

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--|---|------------|----------|
| Art.13(1) | Activated charcoal | Activated charcoal contributes to reducing excessive flatulence after eating | The claim may be used only for food which contains 1 g of activated charcoal per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with 1 g which should be taken at least 30 minutes before and 1 g shortly after the meal | reduction of excessive intestinal gas accumulation | 2011;9(4):2049 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 1938 |
| Art.13(1) | Alpha-linolenic acid (ALA) | ALA contributes to the maintenance of normal blood cholesterol levels | The claim may be used only for food which is at least a source of ALA as referred to in the claim SOURCE OF OMEGA 3 FATTY ACIDS as listed in the Annex to Regulation (EC) No 1924/2006. Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of ALA | maintenance of normal blood cholesterol concentrations | 2009;7(9):1252, 2011;9(6):2203 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 493, 568 |
| Art.13(1) | Arabinoxylan produced from wheat endosperm | Consumption of arabinoxylan as part of a meal contributes to a reduction of the blood glucose rise after that meal | The claim may be used only for food which contains at least 8 g of arabinoxylan (AX)-rich fibre produced from wheat endosperm (at least 60 % AX by weight) per 100 g of available carbohydrates in a quantified portion as part of the meal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming the arabinoxylan (AX)-rich fibre produced from wheat endosperm as part of the meal. | reduction of post-prandial glycaemic responses | 2011;9(6):2205 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 830 |

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| Art.13(1) | Barley grain fibre | Barley grain fibre contributes to an increase in faecal bulk | The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation (EC) No 1924/2006 | increase in faecal bulk | 2011;9(6):2249 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 819 |
| Art.13(1) | Beta-glucans | Beta-glucans contribute to the maintenance of normal blood cholesterol levels | The claim may be used only for food which contains at least 1 g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these sources per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans. | maintenance of normal blood cholesterol concentrations | 2009;7(9):1254, 2011;9(6):2207 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 754, 755, 757, 801, 1236, 1299, 1465, 2934 |
| Art.13(1) | Beta-glucans from oats and barley | Consumption of beta-glucans from oats or barley as part of a meal contributes to the reduction of the blood glucose rise after that meal | The claim may be used only for food which contains at least 4 g of beta-glucans from oats or barley for each 30 g of available carbohydrates in a quantified portion as part of the meal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming the beta-glucans from oats or barley as part of the meal. | reduction of post-prandial glycaemic responses | 2011;9(6):2207 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 821, 824 |

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|---------------------------|--|--|---|---|--|---|------------|------------------------------|
| Art.13(1) | Betaine | Betaine contributes to normal homocysteine metabolism | The claim may be used only for food which contains at least 500 mg of betaine per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 1,5 g of betaine. In order to bear the claim information shall be given to the consumer that a daily intake in excess of 4 g may significantly increase blood cholesterol levels. | contribution to normal homocysteine metabolism | 2011;9(4):2052 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 4325 |
| Art.13(1) | Biotin | Biotin contributes to normal energy-yielding metabolism | The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | energy-yielding metabolism | 2009;7(9):1209 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 114, 117 |
| Art.13(1) | Biotin | Biotin contributes to normal functioning of the nervous system | The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | function of the nervous system | 2009;7(9):1209 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 116 |
| Art.13(1) | Biotin | Biotin contributes to normal macronutrient metabolism | The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal macronutrient metabolism | 2009;7(9):1209, 2010;8(10):1728 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 113, 114, 117, 4661 |

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|---------------------------|--|--|---|---|---|---|------------|----------------------|
| Art.13(1) | Biotin | Biotin contributes to normal psychological function | The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal psychological functions | 2010:8(10):1728 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 120 |
| Art.13(1) | Biotin | Biotin contributes to the maintenance of normal hair | The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of normal hair | 2009:7(9):1209 , 2010:8(10):1728 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 118, 121, 2876 |
| Art.13(1) | Biotin | Biotin contributes to the maintenance of normal mucous membranes | The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of normal skin and mucous membranes | 2009:7(9):1209 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 115 |
| Art.13(1) | Biotin | Biotin contributes to the maintenance of normal skin | The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of normal skin and mucous membranes | 2009:7(9):1209 , 2010:8(10):1728 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 115, 121 |
| Art.13(1) | Calcium | Calcium contributes to normal blood clotting | The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | blood coagulation | 2009:7(9):1210 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 230, 236 |

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| Art.13(1) | Calcium | Calcium contributes to normal energy-yielding metabolism | The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | energy-yielding metabolism | 2009.7(9):1210 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 234 |
| Art.13(1) | Calcium | Calcium contributes to normal muscle function | The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | muscle function and neurotransmission | 2009.7(9):1210 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 226, 230, 235 |
| Art.13(1) | Calcium | Calcium contributes to normal neurotransmission | The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | muscle function and neurotransmission | 2009.7(9):1210 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 227, 230, 235 |
| Art.13(1) | Calcium | Calcium contributes to the normal function of digestive enzymes | The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | function of digestive enzymes | 2009.7(9):1210 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 355 |
| Art.13(1) | Calcium | Calcium has a role in the process of cell division and specialisation | The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | regulation of cell division and differentiation | 2010.8(10):1725 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 237 |

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| Art.13(1) | Calcium | Calcium is needed for the maintenance of normal bones | The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006. | maintenance of normal bones and teeth | 2009;7(9):1210, 2009;7(9):1272, 2010;8(10):1725, 2011;9(6):2203 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 224, 230, 350, 354, 2731, 3155, 4311, 4312, 4703, 4704 |
| Art.13(1) | Calcium | Calcium is needed for the maintenance of normal teeth | The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006. | maintenance of normal bones and teeth | 2009;7(9):1210, 2010;8(10):1725, 2011;9(6):2203 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 224, 230, 231, 2731, 3099, 3155, 4311, 4312, 4703, 4704 |
| Art.13(1) | Carbohydrate-electrolyte solutions | Carbohydrate-electrolyte solutions contribute to the maintenance of endurance performance during prolonged endurance exercise | In order to bear the claim carbohydrate-electrolyte solutions should contain 80-350 kcal/L from carbohydrates, and at least 75 % of the energy should be derived from carbohydrates which induce a high glycaemic response, such as glucose, glucose polymers and sucrose. In addition, these beverages should contain between 20 mmol/L (460 mg/L) and 50 mmol/L (1,150 mg/L) of sodium, and have an osmolality between 200-330 mOsm/kg water. | maintenance of endurance performance | 2011;9(6):2211 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 466, 469 |

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| Art.13(1) | Carbohydrate-electrolyte solutions | Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise | In order to bear the claim carbohydrate-electrolyte solutions should contain 80-350 kcal/L from carbohydrates, and at least 75 % of the energy should be derived from carbohydrates which induce a high glycaemic response, such as glucose, glucose polymers and sucrose. In addition, these beverages should contain between 20 mmol/L (460 mg/L) and 50 mmol/L (1,150 mg/L) of sodium, and have an osmolality between 200-330 mOsm/kg water. | enhancement of water absorption during exercise | 2011;9(6):2211 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 314, 315, 316, 317, 319, 322, 325, 332, 408, 465, 473, 1168, 1574, 1593, 1618, 4302, 4309 |
| Art.13(1) | Chitosan | Chitosan contributes to the maintenance of normal blood cholesterol levels | The claim may be used only for food which provides a daily intake of 3 g of chitosan. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of chitosan. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(6):2214 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 4663 |
| Art.13(1) | Chloride | Chloride contributes to normal digestion by production of hydrochloric acid in the stomach | The claim may be used only for food which is at least a source of chloride as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006. The claim cannot be used on chloride from the source sodium chloride | contribution to normal digestion by production of hydrochloric acid in the stomach | 2010;8(10):1764 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 326 |

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| Art.13(1) | Choline | Choline contributes to normal homocysteine metabolism | The claim may be used only for food which contains at least 82,5 mg of choline per 100 g or 100 ml or per single portion of food | Contribution to normal homocysteine metabolism | 2011;9(4):2056 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 3090 |
| Art.13(1) | Choline | Choline contributes to normal lipid metabolism | The claim may be used only for food which contains at least 82,5 mg of choline per 100 g or 100 ml or per single portion of food | Contribution to normal lipid metabolism | 2011;9(4):2056 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 3186 |
| Art.13(1) | Choline | Choline contributes to the maintenance of normal liver function | The claim may be used only for food which contains at least 82,5 mg of choline per 100 g or 100 ml or per single portion of food | Maintenance of normal liver function | 2011;9(4):2056 , 2011;9(6):2203 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 712, 1501, 1633 |
| Art.13(1) | Chromium | Chromium contributes to normal macronutrient metabolism | The claim may be used only for food which is at least a source of trivalent chromium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal macronutrient metabolism | 2010;8(10):1732 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 260, 401, 4665, 4666, 4667 |
| Art.13(1) | Chromium | Chromium contributes to the maintenance of normal blood glucose levels | The claim may be used only for food which is at least a source of trivalent chromium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of normal blood glucose concentrations | 2010;8(10):1732 , 2011;9(6):2203 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 262, 4667, 4698 |
| Art.13(1) | Copper | Copper contributes to maintenance of normal connective tissues | The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of connective tissues | 2009;7(9):1211 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 265, 271, 1722 |

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| Art.13(1) | Copper | Copper contributes to normal energy-yielding metabolism | The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | Contribution to normal energy-yielding metabolism | 2009.7(9):1211, 2011.9(4):2079 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 266, 1729 |
| Art.13(1) | Copper | Copper contributes to normal functioning of the nervous system | The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | Maintenance of the normal function of the nervous system | 2009.7(9):1211, 2011.9(4):2079 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 267, 1723 |
| Art.13(1) | Copper | Copper contributes to normal hair pigmentation | The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of skin and hair pigmentation | 2009.7(9):1211 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 268, 1724 |
| Art.13(1) | Copper | Copper contributes to normal iron transport in the body | The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | iron transport | 2009.7(9):1211 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 269, 270, 1727 |
| Art.13(1) | Copper | Copper contributes to normal skin pigmentation | The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of skin and hair pigmentation | 2009.7(9):1211 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 268, 1724 |

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| Art.13(1) | Copper | Copper contributes to the normal function of the immune system | The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | Maintenance of the normal function of the immune system | 2009.7(9):1211 , 2011.9(4):2079 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 264, 1725 |
| Art.13(1) | Copper | Copper contributes to the protection of cells from oxidative stress | The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | protection of DNA, proteins and lipids from oxidative damage | 2009.7(9):1211 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 263, 1726 |
| Art.13(1) | Creatine | Creatine increases physical performance in successive bursts of short-term, high intensity exercise | The claim may be used only for food which provides a daily intake of 3 g of creatine. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of creatine. The claim may be used only for foods targeting adults performing high intensity exercise | increase in physical performance during short-term, high intensity, repeated exercise bouts | 2011.9(7):2303 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 739, 1520, 1521, 1522, 1523, 1525, 1526, 1531, 1532, 1533, 1534, 1922, 1923, 1924 |

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|---------------------------|--|---|---|--------------------------------------|---|---|------------|--|
| Art.13(1) | Docosahexaenoic acid (DHA) | DHA contributes to maintenance of normal brain function | The claim may be used only for food which contains at least 40 mg of DHA per 100 g and per 100 kcal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250 mg of DHA. | Maintenance of normal brain function | 2010.8(10):1734 , 2011.9(4):2078 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 497, 501, 510, 513, 519, 521, 534, 540, 565, 626, 631, 688, 689, 690, 704, 742, 1323, 1360, 3148, 3151, 4294 |
| Art.13(1) | Docosahexaenoic acid (DHA) | DHA contributes to the maintenance of normal vision | The claim may be used only for food which contains at least 40 mg of DHA per 100 g and per 100 kcal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250 mg of DHA. | Maintenance of normal vision | 2010.8(10):1734 , 2011.9(4):2078 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 508, 510, 513, 519, 529, 540, 627, 632, 688, 743, 2905, 3149, 4294 |

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| Art.13(1) | Eicosapentaenoic acid and docosahexaenoic acid (EPA/DHA) | EPA and DHA contribute to the normal function of the heart | The claim may be used only for food which is at least a source of EPA and DHA as referred to in the claim SOURCE OF OMEGA 3 FATTY ACIDS as listed in the Annex to Regulation (EC) No 1924/2006. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA. | Maintenance of normal cardiac function | 2010.8(10):1796 , 2011.9(4):2078 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 504, 506, 510, 516, 527, 538, 688, 703, 1128, 1317, 1324, 1325, 1360 |
| Art.13(1) | Fluoride | Fluoride contributes to the maintenance of tooth mineralisation | The claim may be used only for food which is at least a source of fluoride as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of tooth mineralisation | 2009.7(9):1212 , 2010.8(10):1797 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 275, 276, 338, 4238 |
| Art.13(1) | Folate | Folate contributes to maternal tissue growth during pregnancy | The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maternal tissue growth during pregnancy | 2009.7(9):1213 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 2882 |
| Art.13(1) | Folate | Folate contributes to normal amino acid synthesis | The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal amino acid synthesis | 2010.8(10):1760 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 195, 2881 |

