

Lund 110831

”Artikel 13.1-påståenden” som utvärderats av Efsa

Bifogad tabell har sammanställts av SNF:s kansli för att ge en överblick över de sk artikel 13.1-påståenden som Efsa hittills utvärderat¹. För fullständig information hänvisas till respektive utlåtande, som finns tillgängliga på Efsas hemsida: <http://www.efsa.europa.eu> (gå vidare via länken ”Nutrition and health claims” i högermarginalen).

Eget ansvar

Enligt förordningens artikel 28.5 får påståenden enligt artikel 13.1.a (näringsämnes eller annat ämnes betydelse för kroppens tillväxt, utveckling och funktioner) användas under eget ansvar till dess att en positiv lista med tillåtna påståenden upprättats av EU-kommissionen. När listan finns på plats är endast de påståenden som finns med på listan tillåtna.

Efsas utlåtande är inte ett godkännande, men utgör underlag inför EU-kommissionens beslut om vilka påståenden som ska godkännas. Endast de samband mellan en substans eller ett livsmedel och en hälsoeffekt som Efsa bedömer vara vetenskapligt styrkta är sannolikt aktuella för den positiva listan. Användningen av hälsopåståenden som inte är vetenskapligt styrkta kan betraktas som vilseledande. *I avvaktan på den slutliga listan rekommenderar vi livsmedelsbranschens aktörer att inte använda sig av de hälsopåståenden för vilka Efsa publicerat negativa utlåtanden (röd och orange kolumn i bifogad tabell).*

Konsumentrelevans

Även hälsopåståenden som är vetenskapligt styrkta kan i vissa fall riskera att av konsumenten uppfattas som vilseledande. Detta gäller till exempel hälsopåståenden om substanser och/eller funktioner som uppenbart inte utgör ett problem för folkhälsan. Huruvida kommissionen kommer att väga in frågan om konsumentrelevans vid beslut om den positiva artikel 13.1-listan är oklart. *För ett fortsatt högt konsumentförtroende är vår rekommendation att livsmedelsföretag som planerar att använda sig av hälsopåståenden beaktar frågan om konsumentrelevans, oavsett hur man ställer sig inom förordningen.*

Frågan om konsumentrelevans kan inte avgöras strikt vetenskapligt, utan kräver även vissa pragmatiska ställningstaganden. Efter hand som hälsopåståenden godkänns enligt förordningen kommer råd i frågan om påståendenas konsumentrelevans ur ett svenskt perspektiv att utformas som en del av Livsmedelsföretagens (*Li:s*) och Svensk Dagligvaruhandels branschstöd för närings- och hälsopåståenden. Tills vidare kan rådgivning i frågan erhållas från SNF:s kansli.

Principiella ställningstaganden inför SNF-kansliets lista med förslag på artikel 13.1-påståenden, som framfördes till Livsmedelsverket i september 2007, har sammanfattats i en artikel av Bryngelsson och Asp, publicerad i Scandinavian Journal of Food & Nutrition:

<http://journals.sfu.ca/coaction/index.php/fnr/article/view/1622>

Mer information om närings- och hälsopåståenden: www.halsopastanden.se

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¹ **Batch 1:** 1 oktober 2009, 532 hälsopåståenden samlade i 94 rapporter; **Batch 2:** 25 mars 2010, 416 påståenden samlade i 31 rapporter; **Batch 3:** 19 oktober 2010, 808 påståenden samlade i 75 rapporter. **Batch 4:** 8 april 2011, 442 påståenden samlade i 62 rapporter. **Batch 5:** 30 juni 2011, 536 påståenden samlade i 73 rapporter. **Batch 6:** 28 juli 2011, 35 påståenden samlade i 5 rapporter.

Version 110830

Översikt - Efsas utlåtanden, artikel 13.1- batch 1-6

Generella kommentarer: Formuleringar på engelska är citat från Efsas rapporter (i vissa fall ihopklippa).

Observera att Efsas utlåtanden inte utgör formella beslut!

Grå överstrykning = påståenden som publiceras i Efsas ”batch 5” och ”batch 6” (30 juni och 28 juli 2011)

Grön överstrykning = påståenden som publicerades i Efsas ”batch 4” (8 april 2011).

Turkos överstrykning = påståenden som publicerades i Efsas ”batch 3” (19 okt 2010).

Gul överstrykning = påståenden som publicerades i Efsas ”batch 2” (25 feb 2010).

Övriga påståenden i tabellen avser ”batch 1” (1 okt 2009)

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Substans/livsmedel	Hälsoeffekt			Villkor, målgrupp och kommentarer
(Parentes) = The evidence provided does not establish that inadequate intake leading to impaired function of the actual health relationships occurs in the general EU population. (Kan tolkas som att Efsa anser att påståendet inte är relevant/meningsfullt.)	<u>Understruken text</u> = anledning att beakta gränsdragning mellan artikel 13 (”funktionspåstående”) och artikel 14 (minskad risk för sjukdom). Enligt kommissionens vägledning är påståenden om att man <i>minskar/sänker</i> en riskfaktor att betrakta som ett artikel 14-påstående. Däremot kan påståenden om att man <i>bibehåller normala</i> nivåer av en riskfaktor falla under artikel 13.1. Som framgår nedan har Efsa bedömt att vetenskaplig dokumentation som visar en sänkning kan användas som stöd för ett påstående om bibehåller (t ex beta-glukan – kolesterol), vilket tidigare varit föremål för diskussion. Därför sannolikt att kommissionen kommer besluta om att påståendet tillåts.			RDI = rekommenderat dagligt intag för märkningsändamål, enligt direktiv 90/496/EEC
	Orsakssamband fastställt (a cause and effect relationship has been established) (Efsa kod = 1)	Orsakssamband ej fastställt (a cause and effect relationship has not been established) (Efsa kod = 3)	Otillräckligt underlag (Evidence provided is insufficient to establish a cause and effect relationship) (Efsa kod = 2)	
VITAMINER				
A-vitamin	Normal 1) cell division 2) function of the immune system 3) skin and mucous membrane (batch 1+3) 4) vision (maintenance of) (batch 1+3) 5) metabolism of iron	1) Protection of DNA, proteins and lipids from oxidative damage (=antioxidant?) Contributes to normal 2) bone 3) teeth 4) hair (batch 1+3) 5) nails	-	Efsa: - Villkor: 15% av RDI - Målgrupp: general population
Biotin (B7-vitamin)	Normal 1) energy-yielding metabolism (Batch 1 och 3)	1) Maintenance of normal bone 2) Maintenance of normal nails 3) Reduction of tiredness and		Efsa: - Villkor: 15% av RDI - Målgrupp: general population

	<p>2) skin and mucous membrane (Batch 1 och 3)</p> <p>3) hair (Batch 1 och 3)</p> <p>4) function of the nervous system</p> <p>5) Contribution to normal psychological functions</p>	<p>fatigue</p>		
(B6-vitamin)	<p>Normal</p> <p>1) protein metabolism and glycogene metabolism</p> <p>2) function of the nervous system</p> <p>3) red blood formation</p> <p>4) function of the immune system</p> <p>5) regulation of hormonal activity</p> <p>6) homocysteine levels</p> <p>7) energy-yielding metabolism</p> <p>8) psychological functions</p> <p>9) tiredness and fatigue</p> <p>10) cysteine synthesis</p>	<p>Maintenance of normal</p> <p>1) Bone</p> <p>2) teeth</p> <p>3) hair</p> <p>4) skin</p> <p>5) nails</p>		<p>Efsa:</p> <p>- Villkor: 15% av RDI</p> <p>- Målgrupp: general population</p> <p>- Påstående om mental performance: encourages excess consumption and does not comply with the criteria laid down in the Regulation</p>
B12-vitamin (cobalamine)	<p>Normal</p> <p>1) red blood cell formation</p> <p>2) cell division (batch 1 + 3)</p> <p>3) energy-yielding metabolism</p> <p>4) function of the immune system</p> <p>5) neurological and psychological functions</p> <p>6) Reduction of tiredness and fatigue</p>	<p>Maintenance of normal</p> <p>1) bone</p> <p>2) teeth</p> <p>3) hair</p> <p>4) skin</p> <p>5) nails</p>	-	<p>Efsa:</p> <p>- Villkor: 15% av RDI</p> <p>- Målgrupp: general population</p> <p>SNF:</p> <p>Risk för lågt intag av B12-vitamin föreligger huvudsakligen hos personer som inte äter animaliska livsmedel, vilket lämpligen bör framgå av påståendets utformning.</p>
C-vitamin	<p>1) Protection of DNA, proteins and lipids from oxidative damage (=“antioxidant”?) (batch 1+3)</p> <p>2) non-haem iron absorption</p> <p>Normal</p> <p>3) collagen formation</p> <p>4) function of the nervous system</p> <p>5) function of the immune system (batch 1+3)</p> <p>6) function of the immune system during and after extreme physical exercise</p> <p>7) energy-yielding metabolism (batch 1+3)</p> <p>8) psychological functions</p> <p>9) Reduction in tiredness and fatigue</p> <p>10) Regeneration of the reduced form of vitamin E</p>	<p>1) Promotion of the antioxidant function of lutein</p> <p>2) Relief in case of irritation in the upper respiratory tract</p>	Maintenance of normal vision	<p>Efsa:</p> <p>- Villkor: 15% av RDI</p> <p>- Målgrupp: general population</p> <p>SNF:</p> <p>2) Förbättrat järnupptag förutsätter att C-vitamin intas i samband med måltid innehållande järn. Detta bör lämpligen framgå av påståendets utformning.</p>
D-vitamin	<p>1) Maintenance of normal bone and teeth</p> <p>2) Absorption and utilisation of calcium and phosphorus</p> <p>Normal</p>	<p>1) Thyroid function</p> <p>2) Normal cardiovascular function</p>		<p>Efsa:</p> <p>- Villkor: 15% av RDI</p> <p>- Målgrupp: general population</p>

	<p>3) blood calcium concentrations 4) cell division 6) function of the immune system/Healthy inflammatory response 7) muscle function</p>			
E-vitamin	<p>1) Protection of DNA, proteins and lipids from oxidative damage (antioxidant?)</p>	<p>Maintenance of normal 1) function of the immune system 2) bone 3) teeth 4) hair 5) skin 6) nails 7) cardiac function 8) vision by protection of the lens of the eye 9) cognitive function 10) blood circulation 11) scalp 12) Regeneration of recuded form of vitamin C</p>		
Folat	<p>Normal 1) blood formation 2) homcysteine metabolism 3) function of the immune system 4) cell division (batch 1 och 3) 5) maternal tissue growth during pregnancy 6) psychological functions 7) Reduction of tiredness and fatigue 8) Contribution to normal amino acid synthesis.</p>	<p>Normal 1) normal energy-yielding metabolism 2) function of blood vessels 3) vision 4) maintenance of normal blood pressure</p>	-	<p>Efsa: - Villkor: 15% av RDI - Målgrupp: 1-4) general population 5) women planning to become pregnant or pregnant women 6-8) general population</p>
K-vitamin	-	-	Normal function of heart and blood vessels	
(Niacin)	<p>Normal 1) energy-yielding metabolism (batch 1+3) 2) function of the nervous system 3) skin and mucous membranes (batch 1+3) 4) reduction of tiredness and fatigue 5) psychological function</p>	<p>Normal 1) bone and teeth 2) hair 3) nails</p>	-	<p>Efsa: - Nivåer som krävs för “maintenance of normal LDL-cholesterol, HDL-cholesterol and triglyceride concentrations” OCH “maintenance of normal blood flow” encourages excess consumption – does not comply with the criteria laid down by the Regulation. Villkor: 15% av RDI</p>
(Pantotensyra) (B5-vitamin)	<p>Normal 1) energy-yielding metabolism 2) mental performance (batch 1+3) 3) synthesis and metabolism of steroid hormones, vitamin D and some</p>	<p>Maintenance of normal 1) bone 2) teeth 3) hair 4) skin (Batch 1+3)</p>	-	<p>Efsa: - Villkor: 15% av RDI - Målgrupp: general population - “Adrenal function” - general and non-specific effect</p>

	neurotransmitters 4) Reduction of tiredness and fatigue	5) nails		
(Tiamin) (B1-vitamin)	Normal 1) energy-yielding metabolism 2) cardiac function 3) function of the nervous system 4) psychological functions	Maintenance of 1) bone 2) teeth 3) nails 4) skin 5) Reduction of tiredness and fatigue	-	Efsa: - Villkor: 15% av RDI - Målgrupp: general population SNF: Intaget lägre än rekommenderat hos mer än 25% av den svenska befolkningen enligt senaste kostundersökningen Riksmaten 1997-98 – kan därför bedömas som relevant för hälsopåståenden i Sverige, trots Efsas kommentar om att intag ej lågt inom EU.
Riboflavin (B2-vitamin)	Contribution to normal 1) energy-yielding metabolism 2) metabolism of iron Maintenance of normal 3) skin and mucous membranes 4) vision 5) red blood cells 6) function of the nervous system 7) Protection of DNA, proteins and lipids from oxidative damage (= "antioxidant"?) 8) Reduction of tiredness and fatigue	1) Contribution to normal psychological functions Maintenance of normal 2) bone 3) teeth 4) hair 5) nails		Efsa: Villkor: 15% av RDI Målgrupp: general population
MINERALER				
Bor		Maintenance of 1) normal bone 2) normal joints 3) normal thyroid function 4) Contribution to normal cognitive function		Efsa: Evidence provided does not establish that patients with osteoarthritis are representative for the general population with regard to the status of joint tissues Prevention and treatment of prostata cancer is related to the prevention and treatment of a disease and does not comply with the criteria laid down in 1924/2006
Fluor	Maintenance of tooth mineralization (Batch 1+3+4)	Maintenance of normal bone	-	Efsa: - Villkor: 15% av RDI - Målgrupp: general population
(Fosfor)	Normal 1) function of cell membranes 2) energy-yielding metabolism 3) bone and teeth	1) Reduction of tiredness and fatigue		Efsa: - Villkor: 15% av RDI - Målgrupp: general population
Järn	Normal 1) formation of red blood cells and haemoglobin (Batch 1 +3) 2) oxygen transport (Batch 1 +3) 3) energy-yielding metabolism (Batch 1 +3)	-	1) Biotransformation of xenobiotic 2) Activity of heart, liver and muscles	Efsa: - Villkor: 15% av RDI - Målgrupp: general population

