithin	Cognitive function	1.5-8 g per day	critical reviews, animal and human studies,	See: Phosphatidyl choline / lecithin and Cognitive function	Contributes to the memory function/contributes against memory problems associated with aging
415	Phosphatidyl serine	Mental health / Cognitive function	300-400 mg per day	RCTs, endorsement by national experts, clinical reviews, individual human clinical studies	See: Phosphatidyl serine and Mental health / Cognitive function	Support of cognitive functions in young people/contributes to the maintenance of cognitive functions with aging/supports memory and brain performance in aging adults/plays an important role in healthy nerve function through the central nervous system including the brain/contributes to the resistance against stress/helps concentration and mental performance in cases of stress

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
416	Phospholipids (Phosphatidyl choline, Phosphatidyl ethanolamine, Phosphatidyl inositol, Lysophosphatidyl cholin)	Liver health	Min 1 g per day	human study, review, animal study	See: Phospholipids (Phosphatidyl choline, Phosphatidyl ethanolamine, Phosphatidyl inositol, Lysophosphatidyl cholin) and Liver health	Contributes to the normal functioning of the liver
417	Phytosterols (mixture of Beta-sitosterol, Campesterol, Stigmasterol, Brassicasterol, Stigmastanol, Ergostanol, Campestanol)	Cholesterol metabolism	Min. 1 g per day	human study, review	See: Phytosterols (mixture of Beta-sitosterol, Campesterol, Stigmasterol, Brassicasterol, Stigmastanol, Ergostanol, Campestanol) and Cholesterol metabolism	Contributes to normal cholesterol level in blood
418	Phytosterols (mixture of Beta-sitosterol, Campesterol, Stigmasterol, Brassicasterol, Stigmastanol, Ergostanol, Campestanol)	Prostate health	280 mg/day	review, animal study, in vitro study	See: Phytosterols (mixture of Beta-sitosterol, Campesterol, Stigmasterol, Brassicasterol, Stigmastanol, Ergostanol, Campestanol) and Prostate health	Contributes to normal functioning of prostate and urinary tract
419	Polyphenols from processed fruits and vegetables and juices	Antioxidant properties	30 % of observed intakes per day : 0.3 g	opinions of the French Food Safety and Security Agency, official references for dietary reference intakes in France, monographs, textbook, reviews, critical studies, epidemiological studies, clinical studies	See: Polyphenols from processed fruits and vegetables and juices and Antioxidant properties	Polyphenols contained in this product ensure antioxidant action/polyphenols contained in this product ensure protective effect on the organism
420	Polyphenols (general and from grape, olive and cacao in particular)	Antioxidant properties	Min. 30% of intakes per day / Intakes are 3000 to 5000 ORAC unit per day	FUFOSE, critical reviews and individual studies	See: Polyphenols (general and from grape, olive and cacao in particular) and Antioxidant properties	Polyphenols contained in this product ensure antioxidant action/polyphenols contained in this product ensure protective effect on the organism/have an antioxidant effect/help prevent oxidative tissue damage/help mop up free radicals in cells/helps guard against the damage caused by free radicals induced by pollution
421	Polyphenols from olive (olive fruit, olive mild waste waters or olive oil)	Antioxidant properties	20 g of an olive oil with a polyphenol content of 200 mg/kg / Min 2 mg per day of hydroxytyrosol	reviews, epidemiological studies, clinical trials, in vivo studies, in vitro studies	See: Polyphenols from olive (olive fruit, olive mild waste waters or olive oil) and Antioxidant properties	Polyphenols from olive have an antioxidant activity that may help protect LDL cholesterol and lipid oxidation
422	Polyphenols from olive (olive fruit, olive mild waste waters or olive oil)	Lipid metabolism	20 g of an olive oil with a polyphenol content of 200 mg/kg / Min 2 mg per day of hydroxytyrosol	reviews, epidemiological studies, clinical trials, in vivo studies, in vitro studies	See: Polyphenols from olive (olive fruit, olive mild waste waters or olive oil) and Lipid metabolism	polyphenols are absorbed from olive oil in the intestine and metabolized there or in the liver, and have been shown to be able to bind LDL in vivo/they have demonstrated scavenging properties in vitro that ensure olive oil stability and explain their ability to protect LDL against oxidation/help decrease plasma ox-LDL by protecting directly (scavenging properties) or indirectly (gene transcription regulation) the lipids against oxidation/help increasing HDL-CL/polyphenols from olive have an antioxidant activity that may help protect LDL cholesterol and lipid oxidation

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
423	Polyphenols from red wine	Antioxidant properties	Min 300 mg per day	reviews, clinical trials, in vivo studies, in vitro studies	See: Polyphenols from red wine and Antioxidant properties	Total red wine polyphenols help vascular functions that contribute to a healthy cardiovascular system
424	Polyphenols derived from red wine	Lipid metabolism	Min 300 mg per day	reviews, clinical trials, in vivo studies, in vitro studies	See: Polyphenols from red wine and Lipid metabolism	Help to maintain healthy heart by reducing LDL-cholesterol
425	Polyphenols derived from red wine	Vascular functions	Min 300 mg per day	Reviews/in vivo studies/in vitro studies	See: Polyphenols from red wine and Vascular functions	Total red wine polyphenols help vascular functions that contribute to a healthy cardiovascular system
426	Polyphenols from tea	Antioxidant properties / Hearth health	240-540 mg of polyphenols per day	randomised clinical trials	See: Polyphenols from tea and Antioxidant properties / Hearth health	Polyphenols contained in this product ensure antioxidant action/polyphenols contained in this product ensure protective effect on the organism
427	Protein hydrolysate	Insulin secretion and blood sugar levels	15-25 g per day	peer-reviewed human intervention studies/product related data from RCT/critical review on mechanism of action	See: Protein hydrolysate and Insulin secretion and blood sugar levels	Help promote healthy blood sugar levels/can lower postprandial blood sugar to normal levels/helps to regulate sugar peaks after a meal/helps improve blood glucose control/helps reduce plasma glucose levels/helps limit the post-prandial glucose rise/helps improve glucose tolerance/For maintenance of normal blood sugar levels/supports normal blood sugar levels/helps promote adequate insulin release/helps increases post-prandial insulin release/helps to regulate blood insulin release after a meal/ncreases plasma insulin levels/for maintenance of normal insulin secretion/supports normal blood insulin levels/supports normal insulin releases/upports normal insulin secretion
428	Quercetin	Antioxidant properties	phytoconstituent's content in fruits and vegetables expressed in comparison with the daily needs and threshold for activity Up to 40 mg	authoritative body, textbook, reviews, clinical studies	See: Quercetin and Antioxidant properties	Quercetin containing foods contribute to keep your body healthy/antioxidant containing foods support of healthy ageing by maintaining intact cell DNA/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences
429	Red yeast rice (Monascus Purpureus / Ang-Khak)	Cholesterol	200 mg red yeast rice (rice fermented by Monascus purpureus) assayed for Monacoline equivalent to 3 mg monacoline per day	monograph, individual studies, animal studies, tradition of use, review, letters	See: Red yeast rice and Cholesterol	Contributes to maintain a healthy cholesterol in the framework of a healthy balanced diet/supports healthy cholesterol
430	Rye grass pollen extract	Prostate health	Product-specific claim. 720mg water soluble extracts + 36mg fat soluble extracts per day	Cochrane review, Systematic review, Double-blind, placebo-controlled intervention trials and Open trials	See: Rye grass pollen extract and Prostate health	Contains standardised pollen extracts from the rye grass/these plant extracts have been available for over 30 years and taken by men who continue to lead an active and comfortable lifestyle
431	Silica / Silicious earth	Essential part of the connective tissues, skin and hair	Typical intake: 20-500 mg silicon per day	authoritative bodies, reviews, clinical studies, animal studies	See: Silica / Silicious earth and Essential part of the connective tissues, skin and hair	Plays an essential part in the connective tissue/helps maintain healthy hair, skin and nails/helps revitalise photo-damaged skin, hair and nails/helps strengthen skin, hair and nails/helps maintain healthy skin, joints and bone and strong hair and nails/traditionally used to contribute to the condition of hair and nails/traditionally used to contribute to bone formation and connective tissue condition
432	Soy Isoflavones	Menopause	35 to 100 mg of soy isoflavones per day	reviews, meta-analyses, human clinical trials, epidemiological studies	See: Soy Isoflavones and Menopause	Helps to maintain a calm and comfortable menopause/helps women coping with the telltale signs associated with menopause, such as hot flushes, sweating, restlessness and irritability
433	Soy Isoflavones	Bone health	40 to 100 mg of soy isoflavones	human clinical trials, epidemiological studies, reviews, meta-analysis	See: Soy Isoflavones and Bone health	Maintenance of healty bones/(natural)/support to bone health/contributes to the maintenance of normal bone strength in post-menopausal women

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
434	Standardised Potato Extract	Satiety/Weight management/Promotion of CCK release	Product-specific claim. 15-30 mg of proteinase inhibitors from the standardized potato extract ingredient, taken one hour before the meal, daily	critical reviews peer-reviewed articles, RCT / critical review on glycemic index/peer-reviewed articles, CRT, unpublished CRT, unpublished open label human studies	See: Standardised Potato Extract and Satiety/Weight management/Promotion of CCK release	When taken before a meal, supports the body's natural satiety response/naturally supports feelings of fullness after a meal/helps manage appetite and hunger/promotes feelings of fullness and satiety/satiety aid/helps to feel full sooner/helps to stay full longer/ assists controlling portions and snacking/helps reduce caloric intake/assists weight management/when combined with diet and exercise, supports slimming/makes dieting easier/promotes the release of cholecystokinin (CCK), a known satiety factor/enhances CCK levels/facilitates the release of endogenous CCK, thereby increasing satiety and reducing food intake
435	Stearic acid	Lipid metabolism	Up to 5% daily energy intake as stearic acid	monographs, peer-reviewed publications, WHO technical report	See: Stearic acid and Lipid metabolism	Stearic acid helps to maintain a balanced blood cholesterol
436	Sterols/ stanols and their esters	Heart health and artery health because of LDL cholesterol lowering	See reference section	Authoritative body, scientific body, expert panel, meta-analysis	JHCl, FDA, SNF, Voedingscentrum, NCEP panel, AHA, IAS. See: Sterols/ stanols and their esters and Heart health and artery health because of LDL cholesterol lowering	Sterols/ stanols and their esters promote heart health/keep your arteries healthy/reduce blood cholesterol/reduce cholesterol absorption/reduce "bad" LDL cholesterol
437	Troxeutin	Vascular health	60 mg/day	review, human study, animal study	See: Troxeutin and Vascular health	Contributes to the normal functioning of the veins (rectal, legs, etc)
438	Zeaxanthin	Eye health and vision	1-3 mg/day, if taken together with lutein.	individual human intervention studies (in combination with lutein), supported by epidemiological studies, in vitro experiments and animal studies.	See: Zeaxanthin and Eye health and vision	An optimal intake of zeaxanthin contributes to eye health/supports normal vision/absorbs blue light and scavenges reactive oxygen species in the eye (lens, retina) and, therefore, helps to maintain a healthy retina/stabilizes membranes and, therefore, contributes to make retinal membranes more resistant against damage by light/(together with Lutein) is actively accumulated in the healthy macula to the highest concentration of carotenoids found in the human body. A sufficient supply therefore contributes to maintaining the integrity and health of this part of the retina which is most essential for optimal visual performance/(together with Lutein) helps to improve visual performance at dim lighting conditions
BOTANICALS						
	BOTANICALS		See accompanying note on conditions of use for botanicals			
439	Achillea millefolium (Common Name : Yarrow)	Appetite	Herb, flower / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Achillea millefolium and Appetite	Contributes to appetite/helps to support digestion