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| Art.13(1) | Folate | Folate contributes to normal blood formation | The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | blood formation | 2009.7(9):1213 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 79 |
| Art.13(1) | Folate | Folate contributes to normal homocysteine metabolism | The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | homocysteine metabolism | 2009.7(9):1213 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 80 |
| Art.13(1) | Folate | Folate contributes to normal psychological function | The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal psychological functions | 2010.8(10):1760 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 81, 85, 86, 88 |
| Art.13(1) | Folate | Folate contributes to the normal function of the immune system | The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | function of the immune system | 2009.7(9):1213 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 91 |
| Art.13(1) | Folate | Folate contributes to the reduction of tiredness and fatigue | The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | reduction of tiredness and fatigue | 2010.8(10):1760 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 84 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---|---|------------|---|
| Art.13(1) | Folate | Folate has a role in the process of cell division | The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | cell division | 2009;7(9):1213 , 2010;8(10):1760 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 193, 195, 2881 |
| Art.13(1) | Foods with a low or reduced content of saturated fatty acids | Reducing consumption of saturated fat contributes to the maintenance of normal blood cholesterol levels | The claim may be used only for food which is at least low in saturated fatty acids, as referred to in the claim LOW SATURATED FAT or reduced in saturated fatty acids as referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2062 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 620, 671, 4332 |
| Art.13(1) | Foods with a low or reduced content of sodium | Reducing consumption of sodium contributes to the maintenance of normal blood pressure | The claim may be used only for food which is at least low in sodium/salt as referred to in the claim LOW SODIUM/SALT or reduced in sodium/salt as referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of normal blood pressure | 2011;9(6):2237 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 336, 705, 1148, 1178, 1185, 1420 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---|---|------------|--------------------------------|
| Art.13(1) | Glucmannan (konjac mannan) | Glucmannan contributes to the maintenance of normal blood cholesterol levels | The claim may be used only for food which provides a daily intake of 4 g of glucmannan. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 4 g of glucmannan. Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach. | maintenance of normal blood cholesterol concentrations | 2009.7(9):1258 , 2010.8(10):1798 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 836, 1560, 3100, 3217 |
| Art.13(1) | Glucmannan (konjac mannan) | Glucmannan in the context of an energy restricted diet contributes to weight loss | The claim may be used only for food which contains 1 g of glucmannan per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of glucmannan in three doses of 1 g each, together with 1 2 glasses of water, before meals and in the context of an energy-restricted diet. | reduction of body weight | 2010.8(10):1798 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 854, 1556, 3725 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|---|------------|----------|
| Art.13(1) | Guar Gum | Guar gum contributes to the maintenance of normal blood cholesterol levels | The claim may be used only for food which provides a daily intake of 10 g of guar gum. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 10 g of guar gum. Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach. | Maintenance of normal blood cholesterol concentrations | 2010.8(2):1464 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 808 |
| Art.13(1) | Hydroxypropyl methylcellulose (HPMC) | Consumption of Hydroxypropyl methylcellulose with a meal contributes to a reduction in the blood glucose rise after that meal | The claim may be used only for food which contains 4 g of HPMC per quantified portion as part of the meal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming 4 g of HPMC as part of the meal. Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach. | reduction of post-prandial glycaemic responses | 2010.8(10):1739 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 814 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---|---|------------|-------------|
| Art.13(1) | Hydroxypropyl methylcellulose (HPMC) | Hydroxypropyl methylcellulose contributes to the maintenance of normal blood cholesterol levels | The claim may be used only for food which provides a daily intake of 5 g of HPMC. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 5 g of HPMC. Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach. | maintenance of normal blood cholesterol concentrations | 2010.8(10):1739 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 815 |
| Art.13(1) | Iodine | Iodine contributes to normal cognitive function | The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal cognitive and neurological function | 2010.8(10):1800 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 273 |
| Art.13(1) | Iodine | Iodine contributes to normal energy-yielding metabolism | The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal energy-yielding metabolism | 2009.7(9):1214 , 2010.8(10):1800 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 274, 402 |
| Art.13(1) | Iodine | Iodine contributes to normal functioning of the nervous system | The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal cognitive and neurological function | 2010.8(10):1800 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 273 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---|---|------------|----------------------|
| Art.13(1) | Iodine | Iodine contributes to the maintenance of normal skin | The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of skin | 2009.7(9):1214 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 370 |
| Art.13(1) | Iodine | Iodine contributes to the normal production of thyroid hormones and normal thyroid function | The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal thyroid function and production of thyroid hormones | 2009.7(9):1214, 2010.8(10):1800 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 274, 1237 |
| Art.13(1) | Iron | Iron contributes to normal cognitive function | The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | cognitive function | 2009.7(9):1215 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 253 |
| Art.13(1) | Iron | Iron contributes to normal energy-yielding metabolism | The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal energy-yielding metabolism | 2009.7(9):1215, 2010.8(10):1740 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 251, 255, 1589 |
| Art.13(1) | Iron | Iron contributes to normal formation of red blood cells and haemoglobin | The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | formation of red blood cells and haemoglobin | 2009.7(9):1215, 2010.8(10):1740 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 249, 374, 1589, 2889 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|------------------------------------|---|---|------------|-----------------------------|
| Art.13(1) | Iron | Iron contributes to normal oxygen transport in the body | The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | oxygen transport | 2009.7(9):1215 , 2010.8(10):1740 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 250, 254, 255, 256 |
| Art.13(1) | Iron | Iron contributes to the normal function of the immune system | The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | function of the immune system | 2009.7(9):1215 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 252, 259 |
| Art.13(1) | Iron | Iron contributes to the reduction of tiredness and fatigue | The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | reduction of tiredness and fatigue | 2010.8(10):1740 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 255, 374, 2889 |
| Art.13(1) | Iron | Iron has a role in the process of cell division | The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | cell division | 2009.7(9):1215 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 368 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|--|---|------------|------------------------|
| Art.13(1) | Lactase enzyme | Lactase enzyme improves lactose digestion in individuals who have difficulty digesting lactose | The claim may be used only for food supplements, with a minimum dose of 4500 FCC (Food Chemicals Codex) units with instructions to the target population to consume with each lactose containing meal. Information shall also be given to the target population that tolerance to lactose is variable and they should seek advice as to the role of this substance in their diet. | breaking down lactose | 2009.7(9):1236 , 2011.9(6):2203 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 1697, 1818, 1974 |
| Art.13(1) | Lactulose | Lactulose contributes to an acceleration of intestinal transit | The claim may be used only for food which contains 10 g of lactulose in a single quantified portion. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a single serving of 10 g of lactulose per day. | reduction in intestinal transit time | 2010.8(10):1806 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 807 |
| Art.13(1) | Linoleic acid | Linoleic acid contributes to the maintenance of normal blood cholesterol levels | The claim may be used only for a food which provides at least 1,5 g of linoleic acid (LA) per 100 g and per 100 kcal. Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 10 g of LA. | maintenance of normal blood cholesterol concentrations | 2009.7(9):1276 , 2011.9(6):2235 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 489, 2899 |
| Art.13(1) | Live yoghurt cultures | Live cultures in yoghurt or fermented milk improve lactose digestion of the product in individuals who have difficulty digesting lactose | In order to bear the claim, yoghurt or fermented milk should contain at least 108 Colony Forming Units live starter microorganisms (Lactobacillus delbrueckii subsp. bulgaricus and Streptococcus thermophilus) per gram. | improved lactose digestion | 2010.8(10):1763 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 1143, 2976 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|---|---|------------|----------------------|
| Art.13(1) | Magnesium | Magnesium contributes to a reduction of tiredness and fatigue | The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | Reduction of tiredness and fatigue | 2010:8(10):1807 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 244 |
| Art.13(1) | Magnesium | Magnesium contributes to electrolyte balance | The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | electrolyte balance | 2009:7(9):1216 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 238 |
| Art.13(1) | Magnesium | Magnesium contributes to normal energy-yielding metabolism | The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | energy-yielding metabolism | 2009:7(9):1216 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 240, 247, 248 |
| Art.13(1) | Magnesium | Magnesium contributes to normal functioning of the nervous system | The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | neurotransmission and muscle contraction including heart muscle | 2009:7(9):1216 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 242 |
| Art.13(1) | Magnesium | Magnesium contributes to normal muscle function | The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | neurotransmission and muscle contraction including heart muscle | 2009:7(9):1216 , 2010:8(10):1807 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 241, 380, 3083 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|---|------------|----------|
| Art.13(1) | Magnesium | Magnesium contributes to normal protein synthesis | The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | protein synthesis | 2009.7(9):1216 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 364 |
| Art.13(1) | Magnesium | Magnesium contributes to normal psychological function | The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | Contribution to normal psychological functions | 2010.8(10):1807 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 245, 246 |
| Art.13(1) | Magnesium | Magnesium contributes to the maintenance of normal bones | The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of bones | 2009.7(9):1216 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 239 |
| Art.13(1) | Magnesium | Magnesium contributes to the maintenance of normal teeth | The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of teeth | 2009.7(9):1216 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 239 |
| Art.13(1) | Magnesium | Magnesium has a role in the process of cell division | The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | cell division | 2009.7(9):1216 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 365 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|---|---|------------|----------|
| Art.13(1) | Manganese | Manganese contributes to normal energy-yielding metabolism | The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal energy-yielding metabolism | 2009.7(9):1217 , 2010.8(10):1808 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 311, 405 |
| Art.13(1) | Manganese | Manganese contributes to the maintenance of normal bones | The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of bones | 2009.7(9):1217 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 310 |
| Art.13(1) | Manganese | Manganese contributes to the normal formation of connective tissue | The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal formation of connective tissue | 2010.8(10):1808 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 404 |
| Art.13(1) | Manganese | Manganese contributes to the protection of cells from oxidative stress | The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | metabolism of fatty acids | 2009.7(9):1217 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 309 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|--------------------------------|---|------------|----------|
| Art.13(1) | Meal replacement for weight control | Substituting one daily meal of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss | In order to bear the claim, a food should comply with specifications laid down in Directive 96/8/EC in relation to food products under Article 1(2)(b) of that Directive. In order to achieve the claimed effect, one meal should be substituted with meal replacements daily. | Maintenance of body weight after weight loss | 2010;8(2):1466 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 1418 |
| Art.13(1) | Meal replacement for weight control | Substituting two daily meals of an energy restricted diet with meal replacements contributes to weight loss | In order to bear the claim, a food should comply with specifications laid down in Directive 96/8/EC in relation to food products under Article 1(2)(b) of that Directive. In order to achieve the claimed effect, two meals should be substituted with meal replacements daily. | Reduction in body weight | 2010;8(2):1466 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 1417 |
| Art.13(1) | Meat or fish | Meat or fish contributes to the improvement of iron absorption when eaten with other foods containing iron | The claim may be used only for food which contains at least 50 g of meat or fish in a single quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming 50 g of meat or fish together with food(s) containing non-haem iron. | improvement of non-haem iron absorption | 2011;9(4):2040 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 1223 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|---------------------------------|---|------------|------------------|
| Art.13(1) | Melatonin | Melatonin contributes to the alleviation of subjective feelings of jet lag | The claim may be used only for food which contains at least 0,5 mg of melatonin per quantified portion. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a minimum intake of 0,5 mg to be taken close to bedtime on the first day of travel and on the following few days after arrival at the destination. | Alleviation of subjective feelings of jet lag | 2010;8(2):1467 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 1953 |
| Art.13(1) | Melatonin | Melatonin contributes to the reduction of time taken to fall asleep | The claim may be used only for food which contains 1 mg of melatonin per quantified portion. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained by consuming 1 mg of melatonin close to bedtime. | reduction of sleep onset latency | 2011;9(6):2241 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 1698, 1780, 4080 |
| Art.13(1) | Molybdenum | Molybdenum contributes to normal sulphur amino acid metabolism | The claim may be used only for food which is at least a source of molybdenum as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006. | maintenance of joints | 2010;8(10):1745 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 313 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--|---|------------|--|
| Art.13(1) | Monascus purpureous (red yeast rice) | Monacolin K from red yeast rice contributes to the maintenance of normal blood cholesterol levels | The claim may be used only for food which provides a daily intake of 10 mg of monacolin K from red yeast rice. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 10 mg of monacolin K from fermented red yeast rice preparations. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(7):2304 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 1648, 1700 |
| Art.13(1) | Monounsaturated and/or polyunsaturated fatty acids | Replacing saturated fats with unsaturated fats in the diet contributes to the maintenance of normal blood cholesterol levels [MUFA and PUFA are unsaturated fats] | The claim may be used only for food which is high in unsaturated fatty acids, as referred to in the claim HIGH UNSATURATED FAT as listed in the Annex to Regulation (EC) No 1924/2006. | Replacement of mixtures of saturated fatty acids (SFAs) as present in foods or diets with mixtures of polyunsaturated fatty acids (PUFAs) and maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2069, 2011;9(6):2203 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 621, 674, 1190, 1203, 2906, 2910, 3065, 4335 |
| Art.13(1) | Niacin | Niacin contributes to normal psychological function | The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006. | contribution to normal psychological functions | 2010;8(10):1757 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 55 |
| Art.13(1) | Niacin | Niacin contributes to normal energy-yielding metabolism | The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006. | contribution to normal energy-yielding metabolism | 2009;7(9):1224, 2010;8(10):1757 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 43, 49, 51, 54 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---|---|------------|----------------------|
| Art.13(1) | Niacin | Niacin contributes to normal functioning of the nervous system | The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | function of the nervous system | 2009.7(9):1224 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 44, 53 |
| Art.13(1) | Niacin | Niacin contributes to the maintenance of normal mucous membranes | The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of normal skin and mucous membranes | 2009.7(9):1224, 2010.8(10):1757 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 45, 52, 4700 |
| Art.13(1) | Niacin | Niacin contributes to the maintenance of normal skin | The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of normal skin and mucous membranes | 2009.7(9):1224, 2010.8(10):1757 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 45, 48, 50, 52, 4700 |
| Art.13(1) | Niacin | Niacin contributes to the reduction of tiredness and fatigue | The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | reduction of tiredness and fatigue | 2010.8(10):1757 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 47 |
| Art.13(1) | Oat grain fibre | Oat grain fibre contributes to an increase in faecal bulk | The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation (EC) No 1924/2006. | increase in faecal bulk | 2011.9(6):2249 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 822 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---|---|------------|---|
| Art.13(1) | Oleic acid | Replacing saturated fats in the diet with unsaturated fats contributes to the maintenance of normal blood cholesterol levels. Oleic acid is an unsaturated fat. | The claim may be used only for food which is high in unsaturated fatty acids, as referred to in the claim HIGH UNSATURATED FAT as listed in the Annex to Regulation (EC) No 1924/2006. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2043 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 673, 728, 729, 1302, 4334 |
| Art.13(1) | Olive oil polyphenols | Olive oil polyphenols contribute to the protection of blood lipids from oxidative stress | The claim may be used only for olive oil which contains at least 5 mg of hydroxytyrosol and its derivatives (e.g. oleuropein complex and tyrosol) per 20 g of olive oil. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 20 g of olive oil. | protection of LDL particles from oxidative damage | 2011;9(4):2033 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 1333, 1638, 1639, 1696, 2865 |
| Art.13(1) | Pantothenic acid | Pantothenic acid contributes to normal energy-yielding metabolism | The claim may be used only for food which is at least a source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | energy-yielding metabolism | 2009;7(9):1218 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 56, 59, 60, 64, 171, 172, 208 |
| Art.13(1) | Pantothenic acid | Pantothenic acid contributes to normal mental performance | The claim may be used only for food which is at least a source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | mental performance | 2009;7(9):1218 , 2010;8(10):1758 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 57, 58 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---------------------------------|---|------------|----------|
| Art.13(1) | Pantothenic acid | Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters | The claim may be used only for food which is at least a source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters | 2009.7(9):1218 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 181 |
| Art.13(1) | Pantothenic acid | Pantothenic acid contributes to the reduction of tiredness and fatigue | The claim may be used only for food which is at least a source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | reduction of tiredness and fatigue | 2010.8(10):1758 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 63 |
| Art.13(1) | Pectins | Consumption of pectins with a meal contributes to the reduction of the blood glucose rise after that meal | The claim may be used only for food which contains 10 g of pectins per quantified portion. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained by consuming 10 g of pectins as part of the meal. Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach. | Reduction of post-prandial glycaemic responses | 2010.8(10):1747 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 786 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---|---|------------|--------------|
| Art.13(1) | Pectins | Pectins contribute to the maintenance of normal blood cholesterol levels | The claim may be used only for food which provides a daily intake of 6 g of pectins. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 6 g of pectins. Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach. | maintenance of normal blood cholesterol concentrations | 2010.8(10):1747 , 2011.9(6):2203 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 818, 4236 |
| Art.13(1) | Phosphorus | Phosphorus contributes to normal energy-yielding metabolism | The claim may be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | energy-yielding metabolism | 2009.7(9):1219 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 329, 373 |
| Art.13(1) | Phosphorus | Phosphorus contributes to normal function of cell membranes | The claim may be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | function of cell membranes | 2009.7(9):1219 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 328 |
| Art.13(1) | Phosphorus | Phosphorus contributes to the maintenance of normal bones | The claim may be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of bone and teeth | 2009.7(9):1219 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 324, 327 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---|---|------------|---|
| Art.13(1) | Phosphorus | Phosphorus contributes to the maintenance of normal teeth | The claim may be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of bone and teeth | 2009;7(9):1219 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 324, 327 |
| Art.13(1) | Plant sterols and plant stanols | Plant sterols/stanols contribute to the maintenance of normal blood cholesterol levels | In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of at least 0.8 g of plant sterols/stanols. | maintenance of normal blood cholesterol concentrations | 2010;8(10):1813 , 2011;9(6):2203 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 549, 550, 567, 568, 713, 1234, 1235, 1466, 1634, 1984, 2909, 3140 |
| Art.13(1) | Potassium | Potassium contributes to normal functioning of the nervous system | The claim may be used only for food which is at least a source of potassium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | Muscular and neurological function | 2010;8(2):1469 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 386 |
| Art.13(1) | Potassium | Potassium contributes to normal muscle function | The claim may be used only for food which is at least a source of potassium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | Muscular and neurological function | 2010;8(2):1469 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 320 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---|---|------------|--|
| Art.13(1) | Potassium | Potassium contributes to the maintenance of normal blood pressure | The claim may be used only for food which is at least a source of potassium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | Blood pressure | 2010.8(2):1469 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 321 |
| Art.13(1) | Protein | Protein contributes to a growth in muscle mass | The claim may be used only for food which is at least a source of protein as referred to in the claim SOURCE OF PROTEIN as listed in the Annex to Regulation (EC) No 1924/2006. | growth or maintenance of muscle mass | 2010.8(10):1811 , 2011.9(6):2203 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 415, 417, 593, 594, 595, 715, 1398 |
| Art.13(1) | Protein | Protein contributes to the maintenance of muscle mass | The claim may be used only for food which is at least a source of protein as referred to in the claim SOURCE OF PROTEIN as listed in the Annex to Regulation (EC) No 1924/2006. | growth or maintenance of muscle mass | 2010.8(10):1811 , 2011.9(6):2203 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 415, 417, 593, 594, 595, 715, 1398 |
| Art.13(1) | Protein | Protein contributes to the maintenance of normal bones | The claim may be used only for food which is at least a source of protein as referred to in the claim SOURCE OF PROTEIN as listed in the Annex to Regulation (EC) No 1924/2006. | maintenance of normal bones | 2010.8(10):1811 , 2011.9(6):2203 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 416, 4704 |
| Art.13(1) | Resistant starch | Replacing digestible starches with resistant starch in a meal contributes to a reduction in the blood glucose rise after that meal. | The claim may be used only for food in which digestible starch has been replaced by resistant starch so that the final content of resistant starch is at least 14 % of total starch. | reduction of post-prandial glycaemic responses | 2011.9(4):2024 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 681 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|---|------------|----------------|
| Art.13(1) | Riboflavin (Vitamin B2) | Riboflavin contributes to normal energy-yielding metabolism | The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal energy-yielding metabolism | 2010.8(10):1814 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 29, 35, 36, 42 |
| Art.13(1) | Riboflavin (Vitamin B2) | Riboflavin contributes to normal functioning of the nervous system | The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of the normal function of the nervous system | 2010.8(10):1814 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 213 |
| Art.13(1) | Riboflavin (Vitamin B2) | Riboflavin contributes to the maintenance of normal mucous membranes | The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of normal skin and mucous membranes | 2010.8(10):1814 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 31 |
| Art.13(1) | Riboflavin (Vitamin B2) | Riboflavin contributes to the maintenance of normal red blood cells | The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of normal red blood cells | 2010.8(10):1814 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 40 |
| Art.13(1) | Riboflavin (Vitamin B2) | Riboflavin contributes to the maintenance of normal skin | The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of normal skin and mucous membranes | 2010.8(10):1814 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 31, 33 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|---|------------|----------|
| Art.13(1) | Riboflavin (Vitamin B2) | Riboflavin contributes to the maintenance of normal vision | The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of normal vision | 2010.8(10):1814 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 39 |
| Art.13(1) | Riboflavin (Vitamin B2) | Riboflavin contributes to the normal metabolism of iron | The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal metabolism of iron | 2010.8(10):1814 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 30, 37 |
| Art.13(1) | Riboflavin (Vitamin B2) | Riboflavin contributes to the protection of cells from oxidative stress | The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | protection of DNA, proteins and lipids from oxidative damage | 2010.8(10):1814 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 207 |
| Art.13(1) | Riboflavin (Vitamin B2) | Riboflavin contributes to the reduction of tiredness and fatigue | The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | reduction of tiredness and fatigue | 2010.8(10):1814 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 41 |
| Art.13(1) | Rye fibre | Rye fibre contributes to normal bowel function | The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation (EC) No 1924/2006. | changes in bowel function | 2011;9(6):2258 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 825 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---|---|------------|--------------|
| Art.13(1) | Selenium | Selenium contributes to normal spermatogenesis | The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | spermatogenesis | 2009.7(9):1220 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 396 |
| Art.13(1) | Selenium | Selenium contributes to the maintenance of normal hair | The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of normal hair | 2010.8(10):1727 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 281 |
| Art.13(1) | Selenium | Selenium contributes to the maintenance of normal nails | The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of normal nails | 2010.8(10):1727 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 281 |
| Art.13(1) | Selenium | Selenium contributes to the normal function of the immune system | The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of the normal function of the immune system | 2009.7(9):1220 , 2010.8(10):1727 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 278, 1750 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|--|--|---|------------|---|
| Art.13(1) | Selenium | Selenium contributes to the normal thyroid function | The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006. | thyroid function | 2009;7(9):1220, 2010;8(10):1727 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 279, 282, 286, 410, 1289, 1290, 1291, 1292, 1293 |
| Art.13(1) | Selenium | Selenium contributes to the protection of cells from oxidative stress | The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006. | protection of DNA, proteins and lipids from oxidative damage | 2009;7(9):1220, 2010;8(10):1727 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 277, 283, 286, 410, 1289, 1290, 1291, 1292, 1293, 1751 |
| Art.13(1) | Sugar replacers, i.e. intense sweeteners; xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, sucralose and polydextrose; D-tagatose and isomaltulose | Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* contributes to the maintenance of tooth mineralisation * In the case of D-tagatose and isomaltulose this should read "other sugars" | In order to bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by sugar replacers, i.e. intense sweeteners, xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, in amounts such that consumption of such foods or drinks does not lower plaque pH below 5.7 during and up to 30 minutes after consumption | maintenance of tooth mineralisation by decreasing tooth demineralisation | 2011;9(4):2076, 2011;9(6):2229 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 463, 464, 563, 618, 647, 1134, 1167, 1182, 1283, 1591, 2907, 2921, 4300 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|--|--|---|------------|---|
| Art.13(1) | Sugar replacers, i.e. intense sweeteners; xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, sucralose and polydextrose; D-tagatose and isomaltulose | Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* induces a lower blood glucose rise after their consumption compared to sugar-containing foods/drinks * In the case of D-tagatose and isomaltulose this should read "other sugars" | In order to bear the claim, sugars should be replaced in foods or drinks by sugar replacers, i.e. intense sweeteners, xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, sucralose or polydextrose, or a combination of them, so that foods or drinks contain reduced amounts of sugars by at least the amount referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation (EC) No 1924/2006. In the case of D-tagatose and isomaltulose, they should replace equivalent amounts of other sugars in the same proportion as that referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation (EC) No 1924/2006. | reduction of post-prandial glycaemic responses | 2011:9(4):2076 , 2011:9(6):2229 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 617, 619, 669, 1590, 1762, 2903, 2908, 2920, 4298 |
| Art.13(1) | Sugar-free chewing gum | Sugar-free chewing gum contributes to the maintenance of tooth mineralization | The claim may be used only for chewing gum which complies with the conditions of use for the nutrition claim SUGARS FREE as listed in the Annex to Regulation (EC) No 1924/2006. Information shall be given to the consumer that the beneficial effect is obtained with chewing, for at least 20 minutes, after eating or drinking. | maintenance of tooth mineralisation | 2009:7(9):1271 , 2011:9(4):2072 , 2011:9(6):2266 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 486, 562, 1151, 1154, 1181 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|----------------------------|--|---|------------|--------------|
| Art.13(1) | Sugar-free chewing gum | Sugar-free chewing gum contributes to the neutralisation of plaque acids | The claim may be used only for chewing gum which complies with the conditions of use for the nutrition claim SUGARS FREE as listed in the Annex to Regulation (EC) No 1924/2006. Information shall be given to the consumer that the beneficial effect is obtained with chewing, for at least 20 minutes, after eating or drinking. | plaque acid neutralisation | 2009:7(9):1271 , 2011:9(6):2266 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 485, 1150 |
| Art.13(1) | Sugar-free chewing gum | Sugar-free chewing gum contributes to the reduction of oral dryness | The claim may be used only for chewing gum which complies with the conditions of use for the nutrition claim SUGARS FREE as listed in the Annex to Regulation (EC) No 1924/2006. Information shall be given to the consumer that the beneficial effect is obtained with use of the chewing gum whenever the mouth feels dry | reduction of oral dryness | 2009:7(9):1271 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 1240 |
| Art.13(1) | Sugar-free chewing gum with carbamide | Sugar-free chewing gum with carbamide neutralises plaque acids more effectively than sugar-free chewing gums without carbamide | The claim may be used only for chewing gum which complies with the conditions of use for the nutrition claim SUGARS FREE as listed in the Annex to Regulation (EC) No 1924/2006. In order to bear the claim each piece of sugar-free chewing gum should contain at least 20 mg carbamide. Information shall be given to the consumer that gum should be chewed for at least 20 minutes after eating or drinking. | plaque acid neutralisation | 2011:9(4):2071 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 1153 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|---|------------|------------|
| Art.13(1) | Thiamine | Thiamine contributes to normal energy-yielding metabolism | The claim may be used only for food which is at least a source of thiamine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | energy-yielding metabolism | 2009.7(9):1222 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 21, 24, 28 |
| Art.13(1) | Thiamine | Thiamine contributes to normal functioning of the nervous system | The claim may be used only for food which is at least a source of thiamine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | function of the nervous system | 2009.7(9):1222 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 22, 27 |
| Art.13(1) | Thiamine | Thiamine contributes to normal psychological function | The claim may be used only for food which is at least a source of thiamine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal psychological functions | 2010.8(10):1755 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 205 |
| Art.13(1) | Thiamine | Thiamine contributes to the normal function of the heart | The claim may be used only for food which is at least a source of thiamine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | cardiac function | 2009.7(9):1222 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 20 |
| Art.13(1) | Vitamin A | Vitamin A contributes to normal iron metabolism | The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | metabolism of iron | 2009.7(9):1221 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 206 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|---|---|------------|-----------------------------|
| Art.13(1) | Vitamin A | Vitamin A contributes to the maintenance of normal mucous membranes | The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of normal skin and mucous membranes | 2009.7(9):1221 , 2010.8(10):1754 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 15, 4702 |
| Art.13(1) | Vitamin A | Vitamin A contributes to the maintenance of normal skin | The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of normal skin and mucous membranes | 2009.7(9):1221 , 2010.8(10):1754 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 15, 17, 4660, 4702 |
| Art.13(1) | Vitamin A | Vitamin A contributes to the maintenance of normal vision | The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of normal vision | 2009.7(9):1221 , 2010.8(10):1754 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 16, 4239, 4701 |
| Art.13(1) | Vitamin A | Vitamin A contributes to the normal function of the immune system | The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of the normal function of the immune system | 2009.7(9):1222 , 2011.9(4):2021 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 14, 200, 1462 |
| Art.13(1) | Vitamin A | Vitamin A has a role in the process of cell specialisation | The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | cell differentiation | 2009.7(9):1221 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 14 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|---------------------------------|---|------------|---------------------------|
| Art.13(1) | Vitamin B12 | Vitamin B12 contributes to normal energy-yielding metabolism | The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | energy-yielding metabolism | 2009:7(9):1223 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 99, 190 |
| Art.13(1) | Vitamin B12 | Vitamin B12 contributes to normal functioning of the nervous system | The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to neurological and psychological function | 2010:8(10):4114 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 95, 97, 98, 100, 102, 109 |
| Art.13(1) | Vitamin B12 | Vitamin B12 contributes to normal homocysteine metabolism | The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal homocysteine metabolism | 2010:8(10):4114 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 96, 103, 106 |
| Art.13(1) | Vitamin B12 | Vitamin B12 contributes to normal psychological function | The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to neurological and psychological function | 2010:8(10):4114 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 95, 97, 98, 100, 102, 109 |
| Art.13(1) | Vitamin B12 | Vitamin B12 contributes to normal red blood cell formation | The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | red blood cell formation | 2009:7(9):1223 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 92, 101 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|---|---|------------|------------|
| Art.13(1) | Vitamin B12 | Vitamin B12 contributes to the normal function of the immune system | The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | function of the immune system | 2009.7(9):1223 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 107 |
| Art.13(1) | Vitamin B12 | Vitamin B12 contributes to the reduction of tiredness and fatigue | The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | reduction of tiredness and fatigue | 2010.8(10):4114 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 108 |
| Art.13(1) | Vitamin B12 | Vitamin B12 has a role in the process of cell division | The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | cell division | 2009.7(9):1223 , 2010.8(10):1756 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 93, 212 |
| Art.13(1) | Vitamin B6 | Vitamin B6 contributes to normal cysteine synthesis | The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal cysteine synthesis | 2010.8(10):1759 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 4283 |
| Art.13(1) | Vitamin B6 | Vitamin B6 contributes to normal energy-yielding metabolism | The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal energy-yielding metabolism | 2010.8(10):1759 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 75, 214 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|---|------------|-------------|
| Art.13(1) | Vitamin B6 | Vitamin B6 contributes to normal functioning of the nervous system | The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | function of the nervous system | 2009.7(9):1225 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 66 |
| Art.13(1) | Vitamin B6 | Vitamin B6 contributes to normal homocysteine metabolism | The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal homocysteine metabolism | 2010.8(10):1759 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 73, 76, 199 |
| Art.13(1) | Vitamin B6 | Vitamin B6 contributes to normal protein and glycogen metabolism | The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | protein and glycogen metabolism | 2009.7(9):1225 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 65, 70, 71 |
| Art.13(1) | Vitamin B6 | Vitamin B6 contributes to normal psychological function | The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal psychological functions | 2010.8(10):1759 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 77 |
| Art.13(1) | Vitamin B6 | Vitamin B6 contributes to normal red blood cell formation | The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | red blood cell formation | 2009.7(9):1225 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 67, 72, 186 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---------------------------------|---|------------|----------|
| Art.13(1) | Vitamin B6 | Vitamin B6 contributes to the normal function of the immune system | The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | function of the immune system | 2009.7(9):1225 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 68 |
| Art.13(1) | Vitamin B6 | Vitamin B6 contributes to the reduction of tiredness and fatigue | The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | reduction of tiredness and fatigue | 2010.8(10):1759 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 78 |
| Art.13(1) | Vitamin B6 | Vitamin B6 contributes to the regulation of hormonal activity | The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | regulation of hormonal activity | 2009.7(9):1225 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 69 |
| Art.13(1) | Vitamin C | Vitamin C contributes to maintain the normal function of the immune system during and after intense physical exercise | The claim may be used only for food which provides a daily intake of 200 mg vitamin C. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 200 mg in addition to the recommended daily intake of vitamin C. | function of the immune system during and after extreme physical exercise | 2009.7(9):1226 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 144 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|---|------------|---------------------|
| Art.13(1) | Vitamin C | Vitamin C contributes to normal collagen formation for the normal function of blood vessels | The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | collagen formation | 2009.7(9):1226 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 130, 131, 149 |
| Art.13(1) | Vitamin C | Vitamin C contributes to normal collagen formation for the normal function of bones | The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | collagen formation | 2009.7(9):1226 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 131, 149 |
| Art.13(1) | Vitamin C | Vitamin C contributes to normal collagen formation for the normal function of cartilage | The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | collagen formation | 2009.7(9):1226 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 131, 149 |
| Art.13(1) | Vitamin C | Vitamin C contributes to normal collagen formation for the normal function of gums | The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | collagen formation | 2009.7(9):1226 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 131, 136, 149 |
| Art.13(1) | Vitamin C | Vitamin C contributes to normal collagen formation for the normal function of skin | The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | collagen formation | 2009.7(9):1226 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 131, 137, 149 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|---|---|------------|-----------------|
| Art.13(1) | Vitamin C | Vitamin C contributes to normal collagen formation for the normal function of teeth | The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | collagen formation | 2009.7(9):1226 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 131, 149 |
| Art.13(1) | Vitamin C | Vitamin C contributes to normal energy-yielding metabolism | The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal energy-yielding metabolism | 2009.7(9):1226 , 2010.8(10):1815 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 135, 2334, 3196 |
| Art.13(1) | Vitamin C | Vitamin C contributes to normal functioning of the nervous system | The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | function of the nervous system | 2009.7(9):1226 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 133 |
| Art.13(1) | Vitamin C | Vitamin C contributes to normal psychological function | The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal psychological functions | 2010.8(10):1815 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 140 |
| Art.13(1) | Vitamin C | Vitamin C contributes to the normal function of the immune system | The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of the normal function of the immune system | 2009.7(9):1226 , 2010.8(10):1815 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 134, 4321 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|---|---|------------|--------------------------------------|
| Art.13(1) | Vitamin C | Vitamin C contributes to the protection of cells from oxidative stress | The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | protection of DNA, proteins and lipids from oxidative damage | 2009.7(9):1226 , 2010.8(10):1815 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 129, 138, 143, 148, 3331 |
| Art.13(1) | Vitamin C | Vitamin C contributes to the reduction of tiredness and fatigue | The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | reduction of tiredness and fatigue | 2010.8(10):1815 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 139, 2622 |
| Art.13(1) | Vitamin C | Vitamin C contributes to the regeneration of the reduced form of vitamin E | The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | regeneration of the reduced form of vitamin E | 2010.8(10):1815 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 202 |
| Art.13(1) | Vitamin C | Vitamin C increases iron absorption | The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | non-haem iron absorption | 2009.7(9):1226 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 132, 147 |
| Art.13(1) | Vitamin D | Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus | The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | absorption and utilisation of calcium and phosphorus and maintenance of normal blood calcium concentrations | 2009.7(9):1227 , 2011.9(6):2203 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 152, 157, 215 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|--|---|------------|-----------------------------|
| Art.13(1) | Vitamin D | Vitamin D contributes to normal blood calcium levels | The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | absorption and utilisation of calcium and phosphorus and maintenance of normal blood calcium concentrations | 2009.7(9):1227 , 2011.9(6):2203 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 152, 157, 215 |
| Art.13(1) | Vitamin D | Vitamin D contributes to the maintenance of normal bones | The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of bones and teeth | 2009.7(9):1227 , 2009.7(9):1272 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 150, 151, 158, 350 |
| Art.13(1) | Vitamin D | Vitamin D contributes to the maintenance of normal muscle function | The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | Normal muscle function | 2010.8(2):1468 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 155 |
| Art.13(1) | Vitamin D | Vitamin D contributes to the maintenance of normal teeth | The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of bones and teeth | 2009.7(9):1227 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 151, 158 |
| Art.13(1) | Vitamin D | Vitamin D contributes to the normal function of the immune system | The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | Normal function of immune system and inflammation response | 2010.8(2):1468 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 154, 159 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|---|------------|---------------------|
| Art.13(1) | Vitamin D | Vitamin D has a role in the process of cell division | The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | cell division | 2009.7(9):1227 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 153 |
| Art.13(1) | Vitamin E | Vitamin E contributes to the protection of cells from oxidative stress | The claim may be used only for food which is at least a source of vitamin E as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | protection of DNA, proteins and lipids from oxidative damage | 2010.8(10):1816 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 160, 162, 1947 |
| Art.13(1) | Vitamin K | Vitamin K contributes to normal blood clotting | The claim may be used only for food which is at least a source of vitamin K as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | blood coagulation | 2009.7(9):1228 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 124, 126 |
| Art.13(1) | Vitamin K | Vitamin K contributes to the maintenance of normal bones | The claim may be used only for food which is at least a source of vitamin K as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of bones | 2009.7(9):1228 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 123, 127, 128, 2879 |
| Art.13(1) | Walnuts | Walnuts contribute to the improvement of the elasticity of blood vessels | The claim may be used only for food which provides a daily intake of 30 g of walnuts. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 30 g of walnuts | Improvement of endothelium-dependent vasodilation | 2011.9(4):2074 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 1155, 1157 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|---|------------|---------------------------------|
| Art.13(1) | Water | Water contributes to the maintenance of normal physical and cognitive functions | In order to bear the claim, information shall be given to the consumer that in order to obtain the claimed effect, at least 2,0 L of water, from all sources, should be consumed per day. The claim may be used only on water complying with Directives 2009/54/EC and/or 98/83/EC | maintenance of normal physical and cognitive functions | 2011;9(4):2075 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 1102, 1209, 1294, 1331 |
| Art.13(1) | Water | Water contributes to the maintenance of normal regulation of the body's temperature | In order to bear the claim, information shall be given to the consumer that in order to obtain the claimed effect, at least 2,0 L of water, from all sources, should be consumed per day. The claim may be used only on water complying with Directives 2009/54/EC and/or 98/83/EC | maintenance of normal thermoregulation | 2011;9(4):2075 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 1208 |
| Art.13(1) | Wheat bran fibre | Wheat bran fibre contributes to an acceleration of intestinal transit | The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation (EC) No 1924/2006. In order to bear the claim information shall be given to the consumer that the claimed effect is obtained with a daily intake of at least 10 g of wheat bran fibre. | reduction in intestinal transit time | 2010;8(10):1817 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 828, 839, 3067, 4699 |
| Art.13(1) | Wheat bran fibre | Wheat bran fibre contributes to an increase in faecal bulk | The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Annex to Regulation (EC) No 1924/2006. | Increase in faecal bulk | 2010;8(10):1817 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 3066 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---|---|------------|----------------------|
| Art.13(1) | Zinc | Zinc contributes to normal DNA synthesis | The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | DNA synthesis and cell division | 2009.7(9):1229 , 2010.8(10):1819 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 292, 293, 1759 |
| Art.13(1) | Zinc | Zinc contributes to normal acid-base metabolism | The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | acid-base metabolism | 2009.7(9):1229 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 360 |
| Art.13(1) | Zinc | Zinc contributes to normal carbohydrate metabolism | The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal carbohydrate metabolism | 2010.8(10):1819 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 382 |
| Art.13(1) | Zinc | Zinc contributes to normal cognitive function | The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | cognitive function | 2009.7(9):1229 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 296 |
| Art.13(1) | Zinc | Zinc contributes to normal fertility and reproduction | The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | fertility and reproduction | 2009.7(9):1229 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 297, 300 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|---|------------|-----------|
| Art.13(1) | Zinc | Zinc contributes to normal macronutrient metabolism | The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal macronutrient metabolism | 2010.8(10):1819 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 2890 |
| Art.13(1) | Zinc | Zinc contributes to normal metabolism of fatty acids | The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of normal serum testosterone concentrations | 2009.7(9):1229 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 302 |
| Art.13(1) | Zinc | Zinc contributes to normal metabolism of vitamin A | The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | vitamin A metabolism | 2009.7(9):1229 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 361 |
| Art.13(1) | Zinc | Zinc contributes to normal protein synthesis | The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | contribution to normal protein synthesis | 2010.8(10):1819 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 293, 4293 |
| Art.13(1) | Zinc | Zinc contributes to the maintenance of normal bones | The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of bones | 2009.7(9):1229 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 295, 1756 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|-----------------------------|---------------------------------|---|------------|----------|
| Art.13(1) | Zinc | Zinc contributes to the maintenance of normal hair | The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of normal hair | 2010.8(10):1819 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 412 |
| Art.13(1) | Zinc | Zinc contributes to the maintenance of normal nails | The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of normal nails | 2010.8(10):1819 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 412 |
| Art.13(1) | Zinc | Zinc contributes to the maintenance of normal skin | The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of normal skin | 2010.8(10):1819 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 293 |
| Art.13(1) | Zinc | Zinc contributes to the maintenance of normal testosterone levels in the blood | The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | fertility and reproduction | 2010.8(10):1819 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 301 |
| Art.13(1) | Zinc | Zinc contributes to the maintenance of normal vision | The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | maintenance of vision | 2009.7(9):1229 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 361 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---|---|------------|----------------|
| Art.13(1) | Zinc | Zinc contributes to the normal function of the immune system | The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | function of the immune system | 2009.7(9):1229 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 291, 1757 |
| Art.13(1) | Zinc | Zinc contributes to the protection of cells from oxidative stress | The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | protection of DNA, proteins and lipids from oxidative damage | 2009.7(9):1229 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 294, 1758 |
| Art.13(1) | Zinc | Zinc has a role in the process of cell division | The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | DNA synthesis and cell division | 2009.7(9):1229 , 2010.8(10):1819 | Commission Regulation (EU) 432/2012 of 16/05/2012 | Authorised | 292, 293, 1759 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|--|-------------------------------|-----------------------|----------------|----------|
| Art.13(1) | "Dietary food for special medical purposes - oral rehydrating solution with decreased osmolarity composed according to WHO/UNICEF recommendations - ORSALIT. ORSALIT is available in following versions: - ORSALIT without flavor, - ORSALIT with banana flavor | 1. ORSALIT is used in all cases when dehydration may occur 2. ORSALIT is hypotonic, oral rehydrating solution composed according to WHO and UNICEF recommendations 3. ORSALIT helps to avoid dehydration which may occur in case of diarrhea and/or vomiting 4. ORSALIT uses mechanism of collective adsorption of water, sodium and glucose which is not damaged even during diarrhea 5. ORSALIT is used in order to supplement current losses of water and electrolytes 6. Oral rehydrating solutions are used in every situation when dehydration may occur 7. ORSALIT composition is identical to current recommendations of | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect attributes to this food the property of preventing, treating or curing a human disease, or refers to such properties which is prohibited for foods. | Treatment of diarrhoea and/or vomiting | 2011.9(6):228 | | Non-authorised | 3087 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|--|--|---------------------|------------------------|-----------------------|--------|----------|
| | | <p>WHO and UNICEF</p> <p>8. ORSALIT composition ensures effective rehydration during diarrhea on the contrary of usually given feezy drinks (cola), apple juice or broth</p> <p>9. ORSALIT rehydrates effectively during diarrhea, on the contrary to traditional methods</p> <p>10. Oral rehydration is beneficial and well tolerated due to low risk of side effects</p> <p>11. ORSALIT is used in order to rehydrate</p> <p>12. ORSALIT is dedicated to infants, children and adults rehydration during diarrhea and/or vomiting</p> <p>13. ORSALIT is dedicated to supplement body fluids and mineral components</p> <p>14. ORSALIT is used in case of disturbance of water-electrolyte balance during</p> | | | | | | |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|-------------------------------------|--------------------------------|-----------------------|----------------|----------|
| | | dehydration due to diarrhea and/or vomiting | | | | | | |
| Art.13(1) | Cow's Milk And dairy products for which milk is the principle ingredient and no sugar has been added – e.g. yogurt, cheese. | (Cow's) Milk products help support dental health. (Cow's) Milk helps support the normal and healthy development of teeth. (Cow's) Milk contributes to dental health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2243 | | Non-authorised | 1141 |
| Art.13(1) | 16. <i>Lactobacillus rhamnosus</i> LGG® | -helps improve oral health -helps maintain a healthy oral flora -helps maintain oral health -helps improve dental health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of tooth mineralisation | 2011;9(6):2233 | | Non-authorised | 3018 |
| Art.13(1) | 2 - Dimethylaminoethanol hydrogentartrate | Helps support mental development | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Mental energy" | 2011;9(6):2228 | | Non-authorised | 1530 |
| Art.13(1) | 5-Hydroxytryptophan | Helps to concentrate May reduce restlessness | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | attention | 2009;7(9):1273 | | Non-authorised | 1828 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | 5-Hydroxytryptophan | Helps to promote healthy serotonin levels which can enhance mood 5-HTP is the direct chemical precursor to the neurotransmitter serotonin, which may promote a positive mood | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | enhancement of mood | 2009;7(9):1273 | | Non-authorised | 1575 |
| Art.13(1) | A combination of the probiotics: <i>Lactobacillus casei</i> F19, <i>Lactobacillus plantarum</i> 2592, <i>Leuconostoc mesenteroides</i> 77:1, <i>Pediococcus pentosaceus</i> 16:1 | Support your natural defence. Helps your body's natural defence. Supports the immune system. Contains the probiotics <i>Lactobacillus casei</i> F19, <i>Lactobacillus plantarum</i> 2592, <i>Leuconostoc mesenteroides</i> 77:1, <i>Pediococcus pentosaceus</i> 16:1 | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1090 |
| Art.13(1) | A combination of three probiotic ingredients; <i>Lactobacillus casei</i> F19, <i>Bifidobacterium lactis</i> Bb12, <i>Lactobacillus acidophilus</i> La5 | Helps your natural bowel regularity Helps to regulate your intestinal flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1085 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | A combination of three probiotic ingredients; <i>Lactobacillus casei</i> F19, <i>Bifidobacterium lactis</i> Bb12 and <i>Lactobacillus acidophilus</i> La5 | Balances the gut flora. Helps to restore an unbalanced gut flora. Supports a healthy gut flora. Supports a healthy gut flora during antibiotic treatment Supports a healthy gut flora during temporary disturbances eg. stress and antibiotic treatment | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009.7(9):1247 | | Non-authorised | 923 |
| Art.13(1) | AHCC - Active Hexose Correlated Compound | activates immune system, exert potential effects on the immune system - stimulating immunity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Stimulation of immunological responses | 2011.9(4):2061 | | Non-authorised | 3139 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | AMORPHOPHALLUS KONJAC KOCH | Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Useful to protect the skin from UV-induced oxidative damage. Helps protect against the free radicals action due to UV exposure or severe ambiance conditions. Antioxidants reducing the production of oxidative cholesterol. Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010.8(2):1489 | | Non-authorised | 3216 |
| Art.13(1) | AMORPHOPHALLUS KONJAC KOCH | Helps the physiological sugars balance. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood glucose concentrations | 2010.8(10):1798 | | Non-authorised | 3724 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | AMORPHOPHALLUS KONJAC KOCH | Supports the immune system and the body's defence (antioxidant). | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "immune function/immune system" | 2010.8(10):1799 | | Non-authorised | 3218 |
| Art.13(1) | AMORPHOPHALLUS KONJAC KOCH | Through balanced diets helps the control of lipidic metabolism (cholesterol and triglycerides). Natural source maintaining the physiological fats balance in blood. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal (fasting) blood concentrations of triglycerides | 2010.8(10):1798 | | Non-authorised | 3217 |
| Art.13(1) | Acacia gum (gum arabic) | - gum acacia helps to reduce blood cholesterol; - gum acacia contribute to maintain a good cardiovascular health; - gum acacia helps to control blood cholesterol level. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood cholesterol concentrations | 2009;7(9):1251 | | Non-authorised | 1976 |
| Art.13(1) | Acacia gum (gum arabic) | -acacia gum promotes good intestinal health;- acacia gum improves bowel functions & gut comfort; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Changes in bowel function | 2011;9(4):2022 | | Non-authorised | 759 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|--------------------------------|-----------------------|----------------|-----------|
| Art.13(1) | Acacia gum (gum arabic) | -acacia gum promotes good intestinal health;-acacia gum improves bowel functions & gut comfort; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Reduction of gastro-intestinal discomfort | 2011;9(4):2022 | | Non-authorised | 759 |
| Art.13(1) | Acacia gum (gum arabic) | -acacia gum promotes good intestinal health;-acacia gum improves bowel functions & gut comfort; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Changes in short chain fatty acid (SCFA) production and pH in the gastro-intestinal tract | 2011;9(4):2022 | | Non-authorised | 759 |
| Art.13(1) | Acacia gum (gum arabic) | Gum acacia contributes to lower the glycemix response gum acacia contribute to control blood glucose and insuline levels gum acacia is suitable for diabetics diet gum acacia helps to reduce calorie intake | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood glucose concentrations | 2010;8(2):1475 | | Non-authorised | 842, 1977 |
| Art.13(1) | Acacia gum (gum arabic) | Gum acacia contributes to lower the glycemix response gum acacia contribute to control blood glucose and insuline levels gum acacia is suitable for diabetics diet gum acacia helps to reduce calorie intake | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Reduction of post-prandial glycaemic response | 2010;8(2):1475 | | Non-authorised | 842, 1977 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|-----------|
| Art.13(1) | Acacia gum (gum arabic) | gum acacia helps to reduce blood cholesterol ; gum acacia contribute to maintain a good cardiovascular health ; gum acacia helps to control blood cholesterol level | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2022 | | Non-authorised | 841 |
| Art.13(1) | Acacia gum (gum arabic) | gum acacia support renal function ; gum acacia helps renal function during high protein diet ; gum acacia helps to maintain kidney metabolism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Maintenance of faecal nitrogen content and blood urea levels | 2011;9(4):2022 | | Non-authorised | 840, 1975 |
| Art.13(1) | Acacia gum (gum arabic) | -acacia gum is a bifidogenic fibre; -acacia gum has a prebiotic effect; -acacia gum stimulates the growth of beneficial bacteria in the colon; -acacia gum beneficially modulates the intestinal flora. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Decreasing potentially pathogenic gastro-intestinal microorganisms | 2011;9(4):2022 | | Non-authorised | 758 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Acerola | Acerola is a major dietary source of antioxidants Antioxidants from dietary sources contribute to the protection against free radicals which cause cell damage Contributes to the protection of cells and tissues from oxidative damage Help strengthen our bod | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010.8(2):1489 | | Non-authorized | 1256 |
| Art.13(1) | Acerola | Acerola is a major dietary source of antioxidants/ Antioxidants from dietary sources contribute to the protection against free radicals which cause cell oxidation/ Contributes to the protection of cells and tissues from oxidation/ Help strengthen our body's natural defences against oxidative stress | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010.8(2):1489 | | Non-authorized | 2193 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Acetyl-l-carnitine | Acetyl-l-carnitine helps to support and maintain healthy brain function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal cognitive function | 2011;9(6):2200 | | Non-authorised | 1432 |
| Art.13(1) | Acidic water - based, non alcoholic flavoured beverages | poses minimal risk of tooth erosion in relation to tooth erosion, helps keep teeth healthy minimises loss of dental enamel | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2083 | | Non-authorised | 1170 |
| Art.13(1) | Activated charcoal | Traditionally used to contribute to good digestive comfort Usually known for its contribution to good digestive | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of bloating | 2011;9(4):2049 | | Non-authorised | 1938 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Adenosine triphosphate (ATP) | Improves effectively muscular tonus Helps muscle recovery / supports muscle fatigue recovery Supports dorsal comfort Contributes to the reduction of muscle soreness Contributes to the reduction of muscle contracture Contributes to the reduction of muscular tension | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal muscle function | 2011;9(4):2081 | | Non-authorised | 1946 |
| Art.13(1) | Aegle marmelos UNRIPE FRUIT | Supports digestion and metabolism of carbohydrates and lipids | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Improvement of the digestion of macronutrients (e.g. carbohydrates, proteins and lipids) | 2011;9(6):2228 | | Non-authorised | 3972 |
| Art.13(1) | Alfalfa | May help to reduce LDL cholesterol. For cardiovascular health. Clarification provided May help to reduce LDL cholesterol. For cardiovascular health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 2793 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Aliments sources de glucides complexes | Les glucides complexes contribuent à la satiété. De l'énergie durant la matinée grâce aux glucides complexes Clarification provided "complex carbohydrates contribute to satiety" "complex carbohydrates help keep you fuller for longer" | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 602 |
| Art.13(1) | Aliments contenant du Magnésium | Le Magnésium vous aide à lutter contre les petits stress quotidiens | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | Resistance to mental stress | 2010;8(10):1807 | | Non-authorised | 375 |
| Art.13(1) | All minerals | mineral(s) help the development of all body structures. -mineral(s) are essential for your body. -we need mineral(s) to make the body functions work. - mineral(s) is a factor in the maintenance of good health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "multivitamin supplementation to sustain vitality while aging" and "development" | 2011;9(4):2077 | | Non-authorised | 217 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | All vitamins and minerals | Vitamins and minerals are essential to sustain physical and mental vitality while ageing | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "multivitamin supplementation to sustain vitality while aging" and "development" | 2011;9(4):2077 | | Non-authorised | 4 |
| Art.13(1) | Almonds | Consuming a handful (28 grams) of almonds a day as part of a diet low in saturated fat, helps to maintain healthy blood cholesterol and promotes a healthy heart | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2036 | | Non-authorised | 1131 |
| Art.13(1) | Alpha Lipoic acid (ALA) | - ALA supports the decrease of the blood sugar, might regulate the insulin resistance; - ALA has proven to be very effective in protection from glycation; - ALA might help to regulate the damage done by final products of the glycation proteins (AGE). | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood glucose concentrations | 2010;8(2):1474 | | Non-authorised | 3162 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Alpha Lipoic acid (ALA) | ALA might protect the lipids from oxidative damage, might also helps to keep normal level of blood cholesterol, has positive effects in fat burning. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of body lipids from oxidative damage | 2010;8(2):1474 | | Non-authorised | 3134 |
| Art.13(1) | Alpha Lipoic acid (ALA) | Support the healthy metabolism of genes in organism. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Regeneration of genes, regeneration of gene transcription and the influence to activity NF-kappa B | 2010;8(2):1474 | | Non-authorised | 3133 |
| Art.13(1) | Alpha lipoic acid | Alpha lipoic acid is suitable for diabetics, people with impaired glucose tolerance | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in insulin sensitivity | 2011;9(6):2202 | | Non-authorised | 3158 |
| Art.13(1) | Alpha lipoic acid | Alpha lipoic acid helps to protect the nervous system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect attributes to this food the property of preventing, treating or curing a human disease, or refers to such properties which is prohibited for foods. | "protection of the nerve system" | 2011;9(6):2202 | | Non-authorised | 3157 |
| Art.13(1) | Alpha-cyclodextrin (a soluble dietary fiber) | -Helps to control/reduce body fat mass; -helps to control blood fat levels and body fat storage | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance or achievement of a normal body weight | 2010;8(2):1479 | | Non-authorised | 2925 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Alpha-cyclodextrin (a soluble dietary fiber) | -Attenuates the rise in blood glucose / insulin after a meal -Moderates the blood glucose/insulin response to a meal | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | Reduction of post-prandial glycaemic responses | 2010;8(2):1479 | | Non-authorised | 856 |
| Art.13(1) | Alpha-linolenic acid (LNA-Omega 3) | Omega 3 Alpha-linolenic acid helps maintain a healthy blood pressure. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | maintenance of normal blood pressure | 2009;7(9):1252 | | Non-authorised | 625 |
| Art.13(1) | Alpha-lipoic-acid | - Contributes to glucose metabolism; - Contributes to maintain healthy blood glucose levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood glucose concentrations | 2010;8(2):1474 | | Non-authorised | 1435 |
| Art.13(1) | Alpha-lipoic-acid | ALA might protect the lipids from oxidative damage, might also helps to keep normal level of blood cholesterol, has positive effects in fat burning. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Increased beta-oxidation of fatty acids | 2010;8(2):1474 | | Non-authorised | 3134 |
| Art.13(1) | Alpha-lipoic-acid | ALA might protect the lipids from oxidative damage, might also helps to keep normal level of blood cholesterol, has positive effects in fat burning. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood cholesterol concentrations | 2010;8(2):1474 | | Non-authorised | 3134 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Alpha-lipoic-acid | Is an antioxidant Acts as an antioxidant Helps to reduce oxidative stress Helps to contrast the free radicals action Helps to restore intracellular antioxidants (e.i. glutathione) | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of body lipids from oxidative damage | 2010;8(2):1474 | | Non-authorised | 1434 |
| Art.13(1) | Amino acids | To assist in the repair and recovery of muscle tissue following strenuous exercise. Helps muscle maintenance and recovery following exercise. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 1711 |
| Art.13(1) | Amorphophallus konjac KOCH (Common Name : Konjac) | Helps to regulate transit time Helps to maintain a good transit | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bowel function | 2010;8(10):1798 | | Non-authorised | 3901 |
| Art.13(1) | Amylopectin | Amylopectin facilitates the replenishment of glycogen stores in skeletal muscle | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance performance during the subsequent exercise bout after strenuous exercise | 2011;9(6):2247 | | Non-authorised | 1437 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Amylopectin and L-carnitine | Amylopectin plus L-carnitine facilitate the replenishment of glycogen stores in skeletal muscle, and the switching from carbohydrate oxidation to fat oxidation. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance performance during the subsequent exercise bout after strenuous exercise | 2011;9(6):2247 | | Non-authorised | 1438 |
| Art.13(1) | Ananas : Pineapple powder (Ananas sativus) obtained from fruit juice and stems AND Dry aqueous extract of pineapple standardized at 2% of bromelain | Recommended during slimming diet, at the same time of dietary measures. Pineapple is a tropical plant whose stems contain bromelain, a proteolytic enzymatic complex. Bromelain is a proteolytic enzyme with anti-edematous activity which can help to drain tissues with cellulitis. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2011;9(6):2246 | | Non-authorised | 3726 |
| Art.13(1) | Ananas comosus - common name : Bromelain Pineapple | "Used for the good circulation of blood in microvessels" "Helps to decrease the sensations of heavy legs" | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Vascular and vein health" | 2011;9(6):2228 | | Non-authorised | 2212 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Ananas comosus - common name : Bromelain Pineapple | "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion". | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of gastrointestinal discomfort | 2011;9(6):2248 | | Non-authorised | 2213 |
| Art.13(1) | Ananas tige | Soulage les douleurs inflammatoires Clarification provided Shows anti-inflammatory properties/Helps reduce inflammatory reaction in joints and muscles/Helps maintain the flexibility and mobility of the joints | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal joints | 2011;9(6):2247 | | Non-authorised | 2514 |
| Art.13(1) | Anthocyanidines + proanthocyanidines | Can help to normalise blood fat levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2083 | | Non-authorised | 1788 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Anthocyanidines + proanthocyanidines | Can help to normalise blood sugar levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2083 | | Non-authorised | 1789 |
| Art.13(1) | Anthocyanidines + proanthocyanidines | Especially for the eye health of older people | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2083 | | Non-authorised | 1791 |
| Art.13(1) | Anthocyanidines + proanthocyanidines | For stomach health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2083 | | Non-authorised | 1790 |
| Art.13(1) | Anthocyanidines + proanthocyanidines | Good for the cardiovascular system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2083 | | Non-authorised | 1787 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Anthocyanins | Contains naturally occurring antioxidants, which may help to protect against the damage caused by free radicals, as part of a healthy lifestyle. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010:8(2):1489 | | Non-authorised | 1445 |