	4) function of the immune system 5) cognitive function 6) cell division 7) reduction of tiredness and fatigue			
Jod	Normal 1) thyroide function 2) prod. of thyroide hormones (batch 1 + 3) 3) energy yielding metabolism (batch 1 + 3) 4) skin 5) cognitive and neurological function	Normal 1) vision 2) hair 3) nails	-	Efsa: - Villkor: 15% av RDI - Målgrupp: general population
Kalcium och D-vitamin (var för sig eller i kombination)	Maintenance of normal bone	-	-	Efsa: - Villkor: 15% av RDI - Målgrupp: general population
Kalcium och kalium		1) Maintenance of normal acid-base balance		
Kalcium	Maintenance of normal 1) bones and teeth (Batch 1+3) 2) muscle function 3) neurotransmission 4) blood coagulation 5) energy-yielding metabolism 6) function of digestive enzymes 7) regulation of normal cell division and differentiation	1) maintenance of normal hair and nails 2) maintenance of normal blood LDL-cholesterol concentrations 3) maintenance of normal blood HDL-cholesterol concentrations 4) reduction in the severity of symptoms related to the premenstrual syndrome 5) reduction of tiredness and fatigue 6) contribution to normal psychological functions 7) contribution to the maintenance or achievement of a normal body weight	1) Maintenance of normal blood pressure 2) cell membrane permeability	Efsa: - Villkor: 15% av RDI - Målgrupp: general population
Kalium	Normal 1) muscular and neurological function 2) blood pressure			Efsa: - Villkor: 15% av RDI - Målgrupp: general population
(Klor) – som Na-, K-, Ca, eller Mg-salt	1) Contribution to normal digestion by production of hydrochloric acid in the stomach			Efsa: - Målgrupp: General population

(Koppar)	<p>1) Protection of DNA, proteins and lipids from oxidative damage (=“antioxidant”?) Normal 2) function of the immune system (Batch 1 och 4) 3) connective tissues 4) energy-yielding metabolism (Batch 1 och 4) 5) nervous system (Batch 1 och 4) 6) skin and hair pigmentation 7) iron transport</p>	<p>Normal 1) cholesterol metabolism 2) glucose metabolism 3) Reduction of tiredness</p>		<p>Efsa: - Villkor: 15% av RDI - Målgrupp: general population</p>
(Krom)	<p>1) Contribution to normal metabolism 2) Maintenance of normal blood glucose concentrations</p>	<p>Reduction of tiredness and fatigue</p>	<p>Contribution to the maintenance or achievement of a normal body weight</p>	<p>Efsa: Villkor: 15% av RDI 1) Consensus opinions from authoritative bodies are generally in agreement that chromium facilitates the action of insulin thus contributing to macronutrient metabolism. 2) Evidence provided does not establish that intake of chromium inadequate for the maintenance of normal blood glucose concentrations occur in the general EU-population.</p>
Mangan	<p>1) Protection of DNA, proteins and lipids from oxidative damage (=“antioxidant”?) Normal 2) bone 3) energy-yielding metabolism 4) Contribution to normal formation of connective tissue</p>	<p>1) Normal cognitive function 2) Reduction of tiredness and fatigue</p>	-	<p>Efsa: - Villkor: 15% av RDI - Målgrupp: general population</p>
Magnesium	<p>1) Electrolyte balance Normal 2) energy-yielding metabolism 3) neurotransmission and muscle contraction, including heart muscle (Batch 1+3) 4) cell division 5) bone 6) teeth 7) protein synthesis 8) psychological functions 8) Reduction of tiredness and fatigue</p>	<p>1) Normal blood coagulation 2) Maintenance of normal blood glucose concentrations 3) Protection of DNA, proteins and lipids from oxidative damage Maintenance of normal 4) function of the immune system 5) blood glucose concentrations 6) blood pressure during pregnancy 7) fat metabolism 8) Resistance to mental stress 9) Reduction of gastric acid levels</p>	<p>Maintenance of normal blood pressure</p>	<p>Efsa: - Villkor: 15% av RDI - Målgrupp: general population - “hormonal health” - ospecifikt</p>
Molybden	<p>1) Contribution to normal amino acid metabolism</p>	<p>1) Protection of DNA, protein and lipids from oxidative damage</p>		<p>Efsa - Villkor: 15% av RDI - Målgrupp: general population</p>
Natrium	<p>1) Maintenance of normal blood pressure 2) Maintenance of normal muscle function</p>			<p>Efsa: 1) The Panel considers that the following wording reflects the</p>

				<p>scientific evidence: "High sodium intakes increase blood pressure; consumption of foods low or very low in sodium helps to maintain normal blood pressure." To establish conditions of use, sodium/salt nutrition claims as per Annex of Regulation (EC) No 1924/2006 should be considered. <i>Målgrupp</i>: general population.</p> <p>2) The evidence provided does not establish that inadequate intake of sodium leading to impaired muscle function occurs in the general EU. A dietary reference value for sodium has not been established albeit it is suggested that an intake of 25 mmol/day (575 mg/day) could be set as an average requirement and the acceptable range of intake for adults should be from 25 to 150 mmol/day (575 to 3450 mg/day)</p>
Natrium- och kaliumsalter (salter av citric acid eller bikarbonat)		1) Maintenance of normal bone		
(Selen)	<p>1) Protection of DNA, proteins and lipids from oxidative damage (=“antioxidant”?) (Batch 1 och 3) Normal 2) function of the immune system (Batch 1 och 3) 3) thyroid function (Batch 1 och 3) 4) spermatogenesis 5) Maintenance of normal hair</p>	<p>Normal 1) cognitive function 2) prostate function 3) Protection against heavy metals 4) Maintenance of normal joints</p>	Normal function of the heart and blood vessels	<p><i>Efsa</i>: - <i>Villkor</i>: 15% av RDI - <i>Målgrupp</i>: general population</p> <p><i>SNF</i>: Intaget lägre än rekommenderat hos mer än 25% av den svenska befolkningen enligt senaste kostundersökningen Riksmaten 1997-98 – kan därför bedömas som relevant för hälsopåstående I Sverige, trots Efsas kommentar om att intag ej är lågt inom EU.</p>
(Zink)	<p>Normal 1) function of the immune system 2) DNA synthesis and cell division (batch 1 och 3) 3) bone 4) cognitive function 5) fertility and reproduction 6) metabolism of fatty acids 7) acid-base metabolism 8) vitamin A metabolism 9) vision and 10) protection of DNA 11) protects proteins and lipids from oxidation 12) skin 13) protein synthesis 14) serum testosterone concentrations 15) carbohydrate metabolism 16) hair</p>	<p>Normal 1) muscle function 2) joints 3) function of heart and blood vessels 4) prostate function 5) Reduction of tiredness and fatigue</p>	Normal thyroid function	<p><i>Efsa</i>: - <i>Villkor</i>: 15% av RDI - <i>Målgrupp</i>: general population - Reproductive development is related to children’s development and health – outside the scope of art 13 .- Normal growth – betraktas som artikel 14.1.b (barnpåstående)</p>

	17) nails 18) macronutrient metabolism			
FETT/ FETTSYROR/ OLJOR				
Alfa-linolensyra (ALA) (C18:3n-3)	1) Reduction of blood cholesterol concentrations (Batch 1 och 4) 2) Brain and nerve tissue development	1) Molecul precursors regulating cell functions 2) Nutrient tasks and interactions 3) Enhancement of mood	Maintenance of normal blood pressure	<p><i>Efsa:</i></p> <ul style="list-style-type: none"> - <i>Villkor:</i> In order to bear the claim a food should contain at least 15% of the proposed labelling reference intake value of 2 g ALA per day. - <i>Målgrupp:</i> general population <p><i>SNF:</i></p> <ul style="list-style-type: none"> - Egenåtgärdsprogrammet omfattade påstående om samband mellan låg halt mättat fett och sänkning av kolesterolnivå i blodet. - Vid användning av påståenden om samband mellan ALA och kolesterolnivån i blodet är det lämpligt att formulera påståendet så att det samtidigt framgår att man inte bör öka det totala fettintaget.
Eikosapentaensyra (EPA, 20:5n-3) Dokosahexaensyra (DHA, 22:6n-3) Dokosapentaensyra (DPA) (blandning av EPA med DHA, eller DPA)	Reduction of 1) blood pressure (batch 1+3) 2) blood concentrations of triglycerides (Batch 1+3) 3) maintenance of normal brain function (Batch 3 och 4) 4) maintenance of normal vision (Batch 3 och 4) 5) normal cardiac function (Batch 3 och 4)	Maintenance of normal 1) HDL-cholesterol (batch 1+3) 2) LDL-cholesterol (batch 1+3 +4) 3) joints 3) protection of blood lipids from oxidative damage 4) contribution to the maintenance or achievement of a normal body weight 5) maintenance of normal spermatozoa motility 6) blood glucose concentrations 7) Protection of the skin from photo-oxidative (UV-induced) damage 8) Contribution to the normal function of the immune system by decreasing the levels of eicosanoids, arachidonic acid-derives mediators and pro-inflammatory cytokines 9) Maternal health; pregnancy and nursing” 10) Skin and digestive tract epithelial cells maintenance 11) Enhancement of mood 12) Membranes cell structur 13)	-	<p><i>Efsa:</i></p> <p><i>Villkor:</i></p> <ol style="list-style-type: none"> 1) Intakes of EPA and DHA of about 2-4 g/d are required to obtain the claimed effect on blood triglycerides. 2) Intakes of EPA and DHA of about 3 g/d are required to obtain the claimed effect on blood pressure. 3) In order to maintain normal brain function foods should contain 250 mg of DHA in one or more servings 4) In order to maintain normal vision foods should contain 250 mg of DHA in one or more servings 5) 250 mg EPA+DHA per day are required to obtain normal cardiac function <p>- <i>Målgrupp:</i> general population / adult women and men</p> <p>8) Whether or not reduction of inflammatory markers is considered beneficial would depend on the context in which the claim is made. The Panel considers that the evidence provided does not define the context whereby decreasing the level or production of eicosanoids, arachidonic acid-derived mediators and pro-inflammatory cytokines might be a beneficial physiological effect in the general healthy population.</p> <p>Brain, eye and nerv development is interpreted by the Panel as children's development and therefore is out of the scope of article 13 → barn artikel 14.1b</p> <p>Improved absorption of EPA and DHA – relate to the bioavailability, not relationship between the food and health</p>

				<p>Immunomodulating agent – ospecifik effect</p> <p>SNF: - Mängderna som krävs för effekter på triglycerider respektive blodtryck enligt ovan är betydligt högre än det referensvärde för dagligt intag (250 mg/dag) som Efsa publicerat.</p>
Dokosahexaensyra (DHA, 22:6n-3) och Eikosapentaensyra (EPA, 20:5n-3) och Gamma-linolensyra (GLA)		<p>1) Contribution to normal cognitive function</p> <p>2) Maintenance of normal bone</p>		
Eikosapentaensyra (EPA, 20:5n-3)		<p>1) Enhancement of mood</p> <p>2) Calming</p> <p>3) Increased attention</p> <p>4) Increased in appetite after unintentional weight loss leading to an increase in energy intake</p> <p>5) Protection of blood lipids from oxidative damage</p>		
Gamma-butyric acid (GABA) (gamma-smörsyra)		Cognitive function		Efsa: Mental health is not sufficiently characterised
Gamma-linolensyra (GLA)	-	<p>1) Reduction of inflammation</p> <p>2) Maintenance of normal joints</p> <p>3) Weight maintenance after weight loss</p> <p>Maintenance of normal</p> <p>4) peripheral blood flow</p> <p>5) blood pressure (Batch 2 och 4)</p> <p>6) cholesterol concentrations (Batch 2 och 4)</p> <p>7) bone</p> <p>8) Reduction of menstrual discomfort</p> <p>9) Contribution to normal cognitive function</p> <p>10) Maintenance of the barrier function of the skin</p> <p>11) Function of the cell membrane</p> <p>12) Maintenance of normal structure elasticity and appearance of the skin</p> <p>13) Anti-inflammatory properties</p>	-	<p>Efsa: - Immune health not sufficiently characterised.</p>
Linolsyra (C18:2n-6)	<p>1) Reduction of blood cholesterol</p> <p>2) Maintenance of normal blood LDL-cholesterol concentration</p>	<p>1) Maintenance of normal neurological function</p> <p>2) Protection of the skin from UV-induced damage</p>		<p>Efsa: - <i>Villkor</i>: a food should contain at least 15% of the proposed labelling reference intake values of 10 g linoleic acid per day - <i>Målgrupp</i>: general population</p>

				<p>Molecular precursors regulating cell functions (prostaglandins, leucotrienes) is general and non specific and does not refer to any specific health claim</p> <p>SNF: se kommentar ALA (ovan)</p>
Oljesyra (Oleic acid) (C18:1) Replacing saturated fatty acids	Maintenance of normal LDL-cholesterol concentrations	Maintenance of normal (fasting) blood concentrations of triglycerides		<p><i>Efsa:</i> A claim on the replacement of mixtures of SFAs with <i>cis</i>-MUFAs and /or <i>cis</i>-PUFAs in foods or diets and maintenance of normal blood LDL-cholesterol concentrations has already been assessed with a favourable outcomes. The scientific conclusions in that opinion apply to the replacement of mixtures of SFAs as present in foods or diets with oleic acid.</p>
Stearinsyra (C18:0)		Maintenance of normal blood cholesterol concentrations		<p><i>Efsa:</i> Stearic acid differs from other long-chain saturated fatty acids in its effects on blood cholesterol but the scientific evidence does not demonstrate that intake of stearic acid would decrease total and/or LDL-cholesterol with respect to monounsaturated fatty acids or carbohydrates, which are considered neutral compared to their effects on LDL-cholesterol concentrations, or that the addition of stearic acid <i>per se</i> to the diet would decrease LDL-cholesterol concentrations in humans. The Panel also notes that stearic acid is not consumed alone, and that foods rich in stearic acid do also contain considerable amounts of palmitic and other SFA with 12 to 16 atom carbons, which are known to increase LDL-cholesterol concentrations.</p>
Saturated fatty acids (SFAs)	1) Reduced amount of SFAs and maintenance of normal blood LDL-cholesterol concentration			<p><i>Efsa:</i> In order to bear the claim foods should contain <i>reduced amounts of saturated fatty acids</i> - se villkor för näringspåståenden i förordningens bilaga <i>Målgrupp:</i> General population</p>
Konjugerad linolsyra (CLA) isomers c9, c11 och t10, c12		<p>1) Maintenance or achievement of a normal body weight 2) Increase in lean body mass 3) Increase in insulin sensitivity 4) Protection of DNA, proteins and lipids from oxidative damage 5) Contribution to immune defences y stimulation of production of protective antibodies in respons to vaccination</p>		<p><i>Målgrupp:</i> General population</p>
Medium-chain triglycerides		1) Reduction in body weight		
n-3 polyunsaturated fatty acids		1) Increase in calcium absorption leading to an increase in calcium retention		<p>- Nutrient tasks and interactions – the claims are related to children’s development.</p>

Replacement of mixtures of saturated fatty acids (SFAs) with mixtures of monosaturated fatty acids (MUFAs) and or mixtures of polyunsaturated fatty acids (PUFAs)	Maintenance of normal blood LDL-cholesterol concentrations	2) Maintenance of normal bone		<i>Efsa:</i> In order to bear the claim, significant amounts of mixed SFAs should be replaced by cis-MUFA and/or cis-PUFAs in food on a gram-per-gram basis. Målgrupp: General population
Fats	1) Normal absorption of fat-soluble vitamins			Function of the cell membrane is general an non-specific and does not refer to any specific health claim. <i>Efsa:</i> Vilkor: The panel considers that no conditions of use can be defined. The evidence provided does not establish that inadequate intake of fats leading to impaired absorption of fat-soluble vitamins occurs in the general EU population.
Echium oil		Maintenance of normal (fasting) blood triglycerides (blood lipids)		
Majsolja		Maintenance of normal blood LDL-cholesterol concentrations		
Olivolja		1) Maintenance of normal blood LDL-cholesterol concentrations 2) Maintenance of normal (fasting) blood concentrations of triglyceride 3) Maintenance of normal blood HDL-cholesterol concentrations 4) Maintenance of normal blood glucose concentrations		
Palm and oat oil emulsion		1) Contribution to the maintenance or achievement of a normal body weight 2) Maintenance of body weight after weight loss		
Pinjenötsolja		Increase in satiety		
Rapsolja		1) Maintenance of normal blood HDL-cholesterol concentration		<i>Efsa:</i> A claim on linoleic acid and maintenance of normal blood cholesterol concentrations and a claim on alpha-linolic acid and maintenance of normal blood cholesterol concentrations have been assessed with a favourable outcomes.
Vetegroddsolja		Maintenance of normal 1) blood pressure 2) blood cholesterol concentrations 3) fasting blood concentrations of triglycerides 4) skin hydration		<i>Efsa:</i> 11) digestive system är ett ospecific påstående 12) “No definition has been provided of cellular aging or of aging process in relation to the antioxidant properties of the food.