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
440	Aesculus hippocastanum (Common Name : Horse-chestnut)	Vein health/ Blood circulation	Seed / The equivalent of 50mg (according ESCOP)-150 mg aescin per day	authoritative body, textbook, monographs, meta-analysis, review	See: Aesculus hippocastanum and Vein health/ Blood circulation	Helps maintain healthy blood circulation/promotes circulatory health/helps maintain healthy venous circulation in the legs
441	Agaricus blazei (Common Name : Agaricus blazei murill (ABM))	Immune health	Pileus / The equivalent of 2 grams dried Agaricus Blazei Murill per day	individual studies	See: Agaricus blazei and Immune health	Helps the natural defences/contributes to a normal immune response/helps the body to resist biologic insults/support the immune system/supports the human complement system/is rich in beta-glucans that contributes to the immune activity
442	Agathosma betulina & crenulata (Common Name : Buchu)	Health of lower urinary tract	Leaf / The equivalent of 3 to 6 g of the leaves	monographs, peer-reviewed publications, traditional use	See: Agathosma betulina & crenulata and Health of lower urinary tract	Helps to maintain the health of the urinary system
443	Allium cepa (Common Name : Onion)	Lipid metabolism	Bulb, leaf / The equivalent of 0.5-1g per day	monographs/peer-reviewed publications/tradition of use	See: Allium cepa and Lipid metabolism	Helps to maintain a healthy heart
444	Allium cepa (Common Name : Onion)	Glucose metabolism	Bulb, leaf / The equivalent of 0.5-1g per day	monographs/peer-reviewed publications/tradition of use	See: Allium cepa and Glucose metabolism	Helps lower glucose levels
445	Allium cepa (Common Name : Onion)	Antioxidative properties	Bulb, leaf / The equivalent of 0.5-1g per day	monographs/peer-reviewed publications/tradition of use	See: Allium cepa and Antioxidative properties	Specific antioxidant for smokers
446	Allium sativum (aged garlic) (Common Name : Aged garlic)	Antioxidant activity	Bulb, leaf / The equivalent of 50 mg per day	14 references (not categorized)	See: Allium sativum (aged garlic) and Antioxidant activity	Helps increase the antioxidative capacity of the body
447	Allium sativum (aged garlic) (Common Name : Aged garlic)	Stress	Bulb, leaf / The equivalent of 10 mg per day	15 references (not categorized)	See: Allium sativum (aged garlic) and Stress	Contributes to the resistance against stress
448	Allium sativum (aged garlic) (Common Name : Aged garlic)	Liver health	Bulb, leaf / The equivalent of 1 g per day	16 references (not categorized)	See: Allium sativum (aged garlic) and Liver health	Helps to maintain a healthy liver function
449	Allium sativum (aged garlic) (Common Name : Aged garlic)	Immune health	Bulb, leaf / The equivalent of 2 g per day	16 references (not categorized)	See: Allium sativum (aged garlic) and Immune health	Contributes to normal immune function
450	Allium sativum (aged garlic) (Common Name : Aged garlic)	Heart Health	Bulb, leaf / The equivalent of 10 mg per day	16 references (not categorized)	See: Allium sativum (aged garlic) and Heart Health	Maintenance of heart health/maintenance of normal cholesterol levels /maintenance of normal homocystein levels
451	Allium sativum (Common Name : Garlic)	Heart Health/ Blood lipids	Bulb, leaf / The equivalent of minimum 4 mg of alliin or 2-5 mg of allicin per day	authoritative body, monograph, human studies, meta-analysis	See: Allium sativum and Heart Health/ Blood lipids	Maintenance of heart health/maintenance of normal cholesterol levels/helps to maintain normal blood lipid levels/contributes to vascular health
452	Allium ursinum (Common Name : Bear's garlic)	Heart health / Vascular system	Bulb, leaf / 1-3g of bulb or leaves macerated in olive oil (1:1)	monographs, peer-reviewed publications, tradition of use	See: Allium ursinum and Heart health / Vascular system	Helps to maintain the healthy functioning of heart and blood vessels
453	Aloe vera, ferox, bardadensis, hybrids or vera or spicata (Common Name : Bitter aloe)	Gastrointestinal health	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 10-30 mg hydroxyanthracene derivatives, calculated as barbaloin, per day	monograph and individual papers	See: Aloe vera, ferox, bardadensis, hybrids or vera or spicata and Gastrointestinal health	Support gastrointestinal health/helps to support the digestion/maintenance of the intestinal functions/contributes to physical well-being/helps to promote regularity/helps the function of the intestines/supports better bowel performance/contributes to bowel movements/supports regular bowel movement/supports the functioning of the intestine/for a regular bowel motion
454	Aloe vera (Common Name : Bitter aloe)	Glucose metabolism	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 10-30 mg hydroxyanthracene derivatives, calculated as barbaloin, per day	review, textbook	See: Aloe vera and Glucose metabolism	Help to maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose - insulin metabolism
455	Aloe vera (Common Name : Bitter aloe)	Immune health	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 10-30 mg hydroxyanthracene derivatives, calculated as barbaloin, per day	review, textbook	See: Aloe vera and Immune health	Contributes to the natural defences against microorganism/contributes to physical well-being/maintenance of the normal immune system

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
456	Aloe vera (Common Name : Bitter aloe)	Skin health	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 10-30 mg hydroxyanthracene derivatives, calculated as barbaloin, per day	review, studies	See: Aloe vera and Skin health	Helps maintain healthy skin/ epithelial layer
457	Althea officinalis (Common Name : Marsh mallow)	Pharyngeal and respiratory health	Leaf, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.5 g root per day	monographs, textbooks	See: Althea officinalis and Pharyngeal and respiratory health	Soothing for throat/supportive and soothing in case of dry cough, tickle in the throat/mild and softening for the throat/helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being
458	Althea officinalis (Common Name : Marsh mallow)	Digestive health	Leaf, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.5 g root per day	textbook, monograph	See: Althea officinalis and Digestive health	Helps to support the digestion/maintains the function of intestinal tract/Stomach friendly
459	Angelica archangelica (Common Name : Angelica)	Appetite	Root / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph, review	See: Angelica archangelica and Appetite	Contributes to appetite/helps to support the digestion/helps to promote appetite in cases of loss of appetite
460	Angelica archangelica (Common Name : Angelica)	Digestive health	Root / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph, review	See: Angelica archangelica and Digestive health	Helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/contributes to physical well-being
461	Angelica sinensis (Common Name : Angelica)	Blood system	Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3-15 g of dried root or 3-6 g of powdered root per day	monographs	See: Angelica sinensis and Blood system	Maintenance of normal blood circulation/good for (supports) normal blood flow/supports normal blood flow/supports oxygen transport/maintains oxygen transport by red blood cells
462	Arctostaphylos uva ursi (Common Name : Bearberry)	Bladder health/ Health of urinary tract	Leaf / The equivalent of 400-800 mg arbutin per day	monographs, textbooks and individual studies	See: Arctostaphylos uva ursi and Bladder health/ Health of urinary tract	Support of normal bladder function
463	Argania spinosa (Common Name : Argan)	Cardiovascular health	Oil / The equivalent of 25 ml of oil per day	Individual Studies	See: Argania spinosa and Cardiovascular health	Contributes to a healthy cholesterol level and healthy blood vessels
464	Aronia melanocarpa (Common Name : Chokeberry)	Vein health/Vascular health	Fruit / The equivalence of anthocyanins content of 9-15 g of fresh fruits per day (45 – 60 mg anthocyanins calculated as cyanidin-3-O-galactoside per day)	peer-reviewed publications	See: Aronia melanocarpa and Vein health/Vascular health	Maintenance of blood vessel walls strenght
465	Aronia melanocarpa (Common Name : Chokeberry)	Antioxidant properties/source of anthocyanins and polyphenols with antioxidant activity	Fruit / The equivalence of anthocyanins content of 9-15 g of fresh fruits per day (45 – 60 mg anthocyanins calculated as cyanidin-3-O-galactoside per day)	peer reveiwd publications	See: Aronia melanocarpa and Antioxidant properties/source of anthocyanins and polyphenols with antioxidant activity	Natural source of beneficial bioactive compounds: polyphenols (anthocyanins, flavonols, tannins), with antioxidant activity
466	Artemisia absinthium (Common Name : Common wormwood)	Appetite	herb / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Artemisia absinthium and Appetite	Contributes to appetite/helps to support digestion
467	Artemisia absinthium (Common Name : Common wormwood)	Digestive health	herb / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Artemisia absinthium and Digestive health	Helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow
468	Aspalathus linearis (Common Name : Rooibos/Red bush)	Antioxidant properties	Leaf / Usual consumption as traditional foodstuff in a normal diet / The eauivalent of 2 g per consumption occasion	individual papers	See: Aspalathus linearis and Antioxidant properties	Has antioxidant properties/acts as free radical scavengers/Helps to protect the liver/contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and help strengthen our body's defences
469	Aspalathus linearis (Common Name : Rooibos/Red bush)	Relaxation	Leaf / Usual consumption as traditional foodstuff in a normal diet	textbook, review, in vitro study	See: Aspalathus linearis and Relaxation	Contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
470	Astragalus membranaceus (Common Name : Milk-vetch)	Immune health	Root / The equivalent of 0,6 g of herb per day	monographs, peer-reviewed publication, individual studies, tradition of use	See: Astragalus membranaceus and Immune health	Supports the natural defences
471	Avena sativa (Common Name : Green oat)	Heart Health	Fruit / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph, authoritative Body, human study, animal study	See: Avena sativa and Heart Health	Helps maintaining heart health/helps to support a conscious cardiovascular living
472	Avena sativa (Common Name : Green oat)	Weight control	Fruit / Usual consumption as traditional foodstuff in a normal diet	textbook, human study	See: Avena sativa and Weight control	Helps in weight control/contributes to fat metabolism, which in turn helps weight control/helps to reduce the appetite
473	Backhousia citriodora (Common Name : Lemon myrtle)	Immune health	Herb / Usual consumption as traditional foodstuff in a normal diet	In vitro study, human study	See: Backhousia citriodora and Immune health	Contributes to the resistance against health precarious microorganism/ contributes to physical well-being
474	Betula pendula (Common Name : Birch)	Health of lower urinary tract	Leaf, bark / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4-6 g per day	monograph, individual study	See: Betula pendula and Health of lower urinary tract	Supports the excretory function of the kidneys
475	Borago officinalis (Common Name : Borage)	Skin health	Oil / The equivalent of 240 to 300 mg gamma-linolenic acid (GLA) per day	monographs, authoritative bodies, individual studies	See: Borago officinalis and Skin health	Supports the integrity and the fluidity of the cell membrane/plays an active role in the natural skin rejuvenation and helps maintain its suppleness and elasticity/improves cutaneous barrier function in the elderly people/helps maintain transepidermal water balance
476	Boswellia serrata (Common Name : Frankincense)	Joint health	Resin / The equivalent of 300 to 450 mg boswellic acids per day	monographs, textbook, individual peer-reviewed studies, history of use	See: Boswellia serrata and Joint health	Helps to maintain joint health/supports joint flexibility
477	Brassicaceae (Cruciferae) (Common Name : Botanical family that include broccoli, coulfiflower, cabbage, Bruxelles sprouts etc.)	Antioxidant activity	Plant / Consumed as regular food. > 1/2 cup (serving) per day = 3-4 servings per week (see Ada position paper in the references list, p.816).	authoritative body, critical reviews, human study	See: Brassicaceae (Cruciferae) and Antioxidant activity	Are particularly rich of protective compounds that protect cells and DNA from oxidative damage/are particularly rich of compounds that help our body to eliminate toxic substances
478	Calendula officinalis (Common Name : Marigold)	Intestinal and liver health	Flower, herb / The equivalent of 1-4 g of herb as infusion	monographs from ESCOP, WHO, BP, European Ph., German E Commission, research articles	See: Calendula officinalis and Intestinal and liver health	Helps support normal liver function
479	Camelia sinensis (Common Name : Tea)	Protection of body tissues and cells from oxidative damage	Leaf / 300 ml of brewed tea (1.5 cups or a large mug). Sufficient serving of a tea drink to deliver 540 mg of tea solids	In vivo human studies	See: Camelia sinsensis (tea) and Protection from oxidative damage	Goodness of tea antioxidants/contains-source of antioxidants/tea consumption helps to reinforce the antioxidant defences of the body/antioxidants help to protect our body by reinforcing the body's natural defence against the harmful effects of free radicals/antioxidants help keep you healthy as they are thought to protect (cells of) your body/antioxidant containing foods and drinks contribute to keeping your body healthy/ in balance
480	Camelia sinensis (Common Name : Tea)	Physical and mental stimulation (hydration and caffeine)	200ml (1 cup) of black tea (equivalent to 0.4-0.5g/serving tea solids)	In vivo Human clinical studies	See: Camelia sinsensis (tea) and Physical and mental performance	Tea helps refresh body and mind/Tea helps to revive you/Tea helps keeping you alert
481	Camelia sinensis (Common Name : Tea)	Oral health	200ml (1 cup) of tea (equivalent to 0.4-0.5g/serving tea solids) - no added sugar	Individual studies	See: Camelia sinsensis (tea) and Oral health	Tea helps reduce plaque in your mouth/Tea helps reduce acid production by plaque bacteria/Tea contains fluoride and tannins that help protect teeth
482	Camelia sinensis (Common Name : Tea)	Heart health	720 ml of brewed tea/ day with or without milk. Sufficient serving of a tea drink to deliver 1.5-2.0g equivalent amount of tea solids.	Systematic Reviews Clinical Studies Epidemiological studies	See: Camelia sinsensis (tea) and Heart health	Regular tea drinking is associated with better heart health maintenance