| Art.13(1) | Anthocyanins from elderberry juice | (Anthocyanins from) elderberry juice help to - protect cells against oxidative damages - strengthen the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010:8(2):1489 | | Non-authorised | 1940 |
| Art.13(1) | Antioxidant from processed fruits and vegetables and juices | Antioxidant contained in this product contribute to the anti-oxidative functions of the body/ensure protective effect on the organism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010:8(10):1752 | | Non-authorised | 1306 |
| Art.13(1) | Antioxidant from processed fruits and vegetables and juices | Antioxidant contained in this product contribute to the anti-oxidative functions of the body/ensure protective effect on the organism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | antioxidant activity, antioxidant content, and antioxidant properties | 2010:8(10):1752 | | Non-authorised | 1306 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Antioxidant from processed fruits and vegetables and juices | Antioxidant contained in this product contribute to the anti-oxidative functions of the body/ensure protective effect on the organism; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010:8(2):1489 | | Non-authorised | 1439 |
| Art.13(1) | Antioxidant substance | Antioxidants protect cells from the harmful/damaging effects of free radicals. Antioxidants protect against oxidation, which causes cell damage. Contains antioxidants. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010:8(10):1752 | | Non-authorised | 1441 |
| Art.13(1) | Antioxidants | Inclusion of antioxidants in the diet may help maintain a healthy heart Clarification provided Inclusion of antioxidants in the diet may help maintain a healthy heart | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010:8(10):1752 | | Non-authorised | 1440 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Antioxidants | Inclusion of antioxidants in the diet may help protect the skin from the effects of ageing | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | protection of cells from premature aging | 2010.8(10):1752 | | Non-authorised | 1917 |
| Art.13(1) | Antioxidants from pomegranate juice | (Antioxidants from) pomegranate - plays an important antioxidative function - protect cells against oxidative damages - strengthen the immune system - strengthen the body's defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010.8(2):1489 | | Non-authorised | 1941 |
| Art.13(1) | Antioxidants in coffee | Antioxidants in coffee helps protect our cells against free radicals. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | Protection of DNA, proteins and lipids from oxidative damage | 2011.9(4):2057 | | Non-authorised | 3152 |
| Art.13(1) | Antler | 1. For cardiovascular health. 2. Improves function of the heart | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal cardiac function | 2011.9(6):2246 | | Non-authorised | 1767 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Apium graveolens | Support of normal bladder function | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Kidneys health", "urinary health", "bladder health", "health of lower urinary tract", "blood health", "elimination", "urinary system benefits" and/or "supports/promotes the excretory function of the kidney" | 2010.8(10):1742 | | Non-authorized | 2217 |
| Art.13(1) | Apium graveolens (Celery) | A generally restorative tea which is rich in vitamins, minerals, antioxidants and essential herbal oils and helps the body overcome stress and exertion, prevents setting in of changes associated with age, improves the immunity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "invigoration of the body" | 2010.8(10):1738 | | Non-authorized | 2393 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Apium graveolens - common name : celery | "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organism" / "Used for the drainage of the organism" / "Stimulates the elimination function of the organism" / "Contributes to the functionality of the urinary tract" | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Increase in renal water elimination | 2010.8(10):1742 | | Non-authorised | 2218 |
| Art.13(1) | Apple Flavan-3-ols | (-)-epicatechin is important in maintaining a healthy circulation | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | improvement of endothelium-dependent vasodilation | 2011.9(4):2065 | | Non-authorised | 1936 |
| Art.13(1) | Apple cider vinegar | 1. Apple cider vinegar has body purifying and healing properties 2. Splits and eliminates harmful toxins/end-products 3. Optimizes and balances the body function 4. Restores the inner balance of the body | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | biotransformation of xenobiotic substances | 2010.8(10):1733 | | Non-authorised | 1378 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Apple cider vinegar | 1. Helps improve digestion 2. Helps maintain normal bowel movement 3. Normalizes bowel movement 4. Promotes intestinal activity 5. Promotes/contributes to bowel regularity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Bowel motor function | 2009:7(9):1230 | | Non-authorised | 1377 |
| Art.13(1) | Apple cider vinegar | Helps control and normalize body weight. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2011:9(6):2246 | | Non-authorised | 1380 |
| Art.13(1) | Apple cider vinegar | Helps maintain healthy skin. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Skin health" | 2011:9(6):2228 | | Non-authorised | 1379 |
| Art.13(1) | Apple juice | Apple juice helps to maintain a healthy cardiovascular system Clarification provided Apple juice : - helps to maintain a healthy cardiovascular system - plays an important antioxidative function on cardiovascular system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010:8(10):1752 | | Non-authorised | 1196 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Apple vinegar drink | Apple vinegar drink helps to maintain vascular health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood pressure | 2011;9(6):2199 | | Non-authorised | 1447 |
| Art.13(1) | Arabinoxylan | Natural enhancer of immune system. Supports the immune system. Supports the immune response Support of the body's defence | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Stimulation of natural killer cell activity | 2011;9(6):2228 | | Non-authorised | 3128 |
| Art.13(1) | Argile verte | Améliore le confort digestif. Participe à l'absorption des toxines et des gaz se formant au cours du processus de digestion Contribue au confort digestif. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 347 |
| Art.13(1) | Arginin | [In german :] stärkt die Darmmucosa. Clarification provided Strengthens the gut mucosa. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Function of the intestinal tract" | 2011;9(4):2051 | | Non-authorised | 740 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--------------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Arginine | Acide aminé régulateur du cortisol, médiateur du stress. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Système nerveux" | 2011;9(4):2051 | | Non-authorised | 608 |
| Art.13(1) | Arginine | Conditionally-essential amino acid that plays an important role in the growth and immune system. It supports tissue growth acceleration. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Immune system functions" | 2011;9(4):2051 | | Non-authorised | 455 |
| Art.13(1) | Arginine | Essential amino acid that plays an important role in the immune system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Immune system functions" | 2011;9(4):2051 | | Non-authorised | 1713 |
| Art.13(1) | Arginine | It has positive effects on muscle integrity and on haematopoiesis (for red blood cells building) | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Normal red blood cell formation | 2011;9(4):2051 | | Non-authorised | 456 |
| Art.13(1) | Arginine | It has positive effects on muscle integrity and on haematopoiesis (for red blood cells building) | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2011;9(4):2051 | | Non-authorised | 456 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Arginine | It has positive effects on muscle integrity and on haematopoiesis (for red blood cells building). | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Normal red blood cell formation | 2011;9(4):2051 | | Non-authorised | 1712 |
| Art.13(1) | Arginine | It has positive effects on muscle integrity and on haematopoiesis (for red blood cells building). | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2011;9(4):2051 | | Non-authorised | 1712 |
| Art.13(1) | Arginine | Support of normal blood circulation | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Improvement of endothelium-dependent vasodilation | 2011;9(4):2051 | | Non-authorised | 1443 |
| Art.13(1) | Arginine | Support of normal blood circulation | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood pressure | 2011;9(4):2051 | | Non-authorised | 1443 |
| Art.13(1) | Arginine | Support of normal blood circulation | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Normal red blood cell formation | 2011;9(4):2051 | | Non-authorised | 1443 |
| Art.13(1) | Armoracia rusticana | Soothes the digestive tract/ helps support the digestive system /a source of mucilage which support the mucous membranes | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Gut health" | 2011;9(6):2228 | | Non-authorised | 2223 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|----------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Armorica rusticana - common name : Horseradish | Traditionally used to enhance the renal elimination of water. Traditionally used to facilitate the elimination functions of the organism. Used to enhance the renal elimination of water. Used to facilitate the elimination functions of the organism. Used for the drainage of the organism. Diuretic effect. Stimulates the elimination function of the organism. Contributes to the functionality of the urinary tract. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | improvement of diuretic function | 2009;7(9):1282 | | Non-authorised | 2719 |
| Art.13(1) | Armorica rusticana - common name : Horseradish | Used to enhance the renal elimination of water. Used to facilitate the elimination functions of the organism. Used for the drainage of the organism. Stimulates the elimination function of the organism. Contributes to the functionality of the urinary tract. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | improvement of diuretic function | 2009;7(9):1282 | | Non-authorised | 2224 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Aronia melanocarpa (Common Name : Chokeberry) | Maintenance of blood vessel wals strenght | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Vascular and vein health" | 2011;9(6):2228 | | Non-authorised | 1998 |
| Art.13(1) | Aronia melanocarpa (Common Name : Chokeberry) | Contains antioxidant/s. Is a source of antioxidant/s. With antioxidant/s. Natural source of beneficial bioactive compounds: polyphenols (anthocyanins, flavonols, tannins), that help maintain optimum antioxidant status of the body. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011;9(6):2246 | | Non-authorised | 1997 |
| Art.13(1) | Ascorbic acid | Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | relief in case of irritation in the upper respiratory tract | 2009;7(9):1226 | | Non-authorised | 1714 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Ascorbic acid, sodium salt | Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | relief in case of irritation in the upper respiratory tract | 2009;7(9):1226 | | Non-authorised | 1715 |
| Art.13(1) | Aspalathus linearis (Common Name : Rooibos/Red bush) | Contains antioxidant/s; Is a source of antioxidant/s. With antioxidant/s. Has antioxidant properties Acts as free radical scavengers Contains naturally occurring antioxidants Antioxidants help protect you from free radicals Antioxidants help protect your cells and tissues from oxidation Antioxidants contribute to the total antioxidant capacity of the body and help strengthen our body's defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010;8(2):1489 | | Non-authorised | 1999 |
| Art.13(1) | Aspalathus linearis (Common Name : Rooibos/Red bush) | Contributes to optimal relaxation / helps to support the relaxation. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of gastro-intestinal discomfort | 2011;9(6):2248 | | Non-authorised | 2000 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Asparagus officinalis | Supports the excretory function of the kidneys /contributes to urinary flow | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Increase in renal water elimination | 2010.8(10):1742 | | Non-authorised | 2228 |
| Art.13(1) | Aspartame sucrose substitute | Weight control /management is helped by using foods and beverages sweetened with Aspartame in place of foods and beverages sweetened with sugar. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2011;9(6):2229 | | Non-authorised | 1444 |
| Art.13(1) | Astaxanthin | Astaxanthin favourably influence on condition of cartilage. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of joints, tendons, and connective tissue | 2009;7(9):1253 | | Non-authorised | 3142 |
| Art.13(1) | Astaxanthin | Astaxanthin helps to protect against free radicals and harmful factors of environment | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | protection of DNA, proteins and lipids from oxidative damage | 2009;7(9):1253 | | Non-authorised | 3141 |
| Art.13(1) | Astaxanthin from Haematococcus pluvialis | Supports anti-aging through cellular health. Supports a healthy response to physiological stress. Supports healthy immune function. Protects DNA. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Immune system" | 2011;9(6):2206 | | Non-authorised | 1919 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Astaxanthin from Haematococcus pluvialis | Supports anti-aging through cellular health. Supports increased energy levels. Helps control excessive free radicals in the body. Supports a healthy response to oxidative stress. Protects DNA from free radicals. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2009.7(9):1253 | | Non-authorised | 1449 |
| Art.13(1) | Astaxanthin from Haematococcus pluvialis | Supports healthy cholesterol levels. Maintains low C reactive protein levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of blood cholesterol concentrations and maintenance of low plasma concentrations of C-reactive protein | 2009.7(9):1253 | | Non-authorised | 1450 |
| Art.13(1) | Astaxanthin from Haematococcus pluvialis | Supports joint health. Supports Healthy Tendons. Supports Healthy Carpal Tunnel. Supports joint function after heavy exercise | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints, tendons, and connective tissue | 2009.7(9):1253 | | Non-authorised | 1918 |
| Art.13(1) | Astaxanthin from Haematococcus pluvialis | Supports joint health. Supports Healthy Tendons. Supports Healthy Carpal Tunnel. Supports joint function after heavy exercise. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints, tendons, and connective tissue | 2009.7(9):1253 | | Non-authorised | 1978 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Astaxanthin from Haematococcus pluvialis | Supports the eyes. Visual acuity support. Provides antioxidant support to the retina. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of visual acuity | 2009;7(9):1253 | | Non-authorised | 1448 |
| Art.13(1) | Astaxanthin from Haematococcus pluvialis | Supports anti-aging through cellular health. Supports a healthy response to physiological stress. Supports healthy immune function. Protects DNA. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Immune system" | 2011;9(6):2206 | | Non-authorised | 1980 |
| Art.13(1) | Astaxanthin from Haematococcus pluvialis | Supports skin structure during sun exposure. Supports healthy skin. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of the skin from UV-induced damage | 2011;9(6):2206 | | Non-authorised | 1979 |
| Art.13(1) | Avocado-soy extract | Natural flexibility for the joints. Accelerates the formation of new cartilage by increasing the formation of cartilage growth factors. Facilitates exercise. Activates the building of joint cartilage. Natural flexibility remains. Accelerates the formation of collagen in joint membrane cells (synoviocytes). | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of joints | 2010;8(2):1493 | | Non-authorised | 2794 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Azúcares de frutas de bajo índice glicémico | ayudan a mantener constantes los niveles de glucosa en sangre. Clarification provided it helps to maintain steady blood glucose levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 727 |
| Art.13(1) | B-caroten | The antioxidant action of beta-caroten helps to neutralize free radicals and counteracts cellular ageing. Beta-caroten is involved in body tissue protection from UV rays damage. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011;9(4):2021 | | Non-authorised | 197 |
| Art.13(1) | B-caroten | The antioxidant action of beta-caroten helps to neutralize free radicals and counteracts cellular ageing. Beta-caroten is involved in body tissue protection from UV rays damage. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of the skin from UV-induced (including photo-oxidative) damage | 2011;9(4):2021 | | Non-authorised | 197 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bacillus subtilis HU58 | <ul style="list-style-type: none"> • Contains Probiotic • Contains healthy bacteria • Maintains dominance of good bacteria in the gut | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 917 |
| Art.13(1) | Bacillus subtilis HU58 | <ul style="list-style-type: none"> • Contributes to/ supports / maintains natural resistance/defence • Strengthens your body's natural defence • Stimulates the immune system • Stimulates the specific and non specific immune system • Supports your natural defences • Helps to regulate the b | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1092 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bacillus subtilis HU58 | <ul style="list-style-type: none"> • For good intestinal health • Helps keep your digestive system in balance • Helps gastrointestinal tract comfort • Maintains a healthy intestinal environment and functionality • Maintain the balance of microflora • Promotes and maintains intestinal health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1091 |
| Art.13(1) | Bacillus subtilis Natto | <ul style="list-style-type: none"> • Helps support a healthy heart • Helps maintain a healthy heart | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 3024 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bacillus subtilis Natto | <ul style="list-style-type: none"> • Contributes to/ supports / maintains natural resistance/defence • Strengthens your body's natural defence • Stimulates the immune system • Stimulates the specific and non specific immune system • Supports your natural defences • Helps to regulate the b | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1470 | | Non-authorised | 3022 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bacillus subtilis Natto | <ul style="list-style-type: none"> • For good intestinal health • Helps keep your digestive system in balance • Helps gastrointestinal tract comfort • Maintains a healthy intestinal environment and functionality • Maintain the balance of microflora • Promotes and maintains intestinal hea | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1470 | | Non-authorised | 3023 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bacillus subtilis PB6 | <ul style="list-style-type: none"> - probiotic - for good intestinal health; - promotes and maintains intestinal health; - promotes and maintains intestinal function; - supports healthy gastrointestinal flora; - for good digestive health; - promotes and stimulates good bowel movement; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 918 |
| Art.13(1) | Bacterial lysate | Strengthen the body's natural resistance/supports the immune function | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "immune function/immune system" | 2010;8(10):1799 | | Non-authorised | 1451 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Banana | Banana is a major dietary source of antioxidants. Antioxidants from dietary sources contribute to the protection against free radicals which cause cell damage. Contributes to the protection of cells and tissues from oxidative damage. Help strengthen our body's natural defences against oxidative stress. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010;8(2):1489 | | Non-authorised | 1257 |
| Art.13(1) | Barley beta-glucan | Odra kiudaine beeta-glükaani tarbimine suurendab küllastustunnet ehk täiskõhutunnet. Odra kiudaine beeta-glükaani tarbimine pikendab küllastustunde ehk täiskõhutunde säilimist. Clarification provided: Consuming barley beta-glucan increases satiety. Consuming oats beta-glucan prolongs the feeling of satiety. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in satiety leading to a reduction in energy intake | 2011;9(6):2207 | | Non-authorised | 852 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Barley grain fibre | Helps with weight control. For long-lasting sense of satiety. Frees energy slowly | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance or achievement of a normal body weight | 2009;7(9):1254 | | Non-authorised | 820 |
| Art.13(1) | BarleyTrim™ Barley Bran | The inclusion of 3 grams of barley beta glucan soluble fiber from BarleyTrim® Barley Bran, as a part of a diet low in saturated fat and a healthy lifestyle, can help maintain healthy blood glucose levels Barley beta glucan soluble fiber from BarleyTrim™ helps maintain healthy blood cholesterol levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance or achievement of normal blood glucose concentrations | 2010;8(2):1482 | | Non-authorised | 756 |
| Art.13(1) | Berries (lingonberry, cloudberry, blueberry, currants, raspberry and strawberry) | Natural berries contain plenty of natural antioxidants (polyphenolic compounds, Vitamin C and carotenoids) and fibre but only a small amount of energy and sodium. For this reason they are very suitable for a heart-friendly diet. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011;9(6):2246 | | Non-authorised | 1184 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Berries and fruit juices/flavonoids + ascorbic acid | Includes (natural) flavonoids and other antioxidants. Berry/fruit juice contains a number of constituents with an antioxidative effect that protect the body from damage caused by free radicals. Symbol included in the claim: MarliVital | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 1186 |
| Art.13(1) | Berry seed oils (supercritical carbon dioxide extract) | Contain a lot of antioxidants. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Antioxidant, antioxidant content, and antioxidant properties | 2010;8(2):1489 | | Non-authorised | 570 |
| Art.13(1) | Berry seed oils (supercritical carbon dioxide extract) | The essential fatty acids in berry seed oils balance fatty acid metabolism in the body. Berry seed oils support the health of the cardiovascular system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Cardiovascular health" | 2011;9(6):2228 | | Non-authorised | 569 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Beta Alanine | Beta-alanine helps enhance total work performed in high intensity training. Beta-alanine helps support anaerobic training volume. Beta-alanine helps enhance anaerobic workout intensity and work volume in explosive training movements. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in time to exhaustion | 2010.8(10):1729 | | Non-authorised | 439 |
| Art.13(1) | Beta Alanine | Beta-alanine increases time-to-exhaustion to help keep you going longer. Delays muscle fatigue. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in time to exhaustion | 2010.8(10):1729 | | Non-authorised | 438 |
| Art.13(1) | Beta Alanine | Beta-alanine supports ventilatory and fatigue thresholds to help push through intense training | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | increase in time to exhaustion | 2010.8(10):1729 | | Non-authorised | 437 |
| Art.13(1) | Beta Carotene | Antioxidant vitamins and minerals act against age-accelerating free radicals | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | protection of DNA, proteins and lipids from oxidative damage | 2011.9(4):2021 | | Non-authorised | 19 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Beta Alanine | Delay onset of fatigue. Improves short-duration high intensity performance with lactic acid buffer. Increases muscle carnosine, the intracellular buffering agent proposed to be responsible for the beneficial effects on short-duration high intensity exercise. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in physical performance during short-term high-intensity exercise | 2010.8(10):1729 | | Non-authorised | 436 |
| Art.13(1) | Beta carota (carrot juice, lactic acid fermented) | Supports a healthy digestion | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of gastro-intestinal discomfort | 2011;9(6):2248 | | Non-authorised | 3075 |
| Art.13(1) | Beta carota (carrot juice, lactic acid fermented) | Supports a healthy intestinal and colon flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Intestinal flora" | 2011;9(6):2228 | | Non-authorised | 3076 |
| Art.13(1) | Beta carota (carrot juice, lactic acid fermented) | Supports the immune system, supports the natural antioxidant system in the body | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011;9(6):2246 | | Non-authorised | 3077 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Beta Carotene | <p>Could help to retard skin aging/contributes to maintain a healthy skin. Taken on a regular basis, beta carotene can help to protect your skin from excessive UV-radiation and sunburns (Avoid sunburns by using an effective sun screen. Beta carotene is not a replacement for sun screens).</p> <p>Oral supplementation of Beta carotene helps to reduce skin damages from sun and UV light (Avoid sunburns by using an effective sun screen. Beta carotene is not a replacement for sun screens).</p> <p>Can promote healthy skin pigmentation and tanning.</p> <p>The antioxidant properties of Beta carotene can help maintain a healthy and elastic skin.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>protection of the skin from UV-induced (including photo-oxidative) damage</p> | 2011.9(4):2021 | | Non-authorised | 178 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Beta sitosterol | Helps maintain normal kidney and prostate function | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal prostate size and normal urination | 2010;8(10):1813 | | Non-authorised | 1467 |
| Art.13(1) | Beta vulgaris | Beneficially affects digestion and promotes body's detoxification processes | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | biotransformation of xenobiotic substances | 2010;8(10):1733 | | Non-authorised | 2401 |
| Art.13(1) | Beta vulgaris (red beet juice, lactic acid fermented) | Supports a healthy digestion | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of gastro-intestinal discomfort | 2011;9(6):2248 | | Non-authorised | 3072 |
| Art.13(1) | Beta vulgaris (red beet juice, lactic acid fermented) | Supports a healthy intestinal and colon flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic gastro-intestinal microorganisms | 2010;8(10):1767 | | Non-authorised | 3073 |
| Art.13(1) | Beta vulgaris (red beet juice, lactic acid fermented) | Supports a healthy intestinal and colon flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | increasing numbers of gastro-intestinal microorganisms | 2010;8(10):1767 | | Non-authorised | 3073 |
| Art.13(1) | Beta vulgaris (red beet juice, lactic acid fermented) | Supports the immune system, contains natural antioxidants as betaine and betaine | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "immune function/immune system" | 2010;8(10):1799 | | Non-authorised | 3074 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Beta-Carotene | Beta-carotene helps to support immunity upon UV-radiation (sun exposure) Helps to maintain healthy immune responses upon UV-radiation (sun exposure) Helps to maintain physiological immune responses of the skin upon UV radiation (sun exposure) | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | physiological immune responses of the skin in relation to UV-radiation (sun exposure) | 2009.7(9):1231 | | Non-authorised | 1463 |
| Art.13(1) | Beta-Carotene | Beta-carotene helps to support immunity upon UV-radiation (sun exposure) Helps to maintain healthy immune responses upon UV-radiation (sun exposure) Helps to maintain physiological immune responses of the skin upon UV radiation (sun exposure)/ | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | physiological immune responses of the skin in relation to UV-radiation (sun exposure) | 2009.7(9):1231 | | Non-authorised | 198 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Beta-Carotene | Helps to retard skin aging. Contributes to maintain a healthy skin. Promotes healthy skin pigmentation and tanning. The anti-oxidant properties of Beta carotene help maintain a healthy and elastic skin. Contributes to the maintenance of healthy skin | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of the skin from UV-induced (including photo-oxidative) damage | 2011;9(4):2021 | | Non-authorised | 1461 |
| Art.13(1) | Beta-Carotene | Is an antioxidant that protects the body's cells. Can protect you from free radicals. Can protect your cells and tissues from oxidation. Can contribute to the total antioxidant capacity of the body. Protects the body's cells. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011;9(4):2021 | | Non-authorised | 1460 |
| Art.13(1) | Beta-alanine | Beta-alanine supplementation Increases muscle carnosine stores. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | increase in muscle carnosine stores | 2010;8(10):1729 | | Non-authorised | 1457 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Beta-alanine | Beta-alanine supplementation improves cycling performance | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in physical performance during short-term high-intensity exercise | 2010.8(10):1729 | | Non-authorised | 1454 |
| Art.13(1) | Beta-alanine | Beta-alanine supplementation improves exercise performance. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in physical performance during short-term high-intensity exercise | 2010.8(10):1729 | | Non-authorised | 1453 |
| Art.13(1) | Beta-alanine | Beta-alanine supplementation improves muscle work capacity. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in time to exhaustion | 2010.8(10):1729 | | Non-authorised | 1456 |
| Art.13(1) | Beta-alanine | Beta-alanine supplementation increases carnosine stores in fast twitch muscle fibres. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | increase in muscle carnosine stores | 2010.8(10):1729 | | Non-authorised | 1458 |
| Art.13(1) | Beta-alanine | Beta-alanine supplementation increases muscle buffering capacity. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in physical performance during short-term high-intensity exercise | 2010.8(10):1729 | | Non-authorised | 1459 |
| Art.13(1) | Beta-alanine | Beta-alanine supplementation increases muscle buffering capacity. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in time to exhaustion | 2010.8(10):1729 | | Non-authorised | 1459 |
| Art.13(1) | Beta-alanine | Beta-alanine supplementation reduces muscle fatigue. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in time to exhaustion | 2010.8(10):1729 | | Non-authorised | 1455 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Beta-alanine | Supplementation helps improve exercise performance and cycling performance. Helps reduce muscle fatigue. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in time to exhaustion | 2010.8(10):1729 | | Non-authorised | 683 |
| Art.13(1) | Beta-alanine | Supplementation helps improve exercise performance. Helps reduce muscle fatigue. Helps improve muscle work capacity. Contributes to the increase of muscle buffering capacity, which is directly related to muscle carnosine stores. Helps maintain optimal muscle pH during exercise. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in time to exhaustion | 2010.8(10):1729 | | Non-authorised | 1452 |
| Art.13(1) | Beta-Carotene | Revitalizing for hair. Revitalizing for teguments | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal hair | 2010.8(10):1754 | | Non-authorised | 4660 |
| Art.13(1) | Beta-carotene, vitamine C, vitamine E et sélénium | Protect fatty acids of skin cell membranes from oxidation after sun exposure | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of lipids in the skin from UV-induced photo-oxidative damage | 2011.9(6):2246 | | Non-authorised | 4288 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Beta-glucan (WGP) | For immunity. Strengthens immunity. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Immune system" | 2011;9(6):2228 | | Non-authorised | 1792 |
| Art.13(1) | Beta-glucan + olive leaf extract | Supports the body's own defence mechanism / immunity Maintains natural defence mechanism / immunity Helps strengthen natural immunity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Immune function/immune system" | 2011;9(4):2061 | | Non-authorised | 1793 |
| Art.13(1) | Beta-glucan of <i>Saccharomyces cerevisiae</i> | Beta glucan from yeast as immunomodulators Beta glucan from yeast support of natural defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Immune system" | 2011;9(6):2228 | | Non-authorised | 847 |
| Art.13(1) | Beta-glucan of <i>Saccharomyces cerevisiae</i> | Beta glucan from yeast as immunomodulators Beta glucan from yeast support of natural defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Increasing non-specific serum IgA secretion | 2011;9(6):2228 | | Non-authorised | 1944 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Betalains | Betalains containing foods contribute to keep your body healthy Antioxidant containing foods support of healthy ageing Antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Antioxidant, antioxidant content, and antioxidant properties | 2010.8(2):1489 | | Non-authorised | 1468 |
| Art.13(1) | Betalains | Betalains containing foods contribute to keep your body healthy Antioxidant containing foods support of healthy ageing Antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | Protection of cells from premature aging | 2010.8(2):1489 | | Non-authorised | 1468 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Beverages low / free of energy | -Product x is energy free / low in energy..... to help take care of your body shape/take care of your silhouette. -Product X, an ally to your weight management programme. Product X is an energy free beverage that can help control your weight. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 1147 |
| Art.13(1) | Bicarbonate | Pendant les repas, elle (NB : l'eau minérale naturelle DIDIER) facilite la digestion grâce à sa teneur en bicarbonate - Le bicarbonate permet une meilleure digestion et aide à lutter contre les maux d'estomac | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Digestive function" | 2011;9(6):2228 | | Non-authorised | 377 |
| Art.13(1) | Bifidobacterium (BB12) fortified cultured milk (Hodzeko-Amasi) | Bifidobacterium cultures enhances natural immune function, helps maintain blood cholesterol | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2047 | | Non-authorised | 3089 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bifidobacterium (BB12) fortified cultured milk (Hodzeko-Amasi) | Bifidobacterium cultures enhances natural immune function, reduces symptoms of inflammatory bowel conditions | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect attributes to this food the property of preventing, treating or curing a human disease, or refers to such properties which is prohibited for foods. | Reduction of symptoms of inflammatory bowel conditions | 2011;9(4):2047 | | Non-authorised | 1469 |
| Art.13(1) | Bifidobacterium (BB12) fortified cultured milk (Hodzeko-Amasi) | Bifidobacterium cultures enhances natural immune function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Natural immune function" | 2011;9(4):2047 | | Non-authorised | 924 |
| Art.13(1) | Bifidobacterium adolescentis EI-15 -ALB 1 (DSM 18351) | - promotes the wellbeing of the intestine;- contributes to restoring intestinal bacterial flora;- contributes to the rebalancing of intestinal microflora;- improves the metabolic activity of intestinal microflora. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 3039 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bifidobacterium adolescentis EI-18 -MB 227-BA05 (DSM 18352) | - produces folic acid;- supports the maintenance of intestinal homeostasis;- promotes the wellbeing of the intestine. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1470 | | Non-authorised | 3037 |
| Art.13(1) | Bifidobacterium adolescentis EI-3 -MB 239 (DSM 18350) | - produces folic acid and riboflavin;- supports the maintenance of intestinal homeostasis;- contributes to the rebalancing of intestinal microflora;- promotes the wellbeing of the intestine. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1470 | | Non-authorised | 3036 |
| Art.13(1) | Bifidobacterium animalis ssp. lactis BB-12®, Lactobacillus acidophilus LA-5®, Lactobacillus bulgaricus LBY-27® and Streptococcus thermophilus STY-31® | -intestinal comfort - helps to support digestive flora - helps to reduce uncomfortable intestinal disturbances | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1470 | | Non-authorised | 4227 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bifidobacterium animalis Lafti B94 (CBS118.529) | probiotic enhances levels of beneficial microflora balances your intestinal microflora beneficially affects the intestinal flora supports a balanced beneficial gastro-intestinal microflora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic intestinal microorganisms | 2009;7(9):1232 | | Non-authorised | 867 |
| Art.13(1) | Bifidobacterium animalis ssp animalis THT 010401 | * Helps to strengthen natural defences * Stimulates immune system * Strengthens resistance of organism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 959 |
| Art.13(1) | Bifidobacterium animalis ssp animalis THT 010401 | * Maintains/restores the balance of intestinal flora * Promotes intestinal comfort * Strengthens resistance of organism * Improves digestive health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 958 |
| Art.13(1) | Bifidobacterium animalis ssp. lactis BB-12 ® | - probiotic -support your natural defences; -strengthen the natural defense. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Immune defence against pathogens | 2011;9(4):2047 | | Non-authorised | 863 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bifidobacterium animalis ssp. lactis BB-12® | <ul style="list-style-type: none"> -Probiotic. -Contributes to a healthy level of natural good bacteria in your body, which can aid digestion. -Supports a healthy digestive system. -Beneficially affects the intestinal flora. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Decreasing potentially pathogenic gastrointestinal microorganisms | 2011;9(4):2047 | | Non-authorised | 866 |
| Art.13(1) | Bifidobacterium animalis ssp. lactis BB-12® and Lactobacillus acidophilus LA-5® | <ul style="list-style-type: none"> - probiotic -improves the microflora in elderly; -beneficially affects the microflora; -helps to keep your digestive system in balance; -helps maintain a healthy digestive system; -helps maintain a healthy gut flora. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 868 |
| Art.13(1) | Bifidobacterium animalis ssp. lactis BB-12® and Lactobacillus acidophilus LA-5® | <ul style="list-style-type: none"> - probiotic -helps to support your natural defences; -helps to strengthen the natural defense; -helps to stimulate the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 870 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bifidobacterium animalis ssp. lactis BB-12® and <i>Lactobacillus paracasei</i> ssp. paracasei CRL-431® | - probiotic -helps against slow transit; -improves the gastrointestinal flora. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 935 |
| Art.13(1) | Bifidobacterium animalis ssp. lactis BB-12®, <i>Lactobacillus acidophilus</i> LA-5®, <i>Lactobacillus bulgaricus</i> LBY-27 and <i>Streptococcus thermophilus</i> STY-31 | - probiotic -helps maintain a healthy gut flora -helps maintain intestinal comfort -helps support the gut microflora -helps to reduce uncomfortable intestinal disturbances | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 920 |
| Art.13(1) | Bifidobacterium animalis ssp. lactis BB-12®, <i>Lactobacillus acidophilus</i> LA-5®, <i>Lactobacillus delbrueki</i> ssp. <i>bulgaricus</i> LBY-27 and <i>Streptococcus thermophilus</i> STY-31 | - probiotic -enhances/supports your body's natural defence. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 919 |
| Art.13(1) | Bifidobacterium animalis ssp. lactis Bif-6/Bif-6/CB11 | supports the natural beneficial gut flora ; contributes to healthy intestinal microflora ; contributes to healthy digestive system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic gastrointestinal microorganisms | 2010;8(10):1767 | | Non-authorised | 4228 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bifidobacterium animalis ssp. lactis Bf-6/Bif-6/CB11 | supports the natural beneficial gut flora ; contributes to healthy intestinal microflora ; contributes to healthy digestive system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | increasing numbers of gastro-intestinal microorganisms | 2010;8(10):1767 | | Non-authorised | 4228 |
| Art.13(1) | Bifidobacterium animalis ssp. lactis Bf-6/Bif-6/CB11 | supports the natural beneficial gut flora ; contributes to healthy intestinal microflora ; contributes to healthy digestive system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "healthy and balanced digestive system" | 2010;8(10):1767 | | Non-authorised | 4228 |
| Art.13(1) | Bifidobacterium bifidum CNCM I-373 | - probiotic -helps maintain a healthy gut flora. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 861 |
| Art.13(1) | Bifidobacterium bifidum I-3426 | - probiotic -helps to strengthen your body's natural defenses; -helps to strengthen the natural defenses; -helps to stimulate the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 860 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bifidobacterium bifidum I-3426 | - probiotic -helps maintain a healthy gut flora; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 859 |
| Art.13(1) | Bifidobacterium bifidum THT 010101 | * Helps to strengthen natural defences * Stimulates immune system * Strengthens resistance of organism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 964 |
| Art.13(1) | Bifidobacterium bifidum THT 010101 | * Maintains/restores the balance of intestinal flora * Promotes intestinal comfort * Strengthens resistance of organism * Improves digestive health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 963 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bifidobacterium breve BR 03 (DSM 16604) + <i>Lactobacillus plantarum</i> LP 01 (LMG P-21021) | - supports the maintenance of intestinal homeostasis;- supports the maintenance of intestinal homeostasis in children;- contributes to reducing gastro-intestinal discomfort;- contributes to reducing gastro-intestinal discomfort in children;- reduces f | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010:8(2):1470 | | Non-authorised | 3058 |
| Art.13(1) | Bifidobacterium breve I-3425 | - probiotic -helps balance the intestinal flora; -helps maintain digestive health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009:7(9):1247 | | Non-authorised | 871 |
| Art.13(1) | Bifidobacterium breve I-3425 | - probiotic -helps body's natural defences; -helps to strengthen the natural defenses; -helps to stimulate the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009:7(9):1247 | | Non-authorised | 873 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bifidobacterium breve THT 010601 | <ul style="list-style-type: none"> * Helps to strengthen natural defences * Stimulates immune system * Strengthens resistance of organism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 966 |
| Art.13(1) | Bifidobacterium breve THT 010601 | <ul style="list-style-type: none"> * Maintains/restores the balance of intestinal flora * Promotes intestinal comfort * Strengthens resistance of organism * Improves digestive health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 965 |
| Art.13(1) | Bifidobacterium infantis Bif1 (LMG P-17502), Bifidobacterium breve Bbr8 (LMG P-17501) and Bifidobacterium longum B110 (LMG P-17500) | <ul style="list-style-type: none"> balances your intestinal microflora * promotes and maintains intestinal health * promotes and maintains intestinal function * supports healthy gastrointestinal flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2939 |
| Art.13(1) | Bifidobacterium infantis I-3424 | <ul style="list-style-type: none"> - probiotic -helps maintain digestive health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 874 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bifidobacterium infantis I-3424 | - probiotic -helps body's natural defences; -helps to strengthen the natural defences; -helps to stimulate the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 876 |
| Art.13(1) | Bifidobacterium infantis UCC35624 | Balances your healthy intestinal flora by enhancing levels of beneficial or healthy bacteria Promotes a well balanced gut flora by replenishing healthy, beneficial bacteria | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 875 |
| Art.13(1) | Bifidobacterium infantis UCC35624 | Enhances the body's natural immune response. Helps positively influence a healthy immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1094 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bifidobacterium infantis JCC35624 | Provides friendly bacteria that play an important role in basic digestion, proper metabolism and overall well-being. Will boost the level of natural good bacteria in your body, which can aid digestion and general well-being | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009.7(9):1247 | | Non-authorised | 1093 |
| Art.13(1) | Bifidobacterium lactis B420 | Probiotics; '-helps to improve the level of natural good bacteria in your body; -maintains the balance of healthy microflora; -beneficially affects the intestinal flora; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic gastro-intestinal microorganisms | 2010.8(10):1767 | | Non-authorised | 864 |
| Art.13(1) | Bifidobacterium lactis B420 | Probiotics; '-helps to improve the level of natural good bacteria in your body; -maintains the balance of healthy microflora; -beneficially affects the intestinal flora; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | increasing numbers of gastro-intestinal microorganisms | 2010.8(10):1767 | | Non-authorised | 864 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bifidobacterium lactis Bi-07 (ATCC SD5220) | - probiotic - helps body's natural defences; - helps to strengthen the natural defenses; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1470 | | Non-authorised | 3008 |
| Art.13(1) | <i>Bifidobacterium longum</i> I-3470 | - probiotic -helps balance the intestinal flora; -helps maintain digestive health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009.7(9):1247 | | Non-authorised | 877 |
| Art.13(1) | <i>Bifidobacterium longum</i> I-3470 | - probiotic -helps body's natural defences; -helps to strengthen the natural defenses; -helps to stimulate the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009.7(9):1247 | | Non-authorised | 878 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bifidobacterium pseudocatenulatum El-20 MB 116 (DSM 18353) | - produces folic acid and riboflavin;- supports the maintenance of intestinal homeostasis;- contributes to the rebalancing of intestinal microflora;- promotes the wellbeing of the intestine. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1470 | | Non-authorised | 3038 |
| Art.13(1) | Bilberry and anthocyanins from blackcurrant | The anthocyanins from bilberry and mountain blackcurrant are good for the eyes (improve adaptation to the dark and relieve eye tiredness caused by computer terminal work). | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 2796 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bioaktive Oligosaccharide, wie z. B. glykosylierte Phenylethanoide | In german:] Bioaktive Oligosaccharide gehören zu den stärksten Radikalfängern Antioxidantien aus der Natur. Bioaktive Oligosaccharide fangen freie Radikale ab. Clarification provided Bioactive oligosaccharides are among the strongest natural radical scavenger/ natural antioxidants so that they can trap radicals effectively | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | antioxidant activity, antioxidant content, and antioxidant properties | 2010.8(10):1752 | | Non-authorised | 857 |
| Art.13(1) | Bioaktive Oligosaccharide, wie z. B. glykosylierte Phenylethanoide | In german:] Bioaktive Oligosaccharide zur natürlichen / aktiven Unterstützung / Optimierung der Muskelkraft. Clarification provided Bioactive oligosaccharides optimise muscular strength. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2011.9(6):2247 | | Non-authorised | 858 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bioalfa plus e biogenina, associati a sostanze antiossidanti (quercitina, zinco e rame) [1] | Contrastano gli effetti nocivi dei radicali liberi sul bulbo del capello e controbuiscono a ridargli vitalità. Clarification provided work against the negative effect of free radicals on the hair bulb revitalizing the hair | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010.8(10):1752 | | Non-authorised | 1692 |
| Art.13(1) | Bioflavonoids | Helps to maintain healthy venous circulation | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 1470 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bioflavonoids | Interviene positivamente sul microcircolatorio - per favorire i processi di protezione dei piccoli vasi venosi. concorre alla protezione dall'azione nociva dei radicali liberi sull'organismo e da quella dei raggi ultravioletti sulla pelle. Clarification provided Antioxidant effects to enhance the microcirculation resistance and protection of venous vessels from the attack of free radicals. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 1693 |
| Art.13(1) | Bioflavonoids | "Bioflavonoids support a healthy immune system". | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 1920 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|------------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bioflavonoids from citrus | Helps to maintain healthy venous circulation. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 1471 |
| Art.13(1) | Biotin | Ensures normal functioning of the body's organ tissues and systems, particularly in old age - Stimulates physical work capacities - Recommended in case of intense fatigue and during recovery | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of tiredness and fatigue | 2010;8(10):1728 | | Non-authorised | 119 |
| Art.13(1) | Biotin | Necessary for healthy teeth, bones, hair, skin and nails | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bone | 2010;8(10):1728 | | Non-authorised | 121 |
| Art.13(1) | Biotin | Necessary for healthy teeth, bones, hair, skin and nails | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal nails | 2010;8(10):1728 | | Non-authorised | 121 |
| Art.13(1) | Biotin | Necessary for healthy teeth, bones, hair, skin and nails | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal teeth | 2010;8(10):1728 | | Non-authorised | 121 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Biotin | Necessary to maintain energy and general vitality | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "energy and vitality" | 2010.8(10):1738 | | Non-authorised | 122 |
| Art.13(1) | Black Currant juice | Blackcurrent juice helps to : - protect cells against oxidative damages - strengthen the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010.8(2):1489 | | Non-authorised | 1200 |
| Art.13(1) | Black Currant juice | Blackcurrent juice helps to: - improve the urinary tract immune function. - support the normal functioning of the urinary tract. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Maintenance of urinary tract" | 2011.9(6):2228 | | Non-authorised | 1199 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Black currant (<i>Ribes nigrum</i> L.) | Support of venous circulation - Helps to reduce the feeling of tired and heavy legs - Helps to maintain healthy leg-vein functions - Promotes circulatory well-being - Favourable influence on the blood circulation - For legs relief and to favour comfort | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Vascular and vein health" | 2011;9(6):2228 | | Non-authorised | 4278 |
| Art.13(1) | Black rice (<i>Oriza sativa indica</i>), consumed as such or the bran (pigment fraction) of black rice used as a food ingredient in foods, in particular yoghurts, baked products, food supplements and certain foods for a particular nutritional use. | helps keep the heart and arteries healthy #C helps maintain healthy blood cholesterol #B helps protect the body tissue and cells from oxidative damage #A | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011;9(6):2246 | | Non-authorised | 1174 |
| Art.13(1) | Blackcurrant <i>Ribes nigrum</i> | Blackcurrant is rich in the antioxidants anthocyanins Blackcurrant is rich in antioxidants | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Antioxidant, antioxidant content, and antioxidant properties | 2010;8(2):1489 | | Non-authorised | 2855 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Blackcurrant seed oil (carbon dioxide extracted) + vitamin E. | Blackcurrant seed oil increases HDL cholesterol levels. Blackcurrant seed oil reduces LDL cholesterol levels. Blackcurrant seed oil improves the HDL/LDL ratio. Blackcurrant seed oil supports cardiovascular health by regulating fat metabolism and blood pressure. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(6):2208 | | Non-authorised | 572 |
| Art.13(1) | Blackcurrant seed oil (carbon dioxide extracted) + vitamin E. | Blackcurrant seed oil increases HDL cholesterol levels. Blackcurrant seed oil reduces LDL cholesterol levels. Blackcurrant seed oil improves the HDL/LDL ratio. Blackcurrant seed oil supports cardiovascular health by regulating fat metabolism and blood pressure. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood pressure | 2011;9(6):2208 | | Non-authorised | 572 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|---------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Blackcurrant seed oil (carbon dioxide extracted) + vitamin E. | Blackcurrant seed oil regulates the immune response. Blackcurrant seed oil maintains and supports the body's normal defence system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Immune function/immune system" | 2011.9(4):2061 | | Non-authorised | 573 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bonito protein peptide | <p>Natural Blood Pressure Support"</p> <p>"Provides peptides isolated from bonito to support healthy blood pressure levels."</p> <p>"Provides effective levels of well-researched, specific peptides for healthy blood pressure support."</p> <p>"Formulated to promote healthy blood pressure levels already within the normal range"</p> <p>"A natural approach for blood pressure support"</p> <p>"Bioactive peptides isolated from bonito fish support blood pressure health naturally."</p> <p>"Testing for LKPNM assures efficacy to help maintain blood pressure already within the normal range."</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>maintenance of normal blood pressure</p> | 2010.8(10):1730 | | Non-authorised | 1716 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Borago officinalis (Common Name : Borage) | Supports the integrity and the fluidity of the cell membrane. Plays an active role in the natural skin rejuvenation. Maintains its suppleness and elasticity/improves cutaneous barrier function in the elderly people/helps maintain transepidermal water balance | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of the barrier function of the skin | 2011;9(4):2059 | | Non-authorised | 2003 |
| Art.13(1) | Boron | Boron is important for the normal structure of bone. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of bone | 2009;7(9):1261 | | Non-authorised | 218 |
| Art.13(1) | Boron | Boron may help maintain joint and bone health. Boron involved in joint health. Boron required for joint health. Boron required for bone health. Boron involved in bone metabolism. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of bone | 2009;7(9):1261 | | Non-authorised | 219 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Boron | Boron may help maintain joint and bone health. Boron involved in joint health. Boron required for joint health. Boron required for bone health. Boron involved in bone metabolism. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints | 2009;7(9):1261 | | Non-authorised | 219 |
| Art.13(1) | Boron as boric acid | Boron helps build and maintain healthy joints. Boron helps maintain the flexibility and mobility of the joints. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints | 2009;7(9):1261 | | Non-authorised | 220 |
| Art.13(1) | Boron as boric acid | Boron is beneficial for prostate health. Boron helps to maintain a healthy prostate | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect attributes to this food the property of preventing, treating or curing a human disease, or refers to such properties which is prohibited for foods. | Prevention or treatment of prostate cancer | 2011;9(6):2209 | | Non-authorised | 221 |
| Art.13(1) | Boron as boric acid | Boron supports a healthy thyroid function. Boron is beneficial for the thyroid function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal thyroid function | 2011;9(6):2209 | | Non-authorised | 222 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Boron as boric acid | Boron supports the brain functioning | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal cognitive function | 2011;9(6):2209 | | Non-authorised | 223 |
| Art.13(1) | Bovine colostrum | Bovine colostrum supports optimal recovery after intense exercise | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2048 | | Non-authorised | 1476 |
| Art.13(1) | Bovine colostrum | Colostrum helps athletes maintain a healthy immune system during intense training | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2048 | | Non-authorised | 1473 |
| Art.13(1) | Bovine colostrum | Combined with exercise and diet, colostrum supports muscle growth | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2048 | | Non-authorised | 1475 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|----------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bovine colostrum | Combined with regular training, colostrum can improve in exercise performance | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2048 | | Non-authorised | 1474 |
| Art.13(1) | Bovine colostrum | Optimises the natural defense system in healthy persons | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2048 | | Non-authorised | 1472 |
| Art.13(1) | Bovine lactoferrin | Contributes to the natural defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | immune defence against pathogens | 2011;9(6):2228 | | Non-authorised | 1477 |
| Art.13(1) | Bran | Soodustab seedimist. Clarification provided Consumption of bran improves digestive function | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Digestive function" | 2011;9(6):2228 | | Non-authorised | 1267 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Branched chain amino acids | Helps in the repair and recovery of muscle tissue after exercise. Helps muscle maintenance and recovery following exercise. For the growth, development and maintenance of muscles and strength. For muscle building during training. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2010;8(10):1790 | | Non-authorised | 445 |
| Art.13(1) | Branched chain amino acids (Leucine, Isoleucine, valine) | Helps muscle recovery/supports muscle fatigue recovery | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | faster recovery from muscle fatigue after exercise | 2010;8(10):1790 | | Non-authorised | 684 |
| Art.13(1) | Branched chain amino acids (Leucine, Isoleucine, valine) | Helps muscle recovery supports muscle fatigue recovery | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | faster recovery from muscle fatigue after exercise | 2010;8(10):1790 | | Non-authorised | 1478 |
| Art.13(1) | Branched chain amino acids (Leucine, Isoleucine, valine) | Helps muscle recovery supports muscle fatigue recovery | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2010;8(10):1790 | | Non-authorised | 1478 |
| Art.13(1) | Branched-chain amino acids | BCAAs aid recovery after exercise | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | faster recovery from muscle fatigue after exercise | 2010;8(10):1790 | | Non-authorised | 447 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Branched-chain amino acids | BCAAs aid recovery after exercise | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2010;8(10):1790 | | Non-authorised | 447 |
| Art.13(1) | Branched-chain amino acids | BCAAs aids muscle recovery after exercise BCAAs reduce muscle breakdown after exercise BCAAs have an anabolic effect on protein metabolism after exercise BCAAs support muscle growth | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2010;8(10):1790 | | Non-authorised | 442 |
| Art.13(1) | Branched-chain amino acids | BCAAs aids muscle recovery after training | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | faster recovery from muscle fatigue after exercise | 2010;8(10):1790 | | Non-authorised | 448 |
| Art.13(1) | Branched-chain amino acids | BCAAs aids muscle recovery after training | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2010;8(10):1790 | | Non-authorised | 448 |
| Art.13(1) | Branched-chain amino acids | BCAAs improve mental performance after exercise | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | improvement of cognitive function after exercise | 2010;8(10):1790 | | Non-authorised | 446 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Branched-chain amino acids | BCAAs increase protein synthesis, a vital part of the muscle-building process BCAAs support muscle growth | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2010.8(10):1790 | | Non-authorised | 444 |
| Art.13(1) | Branched-chain amino acids | BCAAs maintain an optimised immune function during training BCAAs provide essential fuel for the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | "Healthy immune system" | 2010.8(10):1790 | | Non-authorised | 449 |
| Art.13(1) | Branched-chain amino acids | BCAAs reduce perceived exertion during exercise BCAAs make your workouts feel easier | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction in perceived exertion during exercise | 2010.8(10):1790 | | Non-authorised | 450 |
| Art.13(1) | Branched-chain amino acids | BCAAs reduce the loss of muscle power following high altitude training BCAAs help you maintain muscle power following high altitude exposure | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | attenuation of the decline in muscle power following exercise at high altitude | 2010.8(10):1790 | | Non-authorised | 443 |
| Art.13(1) | Branched-chain amino acids (BCAA) L-leucine L-valine L-isoleucine | Improvement of muscle recovery after exercise Improvement of muscle protein synthesis | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2010.8(10):1790 | | Non-authorised | 451 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Brassica oleracea var italica (broccoli) | Helps maintain a healthy immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2243 | | Non-authorised | 2844 |
| Art.13(1) | Brassica oleracea var italica (broccoli) | Helps to protect cells from oxidation. Supports cell health & function. Well known source of antioxidants. Natural defense against free radicals. Helps the body to safely neutralize & excrete free radicals | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2243 | | Non-authorised | 2845 |
| Art.13(1) | Brassicaceae (Cruciferae) (Common Name : Botanica family that include broccoli, coulflower, cabbage, Bruxelles sprouts etc.) | Are particularly rich of protective compounds that protect cells and DNA from oxidative damage/are particularly rich of compounds that help our body to eliminate toxic substances | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010;8(10):1752 | | Non-authorised | 1312 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Brassicaceae (Cruciferae) (nazwa powszechnie stosowana: rodzina ro?lin kapustowatych (krzy?owych)) | Zawiera antyoksydanty (przeciwutleniacze)/ ?ród?o antyoksydantów (przeciwutleniaczy)/ z antyoksydantami (przeciwutleniaczami)/ szczególnie bogate w sk?adniki chroni?ce komórki oraz DNA przed uszkodzeniem oksydacyjnym/ szczególnie bogate w sk?adniki pomagaj?ce w eliminowaniu substancji niekorzystnych z organizmu Clarification provided Contains antioxidants/ source of antioxidants/ with antioxidants/ Are particularly rich in protective compounds that protect cells and DNA from oxidative damage/ are particularly rich in compounds that help our body to eliminate toxic substances. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010.8(10):1752 | | Non-authorised | 3276 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Brewer's yeast (Saccharomyces cerevisiae) | Contribute to a normal intestinal function through promotion of beneficial microflora/helps to manage diarrhea episodes/has an anti-diarrheal effect through anti-microbial activity on pathogenic intestinal bacteria. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of gastro-intestinal discomfort | 2011;9(6):2248 | | Non-authorised | 4313 |
| Art.13(1) | Brewer's Yeast | 1. Activates metabolism and energy conversion process in the body, promotes effective assimilation of nutrients. 2. Vitamins and micronutrients are highly essential for normal body functioning | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal energy-yielding metabolism | 2011;9(6):2247 | | Non-authorised | 1381 |
| Art.13(1) | Brewer's Yeast | 1. Helps maintain a healthy nervous system 2. Stimulates mental and physical work capacities | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Nervous system function" | 2011;9(6):2228 | | Non-authorised | 1383 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Brewer's Yeast | Strengthens immunity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "immune function/immune system" | 2010.8(10):1799 | | Non-authorised | 1384 |
| Art.13(1) | Brewer's Yeast | Strengthens the cardiovascular system, is necessary for blood formation | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Cardiovascular health" | 2011.9(6):2228 | | Non-authorised | 1382 |
| Art.13(1) | Broccoli Sprout Powder | Helps to protect the bodies cells against oxidative stress | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011.9(6):2243 | | Non-authorised | 1481 |
| Art.13(1) | Brocoli : Dry extract of concentrated Brassica oleracea inflorescences juice | Help in case of eructation. Regulating action on gastric acidities/acidities of the stomach. Protective role against the gastric aggressions and their nuisances. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Reduction of gastric acid | 2011.9(6):2228 | | Non-authorised | 2759 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Bromelain | Contributes to the normal functioning of the immune system. Helps maintain the body's natural defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Stimulation of immunological responses | 2011;9(4):2061 | | Non-authorised | 1479 |
| Art.13(1) | Bromelain | Digestive aid, protein digestion | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Improvement of the digestion of macronutrients (e.g. carbohydrates, proteins and lipids) | 2011;9(6):2228 | | Non-authorised | 4662 |
| Art.13(1) | Bromelain | helps to maintain natural blood fluidity and vessel patence | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Vascular and vein health" | 2011;9(6):2228 | | Non-authorised | 1480 |
| Art.13(1) | Buckwheat extract containing flavonoid-mineral (troxerutin - zinc) complex (Coldizin) | Coldizin helps support the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Immune system" | 2011;9(6):2228 | | Non-authorised | 1482 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Buffering salts (calcium carbonate + magnesium oxide) | <p>Calms the stomach.</p> <p>In combination with the following sentence * Xylitol chewing gum for post-meal gastric acid attack. (or) * Xylitol gum with a fast and long-lasting neutralising effect on gastric acids. Chewing calms your stomach. In combination with the following sentence: * Xylitol chewing gum for post-meal gastric acid attack. (or) * Xylitol gum with a fast and long-lasting neutralising effect on gastric acids. Fast and long-lasting calming effect on your stomach.</p> <p>In combination with the following sentence * Xylitol chewing gum for post-meal gastric acid attack. * Calms the gastric acid attack</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation.</p> | Reduction of gastric acid | 2011.9(6):2228 | | Non-authorised | 1795 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|---------------------------------|-----------------------|----------------|------------|
| | | * For gastric acid attack * Balances the gastric acids * Fast and long-lasting | | | | | | |
| Art.13(1) | Bêta-carotène | Le bêta-carotène favorise l'apparition du bronzage en apportant une légère coloration de la peau. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of the skin from UV-induced (including photo-oxidative) damage | 2011;9(4):2021 | | Non-authorised | 1968 |
| Art.13(1) | C12-pepton | Helps to maintain a healthy blood pressure; Supports a healthy blood pressure. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood pressure | 2010;8(2):1478 | | Non-authorised | 1483, 3130 |
| Art.13(1) | CLA (acido linoleico coniugato) | Con acido linoleico coniugato che AIUTA A DIMAGRIRE Clarification provided Conjugated linoleic acid can support lean body mass. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in lean body mass | 2010;8(10):1794 | | Non-authorised | 731 |
| Art.13(1) | CLA (conjugated linoleic acid) | CLA can support lean body mass | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in lean body mass | 2010;8(10):1794 | | Non-authorised | 498 |
| Art.13(1) | CLA (conjugated linoleic acid) | CLA may protect against free radicals | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010;8(10):1794 | | Non-authorised | 1937 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | CLA or conjugated linoleic acid | Strong plant antioxidant Antioxidant. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010.8(10):1794 | | Non-authorized | 564 |
| Art.13(1) | Caffeinated carbohydrate containing energy drinks | Enhances mental performance, reaction time, alertness, focus and memory. Energises. Gives you an energy boost. Enhances mental energy. Enhances alertness quickly | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorized | 1272 |
| Art.13(1) | Caffeine | - Contributes to the mobilisation of fat stores; - Contributes to the stimulation of fat release; - Helps to increase fat burning; - Contributes to the oxidation of stored fats; - Helps generate a negative energy balance; - Contributes to increased calorie burning. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increased fat oxidation leading to a reduction in body fat mass | 2011;9(4):2054 | | Non-authorized | 1484 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Caffeine | -Enhances physical performance. -Provides a performance edge -Can delay the onset of fatigue -Can increase exercise intensity/work rate | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Increase in physical performance during short-term high-intensity exercise | 2011;9(4):2053 | | Non-authorised | 1489 |
| Art.13(1) | Caffeine | Caffeine can increase resting metabolic rate. Caffeine supports thermogenesis and energy oxidation. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Increased energy expenditure leading to a reduction in body weight | 2011;9(4):2054 | | Non-authorised | 1487 |
| Art.13(1) | Caffeine (from tea/coffee/chocolate or added in pure form) | Contributes to the mobilisation of fat stores. Contributes to the stimulation of fat release. Helps to increase fat burning. Contributes to the oxidation of stored fats. Helps generate a negative energy balance. Contributes to increased calorie burning. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increased fat oxidation leading to a reduction in body fat mass | 2011;9(4):2054 | | Non-authorised | 735 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|-----------|
| Art.13(1) | Caffeine (from tea/coffee/chocolate or added in pure form) | Improves physical performance. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Increase in physical performance during short-term high-intensity exercise | 2011;9(4):2053 | | Non-authorised | 737, 1486 |
| Art.13(1) | Caffeine and carbohydrate | Helps increase carbohydrate availability during endurance exercise. Combination of caffeine and carbohydrate improves endurance performance. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance performance | 2011;9(6):2247 | | Non-authorised | 543 |
| Art.13(1) | Calcium | Calcium contributes to normal functioning of cells. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "cell membrane permeability" | 2010;8(10):1725 | | Non-authorised | 363 |
| Art.13(1) | Calcium | Calcium helps manage your weight Calcium contributes to weight control. Calcium modulates energy metabolism. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2010;8(10):1725 | | Non-authorised | 228 |
| Art.13(1) | Calcium | Calcium helps to keep a healthy blood pressure. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | maintenance of normal blood pressure | 2009;7(9):1210 | | Non-authorised | 225 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Calcium | Diet which includes several daily servings of low-fat milk products (about 1200 mg of calcium/day) helps to control blood pressure. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | maintenance of normal blood pressure | 2009.7(9):1210 | | Non-authorised | 1419 |
| Art.13(1) | Calcium | Supplementation with B-vitamins, iron, magnesium as well as vitamin C can reduce fatigue and tiredness in situations of inadequate micro-nutrient status. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of tiredness and fatigue | 2010.8(10):1725 | | Non-authorised | 232 |
| Art.13(1) | Calcium | Water-soluble vitamins, calcium, magnesium and zinc are essential for mental function and performance. In situations of inadequate micronutrient status, supplementation with water-soluble vitamins, minerals and zinc can sustain mental performance (e.g. concentration, learning, memory, reasoning). | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal psychological functions | 2010.8(10):1725 | | Non-authorised | 233 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Calcium | [In german :] Calcium ist wichtig zur Unterstützung des Stoffwechsels Clarification provided Calcium supports the regulation of the acid base balance | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal acid-base balance | 2011;9(6):2201 | | Non-authorised | 400 |
| Art.13(1) | Calcium (as a citrate salt derived from the red seaweed Lithothamnion Coralloides, Trade name Aquamin S). Description of food in terms of food legislation categories: Food supplement | Calcium promotes a healthy heart. Calcium maintains a healthy heart. Calcium helps build a healthy heart. Calcium helps promote a healthy hear | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | maintenance of normal blood pressure | 2009;7(9):1210 | | Non-authorised | 385 |
| Art.13(1) | Calcium in dairy products | Calcium naturally present in dairy products is important for weight management Dairy calcium has been shown to stimulate lipolysis. Consumption of dairy calcium aids weight loss. Dairy calcium modulates fat metabolism. Dairy calcium helps promote fat loss. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2010;8(10):1725 | | Non-authorised | 229 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Calcium phosphoryl oligosaccharide | reminerlizes/restores tooth enamel after meals increases tooth surface hardness helps strengthen teeth. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of tooth mineralisation | 2011.9(6):2267 | | Non-authorised | 337 |
| Art.13(1) | CalorieControl Trim® Oat Bran | "The inclusion of 3 grams oat beta glucan soluble fiber per day from Calorie ControlTrim® Oat Bran, as part of a diet low in saturated fat and a healthy lifestyle, can help maintain healthy blood glucose levels. Oat beta glucan soluble fiber from Calorie ControlTrim® Oat Bran, as part of a diet low in saturated fat and a healthy lifestyle, can help maintain healthy blood glucose levels. Calorie ControlTrim® Oat Bran helps maintain healthy blood glucose levels." | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance or achievement of normal blood glucose concentrations | 2010.8(2):1482 | | Non-authorised | 2935 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carbohydrate | Provides energy. Re-energises during and post exercise bouts | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 458 |
| Art.13(1) | Carbohydrate and protein combination | Optimizes muscle glycogen and protein synthesis and muscle recovery. Helps to rebuild muscles after exercise (scientifically proven). Prepares for the next workout faster Jumpstart muscle recover. Helps muscles recover their energy - rebuild muscle glycogen, repair muscle protein | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 461 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carbohydrate electrolyte drinks | Before and during exercise increase endurance capacity / time to exhaustion / delays fatigue. Provide carbohydrate to muscles to supplement glycogen stores. Ingestion before and during exercise maintains blood glucose. Maintain skills during prolonged exercise Can help improve sprint / jump performance Gives athletes a performance edge During exercise maintains endurance performance / perform for longer. Provides carbohydrate, fluid and electrolytes to maintain hydration and enhances performance during prolonged intermittent exercise. Helps improve performance / a sprint finish at the towards the end of | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction in the rated perceived exertion/effort during exercise | 2011;9(6):2211 | | Non-authorised | 466 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| | | endurance events. Can improve performance even in events lasting less than 1 hour. Endurance performance becomes impaired when dehydration exceeds 2% of body mass | | | | | | |
| Art.13(1) | Carbohydrate electrolyte drinks | Consumption before and during exercise enhances feelings of energetic arousal which may impact on task persistence and performance Helps reduce the perception of effort, making you feel better during exercise Reduces the perception of athletic fatigue. Helps maintain alertness during later stages of exercise Helps improve readiness/ motivation Helps enhance feelings of pleasure | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction in the rated perceived exertion/effort during exercise | 2011;9(6):2211 | | Non-authorised | 468 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carbohydrate electrolyte drinks | help delay the onset of fatigue during a subsequent bout of exercise helps you to perform for longer improves subsequent endurance capacity can help the body recover more effectively from exercise ensures adequate hydration and restores endurance capacity liquid carbohydrate is as effective, if not more effective than a solid form for glycogen resynthesis | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction in the rated perceived exertion/effort during exercise | 2011.9(6):2211 | | Non-authorised | 467 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carbohydrate foods and beverages | <p>/ maximises glycogen stores.</p> <p>Carbohydrate before, during exercise improves endurance performance / perform for longer.</p> <p>Carbohydrate rich diets before exercise help elevate pre-exercise glycogen stores.</p> <p>Ingestion during exercise maintains blood glucose.</p> <p>Glucose is the body's naturally preferred source of energy during intense exercise</p> <p>Consumption in events as short as 1 hr improves exercise performance.</p> <p>Endurance capacity / time to exhaustion / delays fatigue.</p> <p>Carbohydrate loading can delay fatigue and benefits endurance and multiple sprint sports.</p> <p>Energy for endurance / fuel for your muscles.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated.</p> | not validated | 2011.9(6):2244 | | Non-authorized | 470 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|---|--|---------------------|------------------------|-----------------------|--------|----------|
| | | <p>Carbohydrate before and after exercise extends endurance time and work output more than either alone. Glycogen Sparing. Clarification provided Enhances / maximises glycogen stores. Carbohydrate before, during exercise improves endurance performance / perform for longer. Carbohydrate rich diets before exercise help elevate pre-exercise glycogen stores. Ingestion during exercise maintains blood glucose. Glucose is the body's naturally preferred source of energy during intense exercise Consumption in events as short as 1 hr improves exercise performance. Endurance capacity / time to exhaustion / delays fatigue</p> | | | | | | |



| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|--|--|---------------------|------------------------|-----------------------|--------|----------|
| | | Carbohydrate loading can delay fatigue and benefits endurance and multiple sprint sports. Energy for endurance / fuel for your muscles. Carbohydrate before and after exercise extends endurance time and work output more than either alone Glycogen Sparing | | | | | | |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carbohydrate foods and beverages | <p>Carbohydrate after exercise maximises muscle glycogen replacement.</p> <p>High GI carbohydrate post exercise results in higher muscle glycogen levels after 24 hours than low GI.</p> <p>Liquid carbohydrate is as effective as a solid form for glycogen resynthesis.</p> <p>Replaces glycogen stores used during exercise.</p> <p>Consumption at frequent intervals maintains enhanced muscle glycogen synthesis.</p> <p>Helps recovery and enhances subsequent performance / endurance capacity / delayed onset of fatigue.</p> <p>Carbohydrate during first hour after exercise assures maximal muscle glycogen resynthesis rate and speed of recovery</p> <p>Clarification provided</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated.</p> | not validated | 2011;9(6):2244 | | Non-authorised | 471 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|--|--|---------------------|------------------------|-----------------------|--------|----------|
| | | Carbohydrate after exercise maximises muscle glycogen replacement. High GI carbohydrate post exercise results in higher muscle glycogen levels after 24 hours than low GI. Liquid carbohydrate is as effective as a solid form for glycogen resynthesis. Replaces glycogen stores used during exercise. Consumption at frequent intervals maintains enhanced muscle glycogen synthesis. Helps recovery and enhances subsequent performance / endurance capacity / delayed onset of fatigue. Carbohydrate during first hour after exercise assures maximal muscle glycogen resynthesis rate and speed of recovery | | | | | | |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carbohydrate foods and beverages | <p>Carbohydrate after exercise maximises muscle glycogen replacement.</p> <p>High GI carbohydrate post exercise results in higher muscle glycogen levels after 24 hours than low GI.</p> <p>Liquid carbohydrate is as effective as a solid form for glycogen resynthesis.</p> <p>Replaces glycogen stores used during exercise.</p> <p>Consumption at frequent intervals maintains enhanced muscle glycogen synthesis.</p> <p>Helps recovery and enhances subsequent performance / endurance capacity / delayed onset of fatigue.</p> <p>Carbohydrate during first hour after exercise assures maximal muscle glycogen resynthesis rate and speed of recovery.</p> <p>Clarification provided</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated.</p> | not validated | 2011.9(6):2244 | | Non-authorised | 1277 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|---|--|---------------------|------------------------|-----------------------|--------|----------|
| | | Carbohydrate after exercise maximises muscle glycogen replacement. High GI carbohydrate post exercise results in higher muscle glycogen levels after 24 hours than low GI. Liquid carbohydrate is as effective as a solid form for glycogen resynthesis. Replaces glycogen stores used during exercise. Consumption at frequent intervals maintains enhanced muscle glycogen synthesis. Helps recovery and enhances subsequent performance / endurance capacity / delayed onset of fatigue. Carbohydrate during first hour after exercise assures maximal muscle glycogen resynthesis rate and speed of recovery. | | | | | | |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carbohydrate foods and beverages | Consumption before and during exercise enhances feelings of energetic arousal which may impact on task persistence and performance Reduces the perception of athletic fatigue Helps maintain alertness / mood Helps reduce the perception of effort, making you feel better during exercise A high carbohydrate diet helps to reduce feelings of fatigue / perceived effort during prolonged exercise | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction in the rated perceived exertion/effort during exercise | 2011.9(6):2211 | | Non-authorised | 460 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carbohydrate foods and beverages | Consumption before and during exercise enhances feelings of energetic arousal which may impact on task persistence and performance. Reduces the perception of athletic fatigue. Helps maintain alertness / mood. Helps reduce the perception of effort, making you feel better during exercise. A high carbohydrate diet helps to reduce feelings of fatigue / perceived effort during prolonged exercise. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011.9(6):2244 | | Non-authorised | 1278 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carbohydrate foods and beverages | <p>Enhances / maximises glycogen stores.</p> <p>Carbohydrate before, during exercise improves endurance performance / perform for longer.</p> <p>Carbohydrate rich diets before exercise help elevate pre-exercise glycogen stores.</p> <p>Ingestion during exercise maintains blood glucose.</p> <p>Glucose is the body's naturally preferred source of energy during intense exercise.</p> <p>Consumption in events as short as 1 hr improves exercise performance.</p> <p>Endurance capacity / time to exhaustion / delays fatigue.</p> <p>Carbohydrate loading can delay fatigue and benefits endurance and multiple sprint sports.</p> <p>Energy for endurance / fuel for your</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated.</p> | not validated | 2011.9(6):2244 | | Non-authorised | 1279 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| | | <p>muscles.</p> <p>Carbohydrate before and after exercise extends endurance time and work output more than either alone.</p> <p>Glycogen Sparing.</p> <p>Ingestion during exercise maintains blood glucose.</p> <p>Glucose is the body's naturally preferred source of energy during intense exercise.</p> | | | | | | |
| Art.13(1) | Carbohydrate sources with low glycaemic index (GI <55), e.g. legumes, vegetables, whole grain cereals | Consumption of low GI (low glycaemic index) foods with in the healthy diet (low glycaemic load - GL) can contribute to the maintenance of the normal blood sugar level, blood lipid level (triglyceride) and body mass. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1491 | | Non-authorized | 1300 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|--|---------------------------------|-----------------------|----------------|-----------|
| Art.13(1) | Carbohydrate, protein and lipid combination | Helps your body rapidly rebuild so that you can perform at your peak during your next workout. Rebuild muscle glycogen. Repair muscle protein. Restore muscle lipid. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance performance during the subsequent exercise bout after strenuous exercise | 2011;9(6):2247 | | Non-authorised | 462 |
| Art.13(1) | Carbohydrates | Carbohydrate-containing foods have a beneficial impact on exercise performance. Carbohydrate is a key energy source prior to exercise. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 459 |
| Art.13(1) | Carbohydrates | Carbohydrate-containing foods help to rebuild liver and muscle glycogen stores after exercise. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 654 |
| Art.13(1) | Carbohydrates in dairy products | Carbohydrates in dairy products have very low glycemic index (GI); Carbohydrates in dairy products give a very low and slow blood glucose response. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(10):1765 | | Non-authorised | 718, 2912 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carbohydrates in pasta products | Kolhydrater i pasta ger ett lågt och långsamt blodsockersvar/har ett lågt glykemiskt index (GI). Carbohydrates in pasta products provide a low and slow blood sugar response/have a low glycaemic index (GI). | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011.9(4):2082 | | Non-authorised | 1171 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carbohydrates that induce a low glycaemic response | Low glycaemic carbohydrates / low glycaemic [carbohydrate] diet helps maintain and improve blood glucose control; Low glycaemic carbohydrates / low glycaemic [carbohydrate] diet helps in the management of regular blood glucose levels; Low glycaemic carbohydrates / low glycaemic [carbohydrate] diet supports body weight regulation; Low glycaemic carbohydrates / low glycaemic [carbohydrate] diet contributes to weight control. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1491 | | Non-authorised | 474 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carbohydrates that induce a reduced glycaemic response | Due to its (modified) carbohydrate composition, this food has a lower blood glucose and insulin response; This food has a [x%] lower impact on blood sugar levels than comparable foods and thus helps to maintain more steady blood sugar levels; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1491 | | Non-authorised | 475 |
| Art.13(1) | Carbohydrates with a low glycaemic index (GI) | -a low GI [carbohydrate] diet helps to maintain healthy cholesterol levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1491 | | Non-authorised | 481 |
| Art.13(1) | Carbohydrates with a low glycaemic index (GI) | Low GI carbohydrates sustain steady blood sugar levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1491 | | Non-authorised | 480 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carbohydrates with a low glycaemic index (GI) | low GI [carbohydrate] foods help you feel fuller for longer | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1491 | | Non-authorised | 482 |
| Art.13(1) | Carbohydrates with a low glycaemic load | A low GL diet helps to maintain a healthy weight | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 479 |
| Art.13(1) | Carbohydrates with a low glycaemic load | A low GL diet helps to maintain healthy cholesterol levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 477 |
| Art.13(1) | Carbohydrates with a low glycaemic load | A low GL diet sustains steady blood sugar levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 476 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carbohydrates with a low glycaemic load | Low GL foods help keep you fuller for longer | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 478 |
| Art.13(1) | Carbohydrates with a low glycaemic response | low glycemic carbohydrates / low glycemic [carbohydrate] diet helps maintain and improve blood glucose control; Low glycemic carbohydrates / low glycemic [carbohydrate] diet helps in the management of regular blood glucose levels; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1491 | | Non-authorised | 483 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|----------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carbohydrates with a reduced glycemic response | due to its (modified) carbohydrate composition, this food has a lower blood glucose and insulin response; -this food has a [x%] lower impact on blood sugar levels than comparable foods and thus helps to maintain more steady blood sugar levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1491 | | Non-authorised | 484 |
| Art.13(1) | Carbonate/Bicarbonate as salts of Ca, Mg, Na, K | Bicarbonates/Carbonates help maintain acid - base balance; Bicarbonates/Carbonates help maintain strong bones | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bone | 2011.9(7):2301 | | Non-authorised | 331 |
| Art.13(1) | Carica papaya (Common Name : Papaya) | Contains antioxidant/s; Is a source of antioxidant/s. With antioxidant/s. Antioxidant activity '- Contributes to the protection against oxidation; - contributes to the protection against free radicals | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011.9(4):2083 | | Non-authorised | 2007 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carnitine | Helps the energy production in the cell by transporting fatty acids in places where they are used and metabolised/contributes to the fat burning during exercise/contributes to increased fat oxidation/is important for the oxidation of fat/helps improve muscle recovery after exercise/helps maintain optimal repair of muscle tissue/transport long-chain fatty acids into the mitochondria/plays an important role in lipid metabolism/can support lipid metabolism converts fatty acids into energy/turns fat into energy/helps to increase fatty acid oxidation in healthy humans. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | faster recovery from muscle fatigue after exercise | 2011.9(6):2212 | | Non-authorised | 738 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|-------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carnitine | Helps the energy production in the cell by transporting fatty acids in places where they are used and metabolised/contributes to the fat burning during exercise/contributes to increased fat oxidation/is important for the oxidation of fat/helps improve muscle recovery after exercise/helps maintain optimal repair of muscle tissue/transport long-chain fatty acids into the mitochondria/plays an important role in lipid metabolism/can support lipid metabolism converts fatty acids into energy/turns fat into energy/helps to increase fatty acid oxidation in healthy humans. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | skeletal muscle tissue repair | 2011.9(6):2212 | | Non-authorised | 738 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carnitine | Helps to delay the onset of fatigue. Helps to maintain energy levels for prolonged periods during intense competition/exercise. Enhances endurance and helps to maintain peak effort during times of high physical demand | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance capacity | 2011;9(6):2212 | | Non-authorised | 4305 |
| Art.13(1) | Carnitine | Can increase L-Carnitine levels during pregnancy and lactation. Can help decrease free fatty acids during pregnancy. Can maintain normal L-Carnitine plasma levels during pregnancy. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | increasing L-carnitine concentrations and/or decreasing free fatty acids in blood during pregnancy | 2011;9(6):2212 | | Non-authorised | 1495 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carnitine | <ul style="list-style-type: none"> -Helps improve muscle recovery after exercise -helps maintain optimal repair of muscle tissue -supports athletes in recovery from weight training -can help recreationally weight-trained in recovery from exercise -contributes to the reduction of muscle soreness from exercise in trained athletes | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | faster recovery from muscle fatigue after exercise | 2011.9(6):2212 | | Non-authorised | 1493 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|-------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carnitine | <ul style="list-style-type: none"> Helps improve muscle recovery after exercise -helps maintain optimal repair of muscle tissue -supports athletes in recovery from weight training -can help recreationally weight-trained in recovery from exercise -contributes to the reduction of muscle soreness from exercise in trained athletes | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | skeletal muscle tissue repair | 2011.9(6):2212 | | Non-authorised | 1493 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carnitine | <p>Helps the energy production in the cell by transporting fatty acids in places where they are used and metabolised</p> <ul style="list-style-type: none"> -contributes to the fat burning during exercise -contributes to increased fat oxidation -is important for the oxidation of fat -helps improve muscle recovery after exercise -helps maintain optimal repair of muscle tissue -plays an important role in lipid metabolism -can support lipid metabolism converts fatty acids into energy -helps to increase fatty acid oxidation in healthy humans | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>faster recovery from muscle fatigue after exercise</p> | 2011.9(6):2212 | | Non-authorised | 1492 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carnitine | Helps the energy production in the cell by transporting fatty acids in places where they are used and metabolised -contributes to the fat burning during exercise -contributes to increased fat oxidation -is important for the oxidation of fat -helps improve muscle recovery after exercise -helps maintain optimal repair of muscle tissue -plays an important role in lipid metabolism -can support lipid metabolism converts fatty acids into energy -helps to increase fatty acid oxidation in healthy humans | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | skeletal muscle tissue repair | 2011;9(6):2212 | | Non-authorised | 1492 |
| Art.13(1) | Carnitine | Helps to maintain healthy blood cholesterol and plasma lipid levels in the elderly. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(6):2212 | | Non-authorised | 1494 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carotenoids (alpha, beta and gamma carotene, lycopene) | Helps to protect the skin from the effects of UV radiation. Reduces the skin's susceptibility to burning. Increases the skin's sun tolerance. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 1796 |
| Art.13(1) | Carotenoids from fruits and vegetables juices | Carotenoids contained in this product ensure antioxidant action/carotenoids contained in this product ensure protective effect on the organism. Antioxidant/s | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 1496 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Carotte racine | <p>Combat la formation des radicaux libres</p> <p>Protection cellulaire active</p> <p>Nourrit et protège la peau</p> <p>Protège la peau des agressions extérieures</p> <p>Active et prolonge le bronzage</p> <p>Clarification provided</p> <p>Helps to keep the skin healthy/helps to retard skin aging</p> <p>Helps to protect your skin from excessive UV-radiation and sunburns</p> <p>Can promote healthy skin pigmentation and tanning</p> <p>Antioxidant that protects the body's cells/Has an antioxidant action that helps to neutralize free radicals and counteracts cellular ageing</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>protection of DNA, proteins and lipids from oxidative damage</p> | 2010.8(10):1752 | | Non-authorised | 2522 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--------------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Cartilage de requin | Souplesse et mobilité des articulations - Bien-être des articulations | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal joints | 2011;9(6):2247 | | Non-authorised | 1981 |
| Art.13(1) | Casein | Slower absorbing protein source to deliver essential amino acids to muscles for exercise recovery Post-exercise consumption supports muscle anabolism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2011;9(6):2213 | | Non-authorised | 1498 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|-----------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Casein protein hydrolysate | Accelerates recovery from exercise helps to recover faster shortens the time to recover completely helps to enhance endurance performance helps to perform longer supports endurance performance increases endurance performance increases time to fatigue during exercise helps to enhance physical performance helps to perform better supports physical performance helps to increase physical performance protects muscle during exercise | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance performance | 2011.9(6):2213 | | Non-authorised | 1497 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Casein protein hydrolysate | Accelerates recovery from exercise helps to recover faster shortens the time to recover completely helps to enhance endurance performance helps to perform longer supports endurance performance increases endurance performance increases time to fatigue during exercise helps to enhance physical performance helps to perform better supports physical performance helps to increase physical performance protects muscle during exercise | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | faster recovery from muscle fatigue after exercise | 2011.9(6):2213 | | Non-authorised | 1497 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Casein protein hydrolysate | <p>Can accelerate recovery from exercise</p> <p>can help to recover faster</p> <p>can shorten the time to recover completely</p> <p>can help to enhance endurance performance</p> <p>can help to perform longer</p> <p>can support endurance performance</p> <p>can increase;endurance performance</p> <p>can increase time to fatigue;during exercise</p> <p>can help to enhance physical;performance</p> <p>can help to perform better</p> <p>can support;physical performance</p> <p>can help to increase physical performance</p> <p>can help to reduce exercise induced muscle damage</p> <p>can help to reduce exercise induced muscle pain</p> <p>can protect muscle</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>increase in endurance performance</p> | 2011;9(6);2213 | | Non-authorised | 660 |