		<p>5) bone 6) neurological function 7) cognitive function 8) fertility</p> <p>9) Protection of the skin from photo-oxidative (UV-induced) damage 10) Relief of menstrual pain 11) Digestive pain 12) Protection of cells from premature aging</p>		
KOLHYDRATER OCH KOSTFIBER				
Acacia gum (gum Arabicum)		<p>1) Maintenance of normal blood cholesterol concentrations (Batch 1 och 4) 2) Post-prandial glycaemic responses 3) Long-term maintenance of normal blood glucose concentrations 4) Decreasing potentially pathogenic gastro-intestinal microorganisms 5) Changes in short chain fatty acid (SCFA) production in pH in the gastro-intestinal tract 6) Changes in bowel function 7) Reduction of gastro-intestinal discomfort 8) Maintenance of faecal nitrogen content and/or normal blood urea concentration</p>	-	<p><i>Efsa:</i> - Reduction of post prandial responses may be a beneficial physiological effect. - Long-term maintenance of or achievement of normal blood glucose concentrations is a beneficial physiological effect</p>
Alfa-cyklodextrin		Maintenance or achievement of normal body weight	Reductio of post-prandial glycaemic effect	<p><i>Efsa:</i> - Reduction of post prandial glucose responses may be a beneficial physiological effect.</p>
Arabinoxylan (from wheat endosperm)	Reduction of post-prandial glycaemic responses			<p><i>Efsa:</i> <i>Villkor:</i> In order to bear the claim 8 g of arabinoxylan-rich fibre produced from wheat endosperm (at least 60% arabinxylan by weight) per 100 g of available carbohydrates should be consumed. <i>Målgrupp:</i> Individuals who which to reduce their post-prandial glycaemic respons.</p>

<p>Beta-glukan</p>	<p>1) Reduction of blood cholesterol concentrations (1+5) 2) Reduction of post-prandial glycaemic respons</p>	<p>1) Maintenance/achievement of a normal body weight 2) Long-term maintenance of achievement of normal blood glucose concentrations 3) Increase in satiety leading to a reduction in energy intake</p>	<p>-</p>	<p><i>Efsa:</i> 1) <i>Villkor (kolesterol):</i> 3 g/day from oats, oat bran, barley, barley bran or mixtures of non-processed or minimally processed beta-glucans in one or more servings - <i>Målgrupp:</i> adults with normal or mildly elevated blood cholesterol - <i>Förslag till ordalydelse:</i> “Regular consumption of beta-glucans contributes to <i>maintenance of normal</i> blood cholesterol concentrations.” 2) <i>Villkor (glycemisk respons):</i> 4 g of beta-glucans from oats or barley for each 30g of available carbohydrate should be consumed per meal. - <i>Målgrupp:</i> Individuals who wish to reduce their post-prandial glycaemic respons. - Beta-glucans are non-starch polysaccharides composed of glucose molecules in long linear glucose polymers with mixed β-(1→4) and β-(1→3) links with an approximate distribution of 70% to 30%. <i>Digestive function</i> is general and non-specific and does not refer to any specific health claim. <i>SNF:</i> Villkoren enligt Efsas rapport indikerar att den kolesterolsänkande effekten av beta-glukan kan påverkas negativt av vissa livsmedelsprocesser. Efsa menar att påståendet kan användas för ”non-processed and minimally processed beta-glucans”. Däremot definieras inte vad som är att betrakta som ”minimal processing”. Till dess att en sådan definition finns torde det vara på det marknadsförande företags ansvar att styrka en bibehållen kolesterolsänkande effekt av den aktuella produkten, efter processning. Ett sådant krav har också tidigare funnits inom det svenska egenåtgärdsprogrammet. Bröd och drycker är exempel på livsmedel i vilka beta-glukanet riskerar att finnas i en sådan form att de inte på ett påtagligt sätt bidrar till en kolesterolsänkande effekt. Viskositet är troligen den viktigaste faktorn för beta-glukans kolesterolsänkande effekt. Generellt sett kan man utgå från att den kolesterolsänkande effekten kvarstår efter processning om löslighet och molekylviktsfördelningen är densamma som i råvaran (oprocessad havre/korn). Viskositeten beror dock av fler faktorer, och sambandet mellan molekylvikten och den kolesterolsänkande effekten är inte känd. Idag är det därför</p>
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				inte möjligt att enbart genom en molekylviktsanalys avgöra om en viss fraktion av beta-glukan har en kolesterolsänkande effekt eller ej. <i>In vitro</i> -bestämningar av viskositet är bara användbara om de validerats mot humanstudier. Så vitt vi känner till finns i dagsläget inga sådana validerade metoder. Enda säkra sättet att ta reda på om en produkt har en kolesterolsänkande effekt är genom kliniska studier på människa. Se också artikel i Nordisk Nutrition nr 4, 2009.
Fruktos	Reduction of post-prandial glycaemic responses			<i>Efsa</i> <i>Vilkor</i> : In order to bear the claim, glucose or sucrose should be replaced by fructose in sugar sweetened foods or beverages. High intakes of fructose may lead to metabolic complications such as dyslipidaemia, insulin resistance and increased visceral adiposity. <i>Målgrupp</i> : Individuals who wish to reduce their postprandial glycaemic responses.
Fruktosoligosackarider (FOS)		<ol style="list-style-type: none"> 1) Decreasing potentially pathogenic gastro-intestinal microorganisms 2) Changes in short chain fatty acid (SCFA) production and pH in the gastro-intestinal tract 3) Changes in bowel function 4) Reduction of gastro-intestinal discomfort 5) Increase in calcium and/or magnesium absorption leading to an increase in magnesium and/or calcium retention 6) Maintenance of normal blood LDL-cholesterol concentrations 7) Maintenance of normal (fasting) blood concentrations of triglycerides 8) Decreasing potentially pathogenic gastro-intestinal microorganisms 		
Fullkorn <i>Obs! Ej karakteriserad</i>		<ol style="list-style-type: none"> 1) gut health/"bowel function 2) weight control 3) blood glucose/insulin levels 4) weight management 5) blood cholesterol 6) satiety 7) glycaemic index 8) digestive function 9) cardiovascular health 		<i>Efsa</i> : - The food constituents that are the subject of this opinion are "whole grain", "whole grain flour", "whole grain foods", and "diets rich in whole grain". - Whole grain foods (including whole grain flour) are defined differently across countries, also within the EU. In the UK and the USA whole grain foods must contain ≥51 % whole grain ingredients by wet weight, whereas in Sweden and Denmark the requirement is ≥50 % whole grain ingredients on a dry matter basis. In Germany, whole grain bread must be 90 %

				whole grain.
Galacto-oligosaccharides (GOS)		<p>1) Reduction of gastro-intestinal discomfort</p> <p>2) Decreasing potentially pathogenic gastro-intestinal microorganisms</p>		
Glukomannan (Konjac mannan)	<p>1) Reduction of blood cholesterol concentrations (batch 1+3)</p> <p>2) Reduction of body weight (in the context of an energy-restricted diet)</p>	<p>1) Reduction of post-prandial glycaemic responses</p> <p>Maintenance of</p> <p>2) normal blood glucose concentrations</p> <p>3) fasting blood concentrations of triglycerides</p> <p>4) bowel function</p> <p>5) Decreasing potentially pathogenic gastro-intestinal microorganisms</p>	-	<p>Efsa:</p> <p>1) <i>Villkor</i>: 4 g/d in one or more servings. <i>Målgrupp</i>: general population. <i>Förslag till ordalydelse</i>: “Regular consumption of glucomannan helps maintain normal blood cholesterol concentrations”</p> <p>2) <i>Villkor</i>: 3 g of glucomannan daily in three doses of at least 1 g each, together with 1-2 glasses of water before meals. <i>Målgrupp</i>: overweight adults.</p>
Glycaemic carbohydrates	Maintenance of normal brain function			<p>Efsa:</p> <p>- <i>Villkor</i>: A daily intake of 130 g of glycemic carbohydrates. - <i>Målgrupp</i>: General population</p>
Guar gum	Reduction of blood cholesterol concentrations	<p>1) Long-term maintenance of normal blood glucose concentrations</p> <p>2) Increased satiety</p>		<p>Efsa:</p> <p>- <i>Villkor (kolesterol)</i>: Livsmedlet ska bidra med 10 g guar gum per dag (en eller flera portioner) - <i>Målgrupp (kolesterol)</i>: Vuxna</p>
Guar gum – partially hydrolysed		<p>1) Increased satiety</p> <p>2) Achievement of normal body weight</p> <p>3) Maintenance of normal blood concentrations of triglycerides</p> <p>4) Maintenance of normal blood cholesterol concentrations</p> <p>5) Decreasing potentially pathogenic gastro-intestinal microorganisms</p> <p>6) Changes in short chain fatty acid (SCFA) production and/or pH in the gastro-intestinal tract</p> <p>7) Changes in bowel function</p> <p>8) Reduction of gastro-intestinal discomfort</p>		
Havre och korn fiber (oat and barley grain fiber)	Increase in faecal bulk			<p>Efsa:</p> <p><i>Villkor</i>: In order to obtain the claimed effect a food should e at least “high in fibre” from oats or barley.</p>

Hydroxypropylcellulosa (HPMC)	<p>1) Reduction of post-prandial glycaemic responses</p> <p>2) Maintenance of normal blood cholesterol concentrations</p>	<p>1) Maintenance of normal bowel function</p> <p>2) Increase satiety leading to a reduction in energy intake</p>		<p><i>Efsa</i></p> <p>1) <i>Villkor</i>: At least 4 g of HPMC per meal.</p> <p><i>Målgrupp</i>: Adults willing to reduce their post-prandial glycaemic response.</p> <p>2) <i>Villkor</i>: At least 5 g per day of HPMC.</p> <p><i>Målgrupp</i>: Adults.</p>
Isomalto-oligosackarider		<p>1) Normal blood cholesterol concentrations</p> <p>2) Reduction of post-prandial glycaemic responses</p> <p>3) Increase in the frequency of daily bowel movement</p>		<p><i>Efsa</i>: Isomalto-oligosaccharides are produced by enzymatic hydrolysis of starch and do not occur naturally in foods</p>
<p>Kolhydrater som ger ett</p> <ul style="list-style-type: none"> - lågt/lägre glykemiskt svar - har ett lågt glykemiskt index (GI) - Inducerar ett lågt/reducerad glykemisk respons - låg/ reducerad glykemisk belastning <p>Note! <i>Not sufficiently characterised</i></p> <p>2010;8(2):1491 2011;9(4):2082</p>		<p>Exempel på påståenden:</p> <p>1) Low impact on blood glucose/low glycaemic response/improved blood glucose control (2+4)</p> <p>2) Serum cholesterol (2+4)</p> <p>3) Satiety (2+4)</p> <p>4) Management of body weight/body mass (2+4)</p> <p>5) Lipid level</p> <p>6) Maintain low glycaemic respons</p> <p>7) Improved blood glucose control</p> <p>8) Low blood glucose response</p>		<p>Inkluderar även "<i>kolhydrater i pastaprodukter</i>", som inte bedömts vara tillräckligt väl karakteriserade.</p>
<p>Kolhydrater i mejeriprodukter</p> <p><i>Obs! Ej karakteriserade</i></p>		<p>Low/reduced glycaemic responses</p>		
<p>Kostfibrer</p> <p><i>Obs! Ej tillräckligt karakteriserade</i></p>	-	-	<p>1) Normal blood cholesterol concentrations</p> <p>2) satiety</p> <p>3) weight management</p> <p>4) normal blood glucose concentrations</p> <p>5) normal bowel function and regularity</p> <p>6) reduction of postprandial glycaemic response</p> <p>7) decreasing potentially pathogenic gastrointestinal microorganisms</p> <p>8) increasing the number</p>	<p><i>Efsa</i></p> <p>Dietary fibre include non-starch polysaccharides, resistant starch, resistant oligosaccharides with three or more monomeric units, and other non-digestible, but quantitatively minor, components when naturally associated with dietary fibre polysaccharides, especially lignin. The terms "soluble" and "insoluble" have been used in the literature to classify dietary fibre as viscous soluble in water (e.g. pectins) or as water insoluble (e.g. cellulose) in an attempt to link different physical-chemical properties of fibre components to different physiological effects. However, the above classification is method-dependent, and water solubility does not always predict the physiological effects of dietary fibre.</p> <p>Total fibre and different types of fibre can be measured in foods by established methods. However, intake of dietary fibre has a number of physiological effects in humans. These effects</p>

			of gastrointestinal microorganisms 9) fat absorption	can vary depending on the unique physical and chemical characteristics of the fibre component, in addition to the dose and mode of administration.
Laktos		Increased calcium absorption		
Reduced lactose	Decreased gastro-intestinal discomfort			Efsa <i>Vilkor:</i> No single condition of use can be set because of the great variation in individual tolerance of lactose intolerant individuals. <i>Målgrupp:</i> lactose intolerant individuals
Pektin	1) Reduction of post-prandial glycaemic responses 2) Maintenance of normal blood cholesterol concentrations	1) Increase in satiety leading to a reduction in energy intake		Efsa: - In order to bear the claim reduction of post-prandial glycaemic responses foods should provide at least 10 g of pectins per meal. - In order to bear the claim maintenance of normal blood cholesterol concentrations foods should provide at least 6 g of pectins per day.
Polydextrose		1) Changes in bowel functions 2) Changes in short chain fatty acid (SCFA) production and/or pH in the gastro-intestinal tract 3) Decreasing potentially pathogenic gastro-intestinal microorganisms 4) Reduction of gastro-intestinal		
Rågfiber	1) Contributes to normal bowel function	1) Reduction of post-prandial glycaemic responses 2) Maintenance of normal blood LDL-cholesterol concentration		Efsa: In order to bear the claim a food should be at least “high in fibre”.
Sockerbetsfiber		1) Reduction of post-prandial glycaemic responses 2) Maintenance of normal blood glucose concentrations 3) Maintenance of normal blood LDL-cholesterol concentrations 4) Changes in bowel function		
Stärkelse (resistant)	1) Reduction of post-prandial glycaemic responses	1) Digestive health benefits 2) Favours a normal colon metabolism		Efsa: - A cause and effect relationship has been established between the consumption of resistant starch from all sources when replacing digestible starch in baked foods and a reduction of post-prandial glycaemic responses. - <i>Vilkor:</i> High carbohydrate baked foods should contain at least 14% of total starch as resistant starch in replacement to digestible starch.