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
483	Camelia sinensis (Common Name : Tea)	Weight management/metabolism of lipids	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of minimum 150 mg caffein, 115-270 mg EGCG, and 375 mg Catechins / The equivalent of 240 mg of polyphenols per day	authoritative body, monograph, human studies, review	See: Camelia sinensis (tea) and Weight management/metabolism of lipids	Helps with weight control/helps with reduction of body weigh/stimulates the lipid degradation/supports lipid metabolism/support of metabolism and fat oxidation/helps to enhance metabolism/contributes to fat oxidation/helps in weight control/contributes to metabolism, which in turn helps weight control/helps to reduce the appetite/support of metabolism and fat oxidation
484	Camelia sinensis (Common Name : Tea)	Glucose metabolism	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1-3 cups per day delivering 360-1080 mg tea solids		See: Camelia sinensis (tea) and Glucose metabolism	Help to maintain a normal blood glucose level as part of a healthy lifestyle
485	Camelia sinensis (Common Name : Tea)	Immune health	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 200 ml tea or minimum 240 mg of polyphenols per day		See: Camelia sinensis (tea) and Immune health	Contributes to the resistance against health precarious microorganism
486	Camelia sinensis (Common Name : Tea)	Bone health	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1-3 cups per day delivering 360-1080 mg tea solids	individual studies, review	See: Camelia sinensis (tea) and Bone health	Maintenance of healthy bones/ can help to strengthen the bones
487	Camelia sinensis (Common Name : Tea)	Skin health	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1-3 cups of tea per day delivering 360-1080 mg tea solids	individual studies, review	See: Camelia sinensis (tea) and Skin health	Helps protect the skin from UV-induced oxidative damage/helps protect against UV-induced erythema/contributes to healthy ageing by maintaining intact cell DNA
488	Capsicum annum (Common Name : Cayenne pepper)	Weight management	Fruit / The equivalent to 90-360 mg per day	monographs, clinical studies, individual articles	See: Capsicum annum and Weight management	Contributes to weight reduction/support in weight loss programs
489	Capsicum annum (Common Name : Capsicum)	Stomach health	Fruit / The equivalent to 90-360 mg per day	clinical trials, individual articles books of reviews, review articles.	See: Capsicum annum and Stomach health	Helps to protect the stomach in case of intake of irritating substances
490	Carica papaya (Common Name : Papaya)	Antioxidant activity	Fruit / The equivalent of 1500 mg papain per day	monographs, peer-reviewed publications	See: Carica papaya and Antioxidant activity	Antioxidant activity/Contributes to the protection against oxidative damage
491	Carum carvi (Common Name : Caraway)	Digestive health	Fruit / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1,5 g caraway fruit per day	monographs and textbooks	See: Carum carvi and Digestive health	supports digestion and digestive functions/stimulates digestion/releives fullness and windy feelings?contributes to the normal function of intestinal tract/helps support the digestive juice flow
492	Carum carvi (Common Name : Caraway)	Immune health	Fruit / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1,5 g caraway fruit per day	Textbook	See: Carum carvi and Immune health	Contributes to the resistance against health precarious microorganism/ contributes to physical well-being
493	Carum carvi (Common Name : Caraway)	Lactation	Fruit / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1,5 g caraway fruit per day	Textbook	See: Carum carvi and Lactation	Supports lactating in breastfeeding women
494	Cassia senna (cassia angustifolia) (Common Name : Senna)	Intestinal health	Leaf, fruit / The equivalent to 18 mg hydroxyanthracene derivatives, calculated as sennoside B	monographs from ESCOP, WHO, BP, Eur. Ph., German E commission monograph, research articles	See: Cassia senna (cassia angustifolia) and Intestinal health	Natural stool/ helps to maintain optimum digestive comfort/Helps to maintain bowel function/maintains a regular bowel function/supports bowel transit
495	Centella asiatica (Common Name : Gotu Kola, Asiatic pennywort, Antanan Pegaga)	Vein health	Leaf / 2.5 to 7.0 g per day of dried herb	monographs, textbook, individual peer-reviewed studies	See: Centella asiatica and Vein health	Helps maintain venous circulation/supports peripheral circulation/tired legs/light legs
496	Cetraria islandica (Common Name : Iceland moss)	Digestive health	Whole plant / Usual consumption as traditional foodstuff in a normal diet	Textbook, monograph	See: Cetraria islandica and Digestive health	Helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow
497	Cichorium intybus (Common Name : Chicory)	Intestinal health	600-1000 g per day.	monograph, 5 critical reviews, textbook	See: Cichorium intybus and Intestinal health	Supports digestion/Contributes to the stimulation of the production of the digestif body fluids and of the gastro-intestinal movement

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
498	Cichorium intybus (Common Name : Chicory)	Liver health	140 mg per day.	textbook, individual study	See: Cichorium intybus and Liver health	Liver protection
499	Cimicifuga racemosa (Actea racemosa) (Common Name : Black Cohosh)	Menopause	Root / The equivalent of 40-140 mg root	authoritative bodies, textbooks, monographs, human studies, in vitro studies	See: Cimicifuga racemosa (Actea racemosa) and Menopause	Helps to maintain a calm and comfortable menopause/helps women coping with the telltale signs associated with menopause, such as hot flushes, sweating, restlessness and irritability
500	Cinchona pubescens (Common Name : Cinchona / Peruvian bark)	Appetite/Digestive health	Bark / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.6 mg total alkaloids per day	monograph, textbook	See: Cinchona pubescens and Appetite / Digestive health	Contributes to appetite/helps to promote appetite in cases of loss of appetite/ helps to support digestion/helps maintain digestive comfort.
501	Cinnamomum cassia, zeylanicum (Common Name : Cinnamon)	Glucose metabolism	Bark / Usual consumption as traditional foodstuff in a normal diet / 1 g of cinnamon powder per day	human interventions studies, supporting study (in vitro)	See: Cinnamomum cassia, zeylanicum and Glucose metabolism	Helps to maintenance of a healthy blood sugar level/helps to maintain a normal blood glucose level as part of a healthy lifestyle/contributes to normal glucose and insulin metabolism
502	Cinnamomum spp. (Common Name : Cinnamom)	Appetite	Bark / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Cinnamomum spp. and Appetite	Contributes to appetite/helps to support digestion
503	Cinnamomum spp. (Common Name : Cinnamom)	Digestive health	Bark / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Cinnamomum spp. and Digestive health	Helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/contributes to physical well-being
504	Cinnamomum spp. (Common Name : Cinnamom)	Immune health	Bark / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Cinnamomum spp. and Immune health	Contributes to the resistance against health precarious microorganism/contributes to physical well-being
505	Cistus incanus (Common Name : Hairy rockrose)	Antioxidant activity	Herb / 4-6 g herb (infusion)	peer-reviewed publication, textbook, tradition of use	See: Cistus incanus and Antioxidant activity	Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences/support of the immune system
506	Citrus aurantium (Common Name : Bitter orange)	Metabolism of lipids/Weight management	Flower, fruit, leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 15 mg synephrine per day	individual peer-reviewed studies	See: Citrus aurantium and Metabolism of lipids/Weight management	Contributes to weight management?helps to maintain healthy fat tissue/supports the metabolism of lipids and carbohydrates/favours lipid degradation
507	Citrus aurantium (Common Name : Bitter orange)	Appetite	Peel / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Citrus aurantium and Appetite	Contributes to appetite/helps to support digestion
508	Citrus aurantium (Common Name : Bitter orange)	Maintenance and promotion of relaxation	Flower / Usual consumption as traditional foodstuff in a normal diet	textbook	See: Citrus aurantium and Maintenance and promotion of relaxation	Contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being/contributes to a normal helps to maintain a healthy sleep
509	Citrus limon (Common Name : Lemon)	Digestive health	Peel / Usual consumption as traditional foodstuff in a normal diet	Textbook	See: Citrus limon and Digestive health	helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow
510	Citrus paradisi (Common Name : Grapefruit)	Antioxidant properties	Fruit / The equivalent of 250 ml of fresh grapefruit juice	authoritative body statements, monographs, textbooks, reviews, individual studies	See: Citrus paradisi and Antioxidant properties	Antioxidative properties/supports the body organs and tissues in case of oxidative damage
511	Citrus paradise (Common Name : Grapefruit)	Antibacterial and antifungal activities	Fruit / The equivalent of 250 ml of fresh grapefruit juice	authoritative body statements, monographs, textbooks, reviews, individual studies	See: Citrus paradise and Antibacterial and antifungal activities	Flavonoids contained within the Grapefruit contribute to the microbial balance in the body organs and tissues
512	Cola acuminata/nitida (vera) (Common Name : Cola nut)	Invigoration of the body	Fruit / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Cola acuminata/nitida (vera) and Invigoration of the body	helps to strengthen the body/contributes to physical well-being/supports energetic alertness

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
513	Commiphora mukul (Common Name : Guggulu)	Cholesterol	Resin / The equivalent of 1500-3000 mg of guggulipid (standardized to 2.5% guggulsterones)	research articles, critical review	See: Commiphora mukul and Cholesterol	Helps to maintain a normal serumlipid levels
514	Coriandrum sativum (Common Name : Coriander)	Appetite	Fruit / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Coriandrum sativum and Appetite	Contributes to appetite/helps to support digestion
515	Coriandrum sativum (Common Name : Coriander)	Digestive health	Fruit / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Coriandrum sativum and Digestive health	Helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/contributes to physical well-being
516	Coriandrum sativum (Common Name : Coriander)	Immune health	Fruit / Usual consumption as traditional foodstuff in a normal diet	textbook, in vitro study	See: Coriandrum sativum and Immune health	Contributes to the resistance against health precarious microorganism/contributes to physical well-being
517	Coriandrum sativum (Common Name : Coriander)	Heart Health	Fruit / Usual consumption as traditional foodstuff in a normal diet	review	See: Coriandrum sativum and Heart Health	Contributes to vascular health, which in turn helps to maintain a healthy heart/helps maintaining heart health
518	Crataegus laevigata/ oxyacantha (Common Name : Crategus)	Heart Health	Leaf, fruit / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph,, review, in vitro/vivo study	See: Crataegus laevigata/ oxyacantha and Heart Health	Helps maintaining heart health/helps to support a conscious cardiovascular living
519	Crataegus laevigata/ oxyacantha (Common Name : Crategus)	Antioxidant properties	Leaf, fruit / Usual consumption as traditional foodstuff in a normal diet	textbook, review, in vitro study, human study	See: Crataegus laevigata/ oxyacantha and Antioxidant properties	Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen <u>our body's defences</u>
520	Crataegus laevigata/ oxyacantha (Common Name : Crategus)	Immune health	Leaf, fruit / Usual consumption as traditional foodstuff in a normal diet	textbook, review, in vitro study, human study	See: Crataegus laevigata/ oxyacantha and Immune health	Support of the body's defence/contributes to the resistance against health precarious microorganism/supports the immune system
521	Crataegus monoggyyna (Common Name : Hawthorn)	Heart health / Vascular system	Leaf, flower / The equivalent of 2 g flowers and leafs per day / The equivalent of 2.6 mg flavonoids and 22.5 mg oligomeric procyanidins per day	Monographs Textbooks	See: Crataegus monoggyyna and Heart health / Vascular system	Supports circulation, relaxing, calming/to be used in case of nervous tension
522	Cucurbita pepo (Common Name : Pumpkin)	Health of lower urinary tract	Seed / The Equivalent of 190-600 ml oil or 30-60 g ground seeds per day	monographs/textbooks/research articles/tradition of use	See: Cucurbita pepo and Health of lower urinary tract	Maintenance of good bladder function and urinary flow/good for normal prostate function
523	Curcuma longa (Common Name : Turmeric, kunyit, curcumin)	Intestinal and digestive health	Root / The equivalent of 1.5-3 g of turmeric root per day	scientific bodies (ESCOP, German Commission E at the BfArM, German Commission E, WHO monograph) and literature, reviews, human studies, authoritative bodies, textbook, monographs, tradition of use	See: Curcuma longa and Intestinal and digestive health	Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to normal cholerisis
524	Curcuma longa/domestica (Common Name : Turmeric, kunyit, curcumin)	Antioxidant properties	Root, leaf / Usual consumption as traditional foodstuff in a normal diet	textbook, review	See: Curcuma longa/domestica and Antioxidant properties	Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen <u>our body's defences</u>
525	Curcuma longa/domestica (Common Name : Turmeric, kunyit, curcumin)	Immune health	Root, leaf / Usual consumption as traditional foodstuff in a normal diet	textbook	See: Curcuma longa/domestica and Immune health	Support of the body's defence/contributes to the resistance against health precarious microorganism/supports the immune system
526	Curcuma xanthorrhiza (Common Name : Javanese turmeric)	Intestinal and digestive health	Rhizome / The equivalent to 1.7 g rhizome per day	monograph, textbook	See: Curcuma xanthorrhiza and Intestinal and digestive health	Helps to support the digestion/contributes to the normal function of intestinal tract/helps maintain digestive comfort.

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
527	Cymbopogon citratus (Common Name : Lemongrass)	Digestive health	Leaf / Usual consumption as traditional foodstuff in a normal diet	textbook, animal study	See: Cymbopogon citratus and Digestive health	Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to physical well-being/helps to maintain gastric and intestine to a <u>harmonic balance</u>
528	Cymbopogon citratus (Common Name : Lemongrass)	Immune health	Leaf / Usual consumption as traditional foodstuff in a normal diet	textbook, in vitro study	See: Cymbopogon citratus and Immune health	Contributes to the resistance against health precarious microorganism/contributes to physical well-being
529	Cymbopogon citratus (Common Name : Lemongrass)	Antioxidant properties	Leaf / Usual consumption as traditional foodstuff in a normal diet	textbook, animal study, in vitro study	See: Cymbopogon citratus and Antioxidant properties	Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen <u>our body's defences</u>
530	Cymbopogon citratus (Common Name : Lemongrass)	Heart Health	Leaf / Usual consumption as traditional foodstuff in a normal diet	textbook, animal study	See: Cymbopogon citratus and Heart Health	Helps maintaining heart health/helps to support a conscious cardiovascular living/contributes to the <u>maintenace of a normal blood pressure</u>
531	Cynara scolymus (Common Name : Artichoke)	Intestinal and liver health	Leaf, flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g dried artichoke leaf per day	authoritative body, monograph/human study/review	See: Cynara scolymus and Intestinal and liver health	Helps to support digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/maintains a healthy liver/support of <u>detoxication/contributes to intestinal comfort</u>
532	Cynara scolymus (Common Name : Artichoke)	Antioxidant properties	Leaf, flower / Usual consumption as traditional foodstuff in a normal diet / The euivalent of 5 g dried artichoke leaf per day	review	See: Cynara scolymus and Antioxidant properties	contains naturally occurring antioxidants; antioxidants can protect you from radicals which cause cell damage; antioxidants can protect your cells and tissues from oxidative damage; antioxidants contribute to the total antioxidant capacity of the body and may help strengthen <u>our body's defences</u>
533	Cynara scolymus (Common Name : Artichoke)	Heart Health/ Blood lipids	Leaf, flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g dried artichoke leaf per day	authoritative body, monographs, textbooks	See: Cynara scolymus and Heart Health/ Blood lipids	Contributes to normal blood lipid levels/helps to maintain a healthy heart/Contributes to vascular health
534	Dioscorea villosa (Common Name : Wild Yam)	Menopause	Root / The equivalent of 2 g root or 12 mg of diosgenin per day	monograph from NIH, review, human study, animal study, in vitro study	See: Dioscorea villosa and Menopause	Helps to maintain a calm and comfortable menopause/helps women coping with the telltale signs associated with menopause, such as hot flushes, <u>sweating, restlessness and irritability</u>
535	Echinacea angustifolia/pallida (Common Name : Echinacea, pale coneflower)	Immune health	Flower, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of min. 1.5 g dried root	monographs from scientific experts (ESCOP, German Commission E, Cochrane review, WHO)	See: Echinacea angustifolia/pallida and Immune health	Support of the body's defence/contributes to the /supports the immune system
536	Echinacea angustifolia (Common Name : Echinacea, pale coneflower)	Health of the upper respiratory tract	Flower, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 900 mg root per day	monographs from ESCOP and WHO, NIH, Expanded commission E	See: Echinacea angustifolia and Health of the upper respiratory tract	Contributes to the resistance of the organism/supports the natural defence mechanism, especially at the level of the upper respiratory tract
537	Echinacea Purpurea (Common Name : Purple coneflower)	Health of the upper respiratory tract / Immune health	Flower, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1,5 g herb per day	monographs	See: Echinacea Purpurea and Health of the upper respiratory tract / Immune health	Supports the natural denfense of the body/supportive during common cold and infections/increases the resistance of the organism
538	Elettaria cardamomum (Common Name : Cardamom)	Appetite and digestive health	Seed / Usual consumption as traditional foodstuff in a normal diet	textbook	See: Elettaria cardamomum and Appetite and digestive health	Contributes to appetite/helps to support digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow
539	Elettaria cardamomum (Common Name : Cardamom)	Immune health	Seed / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Elettaria cardamomum and Immune health	Contributes to the resistance against health precarious microorganism/contributes to physical well-being/contributes to the natural defences of the body/supports the natural resistance