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| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|-----------------|--|---------------------|------------------------|-----------------------|--------|----------|
| | | during exercise | | | | | | |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Casein protein hydrolysate | <p>Can accelerate recovery from exercise</p> <p>can help to recover faster</p> <p>can shorten the time to recover completely</p> <p>can help to enhance endurance performance</p> <p>can help to perform longer</p> <p>can support endurance performance</p> <p>can increase;endurance performance</p> <p>can increase time to fatigue;during exercise</p> <p>can help to enhance physical;performance</p> <p>can help to perform better</p> <p>can support;physical performance</p> <p>can help to increase physical performance</p> <p>can help to reduce exercise induced muscle damage</p> <p>can help to reduce exercise induced muscle pain</p> <p>can protect muscle</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>faster recovery from muscle fatigue after exercise</p> | 2011;9(6);2213 | | Non-authorised | 660 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|--|---------------------------------|-----------------------|----------------|----------|
| | | during exercise | | | | | | |
| Art.13(1) | Cassis : Dry extract of Ribes Nigrum fruit standardized at 7% of anthocyanosides | Can help to reduce eyestrain. Can help to improve night vision. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | improvement of visual adaptation to the dark | 2011;9(6):2204 | | Non-authorized | 2750 |
| Art.13(1) | Cheese-like product containing rapeseed oil /MUFA, PUFA | The product's fat composition complies with nutritional recommendations and helps to control cholesterol | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2068 | | Non-authorized | 581 |
| Art.13(1) | Cherries (Prunus cerasus), including Montmorency, Balaton or other sour/tart cherry varieties | [Tart/sour] cherries help support a healthy heart | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | protection of DNA, proteins and lipids from oxidative damage | 2010;8(10):1752 | | Non-authorized | 2023 |
| Art.13(1) | Cherries (Prunus cerasus), including Montmorency, Balaton or other sour/tart cherry varieties | [Tart/sour] cherries help support healthy joints | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | Maintenance of joints | 2010;8(2):1493 | | Non-authorized | 2022 |
| Art.13(1) | Cherries (Prunus cerasus), including Montmorency, Balaton or other sour/tart cherry varieties | [Tart/sour] cherries provide a rich source of antioxidants. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Antioxidant, antioxidant content, and antioxidant properties | 2010;8(2):1489 | | Non-authorized | 2021 |
| Art.13(1) | Cherries (Prunus cerasus, P. domestica), including Montmorency, Balaton or other sour/tart cherry varieties | [Tart/sour] cherries help support healthy brain / mental function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | contribution to normal cognitive function | 2011;9(6):2248 | | Non-authorized | 2024 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Chicory oligofructose | contributes to your body's natural defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Increasing numbers of gastro-intestinal microorganisms | 2011;9(6):2228 | | Non-authorised | 773 |
| Art.13(1) | Chios Mastiha Natural resin Protected Designation of Origin product. (PDO) (EC)123/1997 (L022/24.1.97) | Mastiha Chiou has an antioxidant action. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Antioxidant, antioxidant content, and antioxidant properties | 2010;8(2):1489 | | Non-authorised | 1315 |
| Art.13(1) | Chitosan | Contributes to management of weight control -can help in the reduction of body weight -can help to the control of weight by reducing the quantity of fat absorbed from the diet | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction in body weight | 2011;9(6):2214 | | Non-authorised | 1499 |
| Art.13(1) | Chitosan-Natural insoluble fibre from crustaceans shell | Increases in volume in the interior of the digestive tube by hydration, launches laxation in non-irritative way. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of intestinal transit time | 2011;9(6):2214 | | Non-authorised | 4664 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Chitosane | Aide à combattre les excès de poids Aide dans le cadre d'un régime amincissant Soutient lors d'amincissement Clarification provided Contributes to management of weight control/can help in the reduction of body weight/can help to the control of weight by reducing the quantity of fat absorbed from the diet. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction in body weight | 2011;9(6):2214 | | Non-authorised | 679 |
| Art.13(1) | Chlorogenic acids from Coffee | Chlorogenic acids from coffee extract contributes to keep normal blood glucose levels; Chlorogenic acids from coffee extract has a beneficial effect on glucose metabolism/insulin metabolism. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood glucose concentrations | 2011;9(4):2057 | | Non-authorised | 1962 |
| Art.13(1) | Chlorophyll in sprouted seed | Contains chlorophyll, a natural anti-oxidant giving enhanced defence against free radicals | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010;8(2):1489 | | Non-authorised | 1921 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Chlorophyllin [Sodium copper chlorophyllin] | "Provides antioxidant protection." "For daily detoxification support." "Research indicates that chlorophyllin may modulate the activity of detoxification enzymes and provide antioxidant protection against free radicals." | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of gastro-intestinal discomfort | 2011;9(6):2248 | | Non-authorised | 1717 |
| Art.13(1) | Cholesterol | Foods low in cholesterol help manage blood cholesterol. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2083 | | Non-authorised | 624 |
| Art.13(1) | Choline | Choline supports normal neurological functioning. Choline supports nerve impulse transmission. Choline supports cognitive functioning. Choline helps maintain memory and brain function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Contribution to normal cognitive function | 2011;9(4):2056 | | Non-authorised | 1502 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Choline | Choline supports normal neurological functioning. Choline supports nerve impulse transmission. Choline supports cognitive functioning. Choline helps maintain memory and brain function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal neurological function | 2011;9(4):2056 | | Non-authorised | 1502 |
| Art.13(1) | Chondroitin | - Helps to supports the mobility of the joints; - helps keep joints supple and flexible; - an important component of the joint metabolism. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints | 2009;7(9):1262 | | Non-authorised | 1504 |
| Art.13(1) | Chondroitin Sulphate | Renowned for helping maintain joint mobility and flexibility. Chondroitin (and glucosamine) may help to support healthy knees. Chondroitin (and glucosamine) may help to support healthy joints. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints | 2009;7(9):1262 | | Non-authorised | 1505 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Christe marine | Combat la formation des radicaux libres Clarification provided acts against age-accelerating free radicals/ serves as a protective antioxidant/has antioxidative properties | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010.8(10):1752 | | Non-authorised | 2527 |
| Art.13(1) | Christe marine | Combat la formation des radicaux libres Clarification provided acts against age-accelerating free radicals/ serves as a protective antioxidant/has antioxidative properties | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | antioxidant activity, antioxidant content, and antioxidant properties | 2010.8(10):1752 | | Non-authorised | 2527 |
| Art.13(1) | Christe marine | Combat la formation des radicaux libres Clarification provided acts against age-accelerating free radicals/ serves as a protective antioxidant/has antioxidative properties | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | protection of cells from premature aging | 2010.8(10):1752 | | Non-authorised | 2527 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Christe marine | Draineur naturel Dépuratif stimulant l'élimination de l'eau et des toxines Clarification provided C. maritimum is depurative and diuretic | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Increase in renal water elimination | 2010.8(10):1742 | | Non-authorised | 2528 |
| Art.13(1) | Chromium | Promotes carbohydrates catabolism, helping in body weight maintaining. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | contribution to the maintenance or achievement of a normal body weight | 2010.8(10):1732 | | Non-authorised | 4665 |
| Art.13(1) | Chromium | Promotes lipid catabolism, helping in body weight maintaining. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | contribution to the maintenance or achievement of a normal body weight | 2010.8(10):1732 | | Non-authorised | 4666 |
| Art.13(1) | Chromium | Promotes metabolism. Supports weight control physiologically. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | contribution to the maintenance or achievement of a normal body weight | 2010.8(10):1732 | | Non-authorised | 339 |
| Art.13(1) | Chromium (III) | Supplementation with B-vitamins, iron, magnesium as well as vitamin C can reduce fatigue and tiredness in situations of inadequate micro-nutrient status. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of tiredness and fatigue | 2010.8(10):1732 | | Non-authorised | 261 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Chywanaprash | Healthy living A tonic for healthy living Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and m | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010;8(2):1489 | | Non-authorized | 3315 |
| Art.13(1) | Citrates as Na-, K-, Ca-, Mg-salts | Citrates (e.g. potassium citrate) reduce dietary acid load. Citrates (e.g. potassium citrate) help maintain acid-base balance and support bone health. Citrates (e.g. potassium citrate) maintain bone strength | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bone | 2011;9(7):2302 | | Non-authorized | 330 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Citrus lunatus (Watermelon) extract - ACTI-08 | <p>Good source of antioxidants</p> <p>Contains naturally occurring antioxidants</p> <p>Has antioxidant properties</p> <p>Acts as an antioxidants</p> <p>Contributes to the protection against oxidation</p> <p>Helps increase the antioxidative capacity of the body</p> <p>Helps preventing oxidation</p> <p>Antioxidants help protect you from free radicals</p> <p>Antioxidants help protect your cells and tissues from oxidation</p> <p>Antioxidants contribute to the total antioxidant capacity of the body</p> <p>Antioxidants help to protect your body by reinforcing the body's natural defence against the effects of free radicals</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>protection of DNA, proteins and lipids from oxidative damage</p> | 2011.9(6):2246 | | Non-authorised | 2244 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Citrus lunatus (Watermelon) extract - ACTI-08 | Helps to improve carbohydrate and fat metabolism of the body Used to facilitate the weight loss Helps to loose weight Contributes to loose weight Used to facilitate the weight loss Helps in weight control Contributes to body weight management. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2011;9(6):2246 | | Non-authorised | 2243 |
| Art.13(1) | Citrus bioflavonoids | May help to keep joints healthy. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of joints | 2010;8(2):1493 | | Non-authorised | 1799 |
| Art.13(1) | Citrus limon (Common Name : Lemon) | Helps to support the digestion contributes to the normal function of intestinal tract helps support the digestive juice flow. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of gastro-intestinal discomfort | 2011;9(6):2248 | | Non-authorised | 2028 |
| Art.13(1) | Citrus paradise (Common Name : Grapefruit) | Flavonoids contained within the Grapefruit contribute to the microbial balance in the body organs and tissues | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 3324 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Citrus paradisi (Common Name : Grapefruit) | Antioxidative properties/supports the body organs and tissues in case of oxidative damage | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010;8(2):1489 | | Non-authorised | 2025 |
| Art.13(1) | Citrus paradisi (nazwa powszechnie stosowana:grejfrut) | Flawonoidy wyst?puj?ce w grejfrucie przyczyniaj? si? do zapewnienia równowagi mikrobiologicznej w narz?dach i tkankach Clarification provided Flawonoidy wyst?puj?ce w grejfrucie przyczyniaj? si? do zapewnienia równowagi mikrobiologicznej w narz?dach i tkankach/ Flavonoids contained within the Grapefruit contribute to the microbial balance in the body organs and tissues. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 3325 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Citrus sinensis - common name : Orange | "Traditionally used for the good circulation of blood in microvessels" / "Traditionally used to decrease the sensations of heavy leggs" / "Used for the good circulation of blood in microvessels" / "Helps to decrease the sensations of heavy leggs" | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Vascular and vein health" | 2011:9(6):2228 | | Non-authorised | 3667 |
| Art.13(1) | ClarinoTM | ClarinoTM is a unique source of the active form of CLA (conjugated linolenic acid) that reduces the body fat without reducing muscle mass, it reduces subcutaneous fat and the excess weight is gone for good. ClarinoTM prevents fat redeposition (anti yoyo effect). ClarinoTM influences the metabolism speed increase and suppresses its decline particularly at night | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2010:8(10):1794 | | Non-authorised | 3165 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Co-Enzyme Q 10 | Coenzyme Q10 is necessary for the energy metabolism and the transformation of food into physiological energy. Coenzyme Q10 supports energy production. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal energy-yielding metabolism | 2010;8(10):1793 | | Non-authorised | 1720 |
| Art.13(1) | Co-Enzyme Q 10 | Coenzyme Q10 maintains a healthy heart. May help maintain healthy blood pressure. May help maintain healthy cholesterol levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood cholesterol concentrations | 2010;8(10):1793 | | Non-authorised | 1721 |
| Art.13(1) | Co-Enzyme Q 10 | Coenzyme Q10 maintains a healthy heart. May help maintain healthy blood pressure. May help maintain healthy cholesterol levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood pressure | 2010;8(10):1793 | | Non-authorised | 1721 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Cocoa (Theobroma cacao L.) | - Helps to support slimming; - helps to support in weight loss programs; - contributes to body weight control; - helps to support lipid degradation; - contributes to fat metabolism, which helps weight control; - helps to promote weight loss; - helps in weight management | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance or achievement of a normal body weight | 2009;7(9):1300 | | Non-authorised | 2724 |
| Art.13(1) | Cocoa (Theobroma cacao L.) | Improve emotional well-being. Support positive mood. Increase relaxation | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | enhancement of mood | 2011;9(6):2269 | | Non-authorised | 4276 |
| Art.13(1) | Cocoa flavanols | - helps protect you from free radicals; - helps promote healthy cells by minimising free radicals; - helps to promote healthy cells by neutralising free radicals. - antioxidant(s). | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of lipids from oxidative damage | 2010;8(10):1792 | | Non-authorised | 1506 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--------------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Cocoa flavanols | Maintenance and promotion of a normal blood pressure | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | maintenance of normal blood pressure | 2010.8(10):1792 | | Non-authorised | 1507 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Coenzyme Q10 | Brings energy / Stimulates the psychical activity and improves the capacity of the intellectual effort. / Increases intracellular energetic mechanisms. / Helps in periods of convalescence. / Brings energy in periods of prolonged physical and intellectual effort, in acute or chronic fatigue. / Prevents fatigue and sustains the organism's effort in periods of stress. / Reduces the incidence of neoplastic diseases. / Interferes in all metabolic chains, activating them. / Improves the quality of the life of the persons with cardiac diseases. / Increases the resistance to effort and reduces the frequency and intensity of the cardiac ache. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal energy-yielding metabolism | 2010.8(10):1793 | | Non-authorised | 4668 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Coenzyme Q10 | Coenzyme Q10 may help maintain healthy brain function | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal cognitive function | 2010.8(10):1793 | | Non-authorised | 1511 |
| Art.13(1) | Coenzyme Q10 (Ubiquinone); | Naturally occurring lipid soluble antioxidant in the body -helps to protect against lipid oxidation -antioxidant - helps to maintain healthy condition -helps to protect against free radicals which are mainly responsible for cellular ageing | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010.8(10):1793 | | Non-authorised | 1510 |
| Art.13(1) | Coenzyme Q10 (Ubiquinone); | Supports energy production -is needed/important for energy production in the cell -plays an important role in the ATP production to maintain healthy condition -is needed/important for the energy metabolism and the transformation of food into physiological | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal energy-yielding metabolism | 2010.8(10):1793 | | Non-authorised | 1508 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Coenzyme Q10 (Ubiquinone); Normal cardiovascular function | Supports normal blood pressure. Contributes to a normal blood pressure. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood pressure | 2010.8(10):1793 | | Non-authorised | 1509 |
| Art.13(1) | Coenzyme Q10;(Ubiquinone) | Coenzyme Q10 may enhance the physical endurance.;Coenzyme Q10 may enhance sport performance in those who have reduced performance but are free from organic lesions | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance capacity and/or endurance performance | 2010.8(10):1793 | | Non-authorised | 1913 |
| Art.13(1) | Coenzyme Q10;ubiquinone | Can contribute to maintain normal blood pressure | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood pressure | 2010.8(10):1793 | | Non-authorised | 1911 |
| Art.13(1) | Coenzyme Q10;ubiquinone | In case of increased energy needs of the body or for increased mental or physical performance or for supporting the energy supply of the overloaded muscles, such as skeletal muscles, heart muscle. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal energy-yielding metabolism | 2010.8(10):1793 | | Non-authorised | 1912 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Coffea arabica | helps refresh body and mind /helps to revive you /helps keeping you alert | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Kidneys health", "urinary health", "bladder health", "health of lower urinary tract", "blood health", "elimination", "urinary system benefits" and/or "supports/promotes the excretory function of the kidney" | 2010;8(10):1742 | | Non-authorised | 1188 |
| Art.13(1) | Coffee | Coffee is a major dietary source of antioxidants. Antioxidants from dietary sources: protect you from free radicals; protect your cells and tissues from oxidation; antioxidants help strengthen our body's natural defences against oxidative stress. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2011;9(4):2057 | | Non-authorised | 1099 |
| Art.13(1) | Coffee | coffee contributes to healthy food glucose levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood glucose concentrations | 2011;9(4):2057 | | Non-authorised | 1100 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | CoffeeSLENDER® Tablets made from an extract from green coffee beans (Svetol®) the active principle of which is: -5-caffeoylquinic acid or (Chlorogenic acid) =45%, Caffeine = 2%, 3-caffeoylquinic acid =10% | i). As an aid to weight loss and weight control as part of a calorie controlled diet. ii). Acts by reducing absorption of sugar (glucose) from the digestive tract. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Contribution to the maintenance or achievement of a normal body weight | 2011;9(4):2057 | | Non-authorised | 2031 |
| Art.13(1) | Collagen | Collagen can/could contribute to the maintenance of the healthy function of joints. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal joints | 2011;9(6):2247 | | Non-authorised | 659 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|-------------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Collagen hydrolysate | <p>Contributes to the functioning of cartilage building cells.</p> <p>Supports the (natural) regeneration of joint cartilage.</p> <p>Stimulates the build-up of joint cartilage.</p> <p>Contributes to improved joint functioning and joint mobility.</p> <p>Contributes to joint comfort.</p> <p>Provides the building blocks (peptides) for the biosynthesis of cartilage.</p> <p>Provides strength, flexibility and support to skin connective tissues, ligaments, tendons, bones and other parts of the body.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>maintenance of normal joints</p> | 2011;9(6):2247 | | Non-authorised | 1513 |
| Art.13(1) | Colostrum bovin | <p>Entretien l'énergie et le tonus</p> <p>Renforce la vitalité</p> <p>A utiliser en cas de fatigue passagère</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated.</p> | not validated | 2011;9(4):2048 | | Non-authorised | 1890 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Colostrum bovin | Favorise le confort digestif A utiliser en cas de selles liquides Clarification provided Promotes gastrointestinal/bowel/gut health/ Promotes gastrointestinal well-being. Helps to reduce gastrointestinal discomfort. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2048 | | Non-authorised | 1889 |
| Art.13(1) | Colostrum bovin | Renforce les défenses naturelles Soutient le système de défense Stimule les défenses naturelles | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "immune function/immune system" | 2010;8(10):1799 | | Non-authorised | 1891 |
| Art.13(1) | Combination of millet extract + L-cystine + vitamin B5 (calcium pantothenate) | Supports healthy hair growth from within. Supports the growth of healthy hair & nails. Supports metabolism of the hair roots. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 1514 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Conjugated Linoleic acid (cis-9, trans-11 and trans-10, cis-12) | <p>helps to control fat metabolism</p> <p>influences lipid metabolism and storage.</p> <p>increases lean muscle mass</p> <p>reduces body fat percentage</p> <p>helps to reduce body fat mass while increasing lean body mass</p> <p>helps to reduce body fat mass</p> <p>helps to reduce the amount of fat you store after eating</p> <p>helps to decrease the amount of fat stored in your body</p> <p>helps to reduce you abdominal fat mass</p> <p>helps to reduce fat mass in your abdomen and thighs</p> <p>helps to improve your body shape</p> <p>helps to increase lean body mass</p> <p>helps reduce weight gain</p> <p>helps to reduce SAD (sagittal abdominal diameter)</p> | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2010.8(10):1794 | | Non-authorised | 2892 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| | | helps to prevent the yoyo-effect after a diet helps to reduce muscle protein loss during a diet helps to increase feelings of fullness and satiety | | | | | | |
| Art.13(1) | Conjugated linoleic acid (CLA) | Aids slimming by reducing body fat and preserving lean muscle Helps to reduce muscle protein loss during a diet | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2010/8(10):1794 | | Non-authorised | 686 |
| Art.13(1) | Conjugated linoleic acid (CLA) | Aids slimming by reducing body fat and preserving lean muscle Helps to reduce muscle protein loss during a diet Increases lean tissue mass Increases feelings of fullness and satiety Helps to reduce yoyo-effect after a diet Improves the burning of fat | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2010/8(10):1794 | | Non-authorised | 1516 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|-----------|
| Art.13(1) | Conjugated linoleic acid (CLA) | Contributes to healthy blood glucose level | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in insulin sensitivity | 2010.8(10):1794 | | Non-authorised | 1517 |
| Art.13(1) | Conjugated linoleic acid (CLA) | Helps to reduce muscle protein loss during a diet | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2010.8(10):1794 | | Non-authorised | 726 |
| Art.13(1) | Conjugated linoleic acid (CLA) | Support of (HepB) vaccine response/Helps respiratory comfort in asthma | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to immune defences by stimulation of production of protective antibodies in response to vaccination | 2010.8(10):1794 | | Non-authorised | 687, 1519 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Conjugated linoleic acid (CLA) ((cis-9, trans-11 conjugated linoleic acid, and trans-10, cis-12 conjugated linoleic acid (50:50) triglycerides) | Helps to control fat metabolism Influences lipid metabolism and storage Increases lean muscle mass Reduces body fat percentage Helps to reduce body fat mass while increasing lean body mass Helps to reduce body fat mass Helps to reduce the amount of fat you store after eating Helps to decrease the amount of fat stored in your body Helps to reduce you abdominal fat mass Helps to reduce fat mass in your abdomen and thighs Helps to improve your body shape Helps to increase lean body mass Helps reduce weight gain-helps to reduce SAD (sagittal abdominal diameter)-helps to prevent the | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2010.8(10):1794 | | Non-authorised | 1518 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|------------------------------------|--------------------------------|-----------------------|----------------|----------|
| | | yoyo-effect after a diet Helps to reduce muscle protein loss during a diet Helps to increase feelings of fullness and satiety | | | | | | |
| Art.13(1) | Copper | Copper contributes to the cholesterol and glucose | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | cholesterol metabolism | 2009;7(9):1211 | | Non-authorised | 369 |
| Art.13(1) | Copper | Copper contributes to the cholesterol and glucose | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | glucose metabolism | 2009;7(9):1211 | | Non-authorised | 369 |
| Art.13(1) | Copper | Supplementation with B-vitamins, iron, magnesium as well as vitamin C can reduce fatigue and tiredness in situations of inadequate micro-nutrient status. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Reduction of tiredness and fatigue | 2011;9(4):2079 | | Non-authorised | 272 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Coquille d'huître | Contribue à un bon cholestérol. Aide à maîtriser le cholestérol. Clarification provided Oyster shells are rich source of calcium that contributes to healthy blood cholesterol level/ Oyster shells are a rich source of calcium that helps to maintain normal cholesterol level/Oyster shells are a rich source of calcium that decreases LDL cholesterol and increase HDL cholesterol. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood HDL-cholesterol concentrations | 2010.8(10):1725 | | Non-authorised | 1893 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Coquille d'huître | Contribue à un bon cholestérol. Aide à maîtriser le cholestérol. Clarification provided Oyster shells are rich source of calcium that contributes to healthy blood cholesterol level/ Oyster shells are a rich source of calcium that helps to maintain normal cholesterol level/Oyster shells are a rich source of calcium that decreases LDL cholesterol and increase HDL cholesterol. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2010.8(10):1725 | | Non-authorised | 1893 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Coquille d'huître | Contribue à un bon cholestérol. Aide à maîtriser le cholestérol. Clarification provided Oyster shells are rich source of calcium that contributes to healthy blood cholesterol level/ Oyster shells are a rich source of calcium that helps to maintain normal cholesterol level/Oyster shells are a rich source of calcium that decreases LDL cholesterol and increase HDL cholesterol. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood HDL-cholesterol concentrations | 2010.8(10):1725 | | Non-authorised | 349 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Coquille d'huître | Contribue à un bon cholestérol. Aide à maîtriser le cholestérol. Clarification provided Oyster shells are rich source of calcium that contributes to healthy blood cholesterol level/ Oyster shells are a rich source of calcium that helps to maintain normal cholesterol level/Oyster shells are a rich source of calcium that decreases LDL cholesterol and increase HDL cholesterol. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2010.8(10):1725 | | Non-authorised | 349 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|-----------|
| Art.13(1) | Coquille d'huître | Recommandé lors de problèmes liés au cycle menstruel. Soulage les douleurs liées au cycle menstruel. A utiliser en cas de règles douloureuses. Clarification provided Oyster shells are rich source of calcium that alleviates the premenstrual syndrome/oyster shells are a rich source of calcium that reduces premenstrual pain and premenstrual water retention. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction in the severity of symptoms related to the premenstrual syndrome | 2010.8(10):1725 | | Non-authorised | 348, 1892 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Cordyceps sinensis | Helps to strengthen the body Supports immune system Invigorates the body Supports energetic alertness Supports the immunesystem by delivering antioxidants Increases performance and endurance of a heavy exercise or sportsactivity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance performance | 2011;9(6):2247 | | Non-authorised | 3127 |
| Art.13(1) | Cordyceps sinensis-fungus larvae-mycelium | Free radicals neutralisation actions. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | antioxidant activity, antioxidant content, and antioxidant properties | 2010;8(10):1752 | | Non-authorised | 4390 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Corn Oil with a guaranteed polyunsaturated fatty acids content (56% of total fatty acids), supplemented with vitamin E. | 1- When used within a healthy, balanced diet, in combination with a healthy lifestyle, corn oil with an elevated vitamin E content and a guaranteed polyunsaturated fatty acids content contributes to the control of blood cholesterol. 2-When used within a healthy, balanced diet, in combination with a healthy lifestyle, corn oil contributes to the control of blood cholesterol. 3-As a part of a healthy lifestyle, corn oil helps to maintain normal blood cholesterol level.4-As a part of a healthy lifestyle, corn oil helps to keep blood cholesterol levels under control. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2064 | | Non-authorised | 3086 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|--------------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Corn protein hydrolysate titrated at 29 % glutamine | Can help to improve physical performance | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Physical performance" | 2011;9(6):2228 | | Non-authorised | 4248 |
| Art.13(1) | Corn protein hydrolysate titrated at 29 % glutamine | Can help to prevent the consequences of overtraining in athletes. Can help to prevent the outbreak of the effort | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Overtraining and effort prevention" | 2011;9(6):2228 | | Non-authorised | 4247 |
| Art.13(1) | Cosse de Haricot | Participe au confort urinaire, draineur naturel Favorise le bon fonctionnement des voies urinaires Clarification provided Bean husk is depurative and diuretic. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Increase in renal water elimination | 2010;8(10):1742 | | Non-authorised | 2531 |
| Art.13(1) | Cranberry (Lingonberry) juice, (Vaccinium vitis-idaea, Vaccinium macrocarpon) | Cranberry juice helps to keep the urinary system in a healthy condition; Lingonberry juice has a positive effect on the urinary tract; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 1288 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Cranberry (Lingonberry) juice, (<i>Vaccinium vitis-idaea</i> , <i>Vaccinium macrocarpon</i>) | Cranberry juice helps to keep the urinary system in a healthy condition; Lingonberry juice has a positive effect on the urinary tract; Cranberry juice has a beneficial effect on the urinary system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 1125 |
| Art.13(1) | Cranberry extract powder (<i>Vaccinium macrocarpon</i>) | Helps to increase growth of beneficial microflora. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | Defence against bacterial pathogens in the lower urinary tract | 2011;9(6):2215 | | Non-authorised | 3328 |
| Art.13(1) | Cranberry extract powder (<i>Vaccinium macrocarpon</i>) | natural antioxidant, protect organism from oxidative damage, natural way to avoid risks caused by oxidation and peroxidation process | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010;8(10):1752 | | Non-authorised | 2637 |
| Art.13(1) | Creatine | Creatine can help enhance physical working capacity at fatigue threshold | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance capacity | 2011;9(7):2303 | | Non-authorised | 1527 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|-----------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Creatine | Improves mental attentiveness Improved powers of concentration and ability to absorb information Assists in mental performance | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Increased attention | 2011;9(6):2216 | | Non-authorised | 1524 |
| Art.13(1) | Creatine | Improves mental attentiveness also in the elderly | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Improvement of memory | 2011;9(6):2216 | | Non-authorised | 1528 |
| Art.13(1) | Creatine | Increases muscle power and speed', 'Provide energy to muscle | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance performance | 2011;9(7):2303 | | Non-authorised | 1963 |
| Art.13(1) | Creatine | Strengthens /supports /assists human energy reserves Supports the building of muscle Supports the building of muscle improves physical performance | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance performance | 2011;9(7):2303 | | Non-authorised | 1521 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|------------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Creatine and carbohydrate | Combined creatine and carbohydrate increases muscle creatine stores compared to creatine alone. Helps deliver creatine to the muscle effectively. Creatine retention is increased when consumed with carbohydrate. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Increase in muscle creatine stores | 2011,9(6):2228 | | Non-authorised | 544 |
| Art.13(1) | Creatine plus Carbohydrate (dextrose, sugar) | Blend of ingredients clinically shown to help enhance creatine uptake into muscle University tests show that a blend of creatine and high-glycemic carbohydrate promotes creatine uptake and storage in muscle tissue | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Increase in muscle creatine stores | 2011,9(6):2228 | | Non-authorised | 545 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Cryptoxanthin from orange juice | (Cryptoxanthin from) orange juice participate to strengthen immune system. Clarification provided (Cryptoxanthin from) orange juice ensure antioxidant action / ensure protective effect on the organism. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Immune function/immune system" | 2011;9(4):2061 | | Non-authorised | 1939 |
| Art.13(1) | Cyamopsis tetragonolobus (Guar) | Contributes to control of sugar level | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | long-term maintenance of normal blood glucose concentrations | 2009;7(9):1287 | | Non-authorised | 2429 |
| Art.13(1) | Cyamopsis tetragonolobus (Guar) | Food fibre (Cyamopsis tetragonolobus) creates a sustained feeling of fullness allowing control your body weight | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance or achievement of a normal body weight | 2009;7(9):1287 | | Non-authorised | 2428 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Cynara scolymus - common name : artichoke, globe artichoke | "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organism" / "Used for the drainage of the organism" / "Stimulates the elimination function of the organism" / "Contributes to the functionality of the urinary tract" | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Increase in renal water elimination | 2010.8(10):1742 | | Non-authorised | 2253 |
| Art.13(1) | Cystine (wheat extract) | Contributes to normal hair growth | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal hair | 2010.8(10):1795 | | Non-authorised | 4297 |
| Art.13(1) | D-Tagatose | Stimulates the growth of beneficial bacteria in the gut | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | decreasing potentially pathogenic gastro-intestinal microorganisms | 2010.8(10):1809 | | Non-authorised | 1905 |
| Art.13(1) | D-Tagatose | Stimulates the growth of beneficial bacteria in the gut | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | increasing numbers of gastro-intestinal microorganisms | 2010.8(10):1809 | | Non-authorised | 1905 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|-----------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | DL-Methionine and L-cystine sulphur amino acids | Increase hair and nail resistance and promote their growth | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal hair | 2010;8(10):1795 | | Non-authorised | 4224 |
| Art.13(1) | DL-Methionine and L-cystine sulphur amino acids | Increase hair and nail resistance and promote their growth | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal nails | 2010;8(10):1795 | | Non-authorised | 4224 |
| Art.13(1) | Dairy (low fat dairy) *Dairy refers to cow's milk, yogurt and cheese | Dairy in an energy restricted diet helps weight loss. Consuming dairy foods, as part of your weight loss diet, will help weight loss. Consuming dairy foods, as part of your weight loss diet, will help weight maintenance. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2243 | | Non-authorised | 1140 |
| Art.13(1) | Dairy products containing the combination of three probiotic ingredients; <i>Lactobacillus casei</i> F19, <i>Bifidobacterium lactis</i> Bb12, <i>Lactobacillus acidophilus</i> La5 | Balances the gut flora. Supports a healthy gut flora. Support gastrointestinal conditions during antibiotic treatment | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1086 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|--------------------------------|-----------------------|----------------|-----------|
| Art.13(1) | Daucus carota (Carrot) | For eye health - promotes maintenance of vision apparatus functions Improves dark adaptation Strengthens eye capillaries Reduces eye tiredness in case of vision exertion | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of vision | 2009;7(9):1288 | | Non-authorised | 2431 |
| Art.13(1) | Decaffeinated green (unroasted) coffee bean extract produced from Coffea canephora robusta (plant:extract ratio between 6:1 to 8:1). The active ingredients contained in the green coffee extract are chlorogenic acids (>45% w/w). The chlorogenic acids main | As an aid to weight loss and weight control as part of a calorie controlled diet. Acts by reducing absorption of sugar (glucose) from the digestive tract. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Contribution to the maintenance or achievement of a normal body weight | 2011;9(4):2057 | | Non-authorised | 4326 |
| Art.13(1) | Decrease of trans fatty acids; | Reduction of the intake of the trans fatty acids under 1 % of the daily energy intake helps to maintain the normal total cholesterol and LDL cholesterol levels in blood. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2083 | | Non-authorised | 672, 4333 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Diet rich in whole grain | diets rich in whole grain foods promote heart health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(10):1766 | | Non-authorised | 1431 |
| Art.13(1) | Dietary fibre | Dietary fibre helps to maintain a healthy immune system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(10):1735 | | Non-authorised | 749 |
| Art.13(1) | Dietary fibre | Dietary fibre helps to maintain normal blood lipid levels and a healthy cardiovascular system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | maintenance of normal blood cholesterol concentrations | 2009;7(9):1255 | | Non-authorised | 747 |
| Art.13(1) | Dietary fibre | Dietary fibre helps to maintain normal blood sugar levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(10):1735 | | Non-authorised | 748 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Dietary fibre | <p>dietary fibre as part of diet low in sugars;</p> <p>-dietary fibre induces a low glycemic response;</p> <p>-dietary fibre helps to control/ balance blood insulin/glucose level.</p> <p>-helps to control/ balance blood insulin/ glucose level</p> <p>-can help to reduce the glycemic index of a meal</p> <p>-has beneficial effects on blood glucose and blood insulin level</p> <p>-is suitable for diabetics</p> | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(10):1735 | | Non-authorised | 4308 |
| Art.13(1) | Dietary fibre | <p>dietary fibre: - has beneficial effects on the cholesterol level (in the blood) - helps to maintain healthy cholesterol levels</p> | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | maintenance of normal blood cholesterol concentrations | 2009.7(9):1255 | | Non-authorised | 750 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Dietary fibre | Fibre helps to reduce fat absorption. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010:8(10):1735 | | Non-authorised | 803 |
| Art.13(1) | Dietary fibre | Foods high in fibre help you to feel full for longer to help maintain your body weight. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010:8(10):1735 | | Non-authorised | 745 |
| Art.13(1) | Dietary fibre | <ul style="list-style-type: none"> - dietary fibre helps to balance blood glucose level; - dietary fibre helps to regulate glucose level; - dietary fibre contributes to healthy glucose level; - dietary fibre helps to maintain healthy glucose level. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010:8(10):1735 | | Non-authorised | 746 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Dietary fibre | <ul style="list-style-type: none"> - dietary fibre helps to maintain normal bowel/colonic function; - dietary fibre promotes bowel regularity; - ensures a healthy digestive system/function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(10):1735 | | Non-authorised | 744 |
| Art.13(1) | Dimetilsolfone | <p>Importante sorgenti di zolfo biodisponibile, utile per una corretta sintesi della cheratina, la principale proteina costituente le unghie. Clarification provided Source of bioavailable sulphur useful for the physiological synthesis of keratin the main constituent of nails</p> | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal collagen formation | 2010;8(10):1746 | | Non-authorised | 1695 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Dimetilsolfone | Importante sorgenti di zolfo biodisponibile, utile per una corretta sintesi della cheratina, la principale proteina costutuyente le unghie. Clarification provided Source of bioavailable sulphur useful for the physiological synthesis of keratin the main constituent of nails | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal nails | 2010;8(10):1746 | | Non-authorised | 1695 |
| Art.13(1) | Diosmin (a component of citrus peel extract and precursor of diosmetin) | Helps maintain a good venous blood circulation. Supports a normal venous function. Helps maintain healthy venous circulation in the legs. Protects veins from inflammatory reactions. Supports the strength of blood vessels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of elasticity and strength of the venous walls | 2011;9(6):2246 | | Non-authorised | 1908 |
| Art.13(1) | Docosahexaenoic acid (DHA) | Contributes to good quality of cholesterol particles. Contributes to good quality cholesterol | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of blood lipids from oxidative damage | 2010;8(10):1734 | | Non-authorised | 630 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Docosahexaenoic acid (DHA) | Helps maintain sperm motility helps maintain a healthy male reproductive system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal spermatozoa motility | 2010.8(10):1734 | | Non-authorised | 628 |
| Art.13(1) | Docosahexaenoic acid (DHA) | Helps to control body weight when combined with a healthy diet and exercise. Fits in a weight maintenance programme. Contributes to the reduction of body fat. Helps to control fat metabolism. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2010.8(10):1734 | | Non-authorised | 629 |
| Art.13(1) | Dry isoflavones soya extract | Act on hair bulb in order to support hair growth. Prevent hair from premature ageing via their antioxidant properties and on the microcirculation | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal hair growth | 2011.9(7):2264 | | Non-authorised | 4254 |
| Art.13(1) | EAS Creatine (EAS Phosphagen) | EAS Creatine (EAS Phosphagen) is clinically tested to improve anaerobic work capacity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance capacity | 2011.9(7):2303 | | Non-authorised | 1535 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--------------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | EAS Phosphagen Elite | Amp up your workout with EAS Phosphagen Elite, clinically shown to improve ventilatory and lactate thresholds for greater cardiorespiratory endurance in intense workouts (training) EAS Phosphagen Elite is clinically shown to improve ventilatory and lactate thresholds | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance performance | 2011;9(6):2247 | | Non-authorised | 1539 |
| Art.13(1) | EAS Phosphagen Elite | EAS Phosphagen Elite is clinically shown to boost muscular strength EAS Phosphagen Elite is clinically shown to increase strength by up to 15% EAS Phosphagen Elite is designed to boost overall muscular strength Boost muscular strength | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2011;9(6):2247 | | Non-authorised | 1536 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | EAS Phosphagen Elite | EAS Phosphagen Elite is clinically shown to increase anaerobic threshold EAS Phosphagen Elite is clinically shown to increase physical working capacity at fatigue threshold | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Increase in endurance capacity | 2011;9(6):2247 | | Non-authorised | 1537 |
| Art.13(1) | EAS Phosphagen Elite | EAS Phosphagen Elite is designed to provide a higher quality workout, and the addition of beta alanine appears to enhance average training volume more so than creatine alone EAS Phosphagen Elite is clinically shown to result in greater training volume threshold | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Increase in endurance capacity | 2011;9(6):2247 | | Non-authorised | 1538 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | EAS Phosphagen Elite | EAS Phosphagen Elite is designed to provide a higher quality workout, and the addition of beta alanine appears to enhance average training volume more so than creatine alone EAS Phosphagen Elite is clinically shown to result in greater training volume threshold | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance performance | 2011;9(6):2247 | | Non-authorised | 1538 |
| Art.13(1) | EAS Phosphagen HP | EAS Phosphagen HP can help improve total anaerobic work performed EAS Phosphagen HP is clinically tested to help improve anaerobic work capacity EAS Phosphagen HP can help improve total anaerobic work performed | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Increase in performance during intense and repeated anaerobic exercise bouts | 2011;9(6):2247 | | Non-authorised | 1543 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | EAS Phosphagen HP | EAS Phosphagen HP is clinically shown to increase strength EAS Phosphagen HP is clinically shown to boost muscular strength EAS Phosphagen HP is designed to boost overall muscular strength | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2011;9(6):2247 | | Non-authorised | 1540 |
| Art.13(1) | EPA and DHA Omega-3 fatty acids | Omega-3 EPA and DHA help maintain healthy joints | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints | 2009;7(9):1263 | | Non-authorised | 537 |
| Art.13(1) | EPA and DHA Omega-3 fatty acids | Omega-3 EPA and DHA support normal emotional wellbeing | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Enhancement of mood | 2011;9(4):2078 | | Non-authorised | 536 |
| Art.13(1) | EPA and DHA fatty acids | Helps to regulate the blood sugar level | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood glucose concentrations | 2010;8(10):1796 | | Non-authorised | 566 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Echium oil | Echium oil contains omega-3 fatty acid, stearidonic acid, which is efficiently metabolized in the body to anti-inflammatory n-3 LC PUFA's, i.e. EPA and DPA. Echium oil contains omega-6 fatty acid, gamma-linoleic acid, which is efficiently metabolized in the body. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Reduction of inflammation | 2011;9(4):2061 | | Non-authorised | 546 |
| Art.13(1) | Echium oil | Helps control levels of blood triglycerides | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood concentrations of triglycerides | 2009;7(9):1256 | | Non-authorised | 548 |
| Art.13(1) | Echium oil | Precursor of prostaglandins which are associated with many of the body's metabolic functions (immune system, reduction of inflammation). | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Reduction of inflammation | 2011;9(4):2061 | | Non-authorised | 547 |
| Art.13(1) | Egg shell, crushed, without membrane | It maintains the good condition of bonesIt protects and nourishes bones, it is a suitable source of calcium for bone restoration. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal hair and nails | 2010;8(10):1725 | | Non-authorised | 3155 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Eicosapentaenoic acid (EPA) | Contributes to emotional balance / helps maintain a positive mood. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | enhancement of mood | 2010.8(10):1736 | | Non-authorised | 633 |
| Art.13(1) | Eicosapentaenoic acid (EPA) | Contributes to good quality of cholesterol particles. Contributes to good quality cholesterol. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of blood lipids from oxidative damage | 2010.8(10):1736 | | Non-authorised | 636 |
| Art.13(1) | Eicosapentaenoic acid (EPA) | Helps improve appetite during recovery or recuperation. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in appetite after unintentional weight loss leading to an increase in energy intake | 2010.8(10):1736 | | Non-authorised | 635 |
| Art.13(1) | Eicosapentaenoic acid (EPA) | Supports the ability to concentrate. Supports learning abilities. EPA helps to calm down. EPA offers rest for mind and body. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | calming | 2010.8(10):1736 | | Non-authorised | 634 |
| Art.13(1) | Eicosapentaenoic acid (EPA) | Supports the ability to concentrate. Supports learning abilities. EPA helps to calm down. EPA offers rest for mind and body. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increased attention | 2010.8(10):1736 | | Non-authorised | 634 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Emblica officinalis (Indian Gooseberry) | Softens the mucous membrane of throat | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | relief in case of irritation in the upper respiratory tract | 2011;9(6):2248 | | Non-authorised | 2435 |
| Art.13(1) | Emblica officinalis (common name : Amla) | -Helps to promote healthy ageing -Helps to protect from oxidative cell /DNA damage | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010;8(10):1752 | | Non-authorised | 4329 |
| Art.13(1) | Emblica officinalis (common name : Amla) | -Helps to promote healthy ageing -Helps to protect from oxidative cell /DNA damage | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | protection of cells from premature aging | 2010;8(10):1752 | | Non-authorised | 4329 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Emblca officinalis (common name: Emblca officinalis) | Contains naturally occurring antioxidants Antioxidants help protect you from radicals which cause cell damage Antioxidants help protect your cells and tissues from oxidative damage Antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences; Contains antioxidant/s Is a source of antioxidant/s. With antioxidant/s. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010.8(2):1489 | | Non-authorised | 2181 |
| Art.13(1) | Emblca officinalis FRUIT RIND | Gives strength and energy. Helps build muscle. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2011.9(6):2247 | | Non-authorised | 4038 |
| Art.13(1) | Emblca officinalis FRUIT RIND | Has a gentle cleansing action. Helps neutralise toxins | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bowel function | 2010.8(10):1733 | | Non-authorised | 4039 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Emblica officinalis FRUIT RIND | Has a gentle cleansing action. Helps neutralise toxins | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | biotransformation of xenobiotic substances | 2010.8(10):1733 | | Non-authorised | 4039 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Emblca officinalis FRUIT RIND | <p>Strengthens the immune system.</p> <p>Strengthens the body's natural defenses.</p> <p>-Strengthens the body's natural defenses. Helps maintain the immune system, the body's natural defenses.</p> <p>Contains a high amount of naturally occurring antioxidants</p> <p>-Antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells, tissues and organs from oxidative damage</p> <p>Antioxidants contribute to the total antioxidant capacity of the body and may help strengthen your body's defences. Helps protect your body's cells, tissues and organs.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>protection of DNA, proteins and lipids from oxidative damage</p> | 2011.9(6):2217 | | Non-authorised | 4042 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Emblica officinalis FRUIT RIND | Supports eye function | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal vision | 2011;9(6):2248 | | Non-authorised | 4044 |
| Art.13(1) | Emblica officinalis FRUIT RIND | Supports heart function and blood quality. Contributes to normal cholesterol. Contributes to the health of the cardiovascular system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(6):2217 | | Non-authorised | 4041 |
| Art.13(1) | Emblica officinalis FRUIT RIND | Supports mental function. Helps maintain freedom from pain in the head. Improves the body's resistance to stress. Helps the body to deal with stress | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | relief from stress-induced headache | 2011;9(6):2248 | | Non-authorised | 4037 |
| Art.13(1) | Emblica officinalis FRUIT RIND | Supports the digestion and metabolism of sugars. Helps to maintain normal blood glucose level. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood glucose concentrations | 2010;8(2):1490 | | Non-authorised | 4043 |
| Art.13(1) | Emblica officinalis FRUIT RIND | Supports the reproductive and urinary systems | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Increase in renal water elimination | 2010;8(10):1742 | | Non-authorised | 4040 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--------------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Endothelial (syn.: L-5-methyltetra-hydrofolic acid; calcium salt; Vitamin B9), Metafolin TM | Helps keep arteries/blood vessels healthy; Contributes to healthy arteries/ blood vessels; Supports heart health by contributing to the normal functioning of the arteries/blood vessels; Helps maintain a normal blood pressure by supporting the elasticity of blood vessels/arteries. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood pressure | 2011.9(6):2221 | | Non-authorised | 176 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Epigallocatechin gallate (ECGC) + caffeine | Increases burning of calories. Stimulates your metabolism to burn calories. Stimulates your body to enhance the calorie burning process. Stimulates your metabolism. Three servings per day have been shown to increase calorie burning by approximately 106 calories. Symbol included in the claim: Brand included in the claim: ENVIGA™ CALORIE BURNER – INVIGORATE YOUR METABOLISM | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Contribution to the maintenance or achievement of a normal body weight | 2011;9(4):2058 | | Non-authorised | 1800 |
| Art.13(1) | Essential Fatty Acids | Essential fatty acids to aid in digestive tract function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Digestive function" | 2011;9(6):2228 | | Non-authorised | 692 |
| Art.13(1) | Essential amino acids: 25 mg lysine chloride. | Lowers cholesterol levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2063 | | Non-authorised | 4669 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Essential fatty acid Alpha-linolenic acid (LNA omega 3) | -Alpha-linolenic acid (omega 3) is important for the immune system; - Alpha-linolenic acid (omega 3) helps to maintain normal healthy blood lipid levels which is important for the immune system / which helps support the body's immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Molecule precursors regulating cell functions" | 2011;9(4):2050 | | Non-authorised | 492 |
| Art.13(1) | Essential fatty acid Alpha-linolenic acid (LNA omega 3) | LNA contributes to the good balance in essential fatty acids in the diet and as such helps to maintain a strong body defense (system) | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect attributes to this food the property of preventing, treating or curing a human disease, or refers to such properties which is prohibited for foods. | Treatment of diseases | 2011;9(4):2061 | | Non-authorised | 500 |
| Art.13(1) | Essential fatty acid Linoleic Acid (LA - omega 6) | -Linoleic acid (omega 6) is important for the immune system; - Linoleic acid (omega 6) helps to maintain normal healthy blood lipid levels which is important for the immune system/ which helps support the body's immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "molecule precursors regulating cell functions (prostaglandines, leucotrienes)" | 2011;9(6):2235 | | Non-authorised | 488 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Essential fatty acid Linoleic Acid (LA - omega 6) | LA acid contributes to mental and cognitive development. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of neurological function | 2010;8(2):1485 | | Non-authorised | 732 |
| Art.13(1) | Essential fatty acid Linoleic Acid (LA - omega 6) | LA acid contributes to mental and cognitive development | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of neurological function | 2010;8(2):1485 | | Non-authorised | 2897 |
| Art.13(1) | Essential fatty acid Linolenic Acid (LA-omega 6) | Linoleic acid (omega 6) is important for healthy vascular function and the immune system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "molecule precursors regulating cell functions (prostaglandines, leucotrienes)" | 2011;9(6):2235 | | Non-authorised | 4670 |
| Art.13(1) | Essential fatty acid Linolenic Acid (LNA-omega 3) | Alpha-linolenic acid (omega 3) is important for healthy vascular function and immune system and blood clotting. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Molecule precursors regulating cell functions" | 2011;9(4):2050 | | Non-authorised | 4671 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Essentielle Fettsäuren (Omega 6 und Omega 3) in Nussöl | In german :] für einen ausbalancierten Fettstoffwechsel. Clarification provided Equilibrated lipometabolism: Omega 3 fatty acids help to control / regulate blood lipids / lipid profile contributing to a healthy vascular system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2032 | | Non-authorised | 741 |
| Art.13(1) | 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)] | Helps maintain joint mobility. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal joints | 2011;9(6):2247 | | Non-authorised | 696 |
| Art.13(1) | Evening primrose oil (Oenothera biennis) contains gamalinolenic acid | helps to keep normal blood cholesterol | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2059 | | Non-authorised | 2661 |
| Art.13(1) | Evening primrose oil (Oenothera biennis) contains gamalinolenic acid | helps to keep normal blood preasure | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood pressure | 2011;9(4):2059 | | Non-authorised | 2662 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Evening primrose oil and fish oil | Helps maintain bone strength/helps maintain bone density and strength by increasing intestinal calcium absorption and reducing urinary calcium excretion | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bone | 2011;9(6):2224 | | Non-authorised | 697 |
| Art.13(1) | Evening primrose oil and fish oil | helps maintain bone density and strength by increasing intestinal calcium absorption | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal bone | 2011;9(6):2224 | | Non-authorised | 1552 |
| Art.13(1) | Extract from the red grapes skin | Helps to protect cells from the free-radical damage Helps to protect cells from the damage caused by free radical | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010;8(2):1489 | | Non-authorised | 2653 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fat free dairy products with reduced sugars or without added sugars | <p>1 - Main wording</p> <p>In French : - Les produits laitiers à 0% de matière grasse et à teneur réduite en sucres (ou sans sucres ajoutés) aident à contrôler le poids corporel dans le cadre d'une alimentation équilibrée.</p> <p>In English : - Fat free dairy products with reduced sugars or without added sugars help control body weight as part of a balanced diet.</p> <p>2 - Other examples of wordings</p> <p>In French : - aide à maintenir le poids corporel - aide à garder la ligne - partenaire nutritionnel de votre ligne</p> <p>In English : - help maintain body weight - help keep your figure - nutritional partner</p> | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011.9(6):2243 | | Non-authorized | 1191 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|--|--------------------------------|-----------------------|----------------|----------|
| | | of your figure | | | | | | |
| Art.13(1) | Fat-reduced cream powder (rich source of milk phospholipids) | <ul style="list-style-type: none"> For people with a sensitive stomach; Soothes a sensitive stomach; Protects the stomach lining. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Reduction of gastric acid | 2011;9(6):2228 | | Non-authorised | 1906 |
| Art.13(1) | Fat-reduced cream powder (rich source of milk sphingomyelin (a sphingolipid)) | Helps control blood cholesterol; for people with elevated blood cholesterol | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(6):2246 | | Non-authorised | 3101 |
| Art.13(1) | Fats | Fats are necessary for the absorption of fat-soluble vitamins. | Non-compliance with the Regulation because this claim is contrary to the general principles for health claims. The use of this claim is considered misleading as it contradicts generally accepted scientific advice, European, national and international authorities informing the consumer to reduce intake of this substance and would therefore convey a conflicting and confusing message to consumers. | normal absorption of fat-soluble vitamins | 2011;9(6):2220 | | Non-authorised | 670 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fats | Fats are needed to absorb fat soluble vitamins | Non-compliance with the Regulation because this claim is contrary to the general principles for health claims. The use of this claim is considered misleading as it contradicts generally accepted scientific advice, European, national and international authorities informing the consumer to reduce intake of this substance and would therefore convey a conflicting and confusing message to consumers. | normal absorption of fat-soluble vitamins | 2011;9(6):2220 | | Non-authorized | 2902 |
| Art.13(1) | Fats | fats are essential to the body. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "function of the cell membrane" | 2011;9(6):2220 | | Non-authorized | 2900 |
| Art.13(1) | Fermented milk with <i>Lactobacillus paracasei</i> pc 37 | microflora of the gastrointestinal tract | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorized | 3032 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fermented milk with <i>Lactobacillus paracasei</i> pc 37 | natural defence /immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 3031 |
| Art.13(1) | Fermented whey | For stomach health. Maintains a healthy gut bacteria population and aids the metabolism. The (L+) lactic acid resulting from fermentation is a natural prebiotic and makes the metabolism more effective. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1473 | | Non-authorised | 1803 |
| Art.13(1) | Fibersol-2 (a resistant dextrin, i.e. a soluble dietary fiber) | Attenuates/moderates the rise in blood lipids/fats after a meal; helps to manage/control blood lipids/fat levels; for people who need to control their blood lipid/fat levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal (fasting) blood concentrations of triglycerides | 2011;9(4):2070 | | Non-authorised | 2927 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fibersol-2 (a resistant dextrin, i.e. a soluble dietary fiber) | Attenuates/moderates the rise in blood lipids/fats after a meal; helps to manage/control blood lipids/fat levels; for people who need to control their blood lipid/fat levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2070 | | Non-authorised | 2927 |
| Art.13(1) | Fibersol-2™ Brand name Pinefiber® in Japan (Chemical name in Japan: Indigestible dextrin. Also called resistant dextrin within the European Union) | Fibersol-2 helps to maintain normal bowel function. Fibersol-2 maintains intestinal regularity. Fibersol-2 supports bowel function and gut comfort. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Changes in bowel function | 2011;9(4):2070 | | Non-authorised | 797 |
| Art.13(1) | Fibersol-2™ Brand name Pinefiber® in Japan (Chemical name in Japan: Indigestible dextrin. Also called resistant dextrin within the European Union) | Fibersol-2 helps to manage blood glucose levels after a meal. Fibersol-2 helps to balance blood glucose levels Fibersol-2™ helps to control the rise in blood glucose levels after a meal. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of post-prandial glycaemic responses | 2011;9(4):2070 | | Non-authorised | 796 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fibre | Fibre helps maintain a healthy digestion | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(10):1735 | | Non-authorised | 753 |
| Art.13(1) | Fish oil 2 N-3 (EPA, DHA) | Natural stable omega-3 fatty acids help to maintain supple joints. Natural stable omega-3 fatty acids help manage anti-inflammatory responses. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints | 2009.7(9):1263 | | Non-authorised | 535 |
| Art.13(1) | Fish oil, omega 3 fatty acids | Helps maintain joint mobility and flexibility. Helps diminish morning stiffness in joints. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints | 2009.7(9):1263 | | Non-authorised | 507 |
| Art.13(1) | Fish oils / Omega 3 fatty acids | Fish oils / Omega-3 oils from fish / EPA and DHA may help to control / regulate blood lipids / lipid profile Fish oils / Omega-3 oils from fish / EPA and DHA help support a healthy heart | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal LDL-cholesterol concentrations | 2009.7(9):1263 | | Non-authorised | 528, 698 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fish protein | Fish protein is combination of substances for a beautiful skin | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2083 | | Non-authorised | 651 |
| Art.13(1) | Flavonoids from green tea, apple and onion | Exceptionally strong organic antioxidant. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Antioxidant, antioxidant content, and antioxidant properties | 2010;8(2):1489 | | Non-authorised | 1805 |
| Art.13(1) | Flavonoids from green tea, apple and onion | Flavonoids, especially catechins from green tea, reduce the absorption of carbohydrates by 25%. Carbohydrates account for 49% of total energy. Thus the weight slimming effect is a total of 12%. Reduces visceral fat | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2011;9(6):2246 | | Non-authorised | 1806 |
| Art.13(1) | Flavonoids in cranberry juice | Flavonoids are natural, health-promoting antioxidants. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 1804 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Flax (Linum usitatissimum) | Helps to support mood. Contributes to emotional well-being. Helps to support relaxation and mental well-being. Contributes to optimal relaxation. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Enhancement of mood | 2011;9(4):2050 | | Non-authorised | 3182 |
| Art.13(1) | Flax (Linum usitatissimum) | Helps to support mood. Contributes to emotional well-being. Helps to support relaxation and mental well-being. Contributes to optimal relaxation. Clarification provided Thanks to its high essential fatty acids content, flax enhances mood. Flax increases relaxation. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Enhancement of mood | 2011;9(4):2050 | | Non-authorised | 601 |
| Art.13(1) | Flaxseed oil | Stabilises moods. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Enhancement of mood | 2011;9(4):2050 | | Non-authorised | 578 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Flaxseed oil/alpha-linoleic acid | Promotes heart health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal cardiac function | 2011;9(4):2050 | | Non-authorised | 579 |
| Art.13(1) | Fluoride | Fluoride supports the mineralisation of bones. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of bone | 2009;7(9):1212 | | Non-authorised | 371 |
| Art.13(1) | Foie de chimère | Renforce les défenses naturelles Soutient le système de défense | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "immune function/immune system" | 2010;8(10):1799 | | Non-authorised | 1895 |
| Art.13(1) | Folic Acid | B-vitamins and vitamin C are essential for the energy metabolism / the transformation of food into energy | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | energy-yielding metabolism | 2009;7(9):1213 | | Non-authorised | 90 |
| Art.13(1) | Folic Acid (Vitamin B9) | Contributes to healthy arteries and vessels; Helps promote heart health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | function of blood vessels | 2009;7(9):1213 | | Non-authorised | 94 |
| Art.13(1) | Folic Acid | Folic acid protects the eye Folic acid important for the eye | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal vision | 2010;8(10):1760 | | Non-authorised | 83 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Folic Acid | Positive affect for protection of the lens | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal vision | 2010.8(10):1760 | | Non-authorised | 87 |
| Art.13(1) | Folic acid (syn.: Vitamin B9) | - Helps keep arteries/blood vessels healthy; - Contributes to healthy arteries/ blood vessels; - Supports heart health by contributing to the normal functioning of the arteries/blood vessels; - Helps maintain a normal blood pressure by supporting the elasticity of blood vessels/arteries; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | function of blood vessels | 2009.7(9):1213 | | Non-authorised | 175 |
| Art.13(1) | Food Category: Fish Food: Cultured Sea bass and Gilthead Sea bream Food Component / Nutrient: EPA & DHA Omega 3 Highly Unsaturated fatty acids | Eating cultured sea bass and gilthead sea bream twice a week, as a rich source of omega-3 highly unsaturated fatty acids and part of a healthy lifestyle, has been shown to help maintain heart health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2010.8(10):1796 | | Non-authorised | 1317 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Food reduced/ low/ free of energy | X] helps maintain your body weight (as part of a calorie controlled diet). | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 1146 |
| Art.13(1) | Food supplement /Food ingredient : Whole cranberry powder from North American Cranberry (Vaccinium macrocarpon) Early Black species. | Helps to maintain the health of the urinary system. Contributes to urinary tract health. Has a beneficial effect on the urinary system. Helps to eliminate pathogenic bacteria from urinary tract. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | Defence against bacterial pathogens in the lower urinary tract | 2011;9(6):2215 | | Non-authorised | 2770 |
| Art.13(1) | Food supplement with 5-hydroxytryptophane (5-HTP) | Helps to reduce the caloric intake Assists controlling portions and snacking Promotes the syntheses of serotonin, a known satiety factor | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in satiety leading to a reduction in energy intake | 2011;9(6):2198 | | Non-authorised | 4223 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Food with a reduced glycemic response | Due to its (modified) carbohydrate composition, this food has a lower blood glucose and insulin response; This food has a [x%] lower impact on blood sugar levels than comparable foods and thus helps to maintain more steady blood sugar levels graphical presentations of blood glucose response curves] | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 1122 |
| Art.13(1) | Formulated palm and oat oil emulsion | Helps to eat less. Helps to reduce weight regain after dieting. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of body weight after weight loss | 2011;9(6):2252 | | Non-authorised | 1553 |
| Art.13(1) | Fructo-oligosaccharide | Contains Prebiotic Promotes growth of healthy organisms | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic gastro-intestinal microorganisms | 2010;8(10):1809 | | Non-authorised | 780 |
| Art.13(1) | Fructo-oligosaccharide | Contains Prebiotic Promotes growth of healthy organisms | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | increasing numbers of gastro-intestinal microorganisms | 2010;8(10):1809 | | Non-authorised | 780 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fructo-oligosaccharide | Helps maintain a healthy balance of beneficial bacteria, Promotes the positive balance of the intestinal flora, Maintains a healthy gut, Maintains a healthy intestinal environment, Stimulates the growth of bifidobacteria | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic gastrointestinal microorganisms | 2011.9(6):2222 | | Non-authorised | 781 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fructo-oligosaccharides from sucrose | fructooligosaccharides/oligofructose support the regulation of blood lipid levels fructooligosaccharides/oligofructose support the regulation of lipid metabolism - combined to a balanced diet contribute to healthy blood cholesterol level; - contribute to / support the regulation of the blood lipid level; - contribute to / support the regulation of the cholesterol level | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal (fasting) blood concentrations of triglycerides | 2011.9(4):2023 | | Non-authorised | 805 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fructo-oligosaccharides from sucrose | fructooligosaccharides/ligofructose support the regulation of blood lipid levels fructooligosaccharides/ligofructose support the regulation of lipid metabolism - combined to a balanced diet contribute to healthy blood cholesterol level; - contribute to / support the regulation of the blood lipid level; - contribute to / support the regulation of the cholesterol level | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011.9(4):2023 | | Non-authorised | 805 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fructoligosaccharides from sucrose | -fructoligosaccharides from sucrose / oligofructose stimulates the growth of Bifidobacteria in the colon; -fructoligosaccharides/ oligofructose beneficially affects the intestinal flora; -fructoligosaccharides/ oligofructose are prebiotics; -fructoligosaccharides/ oligofructose promote healthy/good/balanced gut bacteria. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic gastrointestinal microorganisms | 2011.9(4):2023 | | Non-authorised | 774 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fructoligosaccharides from sucrose | -fructoligosaccharides from sucrose/ -oligofructose promote healthy conditions in the colon; -fructoligosaccharides/oligofructose improve bowel function; -fructoligosaccharides/oligofructose improve gut comfort. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Changes in bowel function | 2011;9(4):2023 | | Non-authorised | 775 |
| Art.13(1) | Fructoligosaccharides from sucrose | -fructoligosaccharides from sucrose/ -oligofructose promote healthy conditions in the colon; -fructoligosaccharides/oligofructose improve bowel function; -fructoligosaccharides/oligofructose improve gut comfort. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Reduction of gastrointestinal discomfort | 2011;9(4):2023 | | Non-authorised | 775 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fructoligosaccharides from sucrose | -fructoligosaccharides from sucrose/ oligofructose promote healthy conditions in the colon; -fructoligosaccharides/ oligofructose improve bowel function; -fructoligosaccharides/ oligofructose improve gut comfort. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | changes in short chain fatty acid (SCFA) production and pH in the gastro-intestinal tract | 2011;9(4):2023 | | Non-authorised | 775 |
| Art.13(1) | Fructoligosaccharides from sucrose | -fructooligosaccharides/ oligofructose enhance/ promote/ increase magnesium absorption; -fructooligosaccharides/ oligofructose enhance/ promote/ increase calcium absorption; -fructooligosaccharides/ oligofructose support isoflavone activity on bone health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increasing calcium and/or magnesium absorption leading to an increase in magnesium and/or calcium retention | 2011;9(4):2023 | | Non-authorised | 776 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fructooligosaccharides from sucrose | Fructooligosaccharides /oligofructose promote intestinal health/ healthy conditions in the colon Fructooligosaccharides/ oligofructose improve digestive comfort Fructooligosaccharides/ oligofructose help maintain a healthy digestive system Fructooligosaccharides/ oligofructose improve bowel function Fructooligosaccharides/ oligofructose improve intestinal well-being | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Changes in bowel function | 2011.9(4):2023 | | Non-authorised | 778 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fructooligosaccharides from sucrose | Fructooligosaccharides /oligofructose promote intestinal health/ healthy conditions in the colon Fructooligosaccharides/ oligofructose improve digestive comfort Fructooligosaccharides/ oligofructose help maintain a healthy digestive system Fructooligosaccharides/ oligofructose improve bowel function Fructooligosaccharides/ oligofructose improve intestinal well-being | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Reduction of gastro-intestinal discomfort | 2011.9(4):2023 | | Non-authorised | 778 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fructooligosaccharides from sucrose | Fructooligosaccharides/oligofructose stimulate the growth of Bifidobacteria in the colon Fructooligosaccharides/oligofructose stimulate the growth of good digestive bacteria Bifidogenic fibres, Fibres with bifidus effect, bifido-active fibres Prebiotic fibres Fructooligosaccharides/oligofructose beneficially affect the intestinal flora Fructooligosaccharides/oligofructose stimulate the growth of beneficial bacteria in the intestine Fructooligosaccharides/oligofructose contribute to a better balance of the intestinal microflora Fructooligosaccharides/oligofructose support the vitality of healthy gut flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic gastrointestinal microorganisms | 2010.8(10):1809 | | Non-authorised | 779 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fructooligosaccharides from sucrose | Fructooligosaccharides/oligofructose stimulate the growth of Bifidobacteria in the colon Fructooligosaccharides/oligofructose stimulate the growth of good digestive bacteria Bifidogenic fibres, Fibres with bifidus effect, bifido-active fibres Prebiotic fibres Fructooligosaccharides/oligofructose beneficially affect the intestinal flora Fructooligosaccharides/oligofructose stimulate the growth of beneficial bacteria in the intestine Fructooligosaccharides/oligofructose contribute to a better balance of the intestinal microflora Fructooligosaccharides/oligofructose support the vitality of healthy gut flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | increasing numbers of gastro-intestinal microorganisms | 2010.8(10):1809 | | Non-authorised | 779 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fructooligosaccharides from sucrose | Fructooligosaccharides/ oligofructose enhance/promote/ increase magnesium absorption Fructooligosaccharides/ oligofructose enhance/promote/ increase magnesium absorption Fructooligosaccharides/ oligofructose support isoflavone activity on bone health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increasing calcium and/or magnesium absorption leading to an increase in magnesium and/or calcium retention | 2011;9(4):2023 | | Non-authorised | 777 |
| Art.13(1) | Fructose | Improves well-being after alcohol use | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "mental health" | 2011;9(6):2228 | | Non-authorised | 555 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fructose + dextrose | <p>Low-calorie and filling snack.</p> <p>Slow carbohydrates prevent rapid changes in blood sugar.</p> <p>Slow carbohydrates help to keep blood sugar levels even for a long time.</p> <p>With no rapid drops in blood sugar people feel more satiated, due to which weight control is easier.</p> <p>Fibre-rich food is good for those wanting to lose weight.</p> <p>Fibre does not contain energy, but is filling.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>contribution to the maintenance or achievement of a normal body weight</p> | 2011.9(6):2246 | | Non-authorised | 559 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fructose + dextrose | Low-calorie and filling snack. Slow carbohydrates prevent rapid changes in blood sugar. Slow carbohydrates help to keep blood sugar levels even for a long time. With no rapid drops in blood sugar people feel more satiated, due to which weight control is easier. Fibre-rich food is good for those wanting to lose weight. Fibre does not contain energy, but is filling. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of post-prandial glycaemic responses | 2011;9(6):2246 | | Non-authorised | 559 |
| Art.13(1) | Fructose, Glucose, Maltodextrine, Milk protein concentrate, 5.Soy protein concentrate, Creatine, Vitamin C, Magnezium Oxide, Zinc Oxide,Alimentary flavors | energizer and proteic food supplement / recomended for fast increase of energy, strenght and muscular development / recovery musular energy after physical and mental effort | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2011;9(6):2247 | | Non-authorised | 4712 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fructose, L/Carnitine | Instant drink which helps burning fats / accelerate the fats metabolism / increase physical performances and effort resistance | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2011;9(6):2246 | | Non-authorised | 4709 |
| Art.13(1) | Fruit-rich diet | A diet rich in fruit promotes heart health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2245 | | Non-authorised | 1425 |
| Art.13(1) | Fruit-rich diet | A diet rich in fruits can help to control body weight. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2245 | | Non-authorised | 1426 |
| Art.13(1) | Fruit-rich diet | A diet rich in fruits helps to control blood glucose level. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2245 | | Non-authorised | 1427 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fruits (fresh, frozen, canned, bottled, dried, juiced) | -fruit protects the body's cells; -protects you from free radicals; -protects your cells and tissues from oxidation; -antioxidants help strengthen our body's natural defences against oxidative stress. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010.8(10):1752 | | Non-authorised | 1211 |
| Art.13(1) | Fruits (fresh, frozen, canned, bottled, dried, juiced) | A diet rich in fruits helps to control blood glucose level | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011.9(6):2245 | | Non-authorised | 1214 |
| Art.13(1) | Fruits (fresh, frozen, canned, bottled, dried, juiced) | A diet rich in fruits helps to manage body weight | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011.9(6):2245 | | Non-authorised | 1213 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Fruits (fresh, frozen, canned, bottled, dried, juiced) | Diets rich in fruit promote heart health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2245 | | Non-authorised | 1212 |
| Art.13(1) | Fruits and vegetables | Regular consumption of fruit and vegetables support the heart and cardiovascular health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2245 | | Non-authorised | 1301 |
| Art.13(1) | GLA (example from Borago Officinalis, Primerose oil, Blackcurrant seed oil) | GLA helps maintain your skin fresh and moist | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of the barrier function of the skin | 2011;9(4):2059 | | Non-authorised | 2065 |
| Art.13(1) | Galacto-oligosaccharides | -GOS stimulates the growth of Bifidobacteria in the colon; -GOS beneficially affects the intestinal flora; -GOS are prebiotics/bifidogenic; -GOS improve healthy intestinal condition. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Decreasing potentially pathogenic gastrointestinal microorganisms | 2011;9(4):2060 | | Non-authorised | 765 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Galacto-oligosaccharides | Energises your immunity boosting bacteria Helps boost your body's self defence | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Increasing numbers of gastro-intestinal microorganisms | 2011;9(4):2061 | | Non-authorised | 764 |
| Art.13(1) | Galacto-oligosaccharides | Helps support a healthy immune system in an ageing population | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Increasing numbers of gastro-intestinal microorganisms | 2011;9(4):2061 | | Non-authorised | 762 |
| Art.13(1) | Galacto-oligosaccharides | Helps to manage the symptoms associated with irritable bowel syndrome | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | Reduction of gastro-intestinal discomfort | 2011;9(4):2060 | | Non-authorised | 763 |
| Art.13(1) | Galactoligo-saccharide (Arabino-galactans or Gum Acacia) | Contains Prebiotic Promotes growth of healthy organisms | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | decreasing potentially pathogenic gastro-intestinal microorganisms | 2010;8(10):1809 | | Non-authorised | 760 |
| Art.13(1) | Galactoligo-saccharide (Arabino-galactans or Gum Acacia) | Contains Prebiotic Promotes growth of healthy organisms | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | increasing numbers of gastro-intestinal microorganisms | 2010;8(10):1809 | | Non-authorised | 760 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Galactoligo-saccharide (Arabino-galactans or Gum Acacia) | Helps maintain a healthy balance of beneficial bacteria Promotes the positive balance of the intestinal flora • maintains a healthy gut • maintains a healthy intestinal environment • Stimulates the growth of bifidobacteria | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic gastro-intestinal microorganisms | 2010;8(10):1809 | | Non-authorised | 761 |
| Art.13(1) | Galactoligo-saccharide (Arabino-galactans or Gum Acacia) | Helps maintain a healthy balance of beneficial bacteria Promotes the positive balance of the intestinal flora • maintains a healthy gut • maintains a healthy intestinal environment • Stimulates the growth of bifidobacteria | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | increasing numbers of gastro-intestinal microorganisms | 2010;8(10):1809 | | Non-authorised | 761 |
| Art.13(1) | Gamma Linolenic acid (GLA) from Evening primrose Oil | GLA balances skin moisture content, keeps the skin smooth, reduces itching, and soothes skin irritation. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of the barrier function of the skin | 2011;9(4):2059 | | Non-authorised | 1554 |
| Art.13(1) | Gamma linolenic acid | GLA supports weight management GLA reduces re-gaining weight after dieting | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Weight maintenance after weight loss | 2010;8(2):1477 | | Non-authorised | 496 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Gamma – linolenic acid | 1. Beneficial affects the cardiovascular system 2. Ensures regulation of the blood vessel tonus 3. Promotes maintenance of vascular elasticity, heart health and normal blood pressure 4. Helps regulate blood pressure and cholesterol levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood cholesterol concentrations | 2010.8(2):1477 | | Non-authorised | 1771 |
| Art.13(1) | Gamma – linolenic acid | 1. Beneficial affects the cardiovascular system 2. Ensures regulation of the blood vessel tonus 3. Promotes maintenance of vascular elasticity, heart health and normal blood pressure 4. Helps regulate blood pressure and cholesterol levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood pressure | 2010.8(2):1477 | | Non-authorised | 1771 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|-----------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Gamma – linolenic acid | <p>1. Beneficial effect on woman's well-being, particularly during menstruation and menopause</p> <p>2. Beneficially affects the overall condition during premenstrual syndrome and menstruation</p> <p>3. Relieves painful menstruation</p> <p>4. Helps reduce symptoms of premenstrual syndrome</p> <p>5. Helps maintain/keep maximum comfort during menstruation</p> | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Reduction of menstrual discomfort | 2011.9(4):2059 | | Non-authorised | 1775 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|-----------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Gamma – linolenic acid | <p>1. Evening primrose oil in the body transforms into biologically active substances — prostaglandins, which are essential biological regulators and participate in metabolism and hormonal regulation reducing problems associated with hormonal imbalance</p> <p>2. Helps ensure healthy function of the hormonal system</p> <p>3. Borage oil is precursor of prostaglandins which are regulators associated with many of the body's metabolic function</p> <p>4. Contributes to maintain healthy/normal hormonal system function</p> | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Reduction of menstrual discomfort | 2011.9(4):2059 | | Non-authorised | 1773 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Gamma – linolenic acid | <p>1. Helps maintain functions and structure of the body and organ cell membranes</p> <p>2. Evening primrose oil contains polyunsaturated fatty acids which are necessary for cell membranes</p> <p>3. Supports the integrity and the fluidity of the cell membrane</p> <p>4. Omega-6 fatty acids participate in cell growing and renewal processes</p> <p>5. Being present in cell membranes they are necessary for wholesome cell structure and function</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated.</p> | "Function of the cell membrane" | 2011.9(4):2059 | | Non-authorised | 1769 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Gamma – linolenic acid | 1. Omega-6 fatty acids are essential for a healthy immune system / Ensures activity of the immune system 2. Helps reduce inflammatory reactions / Omega-6 fatty acids help reduce inflammation | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of inflammation | 2009;7(9):1234 | | Non-authorised | 1772 |
| Art.13(1) | Gamma – linolenic acid | Improves mobility and elasticity of joints. Activates absorption of calcium in intestinal tract thus increasing bone tissue density | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of bone | 2010;8(2):1477 | | Non-authorised | 1774 |
| Art.13(1) | Gamma – linolenic acid | Improves mobility and elasticity of joints. Activates absorption of calcium in intestinal tract thus increasing bone tissue density | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of joints | 2010;8(2):1477 | | Non-authorised | 1774 |
| Art.13(1) | Gamma – linolenic acid | Necessary for normal growth, wholesome mental and physical development, a healthy nervous system, maintenance of memory and cognitive abilities, particularly in old age | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Contribution to normal cognitive function | 2011;9(4):2059 | | Non-authorised | 1770 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Gamma- linolenic acid;GLA | Could contribute to the maintenance of the health of epidermic and connective tissue. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of the barrier function of the skin | 2011;9(4):2059 | | Non-authorised | 676 |
| Art.13(1) | Gamma-aminobutyric acid | Helps maintain activity, memory, perception of the environment, particularly in the elderly. Promotes mental concentration. Stimulates physical and mental capacities | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | cognitive function | 2009;7(9):1274 | | Non-authorised | 1768 |
| Art.13(1) | Gamma-linolenic acid (GLA) | / helps maintain healthy skin / supports skin condition | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of the barrier function of the skin | 2011;9(4):2059 | | Non-authorised | 639 |
| Art.13(1) | Gamma-linolenic acid (GLA) | GLA can be used with cold hands and feet / inner support to maintain hands and feet in good condition / helps maintain a healthy peripheral blood circulation | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of peripheral blood flow | 2010;8(2):1477 | | Non-authorised | 638 |
| Art.13(1) | Gamma-linolenic acid (GLA) | Helps maintain joint health/ supports joint flexibility /supports mobility | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of joints | 2010;8(2):1477 | | Non-authorised | 637 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Gamma-linolenic acid (GLA) | Helps maintain optimal comfort during menstrual cycle | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Reduction of menstrual discomfort | 2011;9(4):2059 | | Non-authorised | 640 |
| Art.13(1) | Gamma-linolenic acid (GLA; C18: 3n-6/C18: 3?6 provided by evening primrose oil and/or borage (starflower) oil. | Precursor of prostaglandins and leukotrienes (eicosanoids), hormone-like regulators associated with many metabolic functions. Ensures adequate intake of PUFA that helps maintain a healthy attitude and temperament during the menstrual cycle. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Reduction of menstrual discomfort | 2011;9(4):2059 | | Non-authorised | 495 |
| Art.13(1) | Gamma-linolenic acid (GLA; C18: 3n-6/C18: 3?6) provided by evening primrose oil and/or borage (starflower) oil. | Helps maintain healthy supple and flexible, mobile joints | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of joints | 2010;8(2):1477 | | Non-authorised | 494 |
| Art.13(1) | Gamma-linolenic acid (GLA; C18: 3n-6/C18: 3?6) provided by evening primrose oil and/or borage (starflower) oil. | Helps maintain normal, healthy skin. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of the barrier function of the skin | 2011;9(4):2059 | | Non-authorised | 499 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|----------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Gamma-linolenic acid + eicosapentaenoic acid (GLA+EPA) | Helps to maintain strong bones contributes to the maintenance of normal bone strength in post-menopausal women contributes to the maintenance of normal bone strength in the elderly GLA with EPA help to preserve bone density | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bone | 2011;9(6):2224 | | Non-authorised | 642 |
| Art.13(1) | Gamma-linolenic acid + eicosapentaenoic acid (GLA+EPA) | partners in maintaining a healthy immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Reduction of inflammation | 2011;9(4):2061 | | Non-authorised | 641 |
| Art.13(1) | Ganoderma lucidum-Mashroom-Reishi mushroom | Stimulates the body in exhaustion | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Physical well-being" | 2011;9(6):2228 | | Non-authorised | 4407 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Gelée Royale | <p>Bien-être et équilibre lors de la ménopause A utiliser en cas de symptômes ménopausiques Atténue les désagréments liés à la ménopause Clarification provided Helps to maintain a calm and comfortable menopause/helps women coping with the telltale signs associated with menopause, such as hot flushes, sweating, restlessness and irritability/Royal jelly is an effective dietary supplement for the improvement of quality of life in menopausal women.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated.</p> | not validated | 2011,9(4):2083 | | Non-authorised | 1328 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Gelée Royale | Soulage les douleurs inflammatoires Action anti-inflammatoire Clarification provided Shows anti-inflammatory properties/Helps to manage anti-inflammatory responses in the body/helps to reduce inflammation in joints and muscles. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | reduction of inflammation | 2010;8(10):1799 | | Non-authorised | 1327 |
| Art.13(1) | Gelée Royale | Soutient la circulation Aide à maîtriser le cholestérol Bon pour le cholestérol Clarification provided Soutient la circulation Aide à maîtriser le cholestérol Bon pour le cholestérol | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2083 | | Non-authorised | 1329 |
| Art.13(1) | Gelée Royale | Tonifie et revitalise l'organisme Entretien l'énergie et le tonus A utiliser en cas de fatigue passagère Soutient le système de défense | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2083 | | Non-authorised | 1326 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Gelée Royale | Combattre la fatigue intellectuelle et physique, le surmenage | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011:9(4):2083 | | Non-authorised | 1982 |
| Art.13(1) | Gemüse / Rote Beete / Kalium | [In german :] Kalium ist an der Aktivierung einiger Enzyme und dem Aufbau von körpereigenem Eiweiß beteiligt. Clarification provided potassium is involved in activation processes of several enzymes as well as in formation of protein produced naturally in the body | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal protein metabolism | 2011:9(6):2247 | | Non-authorised | 406 |
| Art.13(1) | Germe de blé | Combat la formation des radicaux libres. Lutte contre le vieillissement cellulaire. Anti-oxidant | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | protection of cells from premature aging | 2010:8(10):1762 | | Non-authorised | 2616 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Germe de blé | <p>Soutient la circulation.</p> <p>Stimule la circulation.</p> <p>Aide à maîtriser le cholestérol.</p> <p>Harmonise les fonctions cardio-vasculaires.</p> <p>Stimule la diminution des triglycérides.</p> <p>Clarification provided</p> <p>Helps to control blood levels of cholesterol and triglycerides</p> <p>Contributes to a healthy cholesterol, triglycerides levels and healthy blood vessels.</p> <p>Contributes to a normal blood pressure.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>maintenance of normal (fasting) blood concentrations of triglycerides</p> | 2010.8(10):1762 | | Non-authorised | 2618 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Germe de blé | <p>Soutient la circulation. Stimule la circulation. Aide à maîtriser le cholestérol. Harmonise les fonctions cardio-vasculaires. Stimule la diminution des triglycérides. Clarification provided Helps to control blood levels of cholesterol and triglycerides Contributes to a healthy cholesterol, triglycerides levels and healthy blood vessels. Contributes to a normal blood pressure.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>maintenance of normal blood cholesterol concentrations</p> | 2010.8(10):1762 | | Non-authorised | 2618 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Glucmannan (Konjac) | -Helps to restore / promote / regulate normal intestinal function - Facilitates the intestinal transit - promotes regularity of the bowel/colonic function -Helps to maintain normal bowel/colonic function - Ensures a healthy digestive system function | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bowel function | 2010.8(10):1798 | | Non-authorised | 1557 |
| Art.13(1) | Glucmannan (Konjac) | Glucmannan: - helps to control/ balance blood insulin/ glucose level - can help to reduce the glycemic index of a meal - has beneficial effects on blood glucose and blood insulin level - is suitable for diabetics | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of post-prandial glycaemic responses | 2010.8(10):1798 | | Non-authorised | 1559 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Glucmannan (Konjac) | Glucmannan: -Helps to restore the intestinal flora -Has a prebiotic effect -Helps to stimulate the growth of beneficial colon bacteria -Helps to stimulate the growth of Bifidobacteria -Helps to stimulate the growth of bacteria in the colon | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic gastro-intestinal microorganisms | 2010.8(10):1798 | | Non-authorised | 1558 |
| Art.13(1) | Glucosamine | 1. Helps generally strengthen the body, particularly during intense physical and mental work 2. Beneficially affects the body's immunity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "immune function/immune system" | 2010.8(10):1799 | | Non-authorised | 1776 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|----------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Glucosamine sulfate | -Glucosamine sulfate possesses antiinflammatory activity -Helps the body's antiinflammatory defenses -Reverses pro-inflammatory effects -Is a useful anti-inflammatory -Is a potent anti-inflammatory -Down-regulates the catabolic effects of pro-inflammatory molecules | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of inflammation | 2009;7(9):1264 | | Non-authorised | 1869 |
| Art.13(1) | Glucosamine sulphate | Helpful for joints mobility, Helpful for structural and functional maintaining, Building of joints surface, ligaments, bones, blood vessel and skin, Contributes to preserve the structure and the elasticity grade of the cartilage. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bone | 2011;9(6):2247 | | Non-authorised | 4672 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|-----------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Glucose and fructose | The ratio of 2:1 of glucose and fructose sources help deliver more energy to muscles. Delivers even longer lasting energy. Faster energy delivery compared with glucose. Delivers more sustained energy to muscles. Enhanced carbohydrate delivery, availability and utilisation. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance performance | 2011;9(6):2247 | | Non-authorised | 472 |
| Art.13(1) | Glucosinolates | Foods containing glucosinolates help strengthen our body's defences. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Immune function/immune system" | 2011;9(4):2061 | | Non-authorised | 1566 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Glutamine | - Constituent of glutathione, purines, amino sugars, precursor of GABA (g-amino butyric acid)/supports concentration and mental performance under conditions of mental or physical exertion/ - helps to maintain working memory and brain performance in aging adults/plays an important role in healthy nerve function through the central nervous system including the brain | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increased attention | 2011.9(6):2225 | | Non-authorised | 700 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|-------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Glutamine | - Constituent of glutathione, purines, amino sugars, precursor of GABA (g-amino butyric acid)/supports concentration and mental performance under conditions of mental or physical exertion/ - helps to maintain working memory and brain performance in aging adults/plays an important role in healthy nerve function through the central nervous system including the brain | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | improvement of working memory | 2011.9(6):2225 | | Non-authorised | 700 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Glutamine | - Constituent of glutathione, purines, amino sugars, precursor of GABA (g-amino butyric acid)/supports concentration and mental performance under conditions of mental or physical exertion/ - helps to maintain working memory and brain performance in aging adults/plays an important role in healthy nerve function through the central nervous system including the brain | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal neurological function | 2011;9(6):2225 | | Non-authorised | 700 |
| Art.13(1) | Glutamine | - supports concentration and mental performance under conditions of mental or physical exertion - helps to maintain working memory and brain performance in aging adults | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increased attention | 2011;9(6):2225 | | Non-authorised | 1570 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Glutamine | - supports concentration and mental performance under conditions of mental or physical exertion - helps to maintain working memory and brain performance in aging adults | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | improvement of working memory | 2011;9(6):2225 | | Non-authorised | 1570 |
| Art.13(1) | Glutamine | Glutamine is considered essential for repair and recovery Glutamine can aid in muscle tissue repair | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | skeletal muscle tissue repair | 2011;9(6):2225 | | Non-authorised | 721 |
| Art.13(1) | Glutamine | Glutamine may improve intestinal water and electrolyte absorption Glutamine can help volumize muscle cells Glutamine may increase cell swelling (volume) | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2011;9(6):2225 | | Non-authorised | 719 |
| Art.13(1) | Glutamine | Glutamine may support glucose homeostasis during and after exercise | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | faster restoration of muscle glycogen stores after strenuous exercise | 2011;9(6):2225 | | Non-authorised | 723 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Glutamine | Glutamine may support muscle glycogen replenishment following exhaustive exercise. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | faster restoration of muscle glycogen stores after strenuous exercise | 2011;9(6):2225 | | Non-authorised | 434 |
| Art.13(1) | Glutamine | Glutamine supports muscle cells Glutamine supports muscle protein metabolism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2011;9(6):2225 | | Non-authorised | 722 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Glutamine | <p>Skeletal muscle represents the greatest store of glutamine in the body</p> <ul style="list-style-type: none"> -muscle tissue is an important source of glutamine -high intensity exercise decreases plasma glutamine levels -anaerobic training can deplete the glutamine pool -prolonged exercise such as marathon running decreases glutamine levels -supplementation can maintain glutamine levels during intense exercise -can abolish the exercise related decline in glutamine stores -enhances glutamine levels -restores blood glutamine levels post exercise -helps maintain optimal health after training -helps keep athletes | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>faster restoration of muscle glycogen stores after strenuous exercise</p> | 2011.9(6):2225 | | Non-authorised | 1569 |



| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|--|--|---------------------|------------------------|-----------------------|--------|----------|
| | | healthy after intense exercise -optimizing blood glutamine levels helps enhance muscle adaptation to intense exercise -reduced glutamine levels decreases the adaptive response to intense exercise -helps enhance glycogen storage -helps increase carbohydrate storage | | | | | | |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Glutamine | Skeletal muscle represents the greatest store of glutamine in the body/muscle tissue is an important source of glutamine/high intensity exercise decreases plasma glutamine levels anaerobic training can deplete the glutamine pool/prolonged exercise such as marathon running decreases glutamine levels/supplementation can maintain glutamine levels during intense exercise/can abolish the exercise related decline restores blood glutamine levels post exercise/helps maintain optimal health after training/helps keep athletes healthy after intense exercise/optimizing blood glutamine levels helps enhance muscle adaptation to | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | faster restoration of muscle glycogen stores after strenuous exercise | 2011.9(6):2225 | | Non-authorised | 699 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|-------------------------------------|--------------------------------|-----------------------|----------------|----------|
| | | intense exercise /reduced glutamine levels decreases the adaptive response to intense exercise/helps enhance glycogen storage/helps increase carbohydrate storage | | | | | | |
| Art.13(1) | Glutamine | Supports the immune system -is an important nutrient for those cells requiring rapid renewal such as immune cells (e.g. lymphocytes) -is an important fuel for rapidly dividing cells, including those of the immune system -supplementation contributes to immune function -contributes to the immune response to exercise | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | stimulating immunological responses | 2011;9(6):2225 | | Non-authorised | 1568 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Glutamine | Supports the immune system is a vital nutrient for those cells requiring rapid renewal such as immune cells (e.g. lymphocytes) is an essential fuel for rapidly dividing cells, including those of the immune system supplementation contributes to immune function contributes to the immune response to the exercise. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | immune health | 2009.7(9):1235 | | Non-authorised | 733 |
| Art.13(1) | Glutamine | To support the body's defense system. To support immune system. To enhance organism resistance. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "immune function/immune system" | 2010.8(10):1799 | | Non-authorised | 433 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Glutamine and glutamine peptide | Extra dietary supply of glutamine restores plasma glutamine levels after metabolic stress/contributes to gut protein synthesis/help decrease permeability of gut cells/helps to replenish carbohydrate stores in the muscle and the liver | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | faster restoration of muscle glycogen stores after strenuous exercise | 2011.9(6):2225 | | Non-authorized | 701 |
| Art.13(1) | Glutamine and glutamine peptide | Extra dietary supply of glutamine restores plasma glutamine levels after metabolic stress/contributes to gut protein synthesis/help decrease permeability of gut cells/helps to replenish carbohydrate stores in the muscle and the liver | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | decreasing gut permeability | 2011.9(6):2225 | | Non-authorized | 701 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Glutamine and glutamine peptide | Extra dietary supply of glutamine restores plasma glutamine levels after metabolic stress/contributes to gut protein synthesis/help decrease permeability of gut cells/helps to replenish carbohydrate stores in the muscle and the liver | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | gut protein synthesis | 2011;9(6):2225 | | Non-authorised | 701 |
| Art.13(1) | Glutaminian | glutamine improves body metabolism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | growth or maintenance of muscle mass | 2011;9(6):2225 | | Non-authorised | 3185 |
| Art.13(1) | Glutathion | antioxydant, contributes to the antioxidant defense system, contributes to the body?s immune response | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Antioxidant, antioxidant content, and antioxidant properties | 2010;8(2):1489 | | Non-authorised | 1971 |
| Art.13(1) | Glycerol | Soothing for mouth and throat. Reliefs in case of tickle in the throat and pharynx. Soothing and pleasant effect on throat, pharynx and vocal cords. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | relief in case of irritation in the upper respiratory tract | 2011;9(6):2248 | | Non-authorised | 1730 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Glycomacropeptide | Recognized for hunger feeling reduction | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2011;9(6):2246 | | Non-authorised | 4252 |
| Art.13(1) | Glycomacropeptide | Recognized for hunger feeling reduction | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in satiety leading to a reduction in energy intake | 2011;9(6):2246 | | Non-authorised | 4252 |
| Art.13(1) | Graines de brocoli et extraits de graines de brocoli | Le sulforaphane aide à maintenir la santé gastro-intestinale. Il apporte un effet bénéfique sur la santé gastro-intestinale. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of gastro-intestinal discomfort | 2011;9(6):2248 | | Non-authorised | 3193 |
| Art.13(1) | Graines de brocoli et extraits de graines de brocoli : Sulforaphane | Le sulforaphane aide à maintenir la fonction de la prostate. Il contribue à la fonction normale de la prostate. Il aide à maintenir votre prostate en forme | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect attributes to this food the property of preventing, treating or curing a human disease, or refers to such properties which is prohibited for foods. | Prevention or treatment of prostate cancer | 2011;9(6):2228 | | Non-authorised | 2773 |
| Art.13(1) | Grape (Vitis vinifera L) | Helps to support in weight loss programs. Helps to support slimming. Helps silhouette to become more refined. Useful in weight loss management. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2011;9(6):2246 | | Non-authorised | 2727 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Grape juice | Grape juice: - plays an important antioxidative function. - helps to maintain a healthy cardiovascular system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011.9(6):2246 | | Non-authorised | 1197 |
| Art.13(1) | Grapefruit (Citrus paradisi Mact. = C. decumana L., C. grandis Osbeck ; Citrus maxima) | May help the detoxification process. Possesses antioxidant activity. Can be considered as a detoxifying / purifying agent, due to its antioxidant properties. Provides antioxidant protection. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | antioxidant activity, antioxidant content, and antioxidant properties | 2010.8(10):1752 | | Non-authorised | 2728 |
| Art.13(1) | Grapefrukt/Citrus paradisi (Common Name : Grapefruit) | Har en antioxidant effekt som kan skydda kroppens celler. Antioxidant effect protecting body's cells | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010.8(2):1489 | | Non-authorised | 2188 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Green Clay | Helps to support digestion. Contributes to digestive comfort. Contributes to normal function of the gastrointestinal tract. Helps to reduce gastrointestinal discomfort. Helps to improve the digestive transit. Helps to regulate digestion. Contributes to digestive well-being | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 1952 |
| Art.13(1) | Green Lipped Mussel Extract.A freeze dried powder extract of New Zealand Green Lipped Mussel Perna canaliculus | - May help to maintain healthy joints; - helps to maintain joint mobility; - helps keep joints supple and flexible. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints, bone and muscles | 2009;7(9):1265 | | Non-authorised | 1571 |
| Art.13(1) | Green coffea (Coffea arabica L.) | Supports the detoxification function. Supports kidney and liver functions. May help the detoxification process. Promotes urinary elimination. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Increase in renal water elimination | 2010;8(10):1742 | | Non-authorised | 1232 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Green-lipped mussel (Perna canaliculus) | - For supportive tissue health; - for the promotion of joint, bone and muscle functioning and mobility; - for joint well-being. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints, bone and muscles | 2009;7(9):1265 | | Non-authorised | 1813 |
| Art.13(1) | Griffola fondosa (Common Name : Maitake) | Contributes to the natural defences /support of natural resistance | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Stimulation of immunological responses | 2011;9(4):2061 | | Non-authorised | 2064 |
| Art.13(1) | Guar Gum | - Low glycemc diet helps maintain insulin sensitivity - Low glycemc diet helps in the management of regular blood glucose levels - Low glycemc diet helps maintain and improve blood glucose control - Low glycemc diet supports body weight regulation - | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood glucose concentrations | 2010;8(2):1464 | | Non-authorised | 794 |
| Art.13(1) | Guar Gum | - guar gum helps you to feel full for longer (to help maintain body weight) - guar gum promotes satiety | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | Increase in satiety | 2010;8(2):1464 | | Non-authorised | 795 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Guar gum partially hydrolyzed | Promotes good intestinal health. Improves bowel function and gut comfort. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | changes in bowel function | 2011;9(6):2254 | | Non-authorised | 813 |
| Art.13(1) | Guar gum partially hydrolyzed | Promotes good intestinal health. Improves bowel function and gut comfort. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of gastro-intestinal discomfort | 2011;9(6):2254 | | Non-authorised | 813 |
| Art.13(1) | Guar gum partially hydrolyzed | Promotes good intestinal health. Improves bowel function and gut comfort. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | changes in short chain fatty acid (SCFA) production and/or pH in the gastro-intestinal tract | 2011;9(6):2254 | | Non-authorised | 813 |
| Art.13(1) | Guava | Guava is a major dietary source of antioxidants. Antioxidants from dietary sources contribute to the protection against free radicals which cause cell damage contributes to the protection of cells and tissues from oxidative damage help strengthen our body's natural defences against oxidative stress | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010;8(2):1489 | | Non-authorised | 1258 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Guava | Guava is a major dietary source of antioxidants/ Antioxidants from dietary sources contribute to the protection against free radicals which cause cell oxidation/ Contributes to the protection of cells and tissues from oxidation/ Help strengthen our body's natural defences against oxidative stress | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010;8(2):1489 | | Non-authorised | 2263 |
| Art.13(1) | Guava | Guava is a major source of lycopene. Lycopene from dietary sources contributes to the maintenance of healthy skin. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of the skin from UV-induced (including photo-oxidative) damage | 2011;9(4):2031 | | Non-authorised | 1259 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Guava | Guava is a major source of lycopene/ Lycopene from dietary sources contributes to the maintenance of healthy skin, when exposed to sun light (Avoid sunburns by using an effective sun screen. Lycopene is not a replacement for sun screens)/ helps to reduce skin reddening when exposed to sun light (Avoid sunburns by using an effective sun screen. Lycopene is not a replacement for sun screens) | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of the skin from UV-induced (including photo-oxidative) damage | 2011;9(4):2031 | | Non-authorised | 2262 |
| Art.13(1) | HMB | HMB can improve body adaptation to intense training | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | increase in lean body mass | 2011;9(6):2227 | | Non-authorised | 1583 |
| Art.13(1) | HMB | HMB can improve body adaptation to intense training | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | increase in muscle strength | 2011;9(6):2227 | | Non-authorised | 1583 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | HMB | HMB can increase gains in lean body mass during resistance training | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in lean body mass | 2011;9(6):2227 | | Non-authorised | 1582 |
| Art.13(1) | HMB | HMB supplementation aids aerobic metabolism in endurance athletes, such as cyclists and runners | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance performance | 2011;9(6):2227 | | Non-authorised | 1581 |
| Art.13(1) | HMB (B- hydroxy B-methylbutyrate monohydrate) | HMB supports strength HMB has been shown to increase strength. HMB has the ability to enhance muscular strength Ingredient clinically shown to help boost strength Boost muscular strength | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in muscle strength | 2011;9(6):2227 | | Non-authorised | 1578 |
| Art.13(1) | HMB (B-hydroxy B-methylbutyrate monohydrate) | HMB may help increase the onset of blood lactate accumulation and VO2 peak. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance performance | 2011;9(6):2227 | | Non-authorised | 1580 |
| Art.13(1) | HMB (B-hydroxy B-methylbutyrate monohydrate) | HMB helps to enhance muscle energetics and recuperation. HMB helps with muscle energetics and recuperation | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | faster recovery from muscle fatigue after exercise | 2011;9(6):2227 | | Non-authorised | 1576 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | HMB (B-hydroxy B-methylbutyrate monohydrate) | HMB helps to reduce muscle protein breakdown following exercise Ingredient clinically shown to support protection of muscles from breakdown following exercise HMB helps to reduce exercise-induced muscle tissue breakdown. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of muscle tissue damage during exercise | 2011;9(6):2227 | | Non-authorised | 1577 |
| Art.13(1) | HMB (B-hydroxy B-methylbutyrate monohydrate) | Supplementing with HMB may help improve body composition HMB supports maintenance of lean muscle mass With proper diet and exercise, HMB can help support an increase in fat free mass. HMB has been shown to increase lean muscle mass | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in lean body mass | 2011;9(6):2227 | | Non-authorised | 1579 |
| Art.13(1) | HMB and HMB/KIC combinations | HMB increases muscle strength when taken during a resistance training program. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in muscle strength | 2011;9(6):2227 | | Non-authorised | 1587 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | HMB and HMB/KIC combinations | HMB supplementation maintains normal muscle repair after training | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | skeletal muscle tissue repair | 2011;9(6):2227 | | Non-authorised | 1586 |
| Art.13(1) | HMB and HMB/KIC combinations | HMB supplementation supports muscle recovery after training | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | faster recovery from muscle fatigue after exercise | 2011;9(6):2227 | | Non-authorised | 1585 |
| Art.13(1) | HMB and HMB/KIC combinations | HMB supplementation can reduce muscle breakdown after intense training. HMB reduces the loss of muscle proteins after intense training | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of muscle tissue damage during exercise | 2011;9(6):2227 | | Non-authorised | 1584 |
| Art.13(1) | Herbal yeast plasmolycate (saccharomyces cerevisiae) | Adds vigour and activity. Reduces feeling of tiredness. Improves concentration | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2243 | | Non-authorised | 1816 |
| Art.13(1) | Herbal yeast plasmolycate (saccharomyces cerevisiae) | Improves performance | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2243 | | Non-authorised | 1815 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Herbal yeast plasmolycate (saccharomyces cerevisiae) | Promotes the absorption of nutrients. Helps the body utilise nutrients obtained from food more effectively. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Absorption of nutrients" | 2011;9(6):2228 | | Non-authorised | 1814 |
| Art.13(1) | Herbal yeast plasmolycate (saccharomyces cerevisiae) | Strengthens the body's defence system. Increases immunity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Immune function/immune system" | 2011;9(4):2061 | | Non-authorised | 1817 |
| Art.13(1) | Hesperidin (a component of citrus peel extract and precursor of hesperitin) (ingredient not found in the spanish food laws) | Helps maintain healthy/strong bones (to be evaluated by EFSA) | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | Maintenance of bone | 2010;8(2):1493 | | Non-authorised | 1764 |
| Art.13(1) | Hesperidin (a component of citrus peel extract and precursor of hesperitin) (ingredient not found in the spanish food laws) | Helps maintain normal blood cholesterol levels/Supports heart health (to be evaluated by EFSA). | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(6):2246 | | Non-authorised | 1763 |
| Art.13(1) | Hippophae rhamnoides-berry-oil-Sea buckthorn berry oil | Lowers the ageing process. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | protection of cells from premature aging | 2010;8(10):1752 | | Non-authorised | 4415 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Homotaurine | Homotaurine has been shown to help maintain cognitive function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal cognitive function | 2011;9(6):2248 | | Non-authorised | 1926 |
| Art.13(1) | Honey | Helps support and maintain a healthy digestive system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2243 | | Non-authorised | 1160 |
| Art.13(1) | Honey | Flavonoids contained within the honey contribute to the microbial balance in the body organs and tissues. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2243 | | Non-authorised | 1318 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Honey | Helps increase the antioxidative capacity of the body 2. Has antioxidant properties 3. Contains naturally occurring antioxidants 4. Antioxidants help protect you from radicals which cause cell damage 5. Antioxidants contribute to the total antioxidant capacity of the body and help strengthen our body's defences 6. Antioxidants help to protect our body by reinforcing the body's natural defence against the harmful effects of free radicals 7. Acts as an antioxidants 8. Good source of antioxidant 9. Show antioxidative activity and help protect against oxidative stress | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010.8(2):1489 | | Non-authorised | 1321 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Honey | Promotes a good heart functioning and a balanced level of blood lipids. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011:9(6):2243 | | Non-authorised | 4678 |
| Art.13(1) | Honey | Remineralizing of the organism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011:9(6):2243 | | Non-authorised | 4679 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---------------------|--------------------------------|-----------------------|----------------|---------------|
| Art.13(1) | Honey (as defined by The Honey Regulations 2003 (as amended)) | Helps maintain your natural defences. Honey antioxidants contribute to the total antioxidative capacity of the body. Honey contains naturally occurring antioxidants. Honey helps to support the digestion with a natural antimicrobial action. Honey helps contribute to the natural defences of the body. Honey helps to support the digestion. Honey polyphenols help ensure our antioxidant capacity. Honey has a natural antimicrobial action. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2243 | | Non-authorised | 1159 |
| Art.13(1) | Honey comb | It has a positive effect on improving health. It has a positive effect on memory and the ability to learn. It is beneficial during menopause. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1484 | | Non-authorised | 3188, 3189 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Honey, including the antioxidants in honey | Soothing for the throat | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1484 | | Non-authorised | 1161 |
| Art.13(1) | Horseradish root (Armoracia rusticana) ;; | Active ingredients of horseradish can support the respiratory system health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | relief in case of irritation in the upper respiratory tract | 2011;9(6):2248 | | Non-authorised | 2380 |
| Art.13(1) | Huile d'olive | "régule le niveau de sucre dans le sang" | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood glucose concentrations | 2011;9(4):2044 | | Non-authorised | 4244 |
| Art.13(1) | Huile de foie de morue : Cod liver oil standardized in vitamin A, EPE and HA | Maintain the youth capital of the skin. Contribute to the integrity of the skin tissues | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Skin health" | 2011;9(6):2228 | | Non-authorised | 4243 |
| Art.13(1) | Huile de noisettes : Hazel nut (Corylus avellana) oil | - Provides an essential fatty acid entering the composition of the scalp; - provides an essential fatty acid entering the composition of the skin. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of skin | 2009;7(9):1286 | | Non-authorised | 2749 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|-------------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Huile de noisettes : Hazel nut (Corylus avellana) oil | Provides an essential fatty acid entering the composition of the scalp. Provides an essential fatty acid entering the composition of the skin. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Skin health" | 2011;9(6):2228 | | Non-authorised | 4241 |
| Art.13(1) | Hyaluronic Acid | The Hyaluronic Acid in Schiff® Move Free® helps lubricate and support joints. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints | 2009;7(9):1266 | | Non-authorised | 1572 |
| Art.13(1) | Hyaluronic acid / Sodium Hyaluronate | Contributes to joint mobility and lubrication. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints | 2009;7(9):1266 | | Non-authorised | 1731 |
| Art.13(1) | Hydrolysed guar gum | Improves health bowel/helps promote regularity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | changes in bowel function | 2011;9(6):2254 | | Non-authorised | 853 |
| Art.13(1) | Hydrolysat de chitosan | Maintien de la flexibilité articulaire Aide au maintien de la santé articulaire Bien-être articulaire | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | reduction of inflammation | 2011;9(6):2214 | | Non-authorised | 1985 |
| Art.13(1) | Hydrolysat de protéines de lait: milk protein hydrolysate concentrated with 1,7 % of alphaS1 decapeptide (=Lactium) | Can help with better resisting the stress | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | alleviation of psychological stress | 2011;9(6):2273 | | Non-authorised | 4253 |