				- <i>Målgrupp</i> : Individuals wishing to reduce their post-prandial glycaemic responses.
Xanthan gum		Increased satiety Changes in bowel function		
Vetedextrin (speciell preparation av)		Maintenance of normal 1) blood pressure 2) fasting blood concentrations of triglycerides 3) blood cholesterol concentrations 4) Reduction of post-prandial glycaemic responses 5) Increase in magnesium and/or calcium retention 6) Short-chain fatty acid production in the bowel 7) Decreasing potentially pathogenic gastro-intestinal microorganisms 8) Maintenance of normal bowel function		<i>Efsa</i> : 6) The panel considers that the evidence provided does not establish that short chain fatty acid production in the bowel is a beneficial physiological effect.
Veteklifiber	1) Increase in faecal bulk 2) Reduction in intestinal transit time	1) Contribution to the maintenance or achievement of a normal body weight		<i>Efsa</i> : 1) Faecal bulk : <i>Villkor</i> : A food should be at least “high in fibre”. <i>Målgrupp</i> : General population 2) Transit time : <i>Villkor</i> : 10 g per day of wheat bran fibre in one or more servings. <i>Målgrupp</i> : General population.
PROTEIN OCH AMINOSYROR				
5-Hydroxytryptophan (5-HTP)		1) Increase in satiety		
Beta-alanin		1) Increase in physical performance during short-term high-intensity exercise 2) Increase in time to exhaustion 3) Increase in muscle carnosine stores		
Bonito protein peptid (LKPNM, aminosekvens Leu-Lys-Pro-Asn-Met)		Maintenance of normal blood pressure		
Casein protein		1) Growth or maintenance of muscle mass 2) Increase in endurance performance		

		3) Faster recovery from muscle fatigue after exercise		
(L-arginin)	1) Maintenance of normal ammonia clearance	<ul style="list-style-type: none"> 1) Immune system functions 2) Growth or maintenance of muscle mass 3) Normal red blood formation 4) Maintenance of normal blood pressure 5) Improvement of endothelium-dependent vasodilation 6) Physical performance and condition 7) Système nerveux 8) Maintenance of normal erectile function 9) Contribution to normal spermatogenesis 10) Function of the intestinal tract 		Målgrupp: General population
L-carnitine		<ul style="list-style-type: none"> 1) Faster recovery from muscle fatigue after exercise 2) Skeletal muscle tissue repair 3) Increase in endurance capacity 4) Maintenance of normal blood LDL-cholesterol concentrations 5) Contribution to normal spermatogenesis 6) Increasing L-carnitine concentrations and/or decreasing free fatty acids in blood during pregnancy 		
L-fenylalanin		<ul style="list-style-type: none"> 1) Increased alertness 2) Enhancement of mood 3) Pain relief 4) Improvement of memory 		
L-cystein och L-metionin (var för sig eller i kombination)		<ul style="list-style-type: none"> Maintenance of normal 1) hair 2) nails 3) skin 4) collagen formation 5) glutathione formation 		
L-glutamin		<ul style="list-style-type: none"> 1) Growth or maintenance of muscle mass 2) Faster restoration of muscle glycogen stores after strenuous exercise 3) Skeletal muscle repair 4) Maintenance of defence 		

		against pathogenic gastro-intestinal microorganisms 5) Gut protein synthesis 6) Decreasing gut permeability 7) Stimulating immunological responses		
L-karnosin		1) Increase in muscle power 2) Increase in endurance capacity 3) Maintenance of normal cardiac function		
L-lysine		1) Immune defence against herpes virus 2) Maintenance of normal blood LDL-cholesterol concentrations 3) Increase in appetite leading to an increase in energy intake 4) Contribution to normal protein synthesis 5) Maintenance of normal bone 6) Increase in calcium absorption leading to an increase in calcium retention		
L-ornithine		1) Regulation of the urea cycle		
L-tryptophan		1) Maintenance of normal sleep 2) Enhancement of mood 3) Contribution to normal cognitive function 4) Contribution to the maintenance or achievement of a normal body weight		
L-tyrosine	1) Contribution to normal synthesis of catecholamines	1) Increased attention 2) Contribution to normal muscle function		
Metionin		Maintenance of normal blood cholesterol concentrations		
Protein	1) Maintenance of normal bone 2) Growth or maintenance of muscle mass	1) Increase in satiety leading to reduction in energy intake 2) Contribution to the maintenance or achievement of a normal body weight		<i>Efsa</i> Satiety: The study design does not allow conclusions to be drawn on whether the effects observed are owing to dietary protein or to the concomitant modification of carbohydrate and/or fat intakes OCH Effects were tested on a single occasion and no information has been provided on the repeated consumption of the food constituent. <i>Villkor:</i> "source of protein"
Protein hydrolysate		1) insulin secretion and blood sugar levels		

Obs! Ej karakteriserad (2011;9(4):2082				
Sojaprotein		<ul style="list-style-type: none"> 1) Maintenance or achievement of a normal body weight 2) Maintenance of normal blood cholesterol concentrations 3) Protection of DNA, proteins and lipids from oxidative damage 		<p><i>Efsa:</i></p> <p>3) Studies provided do not allow one to distinguish between the effects of protein component of soy (which is the subject of the claim) and those of soy isoflavones <i>on lipid peroxidation</i>.</p>
Taurine		<ul style="list-style-type: none"> 1) Immune system protection 2) Metabolism process 3) Contribution to normal cognitive function 4) Maintenance of normal cardiac function 5) Maintenance of normal muscle function 6) Delay in the onset of physical fatigue during exercise 		
Vassle protein /Whey protein		<ul style="list-style-type: none"> 1) Increase in satiety to a reduction in energy intake 2) Contribution to the maintenance or achievement of a normal body weight 3) growth or maintenance of muscle mass 4) Increase in lean body mass during energy restriction and resistance training 5) Reduction of body fat mass during energy restriction and resistance training 6) Increase in muscle mass 7) Increase in endurance capacity during the subsequent exercise bout after strenuous exercise 8) Skeletal muscle tissue repair 9) Faster recovery from muscle fatigue after exercise 		
“ANDRA ÄMNEN” och “LIVSMEDEL”				
Ättiksyra (Acetic acid)		Maintenance of normal blood pressure		
Acetyl-L-carnitine		Contribution to normal cognitive function		

Activated charcoal	Reduction of excessive intestinal gas accumulation	Reduction of bloating		<i>Efsa:</i> In order to bear the claimed effect, the intake of activated charcoal should be 1g at least 30 minutes before consumption of a meal and 1 g after the meal
Adenosin trifosfat (ATP)		Maintenance of normal muscle function		
Alfalfa <i>Obs! Ej karakteriserad</i> (2011;9(4):2082)		1) Good for your heart 2) Help to maintain cholesterol levels 3) Cardiovascular system 4) Hair and nails health 5) Hypocholesterolémiant		
Alfa-liponsyra		1) Protection of body lipids from oxidative damage 2) Maintenance of normal blood cholesterol concentrations 3) Increased beta-oxidation of fatty acids, leading to a reduction in body fat mass 4) Long-term maintenance of normal blood glucose concentrations 5) Regeneration of genes/gene transcription and influence to activity NT-kappa B ²		<i>Efsa:</i> - Regeneration of genes, regeneration of gene transcription and influence to activity NT-kappa B² is not sufficiently characterised.
Alfa-S1-Casein tryptic hydrolase		Alleviation of psychological stress		
Anthocyanins from <i>Ribes nigrum</i> L.		Improvement of visual adaption to the dark		
Astaxantin	-	1) Protection of DNA, proteins and lipids from oxidative damage 2) low plasma concentrations of CRP Maintenance of normal 3) joints 4) tendons or connective tissues 5) visual activity 6) blood cholesterol concentrations 7) Protection of the skin from UV-induced damage 8) Defence against <i>Helicobacter pylori</i> 9) Contribution to normal spermatogenesis 10) Contribution to normal	-	<i>Efsa:</i> Maintenance of low plasma CRP might be beneficial to human health.

		muscle function 11) Immune system		
Betaine	Contribution to normal homocystein metabolism			<i>Efsa:</i> In order to obtain the claimed effect, 1,5 g of betaine should be consumed daily. NB! Daily doses of betaine 4 g may significantly increase total and LDL-cholesterol concentration in the blood. <i>Målgrupp:</i> General population
Beta-hydroxy beta-methylbutyrate monohydrate (HMB) alone or in combination with alfa-ketoisocaproic acid (KIC)		1) Reduction of muscle tissue damage during exercise 2) Increase in lean body mass 3) Increase in muscle strength 4) Increase in endurance performance 5) Skeletal muscle tissue repair 6) Faster recovery from muscle fatigue after exercise		
Beta-karoten	1) Maintenance of normal function of the immune system	1) Maintenance of normal physiological immune responses of the skin in relation to UV radiation (sun exposure) 2) Protection of DNA, proteins and lipids from oxidative damage 3) Protection of the skin from UV-induced (including photo-oxidative) damage		1) A claim with vitamin A and normal function of the immune system has been assessed with a favourable outcome (Batch 1).
Bovint kolostrum <i>Ej karakteriserad!</i>				
C12-peptid (Phe-Phe-Val-Ala-Pro-Phe-Pro-Glu-Val-Phe-Gly-Lys)		Maintenance of normal blood pressure		
Capsaicin		1) Maintenance of body weight after weight loss 2) Increase in carbohydrate oxidation 3) Contribution to normal hair growth		
Chitosan	1) Maintenance of normal blood LDL-cholesterol concentrations	1) Reduction in body weight 2) Reduction in intestinal transit time 3) Reduction of inflammation		<i>Efsa:</i> <i>Vilkor:</i> In order to bear the claim 3 g of chitosan should be consumed daily. <i>Målgrupp:</i> General population
Chondroitin / chondroitin sulfat		Maintenance of normal joints		<i>Efsa:</i> Patients with osteoarthritis are not representative of the general population
Coenzym-Q10		Contribution to normal 1) energy- yielding metabolism 2) cognitive function		

		<ul style="list-style-type: none"> Maintenance of 3) normal blood pressure 4) blood cholesterol concentrations 5) Protection of DNA, proteins and lipids from oxidative damage 6) Increase in endurance capacity and/or endurance performance 		
Kreatin	1) Increase in physical performance during short-term, high intensity, repeated exercise bouts	<ul style="list-style-type: none"> 1) Increased attention 2) Improvement of memory 3) Increase endurance capacity 4) Increase in endurance performance 		1) <i>Villkor</i> : 3 g kreatin per dag <i>Målgrupp</i> : adults performing high-intensity exercise
Epigallocatechin gallate in combination with caffein		Maintenance or achievement of a normal body weight		
Fermenterad vassle <i>Obs! Ej karaktäriserad</i>		Gut health		
Flavan-3-ols <i>Obs! Ej karaktäriserad</i>			<ul style="list-style-type: none"> 1) vascular activity 2) dermal activity 	
Flavonoider <i>Obs! Ej karaktäriserad</i> (2011;9(4):2082)		<ul style="list-style-type: none"> 1) antioxidativ 2) vascular health 3) antibacterial and antifungal activity 4) vein health 5) helps maintain a healthy immune system 		
Fosfatidylserin <i>Obs! Ej karaktäriserad</i>		<ul style="list-style-type: none"> 1) memory and cognitive functioning in the elderly 2) mental health/cognitive function 3) stress reduction 4) enhanced memory function 		
Fosfolipider		<ul style="list-style-type: none"> 1) Protection of DNA, proteins and lipids from oxidative damage (repairing oxidation damage of cells) (= antioxidant?) Normal 2) memory 3) learning capacity 4) concentration 5) function of the nervous system 		
Frukt och /eller grönsaker		1) cardiac function		

Medelhavsdiet		2) weight management 3) blood glucose control		
<i>Obs! Ej karakteriserad</i>				
Glucosamine, either as glucosamine hydrochloride or as glucosamine sulphate, either alone or in various combinations with chondroitin sulphate		1) Maintenance of normal joints 2) Reduction of inflammation		<i>Efsa:</i> - Patients with osteoarthritis are not representative of the general population
Glutamin		1) Immune health 2) Maintaining integrity of the intestinal lining and normal intestinal permeability.		<i>Efsa:</i> - "Immune health" is not sufficiently defined and in the context of the proposed wording it refers to "support of the immune system" and "contribution to the immune function/response to exercises", which are also not sufficiently defined. - "Intestinal health" is not sufficiently defined
Hajbrosk (pulver eller extrakt)		Maintenance of normal joints		
<i>Obs! Ej karakteriserad!</i>				
Honung		1) Respiratory health 2) Adds energy 3) stimulates metabolism and immune system		<i>Efsa:</i> It was not possible to characterise the specific honey
<i>Obs! Ej karakteriserad!</i>				
Hyaluronsyra		Maintenance of normal joints		<i>Efsa:</i> Patients with osteoarthritis are not representative for the general population with regard to the status of joint tissues
5-hydroxytryptofan	-	1) Enhancement of mood 2) Normal attention – concentration and reduction of restlessness (mental state and performance)	-	<i>Efsa:</i> Clinically depressed or ill patients with anxiety, panic or sleep disorders not representative of the general population.
Ipriflavone		Maintenance of bone mineral density		
Inositol	-	1) Normal cognitive function	-	<i>Efsa:</i> Patients with Alzheimers disease, depression, panic disorders, obsessive compulsive disorders, bipolar disorders, bulimia nervosa and diabetic polyneuropathy are not representative for the general population
Isoflavoner från soja	-	-	Maintenance of bone mineral density	<i>Efsa:</i> - <i>Målgrupp:</i> post menopausal women - Significant effects on markers of bone turnover and/or on spine bone mineral density in some short-term randomised trials (up to 12 weeks and up to 12 months, respectively) MEN longer-term interventions do not support a sustained effect of soy isoflavone intake on markers of bone health OCH lack of a clear dose-response relationship - Different results obtained depending on the source and nature of the isoflavones used.
Isoleucin-prolin-prolin (IPP)	-	Maintenance of the elastic	Maintenance of normal	

		properties of the arteries	blood pressure	
Jordnötter, jordnötsolja, jordnötssmör		Helps achieve normal cholesterol levels by reducing blood total and LDL cholesterol and thereby promoting heart health.		
Kaffe		1) Protection of DNA, proteins and lipids from oxidative damage 2) Maintenance of normal blood glucose concentrations 3) Contribution to the maintenance or achievement of a normal body weight Increase in physical performance during short-term high-intensity exercise		Efsa: 3+4) In order to obtain the claimed effect caffeine should be consumed at doses of 3 mg/ kg body weight one hour prior to exercise. 3) In order to obtain the claimed effect caffeine should be consumed at doses of 4 mg/ kg body weight one hour prior to exercise. <i>Målgrupp:</i> adults performing endurance exercise
Karotenoider <i>Obs! Ej karakteriserad</i> (2011;9(4):2082)		1) Antioxidant properties/protection of DNA 2) Health during pregnancy /bioavailability 3) Skin		
Koffein	1) Increased alertness 2) Increased attention 3) Increase in endurance performance 4) Increase in endurance capacity 5) Reduction in the rated perceived exertion/effort during exercise	1) Increased fat oxidation leading to a reduction in body fat mass 2) Increased energy expenditure leading to a reduction in body weight		Efsa: 1+2) In order to bear the claim a product should contain at least 75 mg caffeine per serving. <i>Målgrupp:</i> General adult population 3+4) In order to obtain the claimed effect caffeine should be consumed at doses of 3 mg/ kg body weight one hour prior to exercise. 3) In order to obtain the claimed effect caffeine should be consumed at doses of 4 mg/ kg body weight one hour prior to exercise. <i>Målgrupp:</i> adults performing endurance exercise NB! For children, consumption of a dose of 5 mg/kg body weight could result in transient behavioral changes, such as increased arousal, irritability, nervousness or anxiety.
Caffeine and theobromine in coca		Enhancement of mood		
Caffeinated carbohydrate containing energy drinks <i>Obs! Ej karakteriserad</i> (2011;9(4):2082)		Cognitive performance and mood		