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
540	Eleutherococcus senticosus = Acanthopanax senticosus (Common Name : Siberian ginseng)	Physical and mental health/Recovery	Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.3-2 g root per day	monographs from WHO and ESCOP, textbooks, Herbmед data base, literature	See: Eleutherococcus senticosus = Acanthopanax senticosus and Physical and mental health/Recovery	Tonic for the support of mental and physical capacities in cases of weakness, exhaustion and tiredness, and during convalescence/supports, helps in case of, in the event of recovery, rehabilitation/contributes to more mental and physical energy
541	Eleutherococcus senticosus = Acanthopanax senticosus (Common Name : Taigaroot, Siberian ginseng)	Invigoration of the body	Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.3-2 g root per day	review article, monographs, human studies	See: Eleutherococcus senticosus = Acanthopanax senticosus and Invigoration of the body	helps to strengthen the body/contributes to physical well-being/supports energetic alertness/makes you feel more energetic
542	Eleutherococcus senticosus = Acanthopanax senticosus (Common Name : Taigaroot, Siberian ginseng)	Cognitive and mental performance	Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.3-2 g root per day	textbook, monograph	See: Eleutherococcus senticosus = Acanthopanax senticosus and Cognitive and mental performance	Contributes to normal blood circulation, which is associated with brain performance and reactivity/contributes to optimal mental and cognitive activity
543	Eleutherococcus senticosus = Acanthopanax senticosus (Common Name : Taigaroot, Siberian ginseng)	Immune health	Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.3-2 g root per day	textbook	See: Eleutherococcus senticosus = Acanthopanax senticosus and Immune health	Support of the body's defence/contributes to the /supports the immune system
544	Epilobium parviflorum/angustifolium (Chamaenerion angustifolium) (Common Name : Willow herb)	Health of lower urinary tract	Leaf, root / The equivalence of 1,5 g herb per day	monograph and literature	See: Epilobium parviflorum/angustifolium (Chamaenerion angustifolium) and Health of lower urinary tract	Willow herb contributes to the functioning of the urinary tract, especially in men from the age of 45
545	Equisetum arvense (Common Name : Horsetail)	Kidneys health	Aerial parts / Usual consumption as traditional foodstuff in a normal diet	monograph, tradition of use, studies	See: Equisetum arvense and Kidneys health	Supports the excretory function of the kidneys
546	Equisetum arvense (Common Name : Horsetail)	Remineralizing	Leaf / Usual consumption as traditional foodstuff in a normal diet	Textbook, monograph	See: Equisetum arvense and Remineralizing	May help to remineralize the body/ the silica in horsetail helps maintain hair, nails and skin in optimum condition
547	Erythroxylon catuaba (Common Name : Catuaba)	Invigoration of the body	Bark / Usual consumption as traditional foodstuff in a normal diet	encyclopedia, review	See: Erythroxylon catuaba and Invigoration of the body	helps to strengthen the body/contributes to physical well-being/supports energetic alertness
548	Erythroxylon catuaba (Common Name : Catuaba)	Immune health	Bark / Usual consumption as traditional foodstuff in a normal diet	animal study	See: Erythroxylon catuaba and Immune health	Contributes to the resistance against health precarious microorganism/contributes to physical well-being
549	Eschscholtzia californica (Common Name : Californian poppy)	Mental health/Relaxation	Aerial parts / 25-250 mg of dried plant	authoritative body, textbook, scientific literature, peer-reviewed articles	See: Eschscholtzia californica and Mental health/Relaxation	Helps you cope calmly with the stress of a busy lifestyle/contributes to optimal relaxation/helps to support the relaxation and mental and physical wellbeing/improves the quality of natural sleep
550	Eucalyptus globulus (Common Name : Eucalyptus)	Respiratory health	Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.3-0.6 ml of oil per day / The equivalent of 4 g leaf per day	textbook, monograph	See: Eucalyptus globulus and Respiratory health	helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being/for an appropriate and easy respiration/contributes to normal functioning of the bronchial tubes/lungs
551	Eucalyptus globulus (Common Name : Eucalyptus)	Glucose metabolism	Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.3-0.6 ml of oil per day	textbook, animal study	See: Eucalyptus globulus and Glucose metabolism	Help to maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose - insulin metabolism
552	Fagopyrum esculentum (Common Name : Buckwheat)	Heart Health	Herb / Usual consumption as traditional foodstuff in a normal diet	textbook, human study, review	See: Fagopyrum esculentum and Heart Health	Contributes to vascular health, which in turn helps to maintain a healthy heart/helps maintaining heart health/contributes to blood vessels health

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
553	Filipendula ulmaria (Spiraea ulmaria) (Common Name : Meadowsweet)	Health of lower urinary tract	Flowering tops / The equivalent of 2g of herb per day	textbook/monographs	See: Filipendula ulmaria (Spiraea ulmaria) and Health of lower urinary tract	Supports the excretory function of the kidneys
554	Filipendula ulmaria (Spiraea ulmaria) (Common Name : meadowsweet)	Respiratory health	Flowering tops / The equivalent of 2g of herb per day	monographs , textbook	See: Filipendula ulmaria (Spiraea ulmaria) and Respiratory health	helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being
555	Foeniculum vulgare (Common Name : Fennel)	Gastro-intestinal health	Fruit / Usual consumption as traditional foodstuff in a normal diet	evidence accepted by scientific bodies or independent expert bodies (ESCOP) Notice of admission of the BfArM	See: Foeniculum vulgare and Gastro-intestinal health	Helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/contributes to physical well-being
556	Foeniculum vulgare (Common Name : Fennel)	Respiratory health	Fruit / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Foeniculum vulgare and Respiratory health	helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being
557	Foeniculum vulgare (Common Name : Fennel)	Lactation	Fruit / Usual consumption as traditional foodstuff in a normal diet	textbook	See: Foeniculum vulgare and Lactation	Supports lactating in breastfeeding women
558	Fragaria ananassa (Common Name : Strawberry)	Immune health	Herb / Usual consumption as traditional foodstuff in a normal diet	textbook	See: Fragaria ananassa and Immune health	Contributes to the resistance against health precarious microorganism/contributes to physical well-being
559	Fragaria vesca (Common Name : Wood strawberry)	Immune health	Herb / Usual consumption as traditional foodstuff in a normal diet	textbook, in vitro study	See: Fragaria vesca and Immune health	Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences
560	Fragaria vesca (Common Name : Wood strawberry)	Digestive health	Herb / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Fragaria vesca and Digestive health	Leaves contain tannins which contribute to normal stools, which in turn help maintain physical and mental well-being
561	Fragaria vesca (Common Name : Wood strawberry)	Heart Health	Herb / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Fragaria vesca and Heart Health	Helps maintaining heart health/helps to support a conscious cardiovascular living/contributes to blood purification
562	Fragaria virginiana (Common Name : Strawberry)	Antioxidant properties	Herb / Usual consumption as traditional foodstuff in a normal diet	review	See: Fragaria virginiana and Antioxidant properties	Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences
563	Fumaria officinalis (Common Name : Fumitory)	Liver health	Aerial parts / The equivalent of 6 g of herb	scientific data from textbooks and a critical review article	See: Fumaria officinalis and Liver health	Contributes to the maintenance of a healthy liver
564	Galeopsis segetum (Common Name : Hemp-nettle)	Respiratory health	Herb / The equivalent of 6 g rhizome per day	monograph	See: Galeopsis segetum and Respiratory health	Respiratory comfort/helps to soften coughs, sore throats in a natural way/helps maintain respiratory health
565	Gentiana lutea (Common Name : Gentian)	Appetite / Gastrointestinal health	Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0,3 g root per day	monograph, 8 critical reviews, textbook	See: Gentiana lutea and Appetite / Gastrointestinal health	Contributes to appetite/for a better feeling after an abundant meal/ supports digestion/maintains the function of intestinal tract
566	Gentiana lutea (Common Name : Gentian)	Invigoration of the body	Root / Usual consumption as traditional foodstuff in a normal diet	textbook	See: Gentiana lutea and Invigoration of the body	helps to strengthen the body/helps you feel more energetic

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
567	Gentiana lutea (Common Name : Gentian)	Antioxidant properties	Root / Usual consumption as traditional foodstuff in a normal diet	textbook, in vitro study	See: Gentiana lutea and Antioxidant properties	Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences
568	Ginkgo Biloba (Common Name : Ginkgo)	Cognitive function/blood system microcirculation	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4.2-16.1 g crude leaf	authoritative bodies, textbooks, monographs, systematic reviews, meta-analysis	See: Ginkgo Biloba and Cognitive function/blood system microcirculation	Helps the maintenance of good cognitive function/helps to maintain memory with age decline and to preserve cognitive function/helps the peripheral blood micro circulation/contributes to normal blood circulation, which is associated with brain performance and reactivity/contributes to mental and cognitive activity/helps to maintain memory with age and to preserve cognitive functions
569	Ginkgo biloba (Common Name : Ginkgo)	Antioxidant properties	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4.2-16.1 g crude leaf	monograph, review	See: Ginkgo biloba and Antioxidant properties	Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences
570	Glycyrrhiza glabra (Common Name : Liquorice)	Respiratory health	Root / Usual consumption as traditional foodstuff in a normal diet.	textbook, monograph, review	See: Glycyrrhiza glabra and Respiratory health	Helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being
571	Glycyrrhiza glabra (Common Name : Liquorice)	Antioxidant properties	Root / Usual consumption as traditional foodstuff in a normal diet.	textbook, review, in vitro study	See: Glycyrrhiza glabra and Antioxidant properties	Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences
572	Glycyrrhiza glabra (Common Name : Liquorice)	Immune health	Root / Usual consumption as traditional foodstuff in a normal diet.	textbook	See: Glycyrrhiza glabra and Immune health	Contributes to the resistance against health precarious microorganism/contributes to physical well-being
573	Glycyrrhiza glabra (Common Name : Liquorice)	Digestive health	Root / Usual consumption as traditional foodstuff in a normal diet.	textbook	See: Glycyrrhiza glabra and Digestive health	Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to physical well-being/helps to maintain gastric and intestine to a harmonic balance
574	Griffola fondosa (Common Name : Maitake)	Immune health	Mushroom / 0.5 to 1 mg per kg of body weight (35-70 mg) per day	monographs/per-reviewed publications/tradition of use	See: Griffola fondosa and Immune health	Contributes to the natural defences/support of natural resistance
575	Gymnema Sylvestre (Common Name :)	Weight management/Glucose metabolism/Lipid metabolism	Leaf / The equivalent of 6-60g of dried leaf by infusion or min. 277 mg of gymnemic acid per day	textbook, critical reviews, monography, human study, animal study, in vitro study	See: Gymnema Sylvestre and Weight management/Glucose metabolism/Lipid metabolism	helps in weight control programs by reducing appetite and calorie intake/supports normal glucose level in blood/helps maintain a healthy level of appetite
576	Gynostemma pentaphyllum (Common Name : Jiaogulan)	Antioxidant properties	Leaf / 6-60g of dried leaf per day (infusion)	peer-reviewed publication, tradition of use	See: Gynostemma pentaphyllum and Antioxidant properties	Can scavenge the activity of oxygen free radicals/protects the body from oxidative injury
577	Hamamelis virginiana (Common Name : Wtch hazel)	Vein health	Bark, leaf / The equivalent of 6 g of leaf or bark per day	monograph WHO, textbooks, herbmed database	See: Hamamelis virginiana and Vein health	Contributes to circulation in the legs/tired legs/light legs/for the preservation of a strong vascular wall/favourable influence on the blood circulation
578	Harpagophytum procumbens (Common Name : Devil's Claw - root)	Joint health	Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1-4.5 g of dried root or 50-100 mg of harpagoside per day	authoritative body, monographs, textbook, clinical trials, in vitro study, animal study"	See: Harpagophytum procumbens and Joint health	Helps strengthen the body's locomotor system/helps maintain joint health/helps to maintain flexible joints and tendons/helps maintain good mobility
579	Hibiscus sabdariffa (Common Name : Hibiscus)	Heart Health	Flower / Usual consumption as traditional foodstuff in a normal diet	animal study, in vitro study, textbook	See: Hibiscus sabdariffa and Heart Health	Helps maintaining heart health/helps to support a conscious cardiovascular living/contributes to the maintenance of a normal blood pressure