Carbohydrate-electrolyte solutions	1) Enhancement of water absorption during exercise 2) Maintenance of endurance performance	1) Reduction in rated perceived/effort during exercise		<i>Efsa:</i> 1+2) Vilkor: In order to bear the claim a carbohydrate-electrolyte solution should contain 80-350 kcal/L from carbohydrates, and at least 75% of the energy should be derived from carbohydrates which induce a high glycaemic response, such as glucose, glucose polymers and sucrose. In addition, these beverages should contain between 20 mmol/L (460mg/L) and 50 mmol/L (1150 mg/l) of sodium and have an osmolality between 200-330 mOsm/kg water.
Katekiner från grönt te		1) Maintenance of/achievement of a normal body weight 2) Increased beta-oxidation of fatty acids leading to a reduction in body fat mass 3) Maintenance of normal blood glucose concentrations		
Kakaoflavanoler		Protection of lipids from oxidative damage	Maintenance of normal blood pressure	
Kisel (silicon)		1) Stimulating macrophages 2) Increasing circulating lymphocytes 3) Protection against aluminium accumulation in the brain 4) Cardiovascular health 5) Forming a protective coat on the mucous membrane of the stomach 6) Neutralisation of gastric acid 7) Contribution to normal formation of collagen and connective tissue 8) Maintenance of normal bone 9) Maintenance of normal joints 10) Maintenance of normal appearance and elasticity of the skin 11) Contribution to normal formation of hair and nails		<i>Efsa:</i> - Immune health is not sufficiently characterised - No evidence has been provided that stimulating macrophages and increasing circulating lymphocytes , are beneficial to the health of subjects with normal immune function.
Kiselsyra		Memory and learning		<i>Efsa:</i> - Plays a role in development of the brain is not sufficiently defined
Kolin	1) Contribution to normal lipid metabolism	1) Maintenance of normal		<i>Efsa:</i>

	2) Contribution to normal homocystein metabolism 3) Maintenance of normal liver function	neurological function 2) Contribution to normal cognitive function		Dieteray references has not been established Målgrupp: General population
Kött eller fisk	1) Improvement of iron absorption			<i>Efsa:</i> In order to obtain the claimed effect, foods providing at least 50 g of meat or fish should be consumed in one serving. <i>Målgrupp:</i> General population
L-theanine		1) Improvement of cognitive function 2) Alleviation of psychological stress 3) Maintenance of normal sleep 4) Reduction of menstrual discomfort		
Laktas	Breaking down lactose (hydrolyse lactose)			<i>Efsa:</i> - <i>Målgrupp:</i> individuals with lactose maldigestion and with clinical symptoms (lactose intolerans) - <i>Förslag till ordalydelse:</i> "Lactase enzyme contributes to breaking down lactose" - <i>Dos:</i> 4500 FCC (food chemicals codex) units with each lactose containing meal. The dose may have to be adjusted to individual needs for lactase supplementation and consumption of lactose containing products. <i>SNF:</i> - Ej relevant för livsmedel, då ansökan avser laktas intas i form av tablett i samband med laktosinnehållande måltid.
Laktulos	Reduction in intestinal transit time	Decreasing potentially pathogenic gastro-intestinal microorganisms		<i>SNF:</i> - Laktulos är ett läkemedel.
Lutein		1) Protection of DNA, proteins and lipids from oxidative damage 2) Protection of the skin from UV-induced (including photo-oxidative) damage	Maintenance of normal vision (Batch 1 och 4)	<i>Efsa</i> - While it is established that lutein can increase macular pigment density in most but not all healthy subjects, it has not been established that such <i>increases in macular density</i> is related to vision.
Lykopen		1) Protection of DNA, proteins and lipids from oxidative damage 2) Protection of the skin from UV-induced (including photo-oxidative) damage 3) Contribution to normal cardiac function 4) Maintenance of normal vision		
Lycopene, proanthocyanides, vitamin C, vitamin E, selenium och beta-		1) Contribution to normal collagen formation		

karoten		2) Protection of the skin from UV-induced damage		
Maltodextrin		1) Reduction of post-prandial glycaemic responses 2) Maintenance of normal blood LDL-cholesterol concentrations 3) Maintenance of normal (fasting) blood concentrations of tryglycerides 4) Changes in bowel function		
Mandel		1) Maintenance of normal blood LDL-cholesterol concentrations 2) Maintenance of normal erectile function		
Melatonin	1) Alleviation of subjective feelings of jet lag 2) Reduction of sleep onset latency (time taken to fall asleep)	Reduction of sleep onset latency/ improvement of sleep quality		<i>Efsa:</i> 1) In order to bear the claim (jet lag) the dose should be 0.5-5 mg, and should be taken close to bedtime the first day (and any subsequent day) of travel and on the following few days after arrival at the destination. - <i>Target population:</i> General population 2) In order to bear the claim (sleep onset) 1 mg of melatonin should be consumed close to bedtime
Metylsufonylmetan (either alone or in combination with glucosamine hydrochloride)		Maintenance of normal 1) joints 2) hair 3) nail 4) acid-base balance 5) bowel-function 6) cystein synthesis 7) collagen formation		<i>Efsa:</i> Patients with osteoarthritis are not representative of the general population with respect to the status of joint tissues, - Strengthens the immune system function – is not sufficiently characterised - Treatment of cold sores and herpes – treatment of disease, do not comply with the Regulation - Vitamin production needed for correct function of metabolism – cannot be considered as a health relationship applicable to humans.
Meso-zeaxanthin		Maintenance of normal vision		
Monomeric flavan-3-ols from apples		Improvement of endothelium dependent vasodilation		
Monakolin K from red yeast rice	Maintenance of normal blood LDL-cholesterol			<i>Villkor:</i> 10 mg of monakolin K from red yeast rice should be consumed daily <i>Målgrupp:</i> general population <i>Comment:</i> In relation to restrictions of use, the panel refers to the Summary of Product Characteristics of lovastatin-containing medicinal products available on the EU-market.
Mycoproteins		1) Maintenance of normal blood LDL-cholesterol concentrations 2) Increase in satiety leading to a		

		reduction in energy intake		
Måltidsättning för viktkontroll	1) Reduction in body weight 2) Maintenance of body weight after weight loss			<i>Efsa:</i> - <i>Villkor:</i> Livsmedlet ska innehålla max 250 kcal/portion och uppfylla kraven enligt direktiv 96/8/EC. Två måltider per dag ska ersättas av det livsmedel för vilket påståendet görs. - <i>Målgrupp:</i> Personer som önskar gå ner i vikt, alt behålla vikten efter viktnedgång
Natriumalginat (sodium alginate)		Reduction of post-prandial glycemic responses		
Natriumbikarbonat		1) Reducing gastric acid levels 2) Maintenance of normal blood pressure		<i>Efsa:</i> The panel considers that the evidence provided does not establish that reducing gastric acid levels is a beneficial physiological effect for the general population.
Natriumfosfat		1) Increase in endurance performance 2) Increase in endurance capacity		
Nukleotider		Immune defence against pathogens		
Nötter och nötolja <i>Obs! Ej karaktäriserat!</i>		1) anti-inflammatory 2) heart health 3) weight management 4) healthy cardiovascular system		
Oligomeric procyanidins (OPCs) from grape seeds		1) Improvement of visual adaption to the dark		
Olive biophenols <i>Obs! Ej karaktäriserat!</i>	-	Decreasing potentially pathogenic intestinal microorganisms	-	
Plommon, torkade (<i>Prunus domestica</i> L)			Maintenance of normal bowel function	
Plommon juice (Prune juice)		1) Maintenance of normal bowel function		
Phaseolamine		1) Reduction in body weight		
Pholyphenols in olive	1) Protection of LDL particles from oxidative damage	1) Maintenance of normal blood pressure 2) Contributes to the upper respiratory tract health 3) Can help to maintain a normal function of gastrointestinal tract 4) Contributes to body defences against external agents	Maintenance of normal blood HDL-cholesterol concentrations	<i>Efsa:</i> In order to bear the claim 5 mg of hydroxytyrosol and its derivatives (e.g oleuropein complex and tyrosol) in olive oil should be consumed daily <i>Målgrupp:</i> General population
Pholyphenols <i>Obs! Ej karaktäriserat</i> (2011;9(4):2082		1) Antioxidant properties 2) Lipid metabolism 3) Vascular functions 4) Heart health		

Policosanols from sugar cane		1) Maintenance of normal blood LDL-cholesterol concentrations 2) Maintenance of normal blood HDL-cholesterol concentrations		
Proanthocyanidins from cranberry			Defence against bacterial pathogens in the lower urinary tract	- Powerful protectors of our gums is a general an non specific claim - Heart health is a general an non specific claim
Propolis / flavonoids in propolis <i>Obs! Ej karakteriserad</i>		1) respiratory health 2) antibacterial and antifungal activities 3) throat comfort 4) gut health 5) supports immune defences 6) maintenance of oral health 7) helps to maintain a normal blood circulation 8) hepatoprotective		
Quercetin		1) Protection of DNA, proteins and lipids from oxidative damage 2) Cardiovascular system 3) Mental state and performance 4) Liver, Kidneys		
Granatäpple/ granatäppel juice		1) Maintenance of normal blood cholesterol concentrations 2) Maintenance of normal erectile function 3) Protection of lipids from oxidative damage 4) Increase in appetite after unintentional weight loss leading to an increase in energy intake 5) Maintenance of normal blood glucose concentrations	Antioxidant and anti-aging properties	
Raw fruit of Emblica officinalis Gaertn.		1) Maintenance of normal blood LDL-cholesterol 2) Protection of DNA, proteins and lipids from oxidative damage		
Ribose		1) Faster recovery from muscle fatigue after exercise		
Rutin		1) Improvement of endothelium-dependent vasodilation 2) Protection of DNA, proteins and lipids from oxidative damage.		
Rågbröd		1) Carbohydrate metabolism and		

Obs! Ej karakteriserad (2011;9(4):2082)		insulin sensitivity		
Sockerfritt tuggummi	1) Plaque acid neutralisation (Batch 1, 4 och 5) 2) Maintenance of tooth mineralisation (Batch 1, 4 och 5) 3) Oral dryness	1) Maintenance/achievement of a normal body weight 2) Reduction of dental plaque (Batch 2 och 5) 3) Reduction of calculus	Defence against pathogones in the middle ear	Efsa: - Dental and oral health including gum and thooth protection and strength is too general/non-specific 2) In order to obtain the claimed effect (improved plaque acid neutralisation) sugar-free chewing gum containing carbamide (at least 20 mg carbamide per piece) should be used for at least 20 minutes after eating or drinking. 2) The condition of use for the claim also apply to sugar-free chewing gum containing fluoride
Sockerersättare - xylitol - sorbitol - mannitol - maltitol - lactitol - isomalt - erythritol - D-tagatose - Isomaltulose - Sucralose - polydextrose	1) Maintenance of tooth mineralisation by decreaseing tooth demineralisation 2) Reduction of post-prandial glycaemic responses			Efsa 1) In order to bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, succralose, or polydextrose, or a combination of them so that consumption of such foods or drinks does not lower plaque pH below 5.7 during and up to 30 minutes after consumption and does not lead to dental erosion. 2) In order to bear the claim, sugars should be replaced in foods or drinks by xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, succralose, or polydextrose, or a combination of them, so that food or drinks contain reduced amounts of sugars.
Högintensiva sötningsmedel (intense sweeteners) - acesulfame K - aspartame - cyclamic acid and its sodium and calcium salts - saccharin and its sodium, potassium and calcium salts - sucralose - neohesperidine DC and thaumatin	1) Reduction of post-prandial glycaemic responses 2) Maintenance of tooth mineralisation by decreasing tooth demineralisation	1) Contribution to the maintenance or achievement of a normal body weight 2) Maintenance of normal blood glucose concentrations		Efsa 1) The panel considers that reduction of post-prandial glycaemic responses (as long as post-prandial insulinaemic responses are not disproportionately increased) may be a beneficial physiological effect. <i>Målgrupp</i> : Individuals who wish to reduce their post-prandial glycaemic responses.
Sojafosfatidylkolin		1) Maintenance of normal blood cholesterol concentrations 2) Contribution to normal fat metabolism 3) Increase in the intestinal		Efsa 1) A cause and effect relationship has not been established between the consumption of soy phosphatidyl choline and maintenance of normal blood cholesterol concentrations beyond the hypocholesterolaemic effects that could be

		absorption of glutamine 4) Faster recovery from muscle fatigue after exercise 5) Improvement of neuromuscular function 6) Contribution to normal cognitive function 7) Maintenance of normal neurological function		expected from its fatty acid composition (e.g. primarily from its content of linoleic acid)
Sojaisoflavoner		1) protection of DNA, proteins and lipids from oxidative damage 2) maintenance of normal blood LDL-cholesterol 3) normal hair growth	1) reduction of vasomotor symptoms associated with menopause	<i>Efsa:</i> - "normal skin tonicity" does not refer to a function of the body - "cardiovascular health" – non specific - "treatment of prostate cancer" – treatment of a disease - "contributes to the upper respiratory tract" – non specific
Soppor <i>Obs! Ej karakteriserad</i> (2011;9(4):2082		1) Weight management 2) Satiety		
Spermidine		Contribution to normal hair growth		
Superoxiddismutat (SOD)		1) Protection of DNA, proteins and lipids from oxidative damage 2) Protection of the skin from photo-oxidative (UV-induced) damage 3) Reduction of muscle fatigue during exercise		<i>Efsa:</i> The panel notes that absorption of intact SOD has not been observed in humans and is unlikely to occur. - Effects on immune system – ospecificikt
Supercritical CO ² extracted blackcurrant seed oil		Maintenance of normal blood pressure Maintenance of normal blood LDL-cholesterol concentrations		
Taurin	-	1) Protection of DNA, proteins and lipids from oxidative damage 2) Normal energy-yielding metabolism 3) Delay the onset of fatigue or the enhancement of physical performance	-	
Grenade aminosyror / Branched-chain-amino acids (BCAA)		1) Growth or maintenance of muscle mass 2) Attenuation of the decline in muscle power following exercise at high altitude		<i>Efsa:</i> - Healthy immune system - claimed effect is not sufficiently defined. - Improvement of some plasma markers of immune response and the references provided report on changes in a number of

		<p>3) Improvement of cognitive function after exercise</p> <p>4) Reduction in perceived exertion during exercise</p> <p>5) Healthy immune system</p>		<p>biochemical variables related to the immune system following the administration of BCAA. However, the Panel considers that the evidence provided does not establish that changes in these immune parameters are per se a beneficial physiological effect.</p>
Vatten	<p>1) Maintenance of normal physical and cognitive functions</p> <p>2) Maintenance of normal thermoregulation</p>	<p>1) Basic requirements of all living things</p>		<p><i>Efsa:</i> In order to obtain the claimed effect, at least 2.0 L of water should be consumed per day. <i>Målgrupp:</i> General population</p>
Valnötter	<p>Improvement of endothelium-dependent vasodilation</p>			<p><i>Efsa:</i> In order to bear the claimed effect, 30 g walnuts should be consumed daily.</p>
Very low calorie diets (VLCD)	<p>Reduction in body weight</p>	<p>1) Reduction in the sense of hunger</p> <p>2) Reduction in body fat mass while maintaining lean body mass</p>		<p><i>Efsa:</i> In order to bear the claim, a diet should comply with the specifications and conditions of use laid down in CODEX STAN 203-1995. <i>Målgrupp:</i> Obese adults who wish to reduce their body weight.</p>
Växtsteroler och växtstanoler	<p>1) Reduction of blood cholesterol concentration</p>	<p>1) Maintenance of normal prostate size and normal urination</p>		<p><i>Efsa:</i> - <i>Villkor:</i> 0,8 gram växtsteroler/stanoler per dag. - <i>Målgrupp:</i> vuxna (ej gravida och ammande kvinnor eller barn under fem år). - Novel food-krav avseende märkning gäller.</p> <p><i>SNF:</i> Utlåtandet ger inga förslag på ordalydelse. Ordalydelse för artikel 13.1-påståenden får ej vara "sänker kolesterolnivån". (jmf t ex kommentar om ordalydelse om beta-glukan ovan).</p>
Zeaxanthin		<p>Maintenance of normal vision</p>		
Äppelcidervinäger (pulver)	-	<p>Improvement of bowel motor function</p>	-	
<p><i>Obs! Ej karakteriserad!</i></p> <p>MIKROORGANISMER BAKTERIESTAMMAR/JÄST</p> <p>OBS! Bakterier/jäst som ej bedömts vara tillräckligt väl karakteriserad är ej listade här.</p>				<p>Enligt Efsa krävs följande för att en bakterie ska anses tillräckligt väl karakteriserad:</p> <ul style="list-style-type: none"> - <i>Species identification</i> by DNA-DNA hybridization or 16S rRNA sequence analysis <p>OCH</p> <ul style="list-style-type: none"> - <i>Strain specification</i> by DNA macrorestriction followed by PFGE, RADP, ARDRA or other internationally accepted genetic typing molecular methods <p>Enligt Efsa krävs följande för att jäst ska anses tillräckligt väl karakteriserad:</p> <ul style="list-style-type: none"> - <i>Species identification</i> by restriction fragment length polymorphism analysis (RFLP) (e.g. RFLP of PCR products of the 5.8S rDNA internal transcribe spacer [ITS] region) or by sequencing analysis of DNA taxonomic markers (e.g. the

				D1 and D2 domains of 26S rDNA or ITS regions). - Strains identification by chromosome length polymorphism analysis by PFGE, RAPDs, microsatellite DNA polymorphism analysis or other internationally accepted genetic typing molecular techniques
<i>B animalis</i> Lafti B94 (CBS118.529)		Decreasing potentially pathogenic intestinal microorganisms (probiotic, enhance levels of beneficial microflora, support a balanced/beneficially affect the intestinal microflora)		
<i>Bifidobacterium longum</i> BB536		1) Improvement of bowel regularity 2) Normal resistance to cedar pollen allergens 3) Decreasing potentially pathogenic gastro-intestinal microorganisms		
<i>Bifidobacterium animalis</i> ssp.lactis Bb-12		1) Immune defence against pathogens 2)Decreasing potentially pathogenic gastro-intestinal microorganism 3) Natural immune function 4) Maintenance of normal blood LDL-cholesterol		
<i>L casei</i> F19 (LMG P-17806)	-	Improvement of bowel motor function within the normal range (normalises/promotes bowel movement/activity/regularity)	-	<i>Efsa</i> : None of the references addressed bowel motor function – could not be evaluated
<i>L gasseri</i> CECT5714 och <i>L coryniformis</i> CECT5711	-	1) Decreasing potentially pathogenic intestinal microorganisms (probiotic, and balances your healthy intestinal flora) 2) Improvement of the intestinal transit within the normal range 3) natural defence/immune system	-	<i>Efsa</i> : 3) The evidence provided does not establish that changing parameters of the immune system, such as the production of cytokines, increasing natural killer cell numbers/activity and increasing the phagocytic activity of granulocytes and monocytes, is per se a beneficial physiological effect.
<i>L johnsonii</i> BFE 6128	-	1) Decreasing potentially pathogenic intestinal microorganisms (maintaining/restoring the balance of intestinal flora) 2) Natural defences//immune	-	1) <i>Efsa</i> : None of the studies related to the actual strain. 2) <i>Efsa</i> : General and non-specific 3) <i>Efsa</i> : General and non-specific

		system 3) Skin health		
<i>Lactobacillus johnsonii</i> NCC 533 (La1) (CNCM I-1225)		1) Improving immune defence against pathogenic gastro-intestinal microorganisms 2) Protection of the skin from UV-induced damage (ID 900)		
<i>L. paracasei</i> 8700:2		Decreasing potentially pathogenic intestinal microorganisms (beneficial changes in the microflora)		Efsa: Strengthen the immune system not sufficiently characterised
<i>L. paracasei</i> B21060		1) Decreasing potentially pathogenic gastro-intestinal microorganisms 2) Maintenance of normal intestinal transit time 3) Reduction of gastro-intestinal discomfort		
<i>L. plantarum</i> 299 (DSM 6595, 67B)		1) "immune system" 2) Decreasing potentially pathogenic intestinal microorganisms		Efsa: The claimed effect "immune system" is not sufficiently characterised. No more details were provided in the proposed wording.
<i>L. plantarum</i> 299v (DSM 9843)		1) Decreasing potentially pathogenic intestinal microorganisms (supporting a healthy intestinal flora) 2) "immune system" 3) Reduction of flatulence and bloating 4) Protection of DNA, proteins and lipids from oxidative damage		Efsa: - Immune system has not been sufficiently defined: References provided address several effects related to immune system (e.g. gut barrier function, systemic inflammatory response, antibody production) and it is not possible to establish which specific effect is the target for the claim.
<i>L. plantarum</i> BFE 1985		Decreasing potentially pathogenic intestinal microorganisms		
<i>Lactobacillus Plantarum</i> BFE 1685		Natural defences / immune system		
<i>Lactobacillus rhamnosus</i> ATCC 53103 (LGG)		Maintenance of tooth mineralisation		- Gastro-intestinal health general and non specific
<i>L. rhamnosus</i> HN001 (AGAL NM97/09514)		Decreasing potentially pathogenic intestinal microorganisms (probiotic, improve the level of natural good bacteria, maintains the balance of a healthy microflora, and beneficially affects the intestinal flora)		
<i>Lactobacillus rhamnosus</i> GR-1 (ATCC		Defence against vaginal		

55826) + <i>Lactobacillus Reuteri RC-14</i> (ATCC 55845)		pathogens		
<i>L. rahnmosus</i> LB21 NCIMB 40564		1) Decreasing potentially pathogenic intestinal microorganisms 2) Reduction of mutans streptococci in the oral cavity (3. Digestive health) 4) Maintains individual intestinal microbiota in subjects receiving antibiotic treatment		<i>Efsa:</i> - Digestive health: subjects receiving antibiotic treatment under medical supervision – do not comply with the criteria laid down in 1924/2006 - “Oral flora” not sufficiently characterised
<i>L. reuteri</i> ATCC 55730	-	1) Decreasing potentially pathogenic intestinal microorganisms (probiotic, beneficially affect the intestinal flora/support a healthy intestinal flora/balances intestinal flora) 2) Natural defence	-	<i>Efsa:</i> - Natural defence ej tillräckligt väl karakteriserad effekt
<i>Lactobacillus fermentum</i> CECT5716		1) Maintenance of the upper respiratory tract defence against pathogens by maintaining immune defences		
<i>Lactobacillus fermentum</i> ME-3		Helps to strengthen the organism's defence ability		
<i>Lactobacillus paracasei</i> LMGP-22043		1) Decreasing potentially pathogenic gastro-intestinal microorganism 2) Reduction of gastro-intestinal discomfort		1) <i>Efsa:</i> No human studies were provided which addressed outcomes related to the claimed effect.
Fermenterade mjölkprodukter med <i>B. animalis ssp. lactis</i> Bb-12 och kostfiber		Decreasing potentially pathogenic intestinal microorganisms		<i>Efsa:</i> The soluble fibre not sufficiently characterised
Levande yoghurtkulturer (innehållande t ex <i>L. delbrueckii</i> subsp. <i>Bulgaricus</i> , och <i>Sterptococcus thermophilus</i>)	Improved lactose digestion			<i>Efsa:</i> <i>Villkor:</i> At least 10 ⁸ CFU per serving <i>Målgrupp:</i> Individuals with lactose maldigestion
“BOTANICALS”				
<i>Aegopodium podagraria</i> L. <i>Obs! Ej karakteriserad.</i>		Maintenance or achievement of a normal body weight		<i>Efsa:</i> - The only reference cited was not available to the Panel
<i>Ammi visnaga</i> (L.) Lam.		Relief in case of irritation in the upper respiratory tract		
<i>Angelica sinensis</i> (Oliv.) Diels <i>Obs! Ej karakteriserad</i>		1) Maintenance of normal joints 2) Oxygen transport		<i>Efsa:</i> - Blood system is not sufficiently defined

<i>Ajuga reptans</i> L.		Sebum production (trophism of skin and related tissue)		
<i>Obs! Ej karaktäriserad</i>				
<i>Armoracia rusticana</i> P. Gaertn.		Improvement of diuretic function		<i>Efsa:</i> - Renal elimination/organism draining is not sufficiently characterised - No evidence that improvement in diuretic function is beneficial to human health of the general population
<i>Calluna vulgaris</i> (L.) Hull		Normal 1) mood balance 2) ability to fall asleep		
<i>Camellia sinensis</i> (L) Kuntze (tea), including catechins in green tea and tannins in black tea <i>Efsa:</i> Whereas <i>Camellia sinensis</i> (L.) Kuntze (tea) is not sufficiently characterised, catechins in green tea (including EGCG) and tannins in black tea are sufficiently characterised		1) Protection of DNA, proteins or lipids from oxidative damage (Batch 2 och 4) 2) Reduction of acid production in dental plaque 3) Maintenance of normal bone 4) Decreasing potentially pathogenic intestinal microorganisms (Batch 2 och 4) Maintenance of normal 5) vision 6) normal blood pressure (Batch 2 och 4) 7) blood cholesterol concentrations (Batch 2 och 4) 8) Improvement of endothelium-dependent vasodilation 9) Maintenance of normal blood glucose concentrations 10) Protection of the skin from UV-induced (including photo-oxidative) damage 11) Contribution to normal cognitive function 12) Cardiovascular system 13) Invigoration of the body 14) Immune health 15) Mouth		
<i>Carthamus tinctorius</i> L.		Normal 1) skin 2) hair		
<i>Chenopodium quinoa</i> L. <i>Efsa:</i> Not sufficiently characterised		Normal hair		

<i>Corylus avellana</i> L.		Normal skin		
<i>Cyamopsis tetragonoloba</i> (L.) Taubert <i>Obs! Ej karaktäriserad</i>		1) Maintenance/achievement of normal body weight (weight management) 2) Long-term maintenance of normal blood glucose concentrations		<i>Efsa:</i> - Weight study: “modified guar gum” – how relate to the food applied for? - Blood glucose: study not available
<i>Daucus carota</i> L.		Maintenance of normal vision (eye health)		
<i>Equisetum arvense</i> L. <i>Obs! Ej karaktäriserad</i>	-	Maintenance/achievement of normal body weight	- Invigoration to the body – not sufficiently characterised to be evaluated Reference was not accessible for the following claims: Maintenance of 2) skin 3) bone	
<i>Fagopyrum esculentum</i> Moench <i>Obs! Ej karaktäriserad</i>		Normal function of the upper respiratory tract		<i>Efsa:</i> - Respiratory health is not sufficiently defined
<i>Fraxinus excelsior</i> L.		1) Maintenance of normal joints 2) Maintenance or achievement of a normal body weight.		<i>Efsa:</i> - joint health and control of weight are not sufficiently defined
<i>Helianthus tuberosus</i> L.		1) Decreasing potentially pathogenic intestinal microorganisms 2) Breaking down lactose 3) Maintenance or achievement of a normal body weight		<i>Efsa:</i> - Gut health is not sufficiently defined
<i>Hibiscus sabdariffa</i> L.		1) Improvement of diuretic function 2) Improvement of bowel motor function within the normal range.		<i>Efsa:</i> - Renal elimination/organism draining is not sufficiently defined - No evidence has been provided to establish that improvement of diuretic function is beneficial to human health of the general population
<i>Justicia adhatoda</i> L.		1) Protection of DNA, proteins and lipids from oxidative damage 2) Normal function of the upper respiratory tract		<i>Efsa:</i> <i>Justicia adhatoda</i> has not been sufficiently characterised for 1), MEN has been sufficiently characterised for 2) (conditions of use fanns specificerade I ansökan).
<i>Justicia gendarussa</i> L. <i>Obs! Ej karaktäriserad</i>		1) Improvement of diuretic function 2) Reduction of inflammation of the lower urinary tract.		<i>Efsa:</i> - Health of lower urinary tract is not sufficiently defined - No evidence has been provided to establish that improvement of diuretic function is beneficial to human health of the general population.