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
580	Hibiscus sabdariffa (Common Name : Hibiscus)	Appetite	Flower / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Hibiscus sabdariffa and Appetite	Contributes to appetite/helps to support digestion
581	Hippophae rhamnoides (Common Name : Seabuckthorn)	Natural defences / immune system	Seed / The equivalent of 6 g of herb per day or 360 mg of omega 7 fatty acids	human study, animal study, review	See: Hippophae rhamnoides and Natural defences / immune system	Contributes to the resistance against health precarious microorganism/contributes to physical well-being
582	Hippophae rhamnoides (Common Name : Seabuckthorn)	Skin health	Seed / The equivalent of 6 g of herb per day or 360 mg of omega 7 fatty acids	Human study PCDB	See: Hippophae rhamnoides and Skin health	Help in case of dry and inflamed skin/ contributes to the mucosal function in dry eye, vagina and mouth/helps maintain healthy skin from within
583	Humulus lupulus (Common Name : Hops)	Relaxation	Grains (Lupuli flos/glandula) / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Humulus lupulus and Relaxation	Contributes to optimal relaxation/helps relaxation and mental and physical well-being/contributes to a healthy sleep
584	Humulus lupulus (Common Name : Hops)	Antioxidant properties	Grains (Lupuli flos/glandula) / Usual consumption as traditional foodstuff in a normal diet	textbook, review, in vitro study	See: Humulus lupulus and Antioxidant properties	Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences
585	Humulus lupulus (Common Name : Hops)	Digestive health	Grains (Lupuli flos/glandula) / Usual consumption as traditional foodstuff in a normal diet	textbook	See: Humulus lupulus and Digestive health	helps to support the digestion; contributes to the function of intestinal tract
586	Humulus lupulus (Common Name : Hops)	Menopause	Flower / The equivalent of 100-250 µg of 8-prenylnaringenin / Target group: Women during menopause	authoritative bodies and monographs	See: Humulus lupulus and Menopause	Helps to maintain a calm and comfortable menopause/helps women coping with the telltale signs associated with menopause, such as hot flushes, sweating, restlessness and irritability
587	Humulus lupulus (Common Name : Hops)	Cholesterol	Grains (Lupuli flos/glandula) / Usual consumption as traditional foodstuff in a normal diet	textbook	See: Humulus lupulus and Cholesterol	Contributes to a normal cholesterol
588	Humulus lupulus (Common Name : Hops)	Immune health	Grains (Lupuli flos/glandula) / Usual consumption as traditional foodstuff in a normal diet	textbook	See: Humulus lupulus and Immune health	Contributes to the resistance against health precarious microorganism/contributes to physical well-being
589	Hydrastis canadensis (Common Name : Golden seal)	Immune health	Root / The equivalent of 1500-3000mg of root	monographs, publications tradition of use	See: Hydrastis canadensis and Immune health	Helps against bacteria/contributes to the resistance against health precarious microorganism
590	Hypericum perforatum (Common Name : St. John's Wort)	Mental health	Herb, Flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0,2-1 mg hypericine or 0,3-2 g of herb	authoritative body, monograph, review, textbook, meta-analysis, human study	See: Hypericum perforatum and Mental health	Contributes to emotional balance and general wellbeing/contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being/helps to maintain a healthy sleep/helps maintain a positive mood
591	Ilex paraguariensis (Common Name : Yerba mate)	Weight management/Metabolism of lipids	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3 g leaves as tea or min. 80 mg of caffeine per day	monograph, human study, review, textbook, in vitro study	See: Ilex paraguariensis and Weight management/Metabolism of lipids	Contributes to body weight management/contributes to lipid degradation/helps maintain a healthy body weight
592	Ilex paraguariensis (Common Name : Yerba mate)	Invigoration of the body	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3 g leaves as tea per day	human studies, textbook, monograph	See: Ilex paraguariensis and Invigoration of the body	helps to strengthen the body/helps you feel more energetic/has stimulating and tonic properties that contribute to the resistance against mental and physical fatigue
593	Illicium verum (Common Name : Star anise)	Digestive health	Fruit / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3 g per day	textbook, monograph	See: Illicium verum and Digestive health	Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to physical well-being
594	Illicium verum (Common Name : Star anise)	Respiratory health	Fruit / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3 g per day	textbook, monograph	See: Illicium verum and Respiratory health	Helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being
595	Illicium verum (Common Name : Star anise)	Immune health	Fruit / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3 g per day	textbook, review	See: Illicium verum and Immune health	may help to reduce the level of health precarious microorganism; can protect the body from undesirable microorganism; contributes to a physical well-being;

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
596	<i>Juniperus communis</i> (Common Name : Juniper berry)	Digestive health	Fruit / The equivalent of 0.375-1.25 g of dried berries or 2-10 g of berries per day	tradition of use. No clinical studies available.	See: <i>Juniperus communis</i> and Digestive health	Helps maintain healthy digestion
597	<i>Juniperus communis</i> (Common Name : Juniper berry)	Kidneys health	Fruit / The equivalent of 0.375-1.25 g of dried berries or 2-10 g of berries per day	scientific bodies or independent expert bodies	See: <i>Juniperus communis</i> and Kidneys health	Supports the excretory function of the kidneys
598	<i>Lavandula angustifolia</i> (Common Name : Lavender)	Relaxation	Flower / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: <i>Lavandula angustifolia</i> and Relaxation	Contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being/contributes to a normal helps to maintain a healthy sleep
599	<i>Lavandula angustifolia</i> (Common Name : Lavender)	Digestive health	Flower / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: <i>Lavandula angustifolia</i> and Digestive health	Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to physical well-being
600	<i>Lentinula edodes</i> (Common Name : Shiitake)	Immune health	Dried mushroom / The equivalent of 6-16 g LEM (<i>Lentinan edodes</i> mycelium extract)	monographs/peer-reviewed publications/tradition of use	See: <i>Lentinula edodes</i> and Immune health	Contributes to natural immunological defences
601	<i>Lepidium meyenii</i> (Common Name : Maca)	Physical and mental health	Root / The equivalent of 1000 to 3000 mg per day	tradition of use, peer-reviewed publications, different patent applications, clinical studies	See: <i>Lepidium meyenii</i> and Physical and mental health	Source of energy/supports physical and mental performance/helps maintain optimal stamina, feelings and vitality, physical and mental well-being
602	<i>Lepidium meyenii</i> (Common Name : Maca)	Fertility	Root / The equivalent of 1.5-3 g of root	authoritative body (AFSSA), human studies, clinical trials, textbooks and critical reviews	See: <i>Lepidium meyenii</i> and Fertility	Help to maintain sexual performance and energy/contributes naturally to healthy sexual function
603	<i>Linum usitatissimum</i> (Common Name : flaxseed linseed)	Gut health	Seed / The equivalent of 15 g of flaxseed	monographs, traditional use, assessment report, individual studies	See: <i>Linum usitatissimum</i> and Gut health	Lignans present in <i>Linum usitatissimum</i> offer benefits in bowel function/helps to maintain normal bowel function/contributes to regularity of bowel function/good for a healthy stomach and digestive system
604	<i>Linum usitatissimum</i> (Common Name : flaxseed linseed)	Menopause	Seed / The equivalent of 40 g of flaxseed	monographs, traditional use, assessment report, individual studies	See: <i>Linum usitatissimum</i> and Menopause	Lignans present in <i>Linum usitatissimum</i> have oestrogenic properties and therefore may offer benefits for menopausal health
605	<i>Linum usitatissimum</i> (Common Name : flaxseed linseed)	Breast Health	Seed, husk, meal or fractions thereof / The equivalent of 20 to 650 mg Secoisolariciresinol diglucoside SDG (flax lignan) for adult women	individual studies , monograph assessment report	See: <i>Linum usitatissimum</i> and Breast Health	Lignans present in <i>Linum usitatissimum</i> and their mammalian metabolites enterodiol and enterolactone may protect and support healthy breast tissue in ageing women.
606	<i>Linum usitatissimum</i> (Common Name : flaxseed linseed)	Prostate health	Seed, husk, meal or fractions thereof / The equivalent of 20 to 650 mg Secoisolariciresinol diglucoside SDG (flax lignan) for adult women	individual studies, monograph assessment report	See: <i>Linum usitatissimum</i> and Prostate health	Lignans present in <i>Linum usitatissimum</i> and their mammalian metabolites may support a healthy prostate in ageing male.
607	<i>Lippia triphylla</i> (<i>Lippia citriodora</i>) (Common Name : Lemon verbena)	Relaxation	Herb / Usual consumption as traditional foodstuff in a normal diet	textbook	See: <i>Lippia triphylla</i> (<i>Lippia citriodora</i>) and Relaxation	Contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being/contributes to a normal helps to maintain a healthy sleep
608	<i>Lippia triphylla</i> (<i>Lippia citriodora</i>) (Common Name : Lemon verbena)	Digestive health	Herb / Usual consumption as traditional foodstuff in a normal diet	textbook	See: <i>Lippia triphylla</i> (<i>Lippia citriodora</i>) and Digestive health	Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to physical well-being
609	<i>Lycium Barbarum</i> (Common Name : Wolfberry)	Antioxidant properties	Whole fruits including seeds and flesh / The equivalent of 10 to 50 g of the whole fruit per day	individual in vitro and animal studies as described in scientific publications/textbooks/ traditional knowledge in country of origin (China)	See: <i>Lycium Barbarum</i> and Antioxidant properties	Contributes to the protection against free radicals which can cause cell damage/can protect your cells and tissues from oxidative damage/can contribute to the total antioxidant capacity of the body/helps protect your body from the effect of free radicals/contributes to cell protection from damage caused by free radicals

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
610	Marsdenia condurango (Common Name : Kondurgango shrub)	Gastric health/Digestive health	Bark / The equivalent 2-4g of the bark	monograph	See: Marsdenia condurango and Gastric health/Digestive health	Good for a healthy stomach and digestive system
611	Marrubium vulgare (Common Name : Horehound (white))	Appetite	Herb / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Marrubium vulgare and Appetite	Contributes to appetite/helps to support digestion/Contributes to the normal functioning of the intestinal tract
612	Marrubium vulgare (Common Name : Horehound (white))	Digestive health	Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4.5 g per day	textbook, monograph	See: Marrubium vulgare and Digestive health	Helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/contributes to physical well-being
613	Marrubium vulgare (Common Name : Horehound (white))	Respiratory health	Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4.5 g per day	textbook, monograph	See: Marrubium vulgare and Respiratory health	Helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being
614	Matricaria recutita (Common Name : Chamomile)	Relaxation	Flower / The equivalent of 6 g chamomile flower per day	review, human study, monograph, textbook	See: Matricaria recutita and Relaxation	Contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being/contributes to a normal helps to maintain a healthy sleep
615	Matricaria recutita (Common Name : Chamomile)	Digestive health	Flower / The equivalent of 6 g chamomile flower per day	authoritative body, monograph, textbook, monograph	See: Matricaria recutita and Digestive health	Supports the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/contributes to physical well-being
616	Matricaria recutita (Common Name : Chamomile)	Immune health	Flower / The equivalent of 6 g chamomile flower per day	textbook	See: Matricaria recutita and Immune health	Contributes to the resistance against health precarious microorganism/contributes to physical well-being
617	Matricaria recutita (Common Name : Chamomile Camomile)	Antioxidant properties	Flower/Usual consumption as traditional foodstuff in a normal diet	textbook	See: Matricaria recutita and Antioxidant properties	Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences
618	Melaleuca alternifolia (Common Name : Tea tree)	Immune health	Leaf, herb oil / Usual consumption as traditional foodstuff in a normal diet	textbook	See: Melaleuca alternifolia and Immune health	Contributes to the resistance against health precarious microorganism/contributes to physical well-being
619	Melilotus officinale (Common Name : Melilot, sweet clover)	Vein health	Aerial parts / The equivalent of 4-9 g crude leaf per day / The equivalent of 3 mg coumarin daily	monographs/textbooks	See: Melilotus officinale and Vein health	Contributes to circulatory health/tired legs/light legs
620	Melissa officinalis (Common Name : Lemon Balm)	Cognitive and mental health	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1,5-9 g leaves per day	authoritative bodies, textbooks, monographs, internet based sources	See: Melissa officinalis and Cognitive and mental health	Helps maintain positive mood and good cognitive functioning/contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being/contributes to a normal helps to maintain a healthy sleep
621	Melissa officinalis (Common Name : Lemon Balm)	Antioxidant properties	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1,5-4,5 g leaves per day	ESCAP monograph and individual papers	See: Melissa officinalis and Antioxidant properties	Acts as an antioxidant/helps preventing oxidative damage/contributes to a good and calm rest
622	Melissa officinalis (Common Name : Lemon Balm Balm mint)	Digestive health	Leaf / Usual consumption as traditional foodstuff in a normal diet	human study, textbook	See: Melissa officinalis and Digestive health	Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to physical well-being
623	Mentha piperita (Common Name : Mint)	Intestinal and digestive health	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 450 ml of an infusion of the dried leaves (10-20 g/L)	monographs, individual studies, reviews, textbooks	See: Mentha piperita and Intestinal and digestive health	Helps to supports a healthy digestion/has a positive influence on intestinal health/contributes to digestive functions/contributes to the normal function of intestinal tract/helps keep the stomach healthy
624	Mentha piperita (Common Name : Mint)	Immune health	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 450 ml of an infusion of the dried leaves (10-20 g/L)	textbook	See: Mentha piperita and Immune health	Contributes to the resistance against health precarious microorganism/contributes to physical well-being

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
625	Mentha piperita (Common Name : Mint)	Relaxation	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 450 ml of an infusion of the dried leaves (10-20 g/L)	textbook	See: Mentha piperita and Relaxation	Contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being/contributes to a normal helps to maintain a healthy sleep
626	Momordica charantia (Common Name : balsam pear, bitter melon, bitter gourd, ampalaya, karela (karolla), fu kwa)	Glucose metabolism	Fruit / The equivalent of 2.500 mg dried fruit	reviews, non-randomized controlled trials, textbook, tradition of use	See: Momordica charantia and Glucose metabolism	Helps to maintain a normal blood glucose
627	Ocimum sanctum (Common Name : Tulsi)	Invigoration of the body	Herb / Usual consumption as traditional foodstuff in a normal diet	review	See: Ocimum sanctum and Invigoration of the body	helps to strengthen the body/contributes to physical well-being/supports energetic alertness/helps to make you feel more energetic
628	Ocimum sanctum (Common Name : Tulsi)	Metabolism of fat, cholesterol and blood glucose	Herb / Usual consumption as traditional foodstuff in a normal diet	textbook, review	See: Ocimum sanctum and Metabolism of fat, cholesterol and blood glucose	Contributes to the metabolism/contributes to physical well-being
629	Oenothera biennis (Common Name : Evening Primrose)	Regulation of metabolic function	Aerial parts, seed, root / 0.5g GLA per day / 1.5-3.0 g of seeds oil	critical reviews	See: Oenothera biennis and Regulation of metabolic function	Precursor of prostaglandins which are regulators associated with many of the body's metabolic functions.
630	Oenothera biennis (Common Name : Evening Primrose)	Joint health	Aerial parts, seed, root / 1.4g GLA per day / 1.5-3.0 g of seeds oil	systematic and critical reviews	See: Oenothera biennis and Joint health	Helps maintain supple and flexible joints
631	Oenothera paradoxa (Common Name : Evening Primrose)	Skin health	Seed / The equivalent of 1.5 – 3.0 g of seeds oil per day	monograph, reviews, human studies, in vitro studies, authoritative and scientific bodies	See: Oenothera paradoxa and Skin health	Supplies polyunsaturated fatty acids (PUFA) needed for important physiological processes including normal skin and hair growth/important for healthy, problem-free skin
632	Oenothera paradoxa (Common Name : Evening Primrose)	Heart Health	Seed / The equivalent of 1.5 – 3.0 g of seeds oil per day	monograph, reviews, human studies, in vitro studies, authoritative and scientific bodies	See: Oenothera paradoxa and Heart Health	supplies polyunsaturated fatty acids needed for important physiological processes including cholesterol metabolism/helps maintain heart and vessel health
633	Oenothera paradoxa (Common Name : Evening Primrose)	Immune health	Seed / The equivalent of 1.5 – 3.0 g of seeds oil per day	monograph, reviews, human studies, in vitro studies, authoritative and scientific bodies	See: Oenothera paradoxa and Immune health	supplies polyunsaturated fatty acids needed to support natural immunity
634	Oenothera paradoxa (Common Name : Evening Primrose)	Menstrual health	Seed / The equivalent of 1.5 – 3.0 g of seeds oil per day	monograph, reviews, human studies, in vitro studies, authoritative and scientific bodies	See: Oenothera paradoxa and Menstrual health	Supplies polyunsaturated fatty acids (PUFA), that help maintain optimum comfort during menstruation
635	Olea europea (Common Name : Olive)	Glucose metabolism	Leaf / Usual consumption as traditional foodstuff in a normal diet	textbook, animal study	See: Olea europea and Glucose metabolism	Help to maintain a normal blood glucose level as part of a healthy lifestyle
636	Olea europea (Common Name : Olive)	Heart Health	Leaf / Usual consumption as traditional foodstuff in a normal diet	textbook, review, animal study	See: Olea europea and Heart Health	Helps maintaining heart health/helps to support a conscious cardiovascular living/contributes to the maintenance of a normal blood pressure
637	Orthosiphon stamineus, anistatus, spicatus (Common Name : Java tea)	Health of bladder and lower urinary tract	Leaf, top of stems / The equivalent of 6-9 g per day of dried plant	monographs/textbook, critical reviews, individual	See: Orthosiphon stamineus, anistatus, spicatus and Health of bladder and lower urinary tract	Supports the excretory function of the kidneys/contributes to urinary flow
638	Panax ginseng (Common Name : Asean, Korean ginseng)	Cognitive performance	Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.6 – 2g dry root	peer-reviewed articles textbook, monograph	See: Panax ginseng and Cognitive performance	Helps to maintain good cognitive performance/supports memory performance/contributes to good cognitive performance/contributes to normal blood circulation, which is associated with brain performance and reactivity/contributes to optimal mental and cognitive activity/helps to maintain physical and mental capacities in cases of weakness, exhaustion, tiredness, and loss of concentration

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
639	Panax Ginseng (Common Name : Asean, Korean ginseng)	Invigoration of the body	Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.5 – 2g dry root	authoritive body, monographs, peer-reviewed publications, tradition of use	See: Panax Ginseng and Invigoration of the body	Helps to maintain optimal stamina, feelings of energy and vitality, physical and mental well-being/helps to support the body's vitality/contributes to the body's resistance to stress/helps to make you feel more energetic
640	Panax ginseng (Common Name : Ginseng)	Glucose metabolism	Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.6 – 2g dry root	textbook, animal study	See: Panax ginseng and Glucose metabolism	Help to maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose - insulin metabolism
641	Panax ginseng (Common Name :)	Immune health	Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.6 – 2g dry root	studies	See: Panax ginseng and Immune health	Ginseng contributes to the natural defences and proper functioning of the immune system
642	Panax ginseng (Common Name : Ginseng)	Sexual health	Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.6 – 2g dry root	textbook, animal study	See: Panax ginseng and Sexual health	Help to maintain good sexual relations
643	Panax ginseng (Common Name : Ginseng)	Antioxidant properties	Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.6 – 2g dry root	textbook,study	See: Panax ginseng and Antioxidant properties	Contributes to cell protection
644	Passiflora incarnata (Common Name : Passion flower)	Relaxation	Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1.5-8 g of herb	authoritative bodies, textbooks, systematic reviews, and monographs.	See: Passiflora incarnata and Relaxation	Contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being/contributes to a normal sleep/helps to maintain a healthy sleep/Supports in periods of mental and nervous tension and anxiousness
645	Paulinia cupana (Common Name : Guarana)	Cognitive performance	Fruit, seed, stem / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 10 mg of caffen or the equivalent of 75 mg of herb	multiple small human studies, textbooi, critical review, animal studies	See: Paulinia cupana and Cognitive performance	Supports alertness/helps reduce mental fatigue/helps to strengthen the body/helps to make you feel more energetic/supports energetic alertness/stimulating
646	Pelargonium reniforme/sidoids (Common Name : Geranium)	Respiratory health	Root / The equivalent of 450-1200 mg of root per day	book monographs and reviews/clinical trials/experimental studie	See: Pelargonium reniforme/sidoids and Respiratory health	Respiratory comfort/helps to soften respiratory troubles like coughs, sore throats in a natural way
647	Petroselinum crispum (Common Name : Parsley)	Kidneys health	Leaf, root / / The equivalent of 0.9-3 grams of dried parsley per day	scientific bodies or independent expert bodies German Commission E at BfArM and/or German Commission E for traditional drugs	See: Petroselinum crispum and Kidneys health	Supports the excretory function of the kidneys
648	Peumus boldus (Common Name : Boldo)	Digestive health	The equivalent of 0.2-0.6 g crude herb or 2-5 g as an infusion	monographs	See: Peumus boldus and Digestive health	contributes to digestive comfort/supports liver and biliary function
649	Phaseolus vulgaris (Common Name : White bean)	Glucose metabolism	Fruit / 1000 to 1500mg taken just before eating a starch-rich meal or snack	monograph/peer-reviewed publication/FDA evaluation	See: Phaseolus vulgaris and Glucose metabolism	Support of normal blood glucose levels/delays the digestion and absorption of carbohydrates
650	Phaseolus vulgaris (Common Name : White bean)	Weight control	Fruit / 1000 to 1500mg taken just before eating a starch-rich meal or snack	FDA evaluation/intervention studies	See: Phaseolus vulgaris and Weight control	Shown to reduce weight in 2 recent human weight loss studies
651	Piper methysticum (Common Name : Kava kava)	Relaxation	Root / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Piper methysticum and Relaxation	Contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being/contributes to a normal helps to maintain a healthy sleep
652	Piper methysticum (Common Name : Kava kava)	Invigoration of the body	Root / Usual consumption as traditional foodstuff in a normal diet	textbook	See: Piper methysticum and Invigoration of the body	helps to strengthen the body/contributes to physical well-being/supports energetic alertness

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
653	Pimpinella anisum (Common Name : Anise)	Appetite and Digestive health	Fruit / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Pimpinella anisum and Appetite and Digestive health	Contributes to appetite/helps to support the digestion/helps to promote appetite in cases of loss of appetite/helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/contributes to physical well-being/Comfort in case of windy feeling
654	Pimpinella anisum (Common Name : Anise)	Lactation	Fruit / Usual consumption as traditional foodstuff in a normal diet	textbook	See: Pimpinella anisum and Lactation	Supports lactating in breastfeeding women
655	Pimpinella anisum (Common Name : Anise)	Immune health	Fruit / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Pimpinella anisum and Immune health	Contributes to the natural defences against precarious microorganism/supports the body's resistance against microorganisms/contributes to a physical well-being
656	Plantago ovata/ispaghula (Common Name : Psyllium Husk)	Intestinal health	Testa / The equivalent of 7-11 g testa per day	monographs, text book	See: Plantago ovata/ispaghula and Intestinal health	Contributes to intestinal transit and intestinal function
657	Plantago ovata/ispaghula (Common Name : Psyllium Husk)	Cholesterol	Seed / the equivalent of 6 g per day	authoritative body (FDA), meta-analyses	See: Plantago ovata/ispaghula and Cholesterol	It helps to control blood levels of cholesterol
658	Plantago lanceolata (Common Name : Ribwort plantain)	Respiratory health	Seed / The equivalent of 3–6 g per day of cut herb	monographs	See: Plantago lanceolata and Respiratory health	Soothing for throat and chest (airways)/beneficial effect on the chest and throat/supportive and soothing in case of cough or tickle in the throat/softening for the throat/relaxing for the throat
659	Polygonum aviculare (Common Name : Knotweed)	Respiratory health	Herb / Equivalent of 5 g herb	monographm, textbook	See: Polygonum aviculare and Respiratory health	Respiratory comfort/helps to soften respiratory troubles like coughs, sore throats in a natural way/helps maintain respiratory health
660	Potentilla erecta (Tormentillae radix) (Common Name : Bloodroot)	Intestinal health	Root / the equivalent of 4 to 6 g root per day	monographs, peer-reviewed publications, tradition of use	See: Potentilla erecta (Tormentillae radix) and Intestinal health	Contributes to intestinal comfort
661	Primula veris (Common Name : Cowslip)	Health of the upper respiratory tract	Root / The equivalent of 0.5-1.5 g of root	textbooks	See: Primula veris and Health of the upper respiratory tract	Promotes upper respiratory tract health.
662	Prunus africana (Pygeum africanum) (Common Name : Pygeum africanum)	Health of bladder and lower urinary tract	Bark / The equivalent of 7-13 mg phytosterols per day	monographs, review, human study	See: Prunus africana (Pygeum africanum) and Health of bladder and lower urinary tract	Support of normal urinary function in men/good for normal prostate function/maintains a healthy prostate
663	Punica granatum (Common Name : Pomgranade)	Cardiovascular health	Fruit / The equivalent of 50-240 ml pomegranate juice or 78 - 330 mg punicalagin	randomized double-blind controlled trials, authoritative body, textbook, tradition of use	See: Punica granatum and Cardiovascular health	Contributes to a healthy cholesterol level and healthy blood vessels/antioxidants of pomegranate can be helpful for a healthy heart and arteries/ antioxidants of pomegranate can help cells and arteries in their physiological function
664	Raphanus sativus var niger (Common Name : Radish, Black radish, Japanese radish, Daikon)	Liver health	Root / The equivalenty of 45-100 ml pressed root juice	authoritative body AFSSAPS/ 3 Textbooks/Commission E Monograph	See: Raphanus sativus var niger and Liver health	Contributes to the elimination fonction of the gastrointestinal tract/contributes to bile flow fonction/supports healthy liver activity/contributes to healthy digestion/digestive well-being/liver well-being
665	Rhamnus frangula (Common Name : Buckthorn)	Intestinal health	Bark / The equivalent of 20–30 mg hydroxyanthracene derivatives, calculated as glycofrangulin	monographs	See: Rhamnus frangula and Intestinal health	Contributes to soft stools/supports bowel movement/contributes to the working of the intestines and regular bowel movement.
666	Rhamnus purshiana (Common Name : Cascara sagrada)	Intestinal health	Bark / The equivalent of 20–30 mg hydroxyanthracene derivatives, calculated as cascarioside A, per day	monographs	See: Rhamnus purshiana and Intestinal health	Helps softening the stool/Contributes to improved bowel movement/Contributes to the working of the intestines and helps to ensure regular bowel movement
667	Rheum officinalis (Common Name : Rhubarb)	Intestinal health	Root / The equivalent of 15-50 mg of hydroxyanthracene derivatives, calculated as rhein / The equivalent of 0,5-1,5 g of dried plant	monographs/authoritative body	See: Rheum officinalis and Intestinal health	Contributes to intestinal transit and intestinal function/helps to have a good intestinal functioning/intestinal well-being