Kaki fruit		Maintenance of normal vision		
<i>Lathyrus pratensis</i> L.		Normal function of the upper respiratory tract		
<i>Obs! Ej karaktäriserad</i>				
<i>Levisticum officinale</i> W.D.J Koch		Improvement of diuretic function		<i>Efsa:</i> - Renal elimination/ organism draining is not sufficiently characterised - No evidence that improvement in diuretic function is beneficial to human health of the general population
<i>Ocimum basilicum</i> L.		Improvement of diuretic function		<i>Efsa:</i> - Renal elimination/ organism draining is not sufficiently characterised - No evidence that improvement in diuretic function is beneficial to human health of the general population
<i>Picea abies</i> (L.) Karsten		Relief in case of irritation in the upper respiratory tract.		<i>Efsa:</i> - Respiratory passages and respiratory health are not sufficiently defined
<i>Theobroma cacao</i> L. (<i>theobromin</i>)		Maintenance or achievement of normal body weight		
<i>Tussilago farfara</i> L.		1) Normal function of the upper respiratory tract 2) Immune health		<i>Efsa:</i> - immune health is not sufficiently characterised
<i>Obs! Ej karaktäriserad</i>				
<i>Undaria pinnatifida</i> (Harvey) Suringar		Maintenance or achievement of normal body weight		
<i>Viola tricolor</i> L.		Relief in case of irritation in the upper respiratory tract (respiratory health)		
ÖVRIGA UTLÅTANDE				
Anthocyanidins and proanthocyanidins		1) cardiovascular system 2) blood fat levels 3) carbohydrate metabolism and insulin sensitivity 4) gut health 5) eyes		
<i>Obs! Ej karaktäriserad</i>				
(2011;9(4):2083				
"Antioxidanter"				<i>Efsa:</i> - Protection of cells from premature ageing : does not comply with the criteria laid down in Regulation 1924/2006 - Antioxidant activity/content/properties : No evidence provided to establish a beneficial physiological effect - Protection of DNA, proteins and lipids from oxidative damage : Considered as a beneficial for physiological effect, MEN evidence insufficient for the foods/constituents
Vilka livsmedel/substanser som omfattas framgår av följande utlåtande:				
www.efsa.europa.eu/en/efsajournal/pub/1489.htm				

Efsa journal 2010; 8(2):1489				evaluated in this opinion. - Animal and in vitro studies not sufficient to predict effect in humans.
<p>“Maintenance of joints/bone/muscles”</p> <p>Vilka livsmedel/substanser som omfattas framgår av följande utlåtande:</p> <p>www.efsa.europa.eu/en/efsajournal/pub/1493.htm</p> <p>Efsa journal 2010; 8(2):1493</p>				<p><i>Efsa:</i></p> <p>- Maintenance of joints: The evidence provided does not establish that results obtained in studies on subjects with osteoarthritis or (osteo)arthritis of different origin relating to the treatment of symptoms of these diseases (e.g. erosion of articular cartilage, reduced mobility of joints) can be extrapolated to the maintenance of normal joints in the general population. The evidence provided in the animal and <i>in vitro</i> studies submitted is not sufficient to predict the occurrence of an effect of the food(s)/food constituent(s) on the maintenance of normal bone <i>in vivo</i> in humans.</p> <p>- Maintenance of normal bone is a beneficial physiological effect. On the basis of the data presented, the Panel concludes that a cause and effect relationship has not been established for the food(s)/food constituent(s) evaluated in this opinion</p> <p>- Maintenance of muscles is a beneficial physiological effect. On the basis of the data presented, the Panel concludes that a cause and effect relationship has not been established for the food(s)/food constituent(s) evaluated in this opinion</p>
<p>“Maintenance of normal blood glucose concentrations”</p> <p>Vilka livsmedel/substanser som omfattas framgår av följande utlåtande:</p> <p>www.efsa.europa.eu/en/efsajournal/pub/1490.htm</p> <p>Efsa journal 2010; 8(2):1490</p>				<p><i>Efsa:</i></p> <p>- Evidence provided by studies conducted in subjects with diagnosis of type 2 diabetes under conventional oral anti-diabetic medications and/or insulin therapy does not predict the occurrence of an effect of the food(s)/food constituent(s) on maintenance or achievement of normal blood glucose concentrations in the general population.</p> <p>- Evidence provided in the animal and <i>in vitro</i> studies submitted is not sufficient to predict the occurrence of an effect of the food(s)/food constituent(s) on maintenance or achievement of normal blood glucose concentrations <i>in vivo</i> in humans.</p>
<p>Vitamins, minerals and omega-3 fatty acids</p> <p>www.efsa.europa.eu/en/efsajournal/pub/2077.htm</p> <p>Efsa journal 2011;9(4):2077</p>				<p><i>Efsa:</i></p> <p>- For IDs 4 and 217 the claimed effects are “multivitamin supplementation to sustain vitality while aging”, and “development” - general and non-specific</p> <p>- For ID 5 the claimed effect is “vitamins and minerals during pregnancy and lactation” - the claimed effect refers to the supply of a food constituent to the human body, rather than to a relationship between a food/food constituent and health</p>

				<p>- For IDs 1, 2, 3, 7, 10, 11, 12, 111, 112, 168, 173, 174, 179, 184, 201, 210, 362, 372, 717, 1464, 1515, 2872, 2874, 3094, 3095, 4279, 4280, 4281, 4282, 4284, 4285, 4286, 4287, 4289, 4291, 4292 and 4708 the claimed effects refer to several distinct physiological functions. <i>Target population:</i> the general population.</p> <p>- Essential nutrients, including vitamins and minerals, are needed by the human body to maintain normal physiological functions. Individual vitamins, minerals and omega-3 fatty acids have various and different metabolic roles. Claims on the role of individual vitamins, minerals and omega-3 fatty acids on various body functions have already been evaluated in previous opinions.</p>
<p>Various foods/constituents</p> <p>T.ex. mjölkfosfor protein, vegetrodds olja, glutamin, glukosamin och diverse botanicals</p> <p>Vilka livsmedel/substanser som omfattas framgår av följande utlåtande:</p> <p>www.efsa.europa.eu/en/efsajournal/pub/1799.htm</p> <p>Efsa journal 2010;8(10):1799</p>		<p>1) reduction of inflammation 2) decreasing potentially pathogenic gastro-intestinal microorganisms</p>	<p>1) Immune function/immune system 2) contribution to body defences against external agents</p>	<p><i>Efsa:</i></p> <p>- Whether or not the reduction of inflammatory markers is considered to be beneficial depends on the context in which the claim is made. The Panel considers that no evidence has been provided in which context the claimed effect could be considered as a beneficial physiological effect.</p> <p>- No human studies have been provided that investigated the effects of the food(s)/food constituent(s) that are the subject of the health claims on outcomes related to the claimed effect, and the evidence provided in <i>in vitro</i> studies alone is not sufficient to predict the occurrence of an effect of the consumption of the food(s)/food constituent(s) on decreasing potentially pathogenic gastro-intestinal microorganisms.</p>
<p>Various foods/constituents</p> <p>Vilka livsmedel/substanser som omfattas framgår av följande utlåtande:</p> <p>www.efsa.europa.eu/en/efsajournal/pub/1767.htm</p> <p>Efsa journal 2010;8(10):1767</p>		<p>1) Increasing numbers of gastro-intestinal microorganisms 2) Decreasing potentially pathogenic gastro-intestinal microorganisms</p>		<p><i>Efsa:</i></p> <p>- Healthy and balanced digestive system – ospecifik, ej karakteriserad effekt</p> <p>- The evidence provided does not establish that increasing numbers of gastro-intestinal microorganisms is a beneficial physiological effect.</p> <p>- The Panel considers that decreasing potentially pathogenic gastro-intestinal microorganisms might be a beneficial physiological effect. MEN No human studies have been provided.</p>
<p>Various foods/constituents (prebiotics/probiotics)</p> <p>Vilka livsmedel/substanser som</p>		<p>1) Increasing numbers of gastro-intestinal microorganisms 2) Decreasing potentially pathogenic gastro-intestinal microorganisms</p>		<p><i>Efsa:</i></p> <p>- The evidence provided does not establish that increasing numbers of gastro-intestinal microorganisms is a beneficial physiological effect.</p> <p>- The Panel took into account that in the human intervention</p>

<p>omfattas framgår av följande utlåtande: www.efsa.europa.eu/en/efsajournal/pub/1809.htm Efsa journal 2010;8(10):1809</p>			<p>studies provided the bacterial groups have not been sufficiently characterised as being <i>potentially pathogenic</i>, and that evidence from animal studies is not sufficient to predict the occurrence of an effect of the consumption of the food(s)/food constituent(s) in humans.</p>
<p>Various foods/constituents Huvudsakligen div “botanicals” Vilka livsmedel/substanser som omfattas framgår av följande utlåtande: www.efsa.europa.eu/en/efsajournal/pub/1742.htm Efsa journal 2010;8(10):1742</p>		<ul style="list-style-type: none"> - increase in renal water elimination - kidneys health - urinary health - bladder health - health of lower urinary tract - blood health - elimination - urinary system benefits - supports/promotes the excretory function of the kidney - treatment/prevention of renal gravel/kidney stones and urinary tract infections 	<p><i>Efsa</i> - The evidence provided does not establish that an <i>increase in renal water elimination</i> potentially leading to a negative fluid balance is a beneficial physiological effect for the general healthy population. - <i>Kidneys health, urinary health, bladder health, health of lower urinary tract, blood health, elimination, urinary system benefits, supports/promotes the excretory function of the kidney</i> – ospecifika, ej karaktäriserade funktioner - <i>Treatment/prevention of renal gravel/kidney stones and urinary tract infections</i> – treatment/prevention, does not comply with the Regulation.</p>
<p>Various foods/constituents T.ex äppeljuice, frukt, grönsaker och diverse botanicals Vilka livsmedel/substanser som omfattas framgår av följande utlåtande: www.efsa.europa.eu/en/efsajournal/pub/1752.htm Efsa journal 2010;8(10):1752</p>		<ul style="list-style-type: none"> - protection of cells from premature aging - antioxidant activity - antioxidant content - antioxidant properties - protection of DNA, proteins and lipids from oxidative damage - bioavailability of anthocyanins in black currants 	<p><i>Efsa</i> - “<i>anti-cancer</i>” relates to the prevention of a human disease - does not comply with the Regulation - No definition has been provided of “<i>premature (skin) ageing</i>”, “<i>healthy ageing</i>”, “<i>oxidation-induced ageing</i>” or “<i>cellular ageing</i>” in relation to the antioxidant properties of foods - non-specific - The Panel considers that claims made on the <i>antioxidant capacity/content</i> or properties of foods/food constituents based on their capability of scavenging free radicals <i>in vitro</i> refer to a property of the food/food constituent measured in model systems. The information provided does not establish that this capability as such exerts a beneficial physiological effect in humans. - <i>bioavailability of anthocyanins in black currants</i> - refers to the bioavailability of the food constituent rather than to a relationship between the food constituent and health</p>
<p>Various foods/constituents T ex äppercidervinäger och div “botanicals” Vilka livsmedel/substanser som omfattas framgår av följande utlåtande: www.efsa.europa.eu/en/efsajournal/pub/</p>		<ul style="list-style-type: none"> - biotransformation of xenobiotic substances - elimination - cleansing - purification - elimination of heavy metals - maintenance of normal bowel function 	<p><i>Efsa</i> - <i>Biotransformation of xenobiotic substances</i> – ospecifikt - “<i>Elimination</i>”, “<i>cleansing</i>” and “<i>purification</i>” are not sufficiently defined</p>

<p>b/1733.htm</p> <p>Efsa journal 2010;8(10):1733</p>				
<p>Various foods/constituents</p> <p>T ex vitaminer (A, B5, B12, C), biotin och div “botanicals”</p> <p>Vilka livsmedel/substanser som omfattas framgår av följande utlåtande:</p> <p>www.efsa.europa.eu/en/efsajournal/pu b/1738.htm</p> <p>Efsa journal 2010;8(10):1738</p>		<ul style="list-style-type: none"> - energy and vitality - invigoration of the body - general health - tonic - stimulant - metabolic benefits 		<p>Efsa:</p> <ul style="list-style-type: none"> - claimed effects are general and non-specific
<p>Various foods/constituents</p> <p>Påståenden som klassificeras som barnpåståenden (art 14.1)</p> <p>Vilka livsmedel/substanser som omfattas framgår av följande utlåtande:</p> <p>www.efsa.europa.eu/en/efsajournal/pu b/1731.htm</p> <p>Efsa journal 2010;8(10):1731</p>				<p>Efsa:</p> <ul style="list-style-type: none"> - The claimed effects are - fetal growth - neural tube development - neurological development in embryos - growth and development and maintenance - brain development in the foetus - “growth and development and maintenance of body functions - growth and development. - Cod liver oil contains EPA and DHA (omega-3) that increase birth weight and growth rate”.
<p>Various foods/constituents</p> <p>Påståenden om ökad biotillgänglighet/intag av/närvaro av näringsämne (ej hälsopåståenden)</p> <p>Vilka livsmedel/substanser som omfattas framgår av följande utlåtande:</p> <p>www.efsa.europa.eu/en/efsajournal/pu b/1743.htm</p> <p>Efsa Journal 2010;8(10):1743</p>				<p>Efsa:</p> <p>Claimed effects are:</p> <ul style="list-style-type: none"> - improved bioavailability of nutrients - energy and nutrient supply - presence of a nutrient in the human body
<p>Various foods/food constituents</p> <p>Bl.a. div “botanicals”</p> <p>Vilka livsmedel/substanser som</p>		<ul style="list-style-type: none"> - immune function/immune system - Contribution to body defences against external agents - Stimulation of immunological 		

<p>omfattas framgår av följande utlåtande</p> <p>www.efsa.europa.eu/en/efsajournal/pub/2061.htm</p> <p><i>Obs! Ej karaktäriserad</i></p> <p>Efsa journal 2011;9(4):2061</p>		<p>responses</p> <ul style="list-style-type: none"> - Reduction of inflammation - Increase in renal water elimination - Treatment of diseases - Increasing numbers of gastrointestinal microorganisms 		
<p>Various foods/food constituents</p> <p>Vitamins, minerals, lysine and/or arginine and /or taurine</p> <p>Vitamins, minerals, trace elements and standardised gingseng G115 extract</p> <p>Foods low in cholesterol</p> <p>Foods low in trans-fatty acids</p> <p>Plant-based preparation for use in beverages</p> <p>Acid water-based, non-alcoholic flavoured beverages containing calcium in the range of 0.3-0.8 mol/mol of the acid with a Ph not lower than 3.7</p> <p>Fiskprotein</p> <p>Royal jelly</p> <p>Sodium alginate and ulva</p> <p>Vilka livsmedel/substanser som omfattas framgår av följande utlåtande:</p> <p>www.efsa.europa.eu/en/efsajournal/pub/2083.htm</p> <p><i>Obs! Ej karaktäriserad</i></p> <p>Efsa journal 2011;9(4):2083</p>		<ul style="list-style-type: none"> -Nutritional support during the period of growth for physical development -Nutritional support after illness - Nutritional support to help mental performance - Exhaustion -Tiredness -Feeling of weakness -Decreasing concentration -Decreasing mental performance -Mental performance -Energy metabolism Maintenance of normal blood cholesterol concentrations Maintenance of normal blood cholesterol concentrations -aide à la prise de décisions chez les personnes hésitantes -aide à se libérer des petites manies Maintenance of tooth mineralisation by decreasing tooth demineralisation Skin, hair and nail health Natural defence/immune system Metabolism Vascular function Glands function Skin health 		

		<p>Tonus/vitality Antiasthénique Immunostimulant Menopause Effet oestrogénique Hypolipémiant Vitalité physique et intellectuelle Helps heart health and to maintain a balanced level of cholesterol and lipids in the body</p> <p>Bind toxins Bind mutagens and heavy metals Stimulate and increase colonic mucin production Thicken the colonic mucosa and protect the colon from harmful substances</p>		
<p>Various foods/food constituents</p> <p>Vilka livsmedel/substanser som omfattas framgår av följande utlåtande:</p> <p>www.efsa.europa.eu/en/efsajournal/pub/2083.htm</p> <p><i>Obs! Ej karakteriserad</i></p> <p>Efsa journal 2011;9(4):2083</p>				
<p>Various foods/food constituents</p> <ul style="list-style-type: none"> - dairy products - raw or processed food of animal origin - bread and panification products - herbal yeast plasmolysate - apple polyphenols - rye flour - tomato juice - whey protein and alphasactalbumin - brocco shots 		<p>-weight mangement -maintenance of tooth mineralisation -maintenance of blood cholesterol concentrations -blood glucose control -physical performance and concentrations -immune defence against pathogens -maintenance of normal prostate size -cognitive function -mood</p>		