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
668	Rhodeola rosea (Common Name : Rhodiola)	Invigoration of the body	Root / Usual consumption as traditional foodstuff in a normal diet	textbook, review	See: Rhodeola rosea and Invigoration of the body	Helps to support the body's vitality/contributes to the body's resistance to stress/helps to make you feel more energetic
669	Rhodeola rosea (Common Name : Rhodiola)	Cognitive and mental performance	Root / Usual consumption as traditional foodstuff in a normal diet	textbook, review	See: Rhodeola rosea and Cognitive and mental performance	Contributes to normal blood circulation, which is associated with brain performance and reactivity/contributes to optimal mental and cognitive activity
670	Ribes nigrum (Common Name : Blackcurrant)	Muscles and joint health	Leaf / The equivalent of dried leaf as an infusion (20-50 g/litre)	monograph , individual studies	See: Ribes nigrum and Muscles and joint health	Contributes to the proper functioning of muscles and joints/for supply joints
671	Rosa canina (Common Name : Rose Hip)	Antioxidant properties	Fruit, spurious fruit, fruit peels, root / Usual consumption as traditional foodstuff in a normal diet/ The equivalent of min. 200 mg of preparations standardised to 3% rosavin and 1% salidroside	studies	See: Rosa canina and Antioxidant properties	Good source of antioxidants/contains naturally occurring antioxidants; antioxidants can protect you from radicals which cause cell damage; antioxidants can protect your cells and tissues from oxidative damage; antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences
672	Rosa canina (Common Name : Rose Hip)	Respiratory health	Fruit, spurious fruit, fruit peels, root / Usual consumption as traditional foodstuff in a normal diet/ The equivalent of min. 200 mg of preparations standardised to 3% rosavin and 1% salidroside	textbook, monograph	See: Rosa canina and Respiratory health	helps to soothe common cold/contributes to physical well-being/contributes to the body's defences
673	Rosa canina (Common Name : Rose Hip)	Digestive health	Fruit, spurious fruit, fruit peels, root / Usual consumption as traditional foodstuff in a normal diet/ The equivalent of min. 200 mg of preparations standardised to 3% rosavin and 1% salidroside	textbook, monograph	See: Rosa canina and Digestive health	Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to physical well-being
674	Rosa canina (Common Name : Rose Hip)	Immune health	Fruit, spurious fruit, fruit peels, root / Usual consumption as traditional foodstuff in a normal diet/ The equivalent of min. 200 mg of preparations standardised to 3% rosavin and 1% salidroside	textbook, monograph	See: Rosa canina and Immune health	Contributes to the resistance against health precarious microorganism/contributes to physical well-being
675	Rosa canina (Common Name : Rose Hip)	Bladder and Kidney Health	Fruit, spurious fruit, fruit peels, root / Usual consumption as traditional foodstuff in a normal diet/ The equivalent of min. 200 mg of preparations standardised to 3% rosavin and 1% salidroside	textbook, monograph	See: Rosa canina and Bladder and Kidney Health	Contributes to kidney and bladder function
676	Rosmarinus officinalis (Common Name : Rosemary)	Digestive, Hepatic and biliary health	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 2 g of herb per day	monographs / textbook	See: Rosmarinus officinalis and Digestive, Hepatic and biliary health	Helps maintain natural digestion/Supports normal liver and biliary functioning/helps to support the digestion/contributes to the normal function of intestinal tract
677	Rosmarinus officinalis (Common Name : Rosemary)	Immune health	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 2 g of herb per day	textbook	See: Rosmarinus officinalis and Immune health	Contributes to the resistance against health precarious microorganism/contributes to physical well-being
678	Rosmarinus officinalis (Common Name : Rosemary)	Antioxidant properties	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 2 g of herb per day	textbook, human study, in vitro study, review	See: Rosmarinus officinalis and Antioxidant properties	Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences
679	Rosmarinus officinalis (Common Name : Rosemary)	Invigoration of the body	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 2 g of herb per day	Monograph	See: Rosmarinus officinalis and Invigoration of the body	helps to strengthen the body/helps you feel more energetic
680	Rubus fruticosus (Common Name : Blackberry)	Immune health	Fruit, leaf / Usual consumption as traditional foodstuff in a normal die	textbook	See: Rubus fruticosus and Immune health	Contributes to the resistance against health precarious microorganism/contributes to physical well-being

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
681	Rubus fruticosus (Common Name : Blackberry)	Antioxidant properties	Fruit, leaf / Usual consumption as traditional foodstuff in a normal die	review	See: Rubus fruticosus and Antioxidant properties	Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences
682	Rubus fruticosus (Common Name : Blackberry)	Digestive health	Fruit, leaf / Usual consumption as traditional foodstuff in a normal die	textbook, monograph	See: Rubus fruticosus and Digestive health	Contain tannins which help to maintain regular bowel function, which in turn help maintain physical and mental well-being
683	Rubus fruticosus (Common Name : Blackberry)	Mucosal cells	Fruit, leaf / Usual consumption as traditional foodstuff in a normal die	textbook, monograph	See: Rubus fruticosus and Mucosal cells	helps to support healthy mucosa cells; helps to maintain the positive bio-functionality of mucosa cells
684	Rubus idaeus (Common Name : Raspberry)	Antioxidant properties	Leaf / Usual consumption as traditional foodstuff in a normal die	review	See: Rubus idaeus and Antioxidant properties	Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences
685	Rubus idaeus (Common Name : Raspberry)	Immune health	Leaf / Usual consumption as traditional foodstuff in a normal die	review	See: Rubus idaeus and Immune health	Contributes to the resistance against health precarious microorganism/contributes to physical well-being
686	Ruscus aculeatus (Common Name : Butcher's Broom)	Vein health	Rhizoma / The equivalent of 7-11 mg total ruscogenins per day	monograph/human study/meta-analysis	See: Ruscus aculeatus and Vein health	Support of venous circulation/tired and heavy legs/contributes to the circulation in the legs
687	Salix alba (Common Name : Willow)	Joint health	Equivalent to 120-240 mg salicin or 3-9 g dried bark	monographs, clinical studies	See: Salix alba and Joint health	For healthy joints/contributes to healthy muscles and joints
688	Salvia officinalis (Common Name : Sage)	Menopause	Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 370 mg of herb per day	monograph, human study	See: Salvia officinalis and Menopause	Contributes gto menopausal comfort/hyperhidrosis
689	Salvia officinalis (Common Name : Sage)	Stomach health	Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3-9 g of leaves per day	clinical studies, textbooks, monographs	See: Salvia officinalis and Stomach health	Contributes to normal stomach function
690	Salvia officinalis (Common Name : Sage)	Digestive health	Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1-1.5 g of dried leaves	textbook, monograph	See: Salvia officinalis and Digestive health	Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to normal stomach function/contributes to physical well-being
691	Salvia officinalis (Common Name : Sage)	Immune health	Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1-1.5 g of dried leaves	textbook, monograph	See: Salvia officinalis and Immune health	Contributes to the resistance against health precarious microorganism/contributes to physical well-being
692	Salvia officinalis (Common Name : Sage)	Respiratory health	Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1-1.5 g of dried leaves	textbook	See: Salvia officinalis and Respiratory health	Helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being
693	Salvia officinalis (Common Name : Sage)	Antioxidant properties	Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1-1.5 g of dried leaves	review, human study	See: Salvia officinalis and Antioxidant properties	Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences
694	Sambucus nigra (Common Name : Elderberry)	Antioxidative properties.	Fruit, flowers / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 gram flowers or berries per day.	reviews, individual studies, textbook	See: Sambucus nigra and Antioxidative properties.	show antioxidative activity and help protect against oxidative stress/contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
695	Sambucus nigra (Common Name : Elderberry)	Respiratory health	Fruit, flowers / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 gram flowers or berries per day.	textbook, human study	See: Sambucus nigra and Respiratory health	helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being
696	Sambucus nigra (Common Name : Elderberry)	Purification	Fruit, flowers / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 gram flowers or berries per day.	textbook	See: Sambucus nigra and Purification	Contributes to the blood purification/supports sweating/contributes to a physical well-being
697	Sambucus nigra (Common Name : Elderberry)	Immune health	Fruit, flowers / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 gram flowers or berries per day.	authoritative bodies, monographs, textbooks, in vitro study	See: Sambucus nigra and Immune health	Support of the body's defence/Helps to support the immune system
698	Sambucus nigra (Common Name : Elderberry)	Glucose metabolism	Fruit, flowers / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 gram flowers or berries per day.	textbook, in vitro study	See: Sambucus nigra and Glucose metabolism	Help to maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose - insulin metabolism
699	Sanicula europaea (Common Name : Sanicle)	Respiratory health	Herb / The equivalent of 4-6 g herb	monograph, textbook	See: Sanicula europaea and Respiratory health	Respiratory comfort/helps to soften respiratory troubles like coughs, sore throats in a natural way/helps maintain respiratory health
700	Schisandra chinensis (Common Name : Magnolia)	Physical and mental health	Fruit, leaf / Usual consumption as traditional foodstuff in a normal diet	monographs, peer-reviewed publications, individual studies, tradition of use, textbook	See: Schisandra chinensis and Physical and mental health	helps to improve physical and mental performance/helps to improve physical and mental performance
701	Schisandra chinensis (Common Name : Magnolia)	Liver health	Fruit, leaf / Usual consumption as traditional foodstuff in a normal diet	textbook	See: Schisandra chinensis and Liver health	Contributes to liver health/maintenance of normal liver function and additionally supports the digestion and the body's purification/contributes to physical well-being
702	Serenoa repens, serrulata (Common Name : Saw Palmetto)	Health of urinary function	Fruit / The equivalent of 1-2 g fruit per day	authoritative bodies, textbooks, monographs	See: Serenoa repens, serrulata and Health of urinary function	For the maintenance of normal urinary function for men from the age of 45/support of peak urinary flow
703	Sinapis alba (Common Name : White mustard)	Appetite/Digestion	Semen / 15 g per day	textbooks, tradition of use	See: Sinapis alba and Appetite/Digestion	Contributes to appetite/helps to support the digestion/helps to support the digestive juice flow/contributes to the gastro-intestinal movement
704	Solidago virgaurea (Common Name : Golden herb)	Health of bladder and lower urinary tract	Aerial parts, root / The equivalent of 6-12 g of herb daily	monographs, clinical studies, reviews, textbook	See: Solidago virgaurea and Health of bladder and lower urinary tract	Contributes to normal urinary elimination functions
705	Sylibum marianum (Common Name : Milk thistle)	Liver health	Fruits / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 12-15 g of crude plant material or of 200-400 mg of silymarin	authoritative bodies, textbooks, monographs, clinical trials, review, in vitro study, animal study	See: Sylibum marianum and Liver health	Supports liver health/contributes to liver protection/contributes to the detoxifying potential of the liver/helps to protect the liver which in turn maintain the liver function and additionally promote the digestion and the body's purification
706	Swertia chirata (Common Name : Chiretta)	Appetite and Digestive health	Herb / Usual consumption as traditional foodstuff in a normal diet	textbook, review	See: Swertia chirata and Appetite and Digestive health	Contributes to appetite/helps to support digestion/helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/contributes to physical well-being
707	Swertia chirata (Common Name : Chiretta)	Glucose metabolism	Herb / Usual consumption as traditional foodstuff in a normal diet	textbook, review	See: Swertia chirata and Glucose metabolism	Help to maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose - insulin metabolism
708	Tabebuia impetiginosa (Common Name : Lapacho)	Immune health	Bark / Usual consumption as traditional foodstuff in a normal diet	Textbook	See: Tabebuia impetiginosa and Immune health	Support of the body's defence/contributes to the /supports the immune system

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
709	Tabebuia impetiginosa (Common Name : Lapacho)	Antioxidant properties	Bark / Usual consumption as traditional foodstuff in a normal diet	Textbook	See: Tabebuia impetiginosa and Antioxidant properties	Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences
710	Tanacetum parthenium (Common Name : Feverfew)	Relaxation	Aerial parts / The equivalent of 50 mg of powdered plant per day	Authoritative bodies, textbooks, and monographs	See: Tanacetum parthenium and Relaxation	Contributes to a clear head/ helps to keep the head clear/relaxing/supports relaxing the head
711	Taraxacum officinale (Common Name : Dandelion)	Appetite and Digestive health	Root, herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent to 10-12 g of leaf	monograph, 8 critical reviews, textbook, individual study	See: Taraxacum officinale and Appetite and Digestive health	Contributes to appetite/helps to support digestion/helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/contributes to physical well-being
712	Taraxacum officinale (Common Name : Dandelion)	Urinary health	Root, herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent to 4-30 g of leaf	authoritative body, monograph, textbooks	See: Taraxacum officinale and Urinary health	Helps maintain urinary tract function/helps maintain normal urinary flow
713	Taraxacum officinale (Common Name : Dandelion)	Digestive health/Liver health	Root, herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent to 3-5 g of root per day	monograph, critical reviews, textbook, individual study	See: Taraxacum officinale and Digestive health/Liver health	Supports digestion/helps to maintain normal appetite/for the stimulation of the production of the digestive body fluids and of the gastro-intestinal movement/helps to maintain a normal liver function
714	Tilia ssp. / Tilia cordata / Tilia platyphyllos (Common Name : Linden)	Respiratory health	Flower / Equivalent to 10 g of leaf	textbook, monograph	See: Tilia ssp. / Tilia cordata / Tilia platyphyllos and Respiratory health	helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being
715	Tilia ssp. / Tilia cordata / Tilia platyphyllos (Common Name : Linden)	Relaxation	Flower / Equivalent to 10 g of leaf	textbook	See: Tilia ssp. / Tilia cordata / Tilia platyphyllos and Relaxation	helps to maintain an optimal relaxation; helps to support the relaxation and mental/ physical well-being; helps to maintain a healthy sleep
716	Tilia ssp. / Tilia cordata / Tilia platyphyllos (Common Name : Linden)	Immune health	Flower / Equivalent to 10 g of leaf	textbook, review, animal study	See: Tilia ssp. / Tilia cordata / Tilia platyphyllos and Immune health	Contributes to the resistance against health precarious microorganism/contributes to physical well-being
717	Tilia ssp. / Tilia cordata / Tilia platyphyllos (Common Name : Linden)	Antioxidant properties	Flower / Equivalent to 10 g of leaf	textbook, review, animal study	See: Tilia ssp. / Tilia cordata / Tilia platyphyllos and Antioxidant properties	Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences
718	Tilia ssp. / Tilia cordata / Tilia platyphyllos (Common Name : Linden)	Blood health	Flower / Equivalent to 10 g of leaf	textbook, review, animal study	See: Tilia ssp. / Tilia cordata / Tilia platyphyllos and Blood health	Purifying
719	Thymus vulgaris/zygis (Common Name : Thyme)	Health of the upper respiratory tract	Flower, leaf / Equivalent to 10 g of leaf / The equivalent of 3-6 g herb per day	monographs/textbook/critical review	See: Thymus vulgaris/zygis and Health of the upper respiratory tract	Soothing for throat and chest/contributes to wellbeing of chest and throat/contributes to a fresh breath/helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being
720	Thymus vulgaris (Common Name : Thyme)	Immune health	Flower, leaf / Equivalent to 10 g of leaf / The equivalent of 3-6 g herb per day	textbook	See: Thymus vulgaris and Immune health	Contributes to the resistance against health precarious microorganism/contributes to physical well-being
721	Thymus vulgaris (Common Name : Thyme)	Antioxidant properties	Flower, leaf / Equivalent to 10 g of leaf / The equivalent of 3-6 g herb per day	textbook, in vitro study	See: Thymus vulgaris and Antioxidant properties	Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
722	Trifolium pratense (Common Name : Red Clover)	Menopause	Aerial parts / The equivalent of 40-80 mg isoflavones per day	individual papers	See: Trifolium pratense and Menopause	Helps to maintain a calm and comfortable menopause/helps women coping with the telltale signs associated with menopause, such as hot flushes, sweating, restlessness and irritability
723	Trigonella foenum-graecum (Common Name : Fenugreek)	Glucose metabolism	Seed / Usual consumption as traditional foodstuff in a normal diet / The equivalent of min. 90 mg of total saponins per day	monograph, human studie	See: Trigonella foenum-graecum and Glucose metabolism	Supports maintenance of normal glucose in blood/help to maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose and insulin metabolism
724	Trigonella foenum-graecum (Common Name : Fenugreek)	Appetite	Seed / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Trigonella foenum-graecum and Appetite	Contributes to appetite/helps to support digestion
725	Trigonella foenum-graecum (Common Name : Fenugreek)	Heart health	Seed / Usual consumption as traditional foodstuff in a normal diet	review	See: Trigonella foenum-graecum and Heart health	Contributes to vascular health, which in turn helps to maintain a healthy heart/helps maintaining heart health
726	Turnera diffusa (Common Name : Damiana)	Sexual health	Aerial parts / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 2-4 gram dried leaves	scientific literature, peer-reviewed articles, peer-reviewed review article	See: Turnera diffusa and Sexual health	Contributes to a good sexual appetite
727	Turnera diffusa (Common Name : Damiana)	Invigoration of the body	Aerial parts / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Turnera diffusa and Invigoration of the body	helps to strengthen the body/contributes to physical well-being/supports energetic alertness
728	Ulmus fulva (Common Name : Sipperry elm)	Intestinal health	Bark / The equivalent of 150 mg of dried bark	textbooks, peer reviewed publications	See: Ulmus fulva and Intestinal health	Soothes the digestive tract/helps make milk more digestible/helps support the digestive system/a source of mucilage which support the mucous membranes
729	Uncaria tomentosa (Common Name : cat's claw)	immune health	Leaf, flowers, thorns, bark / The equivalent of minimum 350 mg dried plant materials per day	authoritative body, monographs, textbooks	See: Uncaria tomentosa and immune health	Contributes to the immune system
730	Uncaria tomentosa (Common Name : cat's claw)	joint health	Leaf, flowers, thorns, bark / The equivalent of minimum 350 mg dried plant materials per day	authoritative body, monographs, textbooks	See: Uncaria tomentosa and joint health	Helps to maintain flexible joints
731	Urtica dioica (Common Name : Nettle)	Kidneys and prostate health	Aerial parts, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 8 g nettle aerial parts per day	monographs, scientific summaries, individual peer reviewed studies, history of use peer reviewed studies, history of use	See: Urtica dioica and Kidneys and prostate health	Helps to maintain prostate health/supports the excretory function of the kidneys/helps maintain normal urinary function
732	Urtica dioica (Common Name : Nettle)	Heart health	Aerial parts, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4 g nettle root per day	textbook	See: Urtica dioica and Heart health	Helps maintaining heart health/helps to support a conscious cardiovascular living
733	Urtica dioica (Common Name : Nettle)	Joint health	Aerial parts, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 8 g nettle aerial parts per day	authoritive body, monographs, textbook	See: Urtica dioica and Joint health	Supports the locomotor system/helps strengtheningg the body's locomotor system/positive for joint health/helps to maintain flexible joints, muscles and tendons
734	Urtica dioica (Common Name : Nettle)	Antioxidant properties/Skin health	Aerial parts, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 8 g nettle aerial parts per day	authoritive body, monographs, textbook	See: Urtica dioica and Antioxidant properties/Skin health	Contains naturally occuring antioxidants/antioxidants help to protect from radicals which cause cell damage/antioxidants help protect cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences
735	Urtica dioica (Common Name : Nettle)	Invigoration of the body	Aerial parts, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4 g nettle root per day	authoritive body, monographs, textbook	See: Urtica dioica and Invigoration of the body	Support the body's vitality/helps to make you feel more energetic
736	Urtica dioica (Common Name : Nettle)	Immune health	Aerial parts, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 8 g nettle aerial parts per day	authoritive body, monographs, textbook	See: Urtica dioica and Immune health	Support of the body's defence/supports the immune system
737	Urtica dioica (Common Name : Nettle)	Blood health	Aerial parts, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4 g nettle root per day	textbook	See: Urtica dioica and Blood health	Purifying

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
738	Usnea barbata (Common Name : Old Men's Beard)	Health of the upper respiratory tract	Herb / The equivalent to 100mg herb	monograph/peer-reviewed publications	See: Usnea barbata and Health of the upper respiratory tract	Contributes to comfort of troath/Moistens the membranes of the mouth and throat
739	Vaccinium macrocarpon, oxycoccus (Common Name : Cranberry)	Health of the lower urinary tract	Fruit / The equivalent of 36 mg of proanthocyanidines per day	authoritative statement/meta-analysis/reviews/individual studies	AFSSA 2003-SA-0352 and 2003-SA-0214 / See: Vaccinium macrocarpon, oxycoccus and Health of the lower urinary tract	Helps to maintain the health of the urinary system/contributes to urinary tract health/has a beneficial effect on the urinary system/helps to eliminate pathogenic bacteria from urinary tract/contributes to decrease the fixing of certain E. coli bacteria on the walls of the urinary tract (use of the cranberry/canneberge or Vaccinium macrocarpon by concentrated juices, by food supplements and a juice cocktail/nectar)
740	Vaccinium macrocarpon (Common Name : Cranberry)	Antioxidant properties	Fruit. The equivalent of mininum 15 ml of cranberry juice or 800 mg of cranberry solids per day	textbook,, human study, review, in vitro study	See: Vaccinium macrocarpon and Antioxidant properties	Contains naturally occuring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences
741	Vaccinium macrocarpon (Common Name : Cranberry)	Immune health	Fruit. The equivalent of mininum 15 ml of cranberry juice or 800 mg of cranberry solids per day	textbook, human study, review, in vitro study	See: Vaccinium macrocarpon and Immune health	Contributes to the resistance against health precarious microorganism/contributes to physical well-being
742	Vaccinium macrocarpon (Common Name : Cranberry)	Heart health	Fruit. The equivalent of mininum 15 ml of cranberry juice or 800 mg of cranberry solids per day	textbook, paper presentation, review	See: Vaccinium macrocarpon and Heart health	Contributes to vascular health, which in turn helps to maintain a healthy heart/helps maintaining heart health
743	Vaccinium myrtillis (Common Name : Blueberry, billberry)	Antioxidant properties	Fruit, leaf / Usual consumption as traditional foodstuff in a normal diet	textbook, in vitro study, review	See: Vaccinium myrtillis and Antioxidant properties	Contains naturally occuring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences/helps maintain the integrity of mucosa cells (antioxidative activity)
744	Vaccinium myrtillis (Common Name : Blueberry, billberry)	Digestive health	Fruit, leaf / Usual consumption as traditional foodstuff in a normal diet	textbook, monograph	See: Vaccinium myrtillis and Digestive health	Contain tannins, anthocyanins and flavonoid glycosides which contribute to normal stools, which in turn help maintain physical and mental well-being
745	Vaccinium myrtillis (Common Name : Blueberry, billberry)	Vascular health	Fruit, leaf / Usual consumption as traditional foodstuff in a normal diet	textbook, review, animal study	See: Vaccinium myrtillis and Vascular health	Contributes to vascular health, which in turn helps to maintain a healthy heart/helps maintaining heart health
746	Vaccinium myrtillis (Common Name : Blueberry, billberry)	Immune health	Fruit, leaf / Usual consumption as traditional foodstuff in a normal diet	textbook	See: Vaccinium myrtillis and Immune health	Contributes to the resistance against health precarious microorganism/contributes to physical well-being
747	Vaccinium myrtillis (Common Name : Blueberry, billberry)	Glucose metabolism	Fruit, leaf / Usual consumption as traditional foodstuff in a normal diet	textbook,, review	See: Vaccinium myrtillis and Glucose metabolism	Help to maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose - insulin metabolism
748	Valeriana officinalis (Common Name : Valerian)	Mental health	Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1-10 g of root per day	textbook, monographs, individual studies	See: Valeriana officinalis and Mental health	Helps to maintain a natural sleep/helps maintain normal quality of sleep/helps you cope calmly with the stress of a busy lifestyle/support of mental wellbeing in cases of tension and stress/contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being
749	Verbena officinalis (Common Name : Vervein)	Lactation	Areal parts / The equivalent of 6-12 dried herb as infusion	monographs, individual articles, books of reviews	See: Verbena officinalis and Lactation	Supports lactation
750	Vinca minor (Common Name : Small periwinkle)	Mental health	Leaf / Equivalent of 30- 40 mg per day of vincamina	monographs, peer-reveiwed publications	See: Vinca mina and Mental health	Contributes to normal brain function

No	Food or Food component	Health Relationship	Conditions of use (if any)	Nature of evidence	References	Example of wording
751	Vitex agnus-castus (Common Name : Chasteberry, Chaste fruit, Monk's pepper)	Menstruation	Fruit / The equivalent of 30 mg fruit per day	monographs/books	See: Vitex agnus-castus and Menstruation	Helps to maintain good comfort before and during menstrual cycle
752	Vitis vinifera (Common Name : Grape)	Antioxidant properties	Fruit, leaf, seed / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g of leaf per day	monographs, peer-reviewed publications	See: Vitis vinifera and Antioxidant properties	Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences/antioxidants protect cells from free radicals/helps to maintain cardiovascular and vessel health
753	Vitis vinifera (Common Name : Grape)	Vein health	Fruit, leaf, seed / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g of leaf per day	authoritative bodies, textbook, critical reviews, individual studies	See: Vitis vinifera and Vein health	Red vine leaf contributes to a good blood flow in the legs/can reduce the feeling of tired and heavy leggs/traditionally used to support skin capillary function/helps to maintain healthy leg-vein functions/heavy legs
754	Vitis vinifera (Common Name : Grape)	Skin health/Antioxidative properties	Fruit, leaf, seed / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g of leaf per day	human, animal and in vitro studies	See: Vitis vinifera and Skin health/Antioxidative properties	Helps improve the overall health and appearance of the skin
755	Vitis vinifera (Common Name : Grape)	Heart health	Fruit, leaf, seed / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g of leaf per day	review, in vitro study	See: Vitis vinifera and Heart health	Supports metabolism/helps maintaining heart health/contributes to a beneficial effect on blood pressure
756	Zingiber officinale (Common Name : Ginger)	Digestive health	Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.5-2 g of root per day	authoritative body, monographs from scientific experts/textbook	See: Zingiber officinale and Digestive health	Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to physical well- being/contributes to the normal functioning of the stomach in case of early pregnancy
757	Zingiber officinale (Common Name : Ginger)	Wellbeing during travelling	Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.5-2 g of root per day	authoritative body, monographs from scientific experts/textbook	See: Zingiber officinale and Wellbeing during travelling	Contributes to comfort in travel sickness/Helps the normal functioning of the stomach during travelling
758	Zingiber officinale (Common Name : Ginger)	Immune health	Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1 g of root per day	textbook	See: Zingiber officinale and Immune health	Contributes to the resistance against health precarious microorganism/contributes to physical well-being
759	Zingiber officinale (Common Name : Ginger)	Heart health	Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1 g of root per day	review	See: Zingiber officinale and Heart health	Contributes to vascular health, which in turn helps to maintain a healthy heart/helps maintaining heart health