<ul style="list-style-type: none"> - broccoli sprout powder - Brassica oleracea var. <i>italica</i> - Honey - Cucurbita pepo L (pumpkin) seeds and seeds extracts <p><i>Obs! Ej karakteriserad</i></p> <p>Efsa journal 2011;9(6):2243</p>		<ul style="list-style-type: none"> -blood pressure -protection of cells and molecules -normal urination 		
<p>Various foods/food constituents</p> <p>Milk phospholipids Lactobacillus acidophilus LA14 Chlorophyllin Glycerol Zinc carnosine Sodium alginate, n-acetyl cysteine and piperine Lipids of fish gonads WGP beta-glucan;(WGP® (1,3)-b-D-glucan) Homotaurine Mung bean (Vigna Radiata) Aspalathus linearis Cherries (Prunus cerasus, P. domestica), including Montmorency, Balaton or other sour/tart cherry varieties Citrus limon Raphanus sativus var niger (Common Name : Radish, Black radish, Japanese radish, Daikon) Rubus fruticosus L Sambucus nigra (Common Name : Elderberry) Ananas comosus - common name: Bromelain, Pineapple Ribes nigrum L (Blackcurrant) Rubus idaeus - common name: Blackberry Horseradish root Emblica officinalis (Indian Gooseberry)</p>		<ul style="list-style-type: none"> Digestive system Urogenital tract /Natural vaginal defence Relief for Gastric Discomfort Respiratory health Gastric comfort Supports body detoxification Improve memory and cognitive functions Immune system Enhancing memory and cognitive function Menopause Relaxation Brain/mental/cognitive health Liver health Digestion Respiratory health Eyes Induction of apoptosis of transformed and damaged cells Healthy digestion Improvement of the digestion Phyto-estrogenic properties Santé gastro-intestinale Contributes to physical well-being Mental function & Head Eyes Digestive process 		

<p>Wheat sprouts Indole-3-carbinol Beta vulgaris (red beet juice, lactic acid fermented) Papayafruchtfleisch (CARICOL®) Lignans Graines de brocoli et extraits de graines de brocoli VACCINIUM VITIS- IDAEA L Emblica officinalis FRUIT RIND Brewer's yeast</p> <p><i>Not supported by pertinent human data</i></p> <p>Efsa journal 2011;9(6):2248</p>				
<p>Various foods/food constituents</p> <p>Gemüse / Rote Beete / Kalium Carbohydrate, protein and lipid combination Glucose and fructose Caffeine and carbohydrate Collagen Glucosamine Evening Primrose Oil (EPO), Oenothera spp. and Fish Oil (FO) providing long chain omega 6 and omega 3 fatty acids [gamma-linolenic acid (GLA) and eicosapentaenoic acid (EPA) Bioactive oligosaccharide Brewer's Yeast Mineral water/Hydrogencarbonate (Bicarbonate) Amylopectin Amylopectin and L-carnitine Collagen hydrolysate EAS Phosphagen Elite EAS Phosphagen HP Malic acid Omega-3 fatty acids (Hi-EPA) with Glucosamine</p>		<p>Formation and activation of protein Recovery Endurance Enhanced carbohydrate delivery to muscle Endurance performance and increases carbohydrate availability Joints Soigne l'ostéarthrose Joint Health Glicosylated phenylethanoides guard against symptoms of fatigue of skeleton muscle cells Energy metabolism Muscles/increase in performance Carbohydrate metabolism Carbohydrate and lipid metabolism Joint health Increasing Strength Increasing Work Capacity Enhancing Training Volume & Intensity Increasing Exercise Thresholds Increasing Strength Enhancing Anaerobic Working Capacity</p>		

<p>Shark cartilage + greenshell mussel Soy + magnesium + calcium + zinc + manganese + copper + vitamin B6 + vitamin D + vitamin K Cartilage de requin Ribes nigrum Ananas comosus (Pineapple) fruit Cordyceps sinensis Emblica officinalis FRUIT RIND Vaccinium vitis idaea, herba Glucosamine sulphate Fructose, Glucose, Maltodextrine, Milk protein concentrate, 5.Soy protein concentrate, Creatine, Vitamin C, Magnezium Oxide, Zinc Oxide,Alimentary flavors Glucosamin 500 mg, chondroitin 440 mg, vit. PP 6 mg, Sodium selenit 4,8 mg.cps</p> <p><i>Not supported by pertinent human data</i></p> <p>http://www.efsa.europa.eu/en/efsajournal/pub/2247.htm</p> <p>Efsa journal 2011;9(6):2247</p>		<p>Muscles/energy Joint health Joints Bone Articulations Muscles and joint health Anti-inflammatory properties Adaptogen, supports energy level, Invigoration of the body,supports immunesystem Strength & energy Bones and Joints Health Health of bones and joints, as a structural component of the cartilage Muscular Development Bones and Joints Health</p>		
<p>Various foods/food constituents</p> <p>Mineral water/sodium chloride Fructose + dextrose Black rice (Oriza sativa indica) Berries (lingonberry, cloudberry, blueberry, currants, raspberry and strawberry) Grape juice Apple cider vinegar Sauerkraut Saft Standardised Potato Extract Tomato extract, grape seeds extract, vitamin C and E,</p>		<p>Appetite (stimulation) Weight control Heart health vascular health Cardiovascular system Maintenance of cardiovascular system Weight management D/L-lactic acid - L(+)-lactic acid activate the gut motility Satiety/Weight management/Promotion of CCK release and soy foods For cardiovascular health Vascular health</p>		

<p>Selenium Trolox Hesperidin Anthocyanins Flavonoids from green tea, apple and onion Diosmin Aronia melanocarpa (Common Name : Chokeberry) Sinapis alba (Common Name: White mustard) Vitis vinifera (Common Name: Grape) Citrullus lunatus (Watermelon) extract - ACTI-08 Prunus mume (Plum) extract - INP-08 Ribes nigrum - nom commun: blackcurrant Rice vinegar extract - INRV-08 Rubus idaeus (Raspberry) extract - BERI-08 Extract from Aronia melanocarpa Ribes nigrum - nom commun : blackcurrant Grape (Vitis vinifera L) Radis noir: Raphanus niger (Black radish) Zea mays L. ; Common name : Mais Mangosteen (Garcinia mangostana L) fruits and extracts derived from the fruits Standardized potato extract Natural mineral water: Sulphates as Mg-, Na- salts: MgSO₄, Na₂SO₄ Potato protein isolate Beta carota (carrot juice, lactic acid fermented) Fat-reduced cream powder Plante : Pomme SproutGarden® Sprout Blend (Ananas sativus) obtained from fruit juice and stems AND Dry aqueous extract of pineapple standardized at 2% of bromelain</p>		<p>Cardiovascular health Cardiovascular health Weight control Vascular health Antioxidant properties/source of anthocyanins and polyphenols with antioxidant activity Appetite/Digestion Heart health Weight loss management carbohydrate & lipid metabolism improvement Antioxidant properties Weight loss management Acid base balancer Control of weight. Weight loss management Acid base balancer Weight loss management Thermogenesis Antioxidant effects Control of weight Weight control Improve digestion/transit Amincissement Control of blood lipids Satiety/weight management/promotion of CCK-discharge Digestion/Intestinal tract Satiety Immunesystem, antioxidantproperties Cardiovascular health Digestion Excellent source of sulforaphane known to help in the management of heart health Slimming (cellulitis draining) Weight management/satiety Antioxydant action Antioxydant action Blood Cholesterol Help restoration of myocardial tissue Weight Control</p>		
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<p>Glycomacropeptide Beta-carotene, vitamine C, vitamine E et sélénium Vitamine E and Sélénium Ganoderma lucidum- Mashroom- Reishi mushroom Zea mays-Radicles-Maize, Corn silk Fructose, L/Carnitine</p> <p><i>Not supported by pertinent human data</i></p> <p>http://www.efsa.europa.eu/en/efsajournal/pub/2246.htm</p> <p>Efsa journal 2011;9(6):2246</p>				
<p>Various foods/food constituents</p> <p>Vitamins, minerals, trace elements and standardized ginseng G115 extract Bicarbonate Omega-3 and Omega-6 fatty acids (GLA) Creatine and carbohydrate Creatine plus Carbohydrate Berry seed oils Sea buckthorn berry oil Sea buckthorn seed oil and pulp oil Sea buckthorn oil Mix of Glucose-Fructose Polyunsaturated fatty acids: n-3/n-6 (omega 3 / omega 6) ratio Essential Fatty Acids Chicory oligofructose Xylo-oligosaccharides Beta-glucan of Saccharomyces cerevisiae Black Currant juice Brewer's yeast Purple Grape Juice</p>		<p>Physical and mental health. Joue un rôle dans le processus digestif Women's health Increased muscle creatine storage Enhancing Storage & Uptake Cardiovascular system Cardiovascular system, Liver, Skin, Gut health Mucous membranes Slows the absorption of alcohol Optimal linolenic / linoleic acid ratio is essential for the balanced body functions, with special regards to the immune system. Essential fatty acids to aid in digestive tract function. Increased inner protection/resistance Prebiotic / bifidogenic Immune health Urinary tract maintenance (Urinary Calculus) Hair and nails health Blood flow/Vascular function Consumption of bran improves</p>		

<p>Bran Water-based product (Water purified by reverse osmosis to monomolecular level, complex of salts) Squeez Wild Blueberry Juice Drink. Lentil & Bean Shoots Squeez Cranberry and Orange Juice Drink, Squeez Light Cranberry Juice Drink Squeez Wild Blueberry Juice Drink Apple cider vinegar Brewer's Yeast Mare's milk, natural finish Mineral water/carbonic acid Natural mineral water Bovine lactoferrin Bromelain Buckwheat extract containing flavonoid- mineral 2 – Dimethylaminoethanol hydrogentartrate Nucleotides Inositol Para-aminobenzoic Acid Lecithin Pancreatic enzymes Beta-glucan (WGP) Buffering salts (calcium carbonate + magnesium oxide) Herbal yeast plasmolytate Pollen + Royal Jelly Protease, lipase and other enzymes that break down carbohydrates Soy isoflavones + lycopene + zinc + selenium + vitamin D + vitamin E + vitamin C gelatin & cystine Fat-reduced cream powder (rich source of milk phospholipids) Beta-glucan of <i>Saccharomyces cerevisiae</i> Collagen Aronia melanocarpa (Common</p>		<p>digestive function. Improves mechanical activity of gall- bladder Anti aging properties Naturally boost your digestive system Powerful protectors of the stomach Maintenance of urinary tract Skin health Cardiovascular health, Nervous system function, Skin health Stimulates the immune system Digestion (stimulation) Skin health Antimicrobial / antiviral / innate host defense Vascular health Immune system function For mental energy Gastro-intestinal support Nervous system function Essential part of the connective tissues, skin and hair Function of the cell membrane Digestive function Immunity Gut health Absorption of nutrients Sexual organs and/or hormone activity Digestion Sexual organs and/or hormone activity Healthy hair, skin and nails Gastrointestinal health Immune health Skin health Vein health/Vascular health Stomach health Vascular and Vein Health Intestinal health Menstrual health Liver health Epiderme Skin curves/ Cellulitis</p>		
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<p>Name : Chokeberry) Capsicum annum (Common Name : Capsicum) Ananas comosus - common name : Bromelain, Pineapple Armoracia rusticana Raphanus sativus - common name : radish, black radish, Japanese radish, Daikon Rubus idaeus (Raspberry) Zea mays (Maize) Levure de bière Papaya (Carica papaya L Sureau: Elder berry (dry aqueous extract) Brocoli : Dry extract of concentrated Brassica oleracea inflorescences juice Graines de brocoli et extraits de graines de brocoli: Sulforaphane Papaya Natural mineral water: Hydrogencarbonates as Na- , Mg-, Ca-, salts: NaHCO₃, Mg(HCO₃)₂,Ca(HCO₃)₂ Indole-3-carbinol Beta carota (carrot juice, lactic acid fermented) Dietary food for special medical purposes - oral rehydrating solution with decreased osmolarity composed according to WHO/UNICEF recommendations – ORSALIT Arabinoxylan hyaluronic acid Digestive enzyme protease, lipase, amylase, glucoamylase, invertase, cellulase, malt diastase MGN-3 Rice Bran Arabinoxylan compound Lactoferrin Pleurotus Eryngii Citrus sinensis - common name : Orange Pineapple (Ananas comosus L.) Prunus cerasus - common name :</p>		<p>Veinuous system Gastric acidities Santé de la prostate Digestion Stomach acid in digestion Cell metabolism - positively affects the fission of cells their immunity and regeneration Intestinal flora ORSALIT is given in order to supplement liquids and mineral components during diarrhea and/or vomiting Immune system Helps to keep elasticity of skin Break down of high- molecules compound from food Strengthens immune systems Skin health Pancréas Vascular and Vein Health Skin curves/ Cellulitis Digestion Digestion Immune support Hair beauty and health Skin care Overtraining and effort prevention Physical performance Vein health Physical Well-being Digestive system benefits</p>		
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<p>Sour cherry Aegle marmelos UNRIPE FRUIT Reishi mushrooms (Ganoderma lucidum) and extracts Gélatine Huile de noisettes: Hazel nut (Corylus avellana) oil Corn protein hydrolysate titrated at 29 % glutamine Black currant (Ribes nigrum L.) Ganoderma lucidum- Mashroom- Reishi mushroom Bromelain Papain</p> <p><i>Obs! Ej karakteriserad</i></p> <p>Efsa journal 2011;9(6):2228</p>				
<p>Various foods/food constituents</p> <ul style="list-style-type: none"> - combination of millet seed extract - L-cystine and pantothenic acid - Amino acids - Carbohydrate and protein combination - Ribes nigrum L - Vitis vinifera L - Grifola frondosa - Juice concentrate from berries of Vaccinium macrocarpon Aiton and Vaccinium vitis-idaea L - Blueberry juice drink and blueberry extracts - Combination of anthocyanins from bilberry and blackcurrant - Insulin-type fructans - Green clay - Foods and beverages “low in energy”, “energy-free” and “energy-reduced” 		<p>Recovery Combination optimizes muscle glycogen and protein synthesis. Endurance Recovery Enhanced muscle glycogen synthesis Enhanced recovery Reconstitution of liver and muscle glycogen stores Prebiotic / Bifidogenic Improved intestinal conditions (pH, SCFA production) and intestinal functions Improves digestive/ bowel function Improved Calcium absorption Increased calcium absorption Increased bone mineral density Cholesterol maintenance Improved intestinal conditions (pH, SCFA production) and intestinal functions Body shape management Attenuation of the perception of effort and reduction in pleasure</p>		

<p>- Carbohydrate foods and beverages</p> <p><i>Obs! Ej karakteriserad</i></p> <p>Efsa journal 2011;9(6):2244</p>		<p>Improved Calcium/Ca absorption/uptake</p>		
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