EU Register on nutrition and health claims

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|-------|--|---------------------|------------------------|-----------------------|--------|----------|
|------------|--|-------|--|---------------------|------------------------|-----------------------|--------|----------|

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|--|--------------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Hydroxypropyl methylcellulose (HPMC) Dietary fibre | "HPMC promotes good digestive health and regularity." "HPMC promotes good digestive health." "HPMC promotes regularity." "HPMC helps maintain good digestive health and regularity." "HPMC helps maintain good digestive health." "HPMC helps maintain regularity." "HPMC helps promote better digestion." "Soluble fibre such as HPMC helps promote better digestion." "HPMC helps promote better digestion." "HPMC helps promote a healthy digestive system." "Soluble fibre such as HPMC promotes a healthy digestive system." "HPMC promotes a healthy digestive system." "HPMC/ dietary fibre helps to maintain normal bowel/colonic function." "HPMC/dietary fibre | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bowel function | 2010.8(10):1739 | | Non-authorised | 812 |



| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|--|--|---------------------|------------------------|-----------------------|--------|----------|
| | | promotes regularity." "HPMC/dietary fibre ensures a healthy digestive system/function." | | | | | | |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Hydroxypropyl methylcellulose (HPMC) Voedingsvezel | Oplosbare vezels zoals HPMC helpen gewichtscontrole doordat het helpt je langer vol te voelen." "HPMC helpt gewichtscontrole doordat het helpt je langer vol te voelen." "Oplosbare vezels zoals HPMC helpen gewichtscontrole doordat het helpt je langer vol te voelen en het hongergevoel te onderdrukken." "HPMC helpt gewichtscontrole doordat het helpt je langer vol te voelen en het hongergevoel te onderdrukken." "Oplosbare vezels zoals HPMC helpen het behouden van je gewicht doordat het helpt je langer vol te voelen." "HPMC helpt het behouden van je gewicht doordat het helpt je langer vol te voelen." "Oplosbare vezels zoals HPMC helpen het behouden van je gewicht | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in satiety leading to a reduction in energy intake | 2010.8(10):1739 | | Non-authorised | 2933 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|---|--|---------------------|------------------------|-----------------------|--------|----------|
| | | <p>doordat het helpt je langer vol te voelen en het hongergevoel te onderdrukken.”</p> <p>“HPMC helpt het behouden van je gewicht doordat het helpt je langer vol te voelen 'voelen en het hongergevoel te onderdrukken.”</p> <p>“Levensmiddelen rijk aan vezels helpen je langer vol te voelen en helpen het behouden van je gewicht.”</p> | | | | | | |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Hyperproteins pasta (FPP-P-0702) | * Foods rich in protein help you to feel you satiate longer so as to help you to manage your weight. * Proteins promotes satiety. * Diets rich in protein and poor in carbohydrate affect positively body mass and body composition. * Loss higher in fat and loss limited in muscle mass. * Diets with high protein/carbohydrate ratio have a positive effect on body composition. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2010.8(10):1811 | | Non-authorized | 616 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Hyperproteins pasta (FPP-P-0702) | * Foods rich in protein help you to feel you satiate longer so as to help you to manage your weight. * Proteins promotes satiety. * Diets rich in protein and poor in carbohydrate affect positively body mass and body composition. * Loss higher in fat and loss limited in muscle mass. * Diets with high protein/carbohydrate ratio have a positive effect on body composition. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in satiety leading to a reduction in energy intake | 2010.8(10):1811 | | Non-authorised | 616 |
| Art.13(1) | Indole-3-carbinol | Indole-3-carbinol supports the defence ability of female reproductive organs (ovaria, uterus, breasts). Indole-3-carbinol helps to support the healthy development and fission of soft tissues of male and female reproductive organs, stomach, colon and larynx. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Hormonal balance" | 2011.9(6):2228 | | Non-authorised | 2916 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|----------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Indole-3-carbinol | Indole-3-carbinol supports the regular phenotype of cells and positively affects the induction of apoptosis of damaged cells | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | apoptosis of damaged cells | 2011;9(6):2248 | | Non-authorised | 2917 |
| Art.13(1) | inositol | Contributes to mental performance Contributes to mental concentration | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | cognitive function | 2009;7(9):1304 | | Non-authorised | 1588 |
| Art.13(1) | inositol | Important for the function of the nervous system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Nervous system function" | 2011;9(6):2228 | | Non-authorised | 1732 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Inulin / FOS (β2 →1 linked fructans) | -Inulin (or FOS) promotes healthy gut bacteria or microflora; -Inulin (or FOS) is a prebiotic; -Inulin (or FOS) is bifidogenic; -Inulin (or FOS) promotes good digestive health; -Inulin (or FOS) promotes gastrointestinal /bowel/gut/colonic health; - Prebiotics | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011.9(6):2244 | | Non-authorised | 767 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Inulin / oligofructose / Oligofructose-enriched inulin (specific selection of short & long chains) from chicory | -inulin/oligofructose/ oligofructose enriched inulin from chicory stimulates the growth of Bifidobacteria in the colon; -inulin/oligofructose/ oligofructose enriched inulin from chicory beneficially affects the intestinal flora; -inulin/oligofructose/ oligofructose enriched inulin from chicory promote healthy/balanced/good gut bacteria. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 766 |
| Art.13(1) | Inulin / oligofructose / Oligofructose-enriched inulin (specific selection of short & long chains) from chicory | -promotes/ supports digestive health -improves bowel regularity; -improves digestive/ bowel function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 769 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Inulin/ oligofructose from chicory | Inulin/ oligofructose from chicory : - helps to regulate cholesterol level; - contributes to healthy blood cholesterol level; - helps to manage cholesterol level; - helps to maintain healthy blood cholesterol level. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 804 |
| Art.13(1) | Inulin/oligofructose | 1) Inulin/oligofructose stimulates the growth of Bifidobacteria in the colon; 2) Beneficially affects the intestinal flora; (3) Prebiotics promote healthy gut bacteria; (4) promotes a healthy bowel function; (5) Promotes better intestinal flora. A better intestinal flora supports your body's defence system; (6) Prebiotic fibres support your natural defence | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 848 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Inulin/oligofructose | Inulin/oligofructose enhances calcium absorption | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 849 |
| Art.13(1) | Inulin/oligofructose from chicory | Inulin/oligofructose help you to feel fuller for longer; Foods with inulin/oligofructose curb your hunger feeling; Foods with inulin/oligofructose make you feel satisfied | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 2922 |
| Art.13(1) | Inulin/oligofructose from chicory | Inulin/ oligofructose enhances calcium absorption | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 770 |
| Art.13(1) | Inulin/oligofructose from chicory | -Inulin/oligofructose from chicory improves intestinal conditions; -Inulin/oligofructose from chicory promotes intestinal health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 768 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Iodine | is important for visual function and eye moisture. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of vision | 2009:7(9):1214 | | Non-authorised | 356 |
| Art.13(1) | Iodine | may contribute to preserve healthy hair, nails and skin. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of hair | 2009:7(9):1214 | | Non-authorised | 370 |
| Art.13(1) | Iodine | may contribute to preserve healthy hair, nails and skin. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of nails | 2009:7(9):1214 | | Non-authorised | 370 |
| Art.13(1) | Iron | Iron affects activity of heart, liver and muscles. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "activity of heart, liver and muscles" | 2010:8(10):1740 | | Non-authorised | 397 |
| Art.13(1) | Iron | Iron is needed to allow the body metabolise drugs and other substances. Iron contributes to the body's ability to metabolise drugs and other substances. Iron is needed for the metabolism of drugs. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | biotransformation of xenobiotic substances | 2010:8(10):1740 | | Non-authorised | 258 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | isomalto-oligosaccharides | Can help friendly bacteria grow in the colon and digestive system as part of a healthy lifestyle | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic gastro-intestinal microorganisms | 2010.8(10):1809 | | Non-authorised | 799 |
| Art.13(1) | isomalto-oligosaccharides | Can help friendly bacteria grow in the colon and digestive system as part of a healthy lifestyle | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | increasing the number of gastro-intestinal microorganisms | 2010.8(10):1809 | | Non-authorised | 799 |
| Art.13(1) | isomalto-oligosaccharides | Can help to keep your cholesterol levels healthy as part of a healthy lifestyle | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood cholesterol concentrations | 2009.7(9):1257 | | Non-authorised | 817 |
| Art.13(1) | isomalto-oligosaccharides | Can help to maintain a normal bowel function as part of a healthy lifestyle | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in the frequency of daily bowel movements | 2010.8(10):1801 | | Non-authorised | 800 |
| Art.13(1) | isomalto-oligosaccharides | Helps to keep blood sugar levels low after each meal as part of a healthy lifestyle. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of post-prandial glycaemic responses | 2010.8(10):1801 | | Non-authorised | 798 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|-----------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Jerusalem artichoke | Jerusalem artichoke supports the digestive system so that the stomach is calmed, food is well digested and one obtains a light feeling. Prebiotic inulin maintains the gut's population of beneficial bacteria so that the stomach remains in good shape. The inulin in Jerusalem artichoke supports the gut's population of beneficial bacteria. Promotes lactose absorption. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | breaking down lactose | 2009.7(9):1292 | | Non-authorised | 2819 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Jerusalem artichoke | Jerusalem artichoke supports the digestive system so that the stomach is calmed, food is well digested and one obtains a light feeling. Prebiotic inulin maintains the gut's population of beneficial bacteria so that the stomach remains in good shape. The inulin in Jerusalem artichoke supports the gut's population of beneficial bacteria. Promotes lactose absorption. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic intestinal microorganisms | 2009.7(9):1292 | | Non-authorised | 2819 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Jerusalum artichoke | For pancreas health, fat upper body. Stabilises sugar metabolism, supports pancreas activity and carbohydrate burning so that the desire for sweets and hunger feelings diminish. A sense of satiety is achieved with smaller meals. Jerusalem artichoke also supports the digestive system so that the stomach is calmed, food is well digested and one obtains a light feeling. Inulin together with other Helix Slim substances stabilises insulin secretion in the pancreas. This leads to stabilisation of sugar metabolism, which in turn helps to keep weight under control. Helix Slim brand. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance or achievement of a normal body weight | 2009.7(9):1292 | | Non-authorised | 2820 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Kaki | Kaki is a major dietary source of antioxidants. Antioxidants from dietary sources contribute to the protection against free radicals which cause cell damage. Contributes to the protection of cells and tissues from oxidative damage. Help strengthen our body's natural defences against oxidative stress. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010.8(2):1489 | | Non-authorised | 1260 |
| Art.13(1) | Kaki | Kaki is a major source of carotenoids. Carotenoids from dietary sources help maintain healthy eyes. Is a constituent of the macular pigment/macula lutea of the retina. Helps to protect the retina and lens from oxidation. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of vision | 2009.7(9):1275 | | Non-authorised | 1261 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Kalium | In german :] Kalium ist wichtig zur Unterstützung des Stoffwechsels Clarification provided potassium supports the regulation of the acid base balance (within several metabolic processes) | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal acid-base balance | 2011;9(6):2201 | | Non-authorised | 407 |
| Art.13(1) | Konjac mannan (glucomannan) | Helps to maintain normal bowel/colonic function. Helps to promote intestinal regularity. Helps to ensure healthy digestive functions. Helps to support gastrointestinal health. Helps to support intestinal function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bowel function | 2010;8(10):1798 | | Non-authorised | 834 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Konjac mannan (glucomannan) | Induces a low glycemic response. Helps to control/ balance blood glucose/insulin level. Sustain steady blood sugar levels. Helps to maintain and improve blood glucose control. Helps in the management of regular blood glucose level. Helps to maintain insulin sensitivity. Helps to support glycaemic control. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood glucose concentrations | 2010;8(10):1798 | | Non-authorised | 835 |
| Art.13(1) | L- theanine | <ul style="list-style-type: none"> - Help learning performance. - Help to improve concentration. - Help to improve attention. - Sports support | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | improvement of cognitive function | 2011;9(6):2238 | | Non-authorised | 1600 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | L-Arginine | <p>Arginine can contribute to the maintenance of the healthy blood circulation.</p> <p>Clarification provided</p> <p>Arginine can contribute to the maintenance of the healthy blood circulation.</p> <p>Arginine can contribute to the maintenance of the normal blood circulation, such as the healthy blood pressure and the haematopoiesis.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>Improvement of endothelium-dependent vasodilation</p> | 2011.9(4):2051 | | Non-authorised | 664 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--------------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | L-Arginine | <p>Arginine can contribute to the maintenance of the healthy blood circulation.</p> <p>Clarification provided</p> <p>Arginine can contribute to the maintenance of the healthy blood circulation.</p> <p>Arginine can contribute to the maintenance of the normal blood circulation, such as the healthy blood pressure and the haematopoiesis.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | Maintenance of normal blood pressure | 2011.9(4):2051 | | Non-authorised | 664 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|--------------|
| Art.13(1) | L-Arginine | Arginine can contribute to the maintenance of the healthy blood circulation. Clarification provided Arginine can contribute to the maintenance of the healthy blood circulation. Arginine can contribute to the maintenance of the normal blood circulation, such as the healthy blood pressure and the haematopoiesis. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Normal red blood cell formation | 2011;9(4):2051 | | Non-authorised | 664 |
| Art.13(1) | L-Cystine/cysteine | Sulfur-containing amino acids could contribute to the maintenance of the healthy structure of hair, nails and skin.; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal skin | 2010;8(10):1795 | | Non-authorised | 665 |
| Art.13(1) | L-Glutamine | Glutamine contributes to the healthy function of the nervous system and the brain. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal neurological function | 2011;9(6):2225 | | Non-authorised | 662 |
| Art.13(1) | L-Lysine | Lysine can contribute to the development and maintenance of the normal structure of bones. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal bone | 2011;9(4):2063 | | Non-authorised | 663, 1915 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|-----------|
| Art.13(1) | L-Methionine | Sulfur-containing amino acids could contribute to the maintenance of the healthy structure of hair, nails and skin.; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal skin | 2010.8(10):1795 | | Non-authorised | 666, 1916 |
| Art.13(1) | L-Theanine | Caffeine antagonist | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | improvement of cognitive function | 2011;9(6):2238 | | Non-authorised | 1935 |
| Art.13(1) | L-Theanine | helps to maintain an optimal relaxation; helps to support the relaxation; helps to maintain a healthy sleep | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal sleep | 2011;9(6):2238 | | Non-authorised | 1737 |
| Art.13(1) | L-tyrosine | Essential for the natural formation of dopamine, required for normal muscle function and contraction | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal muscle function | 2011;9(6):2270 | | Non-authorised | 1929 |
| Art.13(1) | L-tyrosine | Provides energy | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increased attention | 2011;9(6):2270 | | Non-authorised | 1930 |
| Art.13(1) | L-Arginine | L-arginine helps to induce and improve erection. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal erectile function | 2011;9(4):2051 | | Non-authorised | 649 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | L-Arginine | L-arginine influence positively on spermatogenesis (sperms formation and mobility). | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Contribution to normal spermatogenesis | 2011;9(4):2051 | | Non-authorised | 650 |
| Art.13(1) | L-arginine hydrochloride | Power for muscles. Increases nitric oxide production. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Physical performance and condition" | 2011;9(4):2051 | | Non-authorised | 1820 |
| Art.13(1) | L-carnitine | Improves sperm quality. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal spermatogenesis | 2011;9(6):2212 | | Non-authorised | 1822 |
| Art.13(1) | L-carnitine | Makes energy metabolism more effective. Protects cell energy metabolism. Reduces changes in energy metabolism caused by ageing. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "energy metabolism" | 2011;9(6):2212 | | Non-authorised | 1821 |
| Art.13(1) | L-carnosine | Against skin ageing. Protects cells from ageing | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "skin" | 2011;9(4):2038 | | Non-authorised | 1825 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | L-carnosine | For a healthy heart | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of the normal cardiac function | 2011;9(4):2038 | | Non-authorised | 1826 |
| Art.13(1) | L-carnosine | Muscle power and endurance. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance capacity | 2011;9(4):2038 | | Non-authorised | 1824 |
| Art.13(1) | L-carnosine | Muscle power and endurance. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in muscle power | 2011;9(4):2038 | | Non-authorised | 1824 |
| Art.13(1) | L-Glutamine | Glutamine helps promote and maintain integrity of the intestinal lining. Glutamine may help prevent intestinal permeability. Glutamine may help support a healthy gastro-intestinal tract. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | integrity of the intestinal lining and normal intestinal permeability | 2009;7(9):1235 | | Non-authorised | 1602 |
| Art.13(1) | L-Glutamine | Glutamine supports a healthy digestive system and contributes to strengthen the natural defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of defence against pathogenic gastro-intestinal microorganisms | 2011;9(6):2225 | | Non-authorised | 452 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | L-Methionine | L-Methionine is an essential amino acid required for normal growth and development in humans and which enhances protein quality in cereals. .It helps physical development of infants and prevents build-up of bad cholesterol. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood cholesterol concentrations | 2010;8(10):1744 | | Non-authorised | 2913 |
| Art.13(1) | L-Theanine | - Neuroprotective. - Brain support | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | alleviation of psychological stress | 2011;9(6):2238 | | Non-authorised | 1601 |
| Art.13(1) | L-Theanine | - Neuroprotective. - Brain support | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | improvement of cognitive function | 2011;9(6):2238 | | Non-authorised | 1601 |
| Art.13(1) | L-Theanine | -help relaxation without drowsiness. -Stress relief. -Physical stress relief. -Relax from fatigue. -Support relation for optimal mental and physical well-being | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | alleviation of psychological stress | 2011;9(6):2238 | | Non-authorised | 1598 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|-----------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | L-Theanine | -help to maintained a calm and relaxed physical and psychological state pre-menstrual period. -support in premenstrual syndrome. Support a normal healthy attitude during menstrual cycle. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of menstrual discomfort | 2011.9(6):2238 | | Non-authorised | 1599 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | L-tryptophan | Helps maintain positive mood and good cognitive functions. L-tryptophane is a natural precursor of serotonin. L-tryptophane participates in the synthesis of serotonin, which is essential for the maintenance of emotional balance and serenity. Contributes to optimal relaxation. Helps to support the relaxation, mental and physical wellbeing. Contributes to maintain a normal healthy sleep. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Contribution to normal cognitive function | 2011.9(4):2073 | | Non-authorised | 596 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | L-tryptophan | Helps maintain positive mood and good cognitive functions. L-tryptophane is a natural precursor of serotonin. L-tryptophane participates in the synthesis of serotonin, which is essential for the maintenance of emotional balance and serenity. Contributes to optimal relaxation. Helps to support the relaxation, mental and physical wellbeing. Contributes to maintain a normal healthy sleep. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Enhancement of mood | 2011.9(4):2073 | | Non-authorised | 596 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | L-tryptophan | Helps maintain positive mood and good cognitive functions. L-tryptophane is a natural precursor of serotonin. L-tryptophane participates in the synthesis of serotonin, which is essential for the maintenance of emotional balance and serenity. Contributes to optimal relaxation. Helps to support the relaxation, mental and physical wellbeing. Contributes to maintain a normal healthy sleep. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal sleep | 2011;9(4):2073 | | Non-authorised | 596 |
| Art.13(1) | L/arginine | Contributes to the synthesis of creatinine and nitric oxide, with important role in dilatation and relaxation of blood vessels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Improvement of endothelium-dependent vasodilation | 2011;9(4):2051 | | Non-authorised | 4680 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | L/arginine | Helps the organism to maintain and to recover after prolonged physical effort. / Helps in muscular atrophy. / Invigorator of the muscle mass. / Helps in the harmonious growth and development of the young organisms. / Helps to stimulate the production of Human Growth Hormone. / Helps in the development of the muscle mass. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2011;9(4):2051 | | Non-authorised | 4681 |
| Art.13(1) | L/arginine | Helps to improve blood circulation on pelvic level. / Helps protein synthesis and cellular replication with important role in the spermatogenesis process | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Contribution to normal spermatogenesis | 2011;9(4):2051 | | Non-authorised | 4682 |
| Art.13(1) | L/arginine | Helps to improve blood circulation on pelvic level. / Helps protein synthesis and cellular replication with important role in the spermatogenesis process | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal erectile function | 2011;9(4):2051 | | Non-authorised | 4682 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | L/carnitine | Helps burn fat faster and thus improves physical performance. / Helpful in decreasing the LDL-colesterol level / Helpful in decreasing colesterol's blood levels / In diets, supplemented by a food diet and phisical exerices. / Accelerate the fatty acid import into mitochondria, which leads to a faster oxidation, favoring an efficient weight decrease as well as increasing of effort resistance. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance capacity | 2011.9(6):2212 | | Non-authorised | 4684 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | L/carnitine | Helps burn fat faster and thus improves physical performance. / Helpful in decreasing the LDL-cholesterol level / Helpful in decreasing cholesterol's blood levels / In diets, supplemented by a food diet and physical exercises. / Accelerate the fatty acid import into mitochondria, which leads to a faster oxidation, favoring an efficient weight decrease as well as increasing of effort resistance. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(6):2212 | | Non-authorised | 4684 |
| Art.13(1) | L/cysteine | Enhances resistance and stimulates the growth of hair and nails. / Hair and nails revitalizing agent | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | contribution to normal collagen formation | 2010;8(10):1795 | | Non-authorised | 4685 |
| Art.13(1) | L/cysteine | Enhances resistance and stimulates the growth of hair and nails. / Hair and nails revitalizing agent | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal hair | 2010;8(10):1795 | | Non-authorised | 4685 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|-----------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | L/cysteine | Enhances resistance and stimulates the growth of hair and nails. / Hair and nails revitalizing agent | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal nails | 2010:8(10):1795 | | Non-authorised | 4685 |
| Art.13(1) | L/methionine | Stimulates hair growth. Arrests hair loss and degradation | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal hair | 2010:8(10):1795 | | Non-authorised | 4686 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactulose | helps the development of the intestinal flora [APPENDIX 1]; stimulates the growth of Bifidobacteria in the colon; is a prebiotic; is bifidogenic; promotes healthy/balanced/good gut bacteria; supports healthy gastrointestinal flora; promotes healthy gut bacteria or microflora; promotes good digestive health; promotes gastrointestinal/bowel/gut/colonic health; promotes proper/healthy bowel function; supports healthy gastrointestinal flora; improves intestinal conditions; promotes intestinal health; promotes healthy conditions in the colon; improves digestive/bowel function; improves digestive/gut comfort | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Decreasing potentially pathogenic gastrointestinal microorganisms | 2010.8(10):1806 | | Non-authorised | 806 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|-------------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lacprodan PL-20; Milk protein concentrate with a high content of phospholipids. (Effective component: Phosphatidylserine) | Reduce mental and emotional stress and enhance memory | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(10):1749 | | Non-authorised | 1927 |
| Art.13(1) | Lactarius deliciosus et Lactarius piperatus | draine les reins | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Increase in renal water elimination | 2010.8(10):1742 | | Non-authorised | 3410 |
| Art.13(1) | Lactic acid bacteria/ Enterococcus faecium | <ul style="list-style-type: none"> • Helps balancing intestinal activity. • Helps decreasing the number of loose stools • Helps decreasing the number of loose stools in connection with use of antibiotics | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009.7(9):1247 | | Non-authorised | 1595 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactic acid bacterium Lactobacillus fermentum ME-3 | Probiotiline piimhappebakter Lactobacillus fermentum ME-3 aitab tõsta/suurendab organismi kaitsevõimet. ME-3 toetab seedimist, suurendades kasulike laktobatsillide üldhulka soolestikus, mis kindlustavad toitainete õhustamist kergemini omastatavateks ühenditeks. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic gastro-intestinal microorganisms | 2011;9(4):2025 | | Non-authorised | 3025 |
| Art.13(1) | Lactium milk protein hydrolysate | Is believed to play a role in stress situation e.g. helps to keep normal or slightly increased blood pressure in critical situations helps to calm and harmonize mind helps organism to adapt for emotional stress, physical effort | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | alleviation of psychological stress | 2011;9(6):2273 | | Non-authorised | 656 |
| Art.13(1) | Lactium-peptide compound | Regulates stress hormone secretion. Stabilises vital functions during stress. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | alleviation of psychological stress | 2011;9(6):2273 | | Non-authorised | 1819 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactobacilli Probiotics as contained in the probiotic formula A'Biotica / Lacidofil - Lactobacillus acidophilus - <i>Lactobacillus rhamnosus</i> | A'Biotica promotes a healthy balance of good bacteria, thereby supporting health, digestion and immunity for patients taking antibiotics. A'Biotica/Lacidofil probiotic maintains a healthy balanced intestinal microflora during and after antibiotic therapy | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009.7(9):1247 | | Non-authorised | 926 |
| Art.13(1) | Lactobacillus LA-5 | [In german :] Begünstigt die Darmflora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009.7(9):1247 | | Non-authorised | 1098 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactobacillus acidophilus (ATCC SD5221) & Bifidobacterium lactis ATCC SD5220 | Probiotics; -helps to strengthen your body's natural defences; -helps to strengthen the natural defenses of children; -contributes to enhance your body's resistance to cold & flu; -contributes to enhance children 's resistance to cold & flu; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 869 |
| Art.13(1) | Lactobacillus acidophilus (ATCC SD5221) and Bifidobacterium lactis (ATCC SD5219) | - probiotic - Supports your immune system during the pollen season | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 3010 |
| Art.13(1) | Lactobacillus acidophilus CNCM I-1722 | - probiotic -helps maintain a healthy gut flora. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 879 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactobacillus acidophilus CUL21 NCIMB 30156 Lactobacillus acidophilus CUL 60 NCIMB 30157 Bifidobacterium adolescentis CUL 20 NCIMB 30153 Bifidobacterium lactis (animalis ssp. lactis) CUL 34 NCIMB 30172 | - probiotic -improves intestinal environment and functionality; -maintains healthy digestive system; -supports good digestive function; -maintains balance of healthy microflora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 885 |
| Art.13(1) | Lactobacillus acidophilus CUL21 NCIMB 30156 Lactobacillus acidophilus CUL 60 NCIMB 30157 Bifidobacterium adolescentis CUL 20 NCIMB 30153 Bifidobacterium lactis (animalis ssp. lactis) CUL 34 NCIMB 30172 | -helps to improve the body's natural defences; -helps to strengthen the immune system; -helps to maintain a dominance of friendly bacteria particularly in the elderly -helps to boost the natural defenses among the elderly | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 944 |
| Art.13(1) | Lactobacillus acidophilus K8 (LMG P-17503) | * helps to restore and maintain a normal vaginal microflora * helps during the treatment of urogenital disorders * supports epithelial immunity * helps to maintains the vaginal natural ecosystem | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2943 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactobacillus acidophilus LA 02 (LMG P-21381)+Lactobacillus plantarum LP 01 (LMG P-21021) | - supports the maintenance of intestinal homeostasis;- supports the maintenance of intestinal homeostasis in children;- contributes to reducing gastro-intestinal discomfort;- contributes to reducing gastro-intestinal discomfort in children;- reduces f | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1470 | | Non-authorised | 3060 |
| Art.13(1) | Lactobacillus acidophilus LA-5® | Supports/promotes a healthy vaginal microflora Supports/promotes vaginal health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009.7(9):1247 | | Non-authorised | 880 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactobacillus acidophilus LA1 (LMG P-21904) | *balances your intestinal microflora * promotes and maintains intestinal health * promotes and maintains intestinal function * supports healthy gastrointestinal flora *reduces occurrence of antibiotic resistant bacteria in the gut flora * contribute to a b | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010:8(2):1470 | | Non-authorised | 2945 |
| Art.13(1) | Lactobacillus acidophilus LA14 | Helps to restore and maintain normal vaginal microflora; Helps during the treatment of urogenital disorders; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Defence against vaginal pathogens by increasing the proportion of lactobacilli and/or decreasing the proportion of potentially pathogenic bacteria and/or yeasts | 2011:9(6):2248 | | Non-authorised | 946 |
| Art.13(1) | Lactobacillus acidophilus Lafti L10 (CBS 116.411) | - probiotic -improves your feeling of (intestinal) comfort; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009:7(9):1247 | | Non-authorised | 881 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactobacillus acidophilus Lafti L10 (CBS 116.411) | - probiotic -helps body's natural defences; -helps to strenghten the natural defences; -helps to stimulate the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009:7(9):1247 | | Non-authorised | 883 |
| Art.13(1) | Lactobacillus acidophilus NCFM ATCC SD5221 | Probiotic - helps to strengthen your body's natural defences; helps to strengthen the natural defences; helps to strengthen the natural defences of your body; contributes to enhance your body's resistance. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Increasing numbers of gastro-intestinal microorganisms | 2011:9(4):2061 | | Non-authorised | 884 |
| Art.13(1) | Lactobacillus acidophilus THT 030102 | * Helps to strengthen natural defences * Stimulates immune system * Strengthens resistance of organism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009:7(9):1247 | | Non-authorised | 974 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactobacillus acidophilus THT 030102 | <ul style="list-style-type: none"> * Maintains/restores the balance of intestinal flora * Promotes intestinal comfort * Strengthens resistance of organism * Promotes intestinal well-being * Improves digestive health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 973 |
| Art.13(1) | Lactobacillus acidophilus rhamnosus LR(3) | Helps to restore and maintain normal vaginal microflora; Helps during the treatment of urogenital disorders; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 947 |
| Art.13(1) | Lactobacillus acidophilus, Bifidobacterium (BB46); Bifidobacterium (BB02), Bifidobacterium Breve (Bbr8 LMG P-17501) CSL, Lactobacillus Rhamnosus ATC C53103 (LGG), <i>Lactobacillus casei</i> 101/37 (Img P-17504), Lactobacillus delbruekii spp. <i>bulgaricus</i> AY/CSL (LMG P1 | Enhances natural immune response. Helps to strengthen the immune defences. Helps to strengthen the natural defences. Helps to strengthen the body defences. Eneificially affects the intestinal microflora. Balances the intestinal microflora. Enhances level o | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 2948 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactobacillus acidophilus, Bifidobacterium infantis, Bifidobacterium bifidum | Probiotics (Lactobacillus acidophilus, Bifidobacterium infantis, Bifidobacterium bifidum) help to maintain/replenish the natural bacterial flora of the digestive tract | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1470 | | Non-authorised | 3029 |
| Art.13(1) | Lactobacillus acidophilus, Bifidobacterium infantis, Bifidobacterium bifidum | Probiotics (Lactobacillus acidophilus, Bifidobacterium infantis, Bifidobacterium bifidum) help maintain proper functioning of digestive tract help to regulate intestinal function | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1470 | | Non-authorised | 3028 |
| Art.13(1) | Lactobacillus acidophilus, Bifidobacterium infantis, Bifidobacterium bifidum | Probiotics (Lactobacillus acidophilus, Bifidobacterium infantis, Bifidobacterium bifidum) help to maintain property functioning of immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1470 | | Non-authorised | 3030 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactobacillus acidophilus, <i>Lactobacillus paracasei</i> , <i>Lactobacillus rhamnosus</i> and Bifidobacterium lactis lactic acid bacteria | Promotes gut activity Gut-friendly Normalises gut activity Balances gut activity Maintains stomach and gut well-being For gut well-being Normalises the gut's bacteria balance Balances the gut's bacteria population For the protection of a healthy b | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009.7(9):1247 | | Non-authorised | 1055 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus casei</i> 101/37 (LMG P-17504) | *Help to strengthen immune system * help to strengthen the body's natural defenses * favours a barrier effect before potentially pathogenic microorganisms * balances the intestinal microflora * contribute to maintain the intestinal natural flora. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1470 | | Non-authorised | 3034 |
| Art.13(1) | <i>Lactobacillus casei</i> I-3429 | - probiotic -helps balance the intestinal flora; -helps maintain digestive health; -contributes to the gut health by increasing number of beneficial bacteria in the gut. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009.7(9):1247 | | Non-authorised | 889 |
| Art.13(1) | <i>Lactobacillus casei</i> I-3429 | - probiotic -helps body's natural defences; -helps to strengthen the natural defenses; -helps to stimulate the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009.7(9):1247 | | Non-authorised | 891 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus casei</i> Lafti L26 (CBS 116.412) | - probiotic -enhance levels of beneficial microflora; -balance your intestinal microflora; -beneficially affect the intestinal flora; -supports a balanced beneficial gastro-intestinal micro flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 888 |
| Art.13(1) | <i>Lactobacillus crispatus</i> CRL 1251 | - produces high quantities hydrogen peroxide that protects oropharyngeal cavity from harmful microorganisms; - helps to restore and maintain normal vaginal microflora; - assists the direct defensive response against harmful microorganisms; - inhibits the g | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 3044 |
| Art.13(1) | <i>Lactobacillus crispatus</i> VPC111 (DSM 16741) | Helps to maintain a normal vaginal flora Supports a healthy intestinal flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1079 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactobacillus crispatus VPC177 (DSM 16743) | Helps to maintain a normal vaginal flora Supports a healthy intestinal flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1080 |
| Art.13(1) | Lactobacillus delbrucki bulgaricus THT 030301 | * Helps to strengthen natural defences * Stimulates immune system * Strengthens resistance of organism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 978 |
| Art.13(1) | Lactobacillus delbrucki bulgaricus THT 030301 | * Maintains/restores the balance of intestinal flora * Promotes intestinal comfort * Strengthens resistance of organism * Improves digestive health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 977 |
| Art.13(1) | Lactobacillus delbrucki bulgaricus THT 030302 | * Helps to strengthen natural defences * Stimulates immune system * Strengthens resistance of organism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 980 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactobacillus delbrueckii bulgaricus THT 030302 | <ul style="list-style-type: none"> * Maintains/restores the balance of intestinal flora * Promotes intestinal comfort * Strengthens resistance of organism * Improves digestive health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 979 |
| Art.13(1) | Lactobacillus delbrueckii bulgaricus THT 030303 | <ul style="list-style-type: none"> * Helps to strengthen natural defences * Stimulates immune system * Strengthens resistance of organism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 982 |
| Art.13(1) | Lactobacillus delbrueckii bulgaricus THT 030303 | <ul style="list-style-type: none"> * Maintains/restores the balance of intestinal flora * Promotes intestinal comfort * Strengthens resistance of organism * Improves digestive health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 981 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus delbrueckii</i> subsp. <i>bulgaricus</i> AY/CSL (LMG-P 17224) and <i>Streptococcus thermophilus</i> 9Y/CSL (LMG-P 17225) | * Aumenta la normale risposta immunitaria * contribuisce all'aumento delle difese immunitarie * contribuisce all'aumento delle difese naturali * aiuta ad accresce le difese dell'organismo | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 2954 |
| Art.13(1) | <i>Lactobacillus delbrueckii</i> subsp. <i>bulgaricus</i> AY/CSL (LMG-P 17224) and <i>Streptococcus thermophilus</i> 9Y/CSL (LMG-P 17225) | * beneficially affects the intestinal microflora * balances the intestinal microflora * enhances levels of beneficial microflora * improves intestinal microflora in elderly | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 2953 |
| Art.13(1) | <i>Lactobacillus delbrueckii</i> subsp. <i>bulgaricus</i> AY/CSL (LMG-P 17224) and <i>Streptococcus thermophilus</i> 9Y/CSL (LMG-P 17225) | * specific bacteria improve lactose digestion *specific bacteria in yogurt helps the lactose digestion in people with lactose malabsorption. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 2955 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactobacillus delbruekii (lactis) | <ul style="list-style-type: none"> • Supports your natural defences • Helps to regulate the body's immune response • Helps to maintain the immune balance • Helps maintain a healthy immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 3021 |
| Art.13(1) | Lactobacillus delbruekii(lactis) | <ul style="list-style-type: none"> • Helps maintain a healthy balance of beneficial bacteria • promotes the positive balance of the intestinal flora • maintains a healthy gut & gut digestion • maintains a healthy intestinal environment | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 3020 |
| Art.13(1) | Lactobacillus fermentum CECT5716 | <ul style="list-style-type: none"> - probiotic -help/ contribute/ participate in increasing the natural defenses; -help/ contribute/ participate to strengthen the immune system; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of the upper respiratory tract defence against pathogens by maintaining immune defences | 2010;8(10):1802 | | Non-authorised | 916 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactobacillus fermentum L10 (DSM 19187) | - produces natural substances that protect the intestine from harmful yeasts, in particular those of the Candida type;- supports the maintenance of intestinal homeostasis;- contributes to restoring the natural barrier effect of the intestinal wall. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010:8(2):1470 | | Non-authorised | 3040 |
| Art.13(1) | Lactobacillus fermentum L11 (DSM 19188) | - produces natural substances that protect the intestine from harmful yeasts, in particular those of the Candida type;- supports the maintenance of intestinal homeostasis;- contributes to restoring the natural barrier effect of the intestinal | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010:8(2):1470 | | Non-authorised | 3041 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactobacillus gasseri PA 16/8 and Bifidobacterium bifidum MF 20/5 | - probiotic -helps to maintain a healthy gut flora; -beneficial for maintaining a healthy intestinal flora; -contributes to a healthy digestive system by supporting a well-balanced gut flora through an increased number of beneficial bacteria in the gut. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 936 |
| Art.13(1) | Lactobacillus gasseri CECT5714 and Lactobacillus coryniformis CECT5711 | - probiotic -help/ contribute/ participate in increasing the natural defenses; -help/ contribute/ participate to strengthen the immune system; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | "natural defence/immune system" | 2010;8(10):1803 | | Non-authorised | 930 |
| Art.13(1) | Lactobacillus gasseri CECT5714 and Lactobacillus coryniformis CECT5711 | -probiotic -balances your healthy intestinal flora; -improves your intestinal transit. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic intestinal microorganisms | 2009;7(9):1238 | | Non-authorised | 937 |
| Art.13(1) | Lactobacillus gasseri CECT5714 and Lactobacillus coryniformis CECT5711 | -probiotic -balances your healthy intestinal flora; -improves your intestinal transit. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | improvement of intestinal transit | 2009;7(9):1238 | | Non-authorised | 937 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactobacillus gasserii CRL 1259 (acidophilus group) | - produces metabolites that protect the oropharyngeal cavity from harmful microorganisms; - helps to restore and maintain normal vaginal microflora; - assists in the direct defensive response against harmful microorganisms, in particular gram-negative germs | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1470 | | Non-authorised | 3043 |
| Art.13(1) | Lactobacillus gasserii PA 16/8, Bifidobacterium bifidum MF 20/5, <i>Bifidobacterium longum</i> SP 07/3 | Helps maintain a healthy gut flora. Helps to balance your intestinal flora. Helps to protect the intestinal tract against harmful intestinal bacteria. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009.7(9):1247 | | Non-authorised | 933 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus helveticus</i> I-1722 | <ul style="list-style-type: none"> - probiotic - Helps balance the intestinal flora - Helps maintain digestive health -improves your feeling of intestinal comfort; - Maintains the balance of healthy microflora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 886 |
| Art.13(1) | <i>Lactobacillus helveticus</i> I-1722 | <ul style="list-style-type: none"> - probiotic -helps body's natural defences; -helps to strengthen the natural defenses; -helps to stimulate the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 887 |
| Art.13(1) | <i>Lactobacillus helveticus</i> THT 031101 | <ul style="list-style-type: none"> * Helps to strengthen natural defences * Stimulates immune system * Strengthens resistance of organism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 988 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus helveticus</i> THT 031101 | <ul style="list-style-type: none"> * Maintains/restores the balance of intestinal flora * Promotes intestinal comfort * Strengthens resistance of organism * Improves digestive health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 987 |
| Art.13(1) | <i>Lactobacillus johnsonii</i> BFE 6128 | <ul style="list-style-type: none"> Helps to strengthen natural defences Stimulates immune system Strengthens resistance of organism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "natural defences/immune system" | 2011;9(4):2026 | | Non-authorised | 990 |
| Art.13(1) | <i>Lactobacillus johnsonii</i> BFE 6128 | <ul style="list-style-type: none"> Maintains/restores the balance of intestinal flora Promotes intestinal comfort Strengthens resistance of organism Improves digestive health the natural defences; help/contribute/participate to strengthen the immune system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic intestinal microorganisms | 2009;7(9):1239 | | Non-authorised | 989 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactobacillus johnsonii BFE 6128 | Strengthens skin defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "skin health" | 2011;9(4):2026 | | Non-authorised | 991 |
| Art.13(1) | Lactobacillus johnsonii La-1/ACD-1/CLbA22 | supports the natural beneficial gut flora ; contributes to healthy intestinal microflora ; contributes to healthy digestive system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 4229 |
| Art.13(1) | Lactobacillus johnsonii La-19/CLbA5 | supports the natural beneficial gut flora ; contributes to healthy intestinal microflora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 4230 |
| Art.13(1) | Lactobacillus johnsonii La-19/CLbA5 and Bifidobacterium animalis ssp. lactis Bf-6/Bif-6/CB111 (Biogarde@/Bioghurt@/Biogarde@/Bighurt@-Cultures) | - probiotic - Biogarde@/Bioghurt@/Biogarde@/Bighurt@-Cultures activate/stimulate the body's natural (immune) defences. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 932 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactobacillus johnsonii La-19/CLbA5 and Bifidobacterium animalis ssp. lactis Bf-6/Bif-6/CB111 (Biogarde@/Bioghurt@/Biogarde@/Bioghurt@-Cultures) | - probiotic Biogarde@/Bioghurt@/Biogarde@/Bioghurt@-Cultures support the natural beneficial gut flora; Biogarde@/Bioghurt@/Biogarde@/Bioghurt@-Cultures support the natural beneficial gut flora and activate/stimulate thereby the metabolism and the natural de | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 940 |
| Art.13(1) | Lactobacillus johnsonii NCC 533 (La1) (Pasteur culture collection CNCM I-1225) | - probiotic -La1 helps to preserve skin health. + helps to reinforce skin defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of the skin from UV-induced damage | 2011;9(6):2231 | | Non-authorised | 900 |
| Art.13(1) | Lactobacillus johnsonii NCC 533 (La1) (Pasteur culture collection CNCM I-1225) | - probiotic -increases your natural defences; -actively supports your immune system; -strengthens your immune defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | improving immune defence against pathogenic gastrointestinal microorganisms | 2011;9(6):2231 | | Non-authorised | 896 |
| Art.13(1) | <i>Lactobacillus paracasei</i> 8700:2 (DSM 13434, 240HI) | Supports your natural / body defence Supports a healthy intestinal flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic intestinal microorganisms | 2009;7(9):1240 | | Non-authorised | 1074 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus paracasei</i> B21060* | <p>Favorisce il riequilibrio dell'ecosistema intestinale</p> <p>Clarification provided</p> <ul style="list-style-type: none"> - contributes to the rebalancing of intestinal microflora; - reduces gastro-intestinal discomfort in Irritable Bowel Syndrome; - reduces gastro-intestinal discomfort in functional disorders of the gut; - reduces gastro-intestinal symptoms in Irritable Bowel Syndrome, especially in IBS-predominant diarrhea; - reduces gastro-intestinal symptoms in functional disorders of the gut, especially in IBS-predominant diarrhea. | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>Decreasing potentially pathogenic gastro-intestinal microorganisms</p> | 2010.8(10):1804 | | Non-authorised | 2959 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus paracasei</i> B21060* | <p>Favorisce il riequilibrio dell'ecosistema intestinale</p> <p>Clarification provided</p> <ul style="list-style-type: none"> - contributes to the rebalancing of intestinal microflora; - reduces gastro-intestinal discomfort in Irritable Bowel Syndrome; - reduces gastro-intestinal discomfort in functional disorders of the gut; - reduces gastro-intestinal symptoms in Irritable Bowel Syndrome, especially in IBS-predominant diarrhea; - reduces gastro-intestinal symptoms in functional disorders of the gut, especially in IBS-predominant diarrhea. | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>maintenance of a normal intestinal transit time</p> | 2010.8(10):1804 | | Non-authorised | 2959 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---------------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus paracasei</i> B21060* | Favorisce il riequilibrio dell'ecosistema intestinale Clarification provided - contributes to the rebalancing of intestinal microflora; - reduces gastro-intestinal discomfort in Irritable Bowel Syndrome; - reduces gastro-intestinal discomfort in functional disorders of the gut; - reduces gastro-intestinal symptoms in Irritable Bowel Syndrome, especially in IBS-predominant diarrhea; - reduces gastro-intestinal symptoms in functional disorders of the gut, especially in IBS-predominant diarrhea. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reducing gastro-intestinal discomfort | 2010.8(10):1804 | | Non-authorised | 2959 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus paracasei</i> LMG P-22043 | One of the methods to preserve vegetable is to use lactic acid bacteria. Scientific evidences demonstrate that the product (artichoke) contains <i>Lactobacillus paracasei</i> LMG P-22043, which is able to reach the intestine alive and in viable form. The consumption of 100 grams portion of product (approx 2 pieces) for not less than following 10 days supports to ensure the presence in the gut of <i>Lactobacillus paracasei</i> LMG P- 22043. Two artichokes carry at least 1 billion of <i>Lactobacillus paracasei</i> LMG P- 22043 live cells. Artichokes are a natural source of fibers, including inuline and FOS, prebiotic substances able to improve the | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Reduction of gastro-intestinal discomfort | 2011.9(4):2027 | | Non-authorised | 2964 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|--|--|---------------------|------------------------|-----------------------|--------|----------|
| | | intestinal microflora composition". If the strain is ingested as an ingredient for artichokes or other preserved vegetables: - Beneficially affects the intestinal flora; - Supports a healthy intestinal flora; - Modulates bowel activity. | | | | | | |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus paracasei</i> LMG P-22043 | One of the methods to preserve vegetable is to use lactic acid bacteria. Scientific evidences demonstrate that the product (artichoke) contains <i>Lactobacillus paracasei</i> LMG P-22043, which is able to reach the intestine alive and in viable form. The consumption of 100 grams portion of product (approx 2 pieces) for not less than following 10 days supports to ensure the presence in the gut of <i>Lactobacillus paracasei</i> LMG P- 22043. Two artichokes carry at least 1 billion of <i>Lactobacillus paracasei</i> LMG P- 22043 live cells. Artichokes are a natural source of fibers, including inuline and FOS, prebiotic substances able to improve the | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic gastro-intestinal microorganisms | 2011.9(4):2027 | | Non-authorised | 2964 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| | | intestinal microflora composition". If the strain is ingested as an ingredient for artichokes or other preserved vegetables: - Beneficially affects the intestinal flora; - Supports a healthy intestinal flora; - Modulates bowel activity. | | | | | | |
| Art.13(1) | <i>Lactobacillus paracasei</i> Lpc-37 (ATCC SD5275) | - probiotic - helps body's natural defences; - helps to strenghten the natural defenses; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 3007 |
| Art.13(1) | <i>Lactobacillus paracasei</i> NCC 2461 (ST11) (Pasteur culture collection CNCM I-2116) | - probiotic -ST11 helps to reinforce skin barrier function; -ST11 helps to reduce the reactivity of skin; -ST11 helps to reduce the sensitivity of skin; -ST11 helps to preserve skin health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 899 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus paracasei</i> NCC 2461 (ST11) (Pasteur culture collection CNCM I-2116) | - probiotic -balances your intestinal flora; -supports digestive system; -improves digestive comfort; -reduces/ relieves bloating | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 895 |
| Art.13(1) | <i>Lactobacillus paracasei</i> NCC 2461 (ST11) (Pasteur culture collection CNCM I-2116) | - probiotic -increases your natural defences; -actively supports your immune system; -strengthens your immune defences; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 897 |
| Art.13(1) | <i>Lactobacillus paracasei</i> ssp. <i>paracasei</i> CRL-431 | - probiotic -strengthen/ support your body's natural defence; -strengthens and protects from inside -supports the balance of the intestinal flora thereby supporting the body's defence system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 898 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus paracasei</i> ssp. <i>paracasei</i> CRL-431 (=L. casei 431) and <i>Lactobacillus acidophilus</i> LA-5 | Helps balance the intestinal microflora Healthy bowel function Helps improve bowel function Normalises bowel movements/function Helps relieve gastro-intestinal discomfort | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 921 |
| Art.13(1) | <i>Lactobacillus paracasei</i> ssp. <i>paracasei</i> CRL-431 (=L. casei 431) and <i>Lactobacillus acidophilus</i> | Strengthens/supports your body's natural defence Strengthens/supports the immune system Strengthens and protects from inside | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 922 |
| Art.13(1) | <i>Lactobacillus paracasei</i> subsp. <i>paracasei</i> LPC 00 (LMG P-21380) | - produces riboflavin;- promotes the wellbeing of the intestine;- supports the maintenance of intestinal homeostasis. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 3042 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus paracasei</i> subsp. <i>paracasei</i> LPC 00(LMG P-21380)+ <i>Lactobacillus rhamnosus</i> LR 04(DSM 16605)+ <i>Bifidobacterium breve</i> BR 03 (DSM 16604) | - produces riboflavin;- promotes the wellbeing of the intestine;- supports the maintenance of intestinal homeostasis.- assists autochthonous intestinal flora in controlling episodes of diarrhoea;- rebalances the intestinal motility function, especial | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010:8(2):1470 | | Non-authorised | 3053 |
| Art.13(1) | <i>Lactobacillus paracasei</i> subsp. <i>paracasei</i> LPC 00(LMG P-21380)+ <i>Lactobacillus rhamnosus</i> LR 04(DSM 16605)+ <i>Bifidobacterium breve</i> BR 03 (DSM 16604) | - produces riboflavin;- promotes the wellbeing of the intestine;- supports the maintenance of intestinal homeostasis.- rebalances the composition of microflora after treatment with antibiotics;- contributes to the rebalancing of intestinal microflora;- i | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010:8(2):1470 | | Non-authorised | 3054 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus paracasei</i> subsp. <i>paracasei</i> CRL 1289 | - produces high quantities hydrogen peroxide that protects the oropharyngeal cavity from harmful microorganisms;- helps to restore and maintain normal vaginal microflora;- assists the direct defensive response against harmful microorganisms;- inhibits the | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1470 | | Non-authorised | 3046 |
| Art.13(1) | <i>Lactobacillus paracasei</i> i CUL08 NCIMB 30154 <i>Lactobacillus salivarius</i> CUL 61 <i>Bifidobacterium adolescentis</i> (bifidum) CUL20 NCIMB 30153 <i>Bifidobacterium lactis</i> CUL34 NCIMB 30172 | - helps to support the development of the immune system from birth. -helps to support a preferable microflora balance from birth. -proven safe for use from birth. -helps to support the development of the immune system. -helps to support a preferable micr | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009:7(9):1247 | | Non-authorised | 1095 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus parcasei</i> 02A (DSM 13432) | Supports a healthy intestinal flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1075 |
| Art.13(1) | <i>Lactobacillus plantarum</i> LB3e DSM 17852 | Normalizes the bacterial flora in the intestine Balances and strengthen the bacterial flora in the intestine Supports a healthy intestinal flora (Helps to) strengthen the natural defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1066 |
| Art.13(1) | <i>Lactobacillus plantarum</i> 299 (DSM 6595, 67B) | Supports a healthy intestinal flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | decreasing potentially pathogenic intestinal microorganisms | 2010;8(10):1726 | | Non-authorised | 1078 |
| Art.13(1) | <i>Lactobacillus plantarum</i> 299 (DSM 6595, 67B) | Supports natural/body defence | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | immune system | 2009;7(9):1241 | | Non-authorised | 1077 |
| Art.13(1) | <i>Lactobacillus plantarum</i> 299v | Probiotic - reduces flatulences/ bloating | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | reduction of flatulence and bloating | 2011;9(4):2037 | | Non-authorised | 902 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus plantarum</i> 299v (DSM 9843) | Antioxidants that protect your body's cells | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011;9(4):2037 | | Non-authorised | 1083 |
| Art.13(1) | <i>Lactobacillus plantarum</i> 299v (DSM 9843) | Supports a healthy intestinal flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic intestinal microorganisms | 2009;7(9):1242 | | Non-authorised | 1084 |
| Art.13(1) | <i>Lactobacillus plantarum</i> 299v (DSM 9843) | Supports your natural/body defence | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Immune system" | 2010;8(2):1488 | | Non-authorised | 1081 |
| Art.13(1) | <i>Lactobacillus plantarum</i> BFE 1685 | - Maintains/restores the balance of intestinal flora. - Promotes intestinal comfort. - Strengthens resistance of organism - Improves digestive health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Decreasing potentially pathogenic intestinal microorganisms | 2010;8(2):1471 | | Non-authorised | 992 |
| Art.13(1) | <i>Lactobacillus plantarum</i> BFE 1685 | Helps to strengthen natural defences Stimulates immune system Strengthens resistance of organism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "natural defences/immune system" | 2011;9(4):2028 | | Non-authorised | 993 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus plantarum</i> HEAL 19 (DSM 15313 = 52A) | Helps maintain insulin sensitivity Helps to maintain a normal vaginal flora Supports a healthy intestinal flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1072 |
| Art.13(1) | <i>Lactobacillus plantarum</i> HEAL 9 (DSM 15312 = 39D) | Supports your natural / body defence Helps to maintain a normal vaginal flora Supports a healthy intestinal flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1071 |
| Art.13(1) | <i>Lactobacillus plantarum</i> HEAL 99 (DSM 15316 = 61A) | Helps to maintain a normal vaginal flora Supports a healthy intestinal flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1073 |
| Art.13(1) | <i>Lactobacillus plantarum</i> LB7c DSM 17853 | Normalizes the bacterial flora in the intestine Balances and strengthen the bacterial flora in the intestine Supports a healthy intestinal flora (Helps to) strengthen the natural defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1065 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus plantarum</i> LB931 DSM 11918 | Balances and strengthen the bacterial flora in the urogenital area Balances and strengthen the bacterial flora in the intestine Normalizes the bacterial flora in the intestine and urogenital area (Helps to) strengthen the natural defences Supports a health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009:7(9):1247 | | Non-authorised | 1063 |
| Art.13(1) | <i>Lactobacillus plantarum</i> LP 01 (LMG P-21021)+ <i>Bifidobacterium lactis</i> BS 01 (LMG P-21384) | - rebalances the intestinal motility function;- rebalances the composition of microflora after treatment with antibiotics;- improves the metabolic activity of intestinal microflora; - promotes the wellbeing of the intestine. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010:8(2):1470 | | Non-authorised | 3051 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus plantarum</i> LP 01 (LMG P-21021)+ <i>Bifidobacterium adolescentis</i> EI-18 -MB 227-BA05(DSM 18352) | - rebalances the intestinal motility function;- rebalances the intestinal motility function in children;- contributes to reducing gastro-intestinal discomfort;- contributes to reducing gastro-intestinal discomfort in children;- reduces flatulence and ab | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1470 | | Non-authorised | 3050 |
| Art.13(1) | <i>Lactobacillus plantarum</i> LP 01 (LMG P-21021)+ <i>Bifidobacterium lactis</i> BS 01 (LMG P-21384) | - rebalances the intestinal motility function;- rebalances the intestinal motility function in children;- rebalances the composition of microflora after treatment with antibiotics;- rebalances the composition of microflora after treatment with antibio | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1470 | | Non-authorised | 3052 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus plantarum</i> LP 01 (LMG P-21021)+ <i>Bifidobacterium adreuscentis</i> EI-18 -MB 227-BA05(DSM 18352) | - rebalances the intestinal motility function;- contributes to reducing gastro-intestinal discomfort;- reduces flatulence and abdominal bloating;- contributes to restoring intestinal bacterial flora;- optimizes intestinal transit in the elderly;- produces | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1470 | | Non-authorised | 3049 |
| Art.13(1) | <i>Lactobacillus plantarum</i> LP 01 (LMG P-21021)+ <i>Lactobacillus plantarum</i> LP 02(LMG P-21020)+ <i>Lactobacillus rhamnosus</i> LR 04(DSM 16605) + <i>Lactobacillus rhamnosus</i> LR 05(DSM 19739) + <i>Bifidobacterium lactis</i> BS 01(LMG P-21384) | - supports the natural defences of the organism;- supports the natural defences of children;- strengthens natural defences;- strengthens natural defences of children;- contributes to the maintenance of intestinal wellbeing;- contributes to the maintenance | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1470 | | Non-authorised | 3048 |
| Art.13(1) | <i>Lactobacillus plantarum</i> Rosell-1012 | - probiotic -helps balance the intestinal flora; -helps maintain digestive health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009.7(9):1247 | | Non-authorised | 901 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus plantarum</i> Rosell-1012 | - probiotic -helps body's natural defences; -helps to strengthen the natural defences; -helps to stimulate the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 903 |
| Art.13(1) | <i>Lactobacillus reuteri</i> ATCC 55730 | - probiotic -helps to strengthen the natural defences; -helps to support the natural defences; -helps to support the body's defences; -helps to strengthen the body's defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "natural defence" | 2010;8(10):1805 | | Non-authorised | 905 |
| Art.13(1) | <i>Lactobacillus reuteri</i> ATCC 55730 | probiotic beneficially affects the intestinal flora supports a healthy intestinal flora balances the intestinal flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic intestinal microorganisms | 2009;7(9):1243 | | Non-authorised | 904 |
| Art.13(1) | <i>Lactobacillus reuteri</i> DSM 17938 | Balances the gut microflora. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1087 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactobacillus reuteri DSM 17938 Lactobacillus reuteri ATCC PTA 5289 | Helps strengthen your body's natural defences Stimulates the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1088 |
| Art.13(1) | Lactobacillus reuteri DSM 17938 Lactobacillus reuteri ATCC PTA 5289 | Supports a healthy oral flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1089 |
| Art.13(1) | Lactobacillus reuteri THT 030803 | * Helps to strengthen natural defences * Stimulates immune system * Strengthens resistance of organism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1001 |
| Art.13(1) | Lactobacillus reuteri THT 030803 | * Maintains/restores the balance of intestinal flora * Promotes intestinal comfort * Strengthens resistance of organism * Improves digestive health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1000 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|-------------------------------------|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactobacillus reuteri lactic acid bacteria | Promotes mouth and tooth health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1057 |
| Art.13(1) | <i>Lactobacillus rhamnosus</i> 271 (DSM 6594) | Supports a healthy intestinal flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1076 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus rhamnosus</i> ATCC53103 (LGG®) | - probiotic -LGG® acts as a part of the natural, beneficial intestinal microbiota; -LGG® supports beneficial microbiota and healthy intestinal metabolism; -LGG® supports a healthy digestive tract and mucosal barrier function; -LGG® balances intestinal activity; -contains probiotics; -is a source of probiotics; -with probiotic/-s; -with (probiotic)/(name of the probiotic). | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | 'gastrointestinal health' | 2011;9(6):2233 | | Non-authorised | 906 |
| Art.13(1) | <i>Lactobacillus rhamnosus</i> GR 1 (ATCC 55826) and <i>Lactobacillus reuteri</i> RC 14 (ATCC 55845) | Helps to restore and maintain a normal vaginal microflora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | defence against vaginal pathogens by increasing the proportion of lactobacilli and/or decreasing the proportion of potentially pathogenic bacteria and/or yeasts | 2011;9(6):2232 | | Non-authorised | 945 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus rhamnosus</i> HN001 AGAL NM97/09514 | probiotic helps to improve the level of natural good bacteria in your body maintains the balance of healthy microflora beneficially affects the intestinal flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic intestinal microorganisms | 2009;7(9):1244 | | Non-authorised | 908 |
| Art.13(1) | <i>Lactobacillus rhamnosus</i> I-1720 | - probiotic -helps body's natural defences; -helps to strengthen the natural defenses; -helps to stimulate the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 911 |
| Art.13(1) | <i>Lactobacillus rhamnosus</i> I-1720 | - probiotic; -beneficially affects the intestinal flora; -supports a healthy intestinal flora. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 907 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus rhamnosus</i> LB21 NCIMB 40564 | Normalizes the bacterial flora in the intestine. Balances and strengthen the bacterial flora in the intestine. Supports a healthy intestinal flora (Helps to) strengthen the natural defences. Support gastrointestinal conditions during antibiotic treatment. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Decreasing potentially pathogenic intestinal microorganisms | 2010;8(2):1487 | | Non-authorised | 1064 |
| Art.13(1) | <i>Lactobacillus rhamnosus</i> LB21 NCIMB 40564 | Normalizes the bacterial flora in the intestine. Balances and strengthen the bacterial flora in the intestine. Supports a healthy intestinal flora (Helps to) strengthen the natural defences. Support gastrointestinal conditions during antibiotic treatment. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Reduction of mutans streptococci in the oral cavity | 2010;8(2):1487 | | Non-authorised | 1064 |
| Art.13(1) | <i>Lactobacillus rhamnosus</i> LB21 NCIMB 40564 (Verum® Hälsoyoghurt/ Verum® Drickyoghurt) | Helps to strengthen and maintain balance in the gut flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to maintaining individual intestinal microbiota in subjects receiving antibiotic treatment | 2011;9(4):2029 | | Non-authorised | 1061 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus rhamnosus</i> LR 04 (DSM 16605) | - assists autochthonous intestinal flora in controlling episodes of diarrhoea;- assists autochthonous intestinal flora in controlling episodes of diarrhoea in children;- rebalances the intestinal motility function;- rebalances the intestinal motil | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1470 | | Non-authorised | 3062 |
| Art.13(1) | <i>Lactobacillus rhamnosus</i> THT 030901 | * Helps to strengthen natural defences * Stimulates immune system * Strengthens resistance of organism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009.7(9):1247 | | Non-authorised | 1003 |
| Art.13(1) | <i>Lactobacillus rhamnosus</i> THT 030901 | * Maintains/restores the balance of intestinal flora * Promotes intestinal comfort * Strengthens resistance of organism * Improves digestive health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009.7(9):1247 | | Non-authorised | 1002 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Lactobacillus rhamnosus</i> THT 030902 | <ul style="list-style-type: none"> * Helps to strengthen natural defences * Stimulates immune system * Strengthens resistance of organism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1005 |
| Art.13(1) | <i>Lactobacillus rhamnosus</i> THT 030902 | <ul style="list-style-type: none"> * Maintains/restores the balance of intestinal flora * Promotes intestinal comfort * Strengthens resistance of organism * Improves digestive health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1004 |
| Art.13(1) | <i>Lactobacillus salivarius</i> subsp. <i>salivarius</i> CRL 1328 | <ul style="list-style-type: none"> - capable of colonising oropharyngeal mucosa for its enhanced ability to adhere to epithelial cells, constituting a barrier against infections;- helps to restore and maintain normal vaginal microflora;- produces natural substances (bacteriocin-like) that | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 3045 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactobacillus acidophilus CUL60 <i>Lactobacillus casei</i> LC11 Bifidobacterium lactis CUL34 | -improves intestinal environment and functionality. -maintains healthy digestive system -supports good digestive function -maintains balance of healthy microflora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009:7(9):1247 | | Non-authorised | 1097 |
| Art.13(1) | Lactobacillus acidophilus, <i>Lactobacillus paracasei</i> , <i>Lactobacillus rhamnosus</i> and Bifidobacterium lactis lactic acid bacteria | Supports the body's own defence mechanism /immunity Maintains natural defence mechanism /immunity Helps strengthen natural immunity Probiotic | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009:7(9):1247 | | Non-authorised | 1056 |
| Art.13(1) | Lactococcus lactis L1A NCIMB 40157 (Verum® Hälsofil) | Helps to strengthen and maintain balance in the gut flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009:7(9):1247 | | Non-authorised | 1060 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactococcus lactis L1A NCIMB 40157 | Normalizes the bacterial flora in the intestine Supports a healthy intestinal flora Balances an | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1062 |
| Art.13(1) | Lactococcus lactis THT 090101 | * Helps to strengthen natural defences * Stimulates immune system * Strengthens resistance of organism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1009 |
| Art.13(1) | Lactococcus lactis THT 090101 | * Maintains/restores the balance of intestinal flora * Promotes intestinal comfort * Strengthens resistance of organism * Improves digestive health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1008 |
| Art.13(1) | Lactoferrin | Lactoferrin favourably affect skin status/improve external skin status | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect attributes to this food the property of preventing, treating or curing a human disease, or refers to such properties which is prohibited for foods. | Prevention or treatment of acne | 2011;9(6):2228 | | Non-authorised | 3164 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lactose;(milk sugar) | Lactose can help the absorption of calcium in the body. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in calcium absorption leading to an increase in calcium retention | 2011;9(6):2234 | | Non-authorised | 668 |
| Art.13(1) | Laitance de poisson | Contribue à stimuler l'activité intellectuelle et à renforcer la mémoire. A utiliser en cas d'efforts intellectuels. Favorise les facultés de concentration. Clarification provided May improve memory/may improve cognitive performance/ phospholipids play a role in healthy brain functions/supports memory and concentration/increase concentration and make the memory more effective. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal cognitive function | 2011;9(6):2248 | | Non-authorised | 1894 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lecithin | 1. Necessary for normal growth, wholesome mental and physical development 2. Helps maintain functions and structure of the body and organ cell membranes 3. Lecithin is found in every human cell and it participates in various vitally important processes | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Function of the cell membrane" | 2011;9(6):2228 | | Non-authorised | 1777 |
| Art.13(1) | Lecithin | It promotes the correct function of the nervous system. To maintain optimal mental and cognitive performance | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal cognitive function | 2010;8(10):1741 | | Non-authorised | 1596 |
| Art.13(1) | Lecithin | It promotes the correct function of the nervous system. To maintain optimal mental and cognitive performance | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal neurological function | 2010;8(10):1741 | | Non-authorised | 1596 |
| Art.13(1) | Lecithin | Lecithin (a phospholipid containing choline) supports memory and concentration. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal cognitive function | 2010;8(10):1741 | | Non-authorised | 1983 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lecithin | Necessary for the metabolism of fat. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal fat metabolism | 2010;8(10):1741 | | Non-authorised | 1597 |
| Art.13(1) | Lecithin | Strengthens the immune system of the body | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Immune function/immune system" | 2011;9(4):2061 | | Non-authorised | 1778 |
| Art.13(1) | Lecithin -/phosphatidyl choline | Promotes the good heart functioning and a balanced level of blood lipids. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood cholesterol concentrations | 2010;8(10):1741 | | Non-authorised | 4687 |
| Art.13(1) | Lecithine de soja: soy lecithin | Usually recognized to act in case of hypercholesterolemia; Usually recognized to help rate cholesterol stabilization | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood cholesterol concentrations | 2010;8(10):1741 | | Non-authorised | 1961 |
| Art.13(1) | Lemon (Citrus limonium) - flavonoides | Acts as a natural antioxidant. Helps to reduce oxidative stress. Helps to reduce aging effects. Necessary for cells protection. Improves the antioxidant defensive system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010;8(2):1489 | | Non-authorised | 3183 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lentinula edodes (Common Name : Shitake) | Contributes to natural immunological defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Immune function/immune system" | 2011;9(4):2061 | | Non-authorised | 3774 |
| Art.13(1) | Lentinus edodes (Common Name : Shiitake) | Contributes to natural immunological defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Stimulation of immunological responses | 2011;9(4):2061 | | Non-authorised | 2075 |
| Art.13(1) | Levure de bière | Contribue à la beauté de la peau Favorise l'éclat et la vitalité de la peau | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect attributes to this food the property of preventing, treating or curing a human disease, or refers to such properties which is prohibited for foods. | Prevention or treatment of acne | 2011;9(6):2228 | | Non-authorised | 2552 |
| Art.13(1) | Lignans | Phytonutrients that show similar attributes to phytoestrogens in soya. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | reduction of menopausal discomfort | 2011;9(6):2248 | | Non-authorised | 3129 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Long Chain Fatty Acids (EPA/DHA) | A diet rich in long chain fatty acids may help normal immune system function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | contribution to the normal function of the immune system by decreasing the levels of eicosanoids, arachidonic acid-derived mediators and pro-inflammatory cytokines | 2010;8(10):1796 | | Non-authorised | 520 |
| Art.13(1) | Long Chain Fatty Acids (EPA/DHA) | Long tradition of use in helping joint mobility. Renowned for helping maintain Joint Mobility and Flexibility | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints | 2009;7(9):1263 | | Non-authorised | 518 |
| Art.13(1) | Long chain Omega 3 fatty acids | Long chain Omega 3 fatty acids are important for a healthy immune system; LC n3 PUFA help reduce inflammation. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | contribution to the normal function of the immune system by decreasing the levels of eicosanoids, arachidonic acid-derived mediators and pro-inflammatory cytokines | 2010;8(10):1796 | | Non-authorised | 2914 |
| Art.13(1) | Long chain Omega 3 fatty acids (EPA/DPA/DHA) | Helps maintain supple and flexible joints | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints | 2009;7(9):1263 | | Non-authorised | 511 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Long chain Omega 6 polyunsaturated fatty acid GLA (gamma-linolenic acid) | Promotes youth and elasticity of the skin / Helps to maintain skin hydration / Contributes to women well being | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of the barrier function of the skin | 2011;9(4):2059 | | Non-authorised | 591 |
| Art.13(1) | Long chain omega-3 fatty acids EPA and DHA | Long-chain omega-3 fatty acids EPA and DHA help maintain healthy levels of good cholesterol. Normal levels of good cholesterol are important for keeping your heart and blood vessels healthy. Long-chain omega-3 fatty acids EPA and DHA help maintain normal cholesterol levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal HDL-cholesterol concentrations | 2009;7(9):1263 | | Non-authorised | 515 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Long-chain Omega-3 fatty acids EPA and DHA | Maternal Health; Pregnancy and nursing Clarification provided The omega-3 fatty acids EPA and DHA help sustain pregnancy duration. Consumption of long chain omega-3 fatty acids increases breast milk DHA levels during nursing. Consumption of long chain omega-3 fatty acids during pregnancy and nursing increases the mother's DHA stores. Maternal consumption of EPA and DHA during pregnancy may support neural and visual development in the unborn baby. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | *Maternal health; pregnancy and nursing | 2011.9(4):2078 | | Non-authorized | 514 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lutein | <p>1. Lutein is a natural antioxidant which protects the skin from the harmful effects of free radicals</p> <p>2. Lutein helps protect the retina and lens from free radicals which result from UV-radiation</p> <p>3. Lutein is a natural antioxidant for eyes</p> <p>4. Lutein protects the eye from the harmful effects of free radicals</p> <p>5. Lutein helps protect the macular pigment from the harmful UV-radiation and oxygen-containing free radicals</p> | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | maintenance of normal vision | 2011.9(4):2030 | | Non-authorised | 1779 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lutein | <p>1. Lutein is a natural antioxidant which protects the skin from the harmful effects of free radicals</p> <p>2. Lutein helps protect the retina and lens from free radicals which result from UV-radiation</p> <p>3. Lutein is a natural antioxidant for eyes</p> <p>4. Lutein protects the eye from the harmful effects of free radicals</p> <p>5. Lutein helps protect the macular pigment from the harmful UV-radiation and oxygen-containing free radicals</p> | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of the skin from UV-induced (including photo-oxidative) damage | 2011.9(4):2030 | | Non-authorised | 1779 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lutein | Helps support skin health /helps promote healthy skin /helps maintain healthy skin /helps to maintain your skin's healthy look and feel /is deposited naturally in the skin /is a natural compound contained in the dermis and epidermis /is a natural compound contained in the deepest layers of the skin /nutrition for skin /helps maintain skin moisture /helps maintain skin hydration /improves skin moisture /helps improve skin hydration /helps improve skin elasticity /supports skin elasticity /contributes to the appearance of skin associated with premature aging /helps protect the dermis and epidermis from oxidative stress /natural antioxidant | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of the skin from UV-induced (including photo-oxidative) damage | 2011.9(4):2030 | | Non-authorised | 1605 |



| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|--|--|---------------------|------------------------|-----------------------|--------|----------|
| | | for the skin /natural antioxidant for healthy skin /helps fight free radicals in the skin / Contributes to the maintenance of healthy skin when exposed to sun light (Avoid sunburns by using an effective sun screen. Beta carotene is not a replacement for sun screens) | | | | | | |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|-----------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lutein | Lutein promotes healthy eye function. Lutein and zeaxanthin help protect the retina against oxidation / from oxidative stress. Lutein is a constituent of the macular pigment. Lutein and zeaxanthin are deposited naturally in the macula and lens. Lutein and zeaxanthin are highly and selectively accumulated in the macula and lens / in the retina Lutein contributes to eye health. Lutein helps maintain the normal function of the macula. Lutein contributes to a healthy macula and retina. Lutein – nutrition for the eyes. Lutein contributes to the protection of vision. Lutein is important for macular pigment density. Lutein and zeaxanthin help | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | Maintenance of vision | 2010.8(2):1492 | | Non-authorised | 1931 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|--------------------------------|-----------------------|----------------|----------|
| | | protect the retina against oxidation / from oxidative stress. Lutein and zeaxanthin are natural antioxidants for the eye. Lutein helps fight free radicals in the eye. Lutein and zeaxanthin are natural filters of visible blue light. Lutein and zeaxanthin help protect the eye against harmful effects of light exposure. Lutein help protect the eye against visible light damage | | | | | | |
| Art.13(1) | Lutein | natural antioxidant, protect organism from oxidative damage, natural way to avoid risks caused by oxidation and peroxidation process | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | protection of DNA, proteins and lipids from oxidative damage | 2011;9(4):2030 | | Non-authorised | 3427 |
| Art.13(1) | Lutein (example from tagetes E or Calendula Officinalis) | Lutein helps maintain a healthy vision Lutein—for maintenance of a healthy sight Lutein—for maintenance of healthy eyes | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | maintenance of normal vision | 2011;9(4):2030 | | Non-authorised | 2080 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lutein/;Zeaxanthin | Due to the antioxidant properties lutein/ zeaxanthin/ contributes to the hindrance of harmful oxidative processes in the body, in this way to the maintenance of our health/ to the defence of the tissues. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010;8(10):1752 | | Non-authorised | 1914 |
| Art.13(1) | Lutein/zeaxanthin | Eye protection factor(s) | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal vision | 2011;9(4):2039 | | Non-authorised | 1606 |
| Art.13(1) | Lycium Barbarum (Common Name : Wolfberry) | Contains antioxidant/s; Is a source of antioxidant/s. With antioxidant/s. Contributes to the cell protection against free radicals Can protect your cells and tissues from oxidation Can contribute to the total antioxidant capacity of the body | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010;8(2):1489 | | Non-authorised | 2083 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lycopene | Contributes to the maintenance of healthy skin when exposed to sun light. (Avoid sunburns by using an effective sun screen. Lycopene is not a replacement for sun screens) | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of the skin from UV-induced (including photo-oxidative) damage | 2011;9(4):2031 | | Non-authorised | 1607 |
| Art.13(1) | Lycopene | Contributes to the normal functioning of the prostate/helps to maintain a healthy prostate/helps to keep your prostate in shape/helps to reduce oxidative damage of prostate cells and tissue/helps to maintain intact DNA in prostate tissue | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011;9(4):2031 | | Non-authorised | 1609 |
| Art.13(1) | Lycopene | Good for the eye health of older people. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal vision | 2011;9(4):2031 | | Non-authorised | 1827 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lycopene | Helps to maintain a healthy heart/contributes to maintain a healthy cardiovascular system/contributes to protect the arteries from narrowing and hardening/contributes to keep the arteries healthy/helps to maintain a normal blood flow. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal cardiac function | 2011,9(4):2031 | | Non-authorised | 1610 |
| Art.13(1) | Lycopene | Lycopenes contained in this product ensure antioxidant action. Ensure protective effect on the organism. Contribute to the protection of the cellular membranes from oxidation. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011,9(4):2031 | | Non-authorised | 1608 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lycopene (from Tomato extract) | lycopene is an antioxidant and helps to protect the body's cells/helps to maintain intact body cells. Lycopene or a diet rich in lycopene helps to maintain intact cell DNA/contributes to healthy ageing by maintaining intact cell DNA/ | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011,9(4):2031 | | Non-authorised | 2082 |
| Art.13(1) | Lycopene (fromTomato extract) | Lycopene from tomato extract has an antioxidant effect. Lycopenes contained in this product have an antioxidant action/ ensure a protective effect on the organism/contribute to the protection of the cellular membranes from oxidation. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011,9(4):2031 | | Non-authorised | 2081 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lycopenes from tomato juice | (Lycopenes from) tomato juice: - plays an important antioxidative function - protect cells against oxidative damages - strengthen the immune system - strengthen the body's defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011;9(4):2031 | | Non-authorised | 1942 |
| Art.13(1) | Lycopenes from tomato juices | Lycopenes contained in this product ensure antioxidant action/lycopenes contained in this product ensure protective effect on the organism; antioxidant/s. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011;9(4):2031 | | Non-authorised | 1611 |
| Art.13(1) | Lycopenes from tomato pulp and sauces | Tomato is as almost unique as a source of a specific carotene named: Lycopene; Therefore use it always is any conditions for its nutritional qualities | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011;9(4):2031 | | Non-authorised | 1899 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lycopodium clavatum | Contributes to normal urinary elimination functions | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Kidneys health", "urinary health", "bladder health", "health of lower urinary tract", "blood health", "elimination", "urinary system benefits" and/or "supports/promotes the excretory function of the kidney" | 2010.8(10):1742 | | Non-authorised | 2296 |
| Art.13(1) | Lysine | Essential amino acid, needed for the synthesis of proteins necessary for maintenance of the body/ body tissues (collagen, teeth, bones and muscles)/ body function. Increases absorption, action and fixation of calcium, essential for optimal muscle, bone and teeth. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Contribution to normal protein synthesis | 2011;9(4):2063 | | Non-authorised | 609 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lysine | Essential amino acid, needed for the synthesis of proteins necessary for maintenance of the body/ body tissues (collagen, teeth, bones and muscles)/ body function. Increases absorption, action and fixation of calcium, essential for optimal muscle, bone and teeth | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Increase in calcium absorption leading to an increase in calcium retention | 2011;9(4):2063 | | Non-authorised | 609 |
| Art.13(1) | Lysine | It improves liver function. To stimulates the appetite in a natural way | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Increase in appetite leading to an increase in energy intake | 2011;9(4):2063 | | Non-authorised | 610 |
| Art.13(1) | Lysine | Lysine is an essential amino acid that is necessary for maintenance of the body/body tissues/body function. Addition of lysine enhances of cereal protein quality | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Contribution to normal protein synthesis | 2011;9(4):2063 | | Non-authorised | 1612 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Lysine | Lysine is an essential amino acid that is necessary for maintenance of the body/body tissues/body function. Addition of lysine enhances of cereal protein quality | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Increase in calcium absorption leading to an increase in calcium retention | 2011;9(4):2063 | | Non-authorised | 1612 |
| Art.13(1) | Lysine | Lysine supports the cardiovascular system functions. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2063 | | Non-authorised | 454 |
| Art.13(1) | Lysine | Lysine supports the immune systems functions | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Immune defence against herpes virus | 2011;9(4):2063 | | Non-authorised | 453 |
| Art.13(1) | MGN-3 Rice Bran Arabinoxylan compound | Helps the body maintain a strong immune system Supports optimal immune functions | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Stimulation of natural killer cell activity | 2011;9(6):2228 | | Non-authorised | 3153 |
| Art.13(1) | MSM - Methylsulfonylmethan | MSM nourishes joints and helps in synthesis of collagen in joint cartilage. It has positive effect on teeth, nails, hair and bones. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal collagen formation | 2010;8(10):1746 | | Non-authorised | 394 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | MSM - methylsulfonylmetan | Helps to improve regeneration and nutrition of cartilage | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal collagen formation | 2010.8(10):1746 | | Non-authorised | 388 |
| Art.13(1) | MSM - methylsulfonylmetan | MSM is important for the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect attributes to this food the property of preventing, treating or curing a human disease, or refers to such properties which is prohibited for foods. | "strengthens the immune system function" | 2010.8(10):1746 | | Non-authorised | 390 |
| Art.13(1) | MSM - methylsulfonylmetan | MSM might support the healthy development and function of stomach, positively affect digestion, might also rejuvenate the peristaltics of intestines | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bowel function | 2010.8(10):1746 | | Non-authorised | 391 |
| Art.13(1) | MSM - methylsulfonylmetan | MSM supports the synthesis of metion and cystein, might have a detoxication effects | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the normal cysteine synthesis | 2010.8(10):1746 | | Non-authorised | 392 |
| Art.13(1) | MSM - methylsulfonylmetan | supports control of organism pH balance | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal acid-base balance | 2010.8(10):1746 | | Non-authorised | 387 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Magnesium | An adequate magnesium intake can support to maintain normal blood pressure | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | Maintenance of normal blood pressure | 2010;8(10):1807 | | Non-authorised | 366 |
| Art.13(1) | Magnesium | Magnesium contributes to meeting the increased requirement for magnesium in pregnant women, so it could help the normal course of pregnancy and delivery and birth of a healthy baby. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood pressure during pregnancy | 2010;8(10):1807 | | Non-authorised | 367 |
| Art.13(1) | Magnesium | Magnesium contributes to the maintenance of hormonal health Magnesium helps to maintain hormonal health. Magnesium is an essential co-factor in fatty acid metabolism which impacts on hormonal health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Hormonal health" | 2010;8(10):1807 | | Non-authorised | 243 |
| Art.13(1) | Magnesium | Magnesium has antioxidative properties It prolongs the ageing process | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010;8(10):1807 | | Non-authorised | 351 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Magnesium | Magnesium is necessary for normal blood clotting | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | blood coagulation | 2009:7(9):1216 | | Non-authorised | 357 |
| Art.13(1) | Magnesium | Magnesium maintains healthy immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of the normal function of the immune system | 2010:8(10):1807 | | Non-authorised | 352 |
| Art.13(1) | Magnesium | Regulates blood pressure. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | Maintenance of normal blood pressure | 2010:8(10):1807 | | Non-authorised | 344 |
| Art.13(1) | Magnesium | Regulates sugar balance. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood glucose concentrations | 2010:8(10):1807 | | Non-authorised | 342 |
| Art.13(1) | Magnesium hydroxide | Helps to maintain acid-base balance. Helps to decrease dietary acid load. Helps in case of occasional gastric acidity. Contributes to decrease gastric acidity. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Reduction of gastric acid levels | 2010:8(10):1807 | | Non-authorised | 376 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Maitaké | Participe au contrôle de la glycémie. Aide à maîtriser le taux de sucre. Contribue à la régularisation de la glycémie. Clarification provided Helps improve glycemic control / helps maintain normal blood sugar level. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 2556 |
| Art.13(1) | Malic acid | Malic acid is needed for proper functioning of the energy cycle | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | contribution to normal energy-yielding metabolism | 2011;9(6):2247 | | Non-authorised | 1613 |
| Art.13(1) | Maltodextrin | Maltodextrin releases energy slowly and equally. Releases energy in stages and easily. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Physical performance" | 2011;9(6):2228 | | Non-authorised | 560 |
| Art.13(1) | Manganese | Important for brain functioning. Protects the brain. Regulates nerve impulse progression | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | cognitive function | 2009;7(9):1217 | | Non-authorised | 340 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Manganese | Supplementation with B-vitamins, iron, magnesium as well as vitamin C can reduce fatigue and tiredness in situations of inadequate micro-nutrient status | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of tiredness and fatigue | 2010.8(10):1808 | | Non-authorised | 312 |
| Art.13(1) | Mangosteen (Garcinia mangostana L) fruits and extracts derived from the fruits | Mangosteen whole fruit juice/concentrate [contains xanthones which] may help regulate anti-inflammatory responses [in the body] | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Reduction of inflammation | 2011;9(4):2061 | | Non-authorised | 2862 |
| Art.13(1) | Mangosteen (Garcinia mangostana L) fruits and extracts derived from the fruits | Mangosteen whole fruit juice/concentrate [contains xanthones which] may help to regulate blood lipids | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(6):2246 | | Non-authorised | 2861 |
| Art.13(1) | Mangosteen (Garcinia mangostana L) fruits and extracts derived from the fruits | Mangosteen whole fruit juice/concentrate [contains xanthones which] may help to support the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Immune function/immune system" | 2011;9(4):2061 | | Non-authorised | 2859 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Mangosteen (Garcinia mangostana L) fruits and extracts derived from the fruits | Mangosteen whole fruit juice/concentrate contains antioxidants - [which may neutralise the damaging effects of free radicals in the body] - [which contribute to the total antioxidant capacity within the body] - [which offer protection from oxidative effects/damage within the body | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010.8(10):1752 | | Non-authorised | 2860 |
| Art.13(1) | Marine oils such as cod liver oil and fish oil containing eicosapentaenoic acid (EPA : C20:5 n-3) + docosahexaenoic acid (DHA; C22:6 n-3) or long-chain n-3 (omega 3) polyunsaturated fatty acids (LC n-3 PUFA, LC omega 3 PUFA) or 'Omega 3' | Long-chain Omega 3 polyunsaturated fatty acids help maintain healthy, flexible, mobile and supple joints | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints | 2009.7(9):1263 | | Non-authorised | 505 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Mediterranean diet | X' fits in a Mediterranean diet. A Mediterranean style diet helps maintain heart health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011:9(6):2245 | | Non-authorised | 1423 |
| Art.13(1) | Medium Chain Triglycerides (MCT) | Helps to increase satiety after a meal /helps to increase energy expenditure by increasing the metabolic rate /helps with weight loss by increasing metabolic rate /tends to reduce body weight and fat in overweight persons | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction in body weight | 2011:9(6):2240 | | Non-authorised | 1614 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Medium Chain Triglycerides;;MCT; | Consumption of Medium Chain Triglycerides (MCT) inside the normal suggested fat consumption contributes to keep the healthy balanced body weight and helps to avoid fat deposition, with special regards to the abdominal fat.;;MCT helps to increase energy expenditure in comparison to the long chain fatty acids by increasing the metabolic rate. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction in body weight | 2011.9(6):2240 | | Non-authorised | 677 |
| Art.13(1) | Melatonin | Helps to reduce jet lag effects Helps to reduce sleep onset latency Helps to regulate circadian rhythm Improves sleep-wake cycle Contributes to improve sleep quality Helps to fall asleep in a natural way | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Reduction of sleep onset latency, and improvement of sleep quality | 2010.8(2):1467 | | Non-authorised | 1953 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Melon extract (containing SOD) /Wheat Gliadin | <ul style="list-style-type: none"> - Protects organism against effects of the free radicals in excess during oxidative stress. - Protects against cellular ageing induced by free radicals | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010.8(10):1753 | | Non-authorised | 3159 |
| Art.13(1) | Melon extract (containing SOD) /Wheat Gliadin | <ul style="list-style-type: none"> - Quenches excess free radicals such as from pollutants - The anti-ageing catalyst - Fights premature ageing - Fights the signs of premature ageing - The anti-premature ageing catalyst | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010.8(10):1753 | | Non-authorised | 2305 |
| Art.13(1) | Melon extract (containing SOD) /Wheat Gliadin | <ul style="list-style-type: none"> - Quenches excess free radicals such as from pollutants - The anti-ageing catalyst - Fights premature ageing - Fights the signs of premature ageing - The anti-premature ageing catalyst | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of the skin from photo-oxidative (UV-induced) damage | 2010.8(10):1753 | | Non-authorised | 2305 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|---|---------------------------------|-----------------------|----------------|------------|
| Art.13(1) | Melon extract (containing SOD) /Wheat Gliadin | <ul style="list-style-type: none"> - Reinforces the body's own natural defences. - Promotes the whole natural defences against free radicals in excess - Helps maintain the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010.8(10):1753 | | Non-authorised | 2304, 3160 |
| Art.13(1) | Melon extract (containing SOD) /Wheat Gliadin | <ul style="list-style-type: none"> - Reinforces the body's own natural defences. - Promotes the whole natural defences against free radicals in excess - Helps maintain the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "effects on immune system" | 2010.8(10):1753 | | Non-authorised | 2304, 3160 |
| Art.13(1) | Melon extract (containing SOD) /Wheat Gliadin | <ul style="list-style-type: none"> Quenches excess free radicals such as from pollutants - The anti-ageing catalyst - Fights premature ageing - Fights the signs of premature ageing - The anti-premature ageing catalyst | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of the skin from photo-oxidative (UV-induced) damage | 2010.8(10):1753 | | Non-authorised | 3161 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|-----------|
| Art.13(1) | Menaquinone-7 (MK-7, a form of vitamin K2) | "MK-7 is a highly bioavailable form of vitamin K that helps maintain a healthy cardiovascular system" "MK-7 is a highly bioavailable form of vitamin K that helps keep the heart and blood vessels healthy" | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | function of the heart and blood vessels | 2009;7(9):1228 | | Non-authorised | 2880 |
| Art.13(1) | Meso-zeaxanthin (derived from lutein of plant extract like marigold ,spinach | Helps optimising healthy eye functions | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | Maintenance of vision | 2010;8(2):1483 | | Non-authorised | 2096 |
| Art.13(1) | Methionine | Helps to maintain a healthy cholesterol level | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal blood cholesterol concentrations | 2010;8(10):1744 | | Non-authorised | 706, 1615 |
| Art.13(1) | Methylsulfonylmethan (MSM) | Methylsulfonylmethan is important for the creation of collagen and proper formation of cartilage and bone tissue | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints | 2009;7(9):1268 | | Non-authorised | 395 |
| Art.13(1) | Methylsulfonylmethane | MSM might be supportive for the bone and joints health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | contribution to normal collagen formation | 2010;8(10):1746 | | Non-authorised | 389 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|-----------|
| Art.13(1) | Methylsulfonylmethane (MSM) | For joint maintenance Helps maintain proper functioning of joints, tendons and ligaments | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints | 2009;7(9):1268 | | Non-authorised | 1616 |
| Art.13(1) | Methylsulfonylmethane/MSM | Acts as natural sulfur source; Feeds the skin from inside out; For healthy skin, nails and hair; Supports a healthy skin | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal collagen formation | 2010;8(10):1746 | | Non-authorised | 1741 |
| Art.13(1) | Methylsulfonylmethane/MSM | Acts as natural sulfur source; Feeds the skin from inside out; For healthy skin, nails and hair; Supports a healthy skin | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal hair | 2010;8(10):1746 | | Non-authorised | 1741 |
| Art.13(1) | Methylsulfonylmethane/MSM | Acts as natural sulfur source; Feeds the skin from inside out; For healthy skin, nails and hair; Supports a healthy skin | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal nails | 2010;8(10):1746 | | Non-authorised | 1741 |
| Art.13(1) | Milk fat globule membrane/Milk phospholipids | -Helps to support/strengthen the natural defence -Helps to support/strengthen the body's defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "immune function/immune system" | 2010;8(10):1799 | | Non-authorised | 645, 1743 |
| Art.13(1) | Milk fat globule membrane/Milk phospholipids | Supports intestinal comfort. Supports the functioning of the digestive system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of gastrointestinal discomfort | 2011;9(6):2248 | | Non-authorised | 644, 1742 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Mineralwasser/ Calcium | [In german:] kräftigt die Nägel Clarification provided strengthens the nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal hair and nails | 2010.8(10):1725 | | Non-authorised | 399 |
| Art.13(1) | Mineralwasser/ Kohlensäure | [In german :] regt die Verdauung an Clarification provided stimulates digestion | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Digestive function" | 2011;9(6):2228 | | Non-authorised | 1401 |
| Art.13(1) | Mineralwasser/ Natriumchlorid | [In German:] zur Anregung des Appetits. Clarification provided To stimulate the appetite. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in appetite after unintentional weight loss leading to an increase in energy intake | 2011;9(6):2246 | | Non-authorised | 411 |
| Art.13(1) | Mineralwasser/ Hydrogencarbonat (Bicarbonat) | [In german :] ist zusammen mit Calcium für eine gute Knochendichte notwendig Clarification provided: Hydrogencarbonate from mineral water cares together with calcium for adequate bone density significantly | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bone | 2011;9(7):2301 | | Non-authorised | 1402 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Mineralwasser/ Kieselsäure (Silizium) | In german :] stärkt/festigt das Bindegewebe Clarification provided –strengthens/stabilizes the connective tissue | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal formation of collagen and connective tissue | 2011;9(6):2259 | | Non-authorised | 1405 |
| Art.13(1) | Mineralwasser/ Kieselsäure (Silizium) | In german :] stärkt/festigt das Bindegewebe Clarification provided –strengthens/stabilizes the connective tissue | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal joints | 2011;9(6):2259 | | Non-authorised | 1405 |
| Art.13(1) | Mineralwasser/Hydrogencarbonat (Bicarbonat) | In german :] kann die Muskelermüdung beim Ausdauersport verzögern Clarification provided can delay tiring of muscles in endurance sports | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance performance | 2011;9(6):2247 | | Non-authorised | 1403 |
| Art.13(1) | Mineralwasser/Natrium-Hydrogencarbonat | In german :] gut für den Blutdruck Clarification provided supports regulation of blood pressure | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood pressure | 2011;9(6):2262 | | Non-authorised | 1404 |
| Art.13(1) | Mix of Glucose-Fructose | helps to lower level of the consumed alcohol in the body by decelerating of the absorbin of alcohol | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Decreasing the absorption of alcohol | 2011;9(6):2228 | | Non-authorised | 648 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Molybdenum | -Antioxidant. -Protects cells from ageing. -Important for nitrogen metabolism. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010.8(10):1745 | | Non-authorised | 341 |
| Art.13(1) | Momordica charantia (Common Name : balsam pear, bitter melon, bitter gourd, ampalaya, karela (karola), fu kwa) | Helps to maintain a normal blood glucose | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood glucose concentrations | 2010.8(2):1490 | | Non-authorised | 2091 |
| Art.13(1) | Monométhylsilanetriol: other substance with nutritional or physiological effects | Contributes to maintenance of healthy skin, joints and bone. -Contributes to maintenance of strong hairs and nails. -Contributes to the structure of blood vessels. -Supports mobility and flexibility by contribution to the structure of articular cartilage | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bone | 2011.9(6):2259 | | Non-authorised | 1945 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Monométhylsilanetriol: other substance with nutritional or physiological effects | Contributes to maintenance of healthy skin, joints and bone. -Contributes to maintenance of strong hairs and nails. -Contributes to the structure of blood vessels. -Supports mobility and flexibility by contribution to the structure of articular cartilage | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal formation of collagen and connective tissue | 2011;9(6):2259 | | Non-authorised | 1945 |
| Art.13(1) | Monométhylsilanetriol: other substance with nutritional or physiological effects | Contributes to maintenance of healthy skin, joints and bone. -Contributes to maintenance of strong hairs and nails. -Contributes to the structure of blood vessels. -Supports mobility and flexibility by contribution to the structure of articular cartilage | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal joints | 2011;9(6):2259 | | Non-authorised | 1945 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Monounsaturated fatty acids (mainly oleic acid) | Replacement saturated fatty acids by monounsaturated fatty acids in the diet is beneficial for the blood total cholesterol, LDL cholesterol and triglyceride levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal (fasting) blood concentrations of triglycerides | 2011;9(4):2043 | | Non-authorised | 4334 |
| Art.13(1) | Monounsaturated fatty acids (mainly oleic acid) | Replacement saturated fatty acids by monounsaturated fatty acids in the diet is beneficial for the blood total cholesterol, LDL cholesterol and triglyceride levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal (fasting) blood concentrations of triglycerides | 2011;9(4):2043 | | Non-authorised | 673 |
| Art.13(1) | Morinaga <i>Bifidobacterium longum</i> BB536 | <i>Bifidobacterium longum</i> BB536 is a probiotic that promotes bowel regularity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | improvement of bowel regularity | 2011;9(4):2041 | | Non-authorised | 3004 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Morinaga <i>Bifidobacterium longum</i> BB536 | Bifidobacterium longum BB536 is a probiotic that supports the immune system Clarification provided Bifidobacterium longum BB536 is a probiotic that supports the immune system by helping the body's natural resistance to allergens | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | normal resistance to cedar pollen allergens | 2011:9(4):2041 | | Non-authorised | 3006 |
| Art.13(1) | Morinaga <i>Bifidobacterium longum</i> BB536 | "Bifidobacterium longum BB536 is a probiotic that promotes a healthy balance of intestinal bacteria" "Bifidobacterium longum BB536 is a probiotic that suppresses the growth of harmful intestinal bacteria" | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic intestinal microorganisms | 2011:9(4):2041 | | Non-authorised | 3005 |
| Art.13(1) | Mucopolysaccharides | Mucopolysaccharides help maintaining healthy joints | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of joints | 2010:8(2):1493 | | Non-authorised | 3624 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|------------|
| Art.13(1) | Mung bean (Vigna Radiata) | Phytoestrogens are commonly used by women who cannot / do not want to use HRT during menopause. PB is a source of phytoestrogens. PB is a source of oestrogenic support during menopause and beyond. Oestrogenic support during menopause years and beyond which helps maintain wellbeing and quality of life. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of menopausal discomfort | 2011;9(6):2248 | | Non-authorised | 1933, 2095 |
| Art.13(1) | Mycoprotein | As part of a low fat diet, mycoprotein helps maintain normal cholesterol levels that keep your heart healthy | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2042 | | Non-authorised | 1619 |
| Art.13(1) | Mycoprotein | Mycoprotein satisfies your appetite for longer on fewer calories | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in satiety leading to a reduction in energy intake | 2011;9(4):2042 | | Non-authorised | 1620 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | N-acetyl-l-cysteine | Adequate supply contributes to glutathione homeostasis /restoring glutathione levels with cysteine helps to keep the redox state in balance /building glutathione levels with cysteine support the body's natural defense system /building glutathione levels with cysteine supports the detoxification function of your liver | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the normal glutathione formation | 2010.8(10):1795 | | Non-authorised | 1745 |
| Art.13(1) | Name of Food product: Alfalfa Shoots Description of food in terms of food legislation categories: food not covered by specific food legislation Was food on Irish market before 1st July 2007: Yes | Exact wording of claim as it appears on product: Alfalfa Shoots are naturally good for your heart Is claim a picture: No Clarification provided Exact wording of claim as it appears on product: Alfalfa Shoots are naturally good for your heart Is claim a picture: No | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 1361 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <p>Name of Food product: Brocco Shoots</p> <p>Description of food in terms of food legislation categories: food not covered by specific food legislation</p> <p>Was food on Irish market before 1st July 2007: Yes</p> | <p>Exact wording of claim as it appears on product: Brocco Shoots naturally boost your immune system.</p> <p>Is claim a picture: No.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated.</p> | not validated | 2011.9(6):2243 | | Non-authorised | 1362 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <p>Name of Food product: Cheese</p> <p>Description of food in terms of food legislation categories: food not covered by specific food legislation</p> <p>Was food on Irish market before 1st July 2007: Yes</p> | <p>Exact wording of claim as it appears on product: The Irish Dairy Board is currently selling 3 probiotic cheese products commercially which contain Lb. paracasei NFBC 338: Product: Medium Mature Cheddar under the Pilgrims Choice brand, UK Front of pack: Probiotic Cheddar Rear of pack: Medium probiotic is made using the culture: Lactobacillus paracasei NFBC 338 and it has a smooth and mellow taste. Enjoyed regularly, it will help maintain a healthy digestive system. For best results and full benefits of probiotic culture, consume cold. Product: Mature Cheddar under Tesco private label, UK, Healthy Living Range Front of pack: Probiotic Mature</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>decreasing potentially pathogenic gastrointestinal microorganisms</p> | 2010.8(10):1767 | | Non-authorised | 1371 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|--|--|---------------------|------------------------|-----------------------|--------|----------|
| | | <p>Cheddar helps to ensure a healthy and balanced digestive system. Rear of pack: Lactobacillus paracasei in Tesco Probiotic cheese helps maintain a healthy digestive lifestyle and a balanced diet. To guarantee the benefits, this cheese should be eaten uncooked. Product: Dubliner Lite, Carbery Milk Products, Ireland Front of pack: Probiotic cheese Rear of pack: Probiotic Cultures help maintain a healthy digestive system. Examples of any alternative wording that may be used in relation to claim: Probiotic Culture Lactobacillus Paracasei NFBC 338 helps maintain a healthy digestive system. Probiotic Culture Lactobacillus Paracasei NFBC 338</p> | | | | | | |



| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|---|--|---------------------|------------------------|-----------------------|--------|----------|
| | | <p>helps ensure a healthy digestive lifestyle. Probiotic Culture Lactobacillus Paracasei NFBC 338 helps maintain a balanced digestive system. Is claim a picture: No</p> | | | | | | |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <p>Name of Food product: Cheese</p> <p>Description of food in terms of food legislation categories: food not covered by specific food legislation</p> <p>Was food on Irish market before 1st July 2007: Yes</p> | <p>Exact wording of claim as it appears on product: The Irish Dairy Board is currently selling 3 probiotic cheese products commercially which contain Lb. paracasei NFBC 338: Product: Medium Mature Cheddar under the Pilgrims Choice brand, UK Front of pack: Probiotic Cheddar Rear of pack: Medium probiotic is made using the culture: Lactobacillus paracasei NFBC 338 and it has a smooth and mellow taste. Enjoyed regularly, it will help maintain a healthy digestive system. For best results and full benefits of probiotic culture, consume cold. Product: Mature Cheddar under Tesco private label, UK, Healthy Living Range Front of pack: Probiotic Mature</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation.</p> | <p>increasing numbers of gastro-intestinal microorganisms</p> | 2010.8(10):1767 | | Non-authorised | 1371 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|--|--|---------------------|------------------------|-----------------------|--------|----------|
| | | <p>Cheddar helps to ensure a healthy and balanced digestive system. Rear of pack: Lactobacillus paracasei in Tesco Probiotic cheese helps maintain a healthy digestive lifestyle and a balanced diet. To guarantee the benefits, this cheese should be eaten uncooked. Product: Dubliner Lite, Carbery Milk Products, Ireland Front of pack: Probiotic cheese Rear of pack: Probiotic Cultures help maintain a healthy digestive system. Examples of any alternative wording that may be used in relation to claim: Probiotic Culture Lactobacillus Paracasei NFBC 338 helps maintain a healthy digestive system. Probiotic Culture Lactobacillus Paracasei NFBC 338</p> | | | | | | |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|---|--|---------------------|------------------------|-----------------------|--------|----------|
| | | <p>helps ensure a healthy digestive lifestyle. Probiotic Culture Lactobacillus Paracasei NFBC 338 helps maintain a balanced digestive system. Is claim a picture: No</p> | | | | | | |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <p>Name of Food product: Cheese</p> <p>Description of food in terms of food legislation categories: food not covered by specific food legislation</p> <p>Was food on Irish market before 1st July 2007: Yes</p> | <p>Exact wording of claim as it appears on product: The Irish Dairy Board is currently selling 3 probiotic cheese products commercially which contain Lb. paracasei NFBC 338: Product: Medium Mature Cheddar under the Pilgrims Choice brand, UK Front of pack: Probiotic Cheddar Rear of pack: Medium probiotic is made using the culture: Lactobacillus paracasei NFBC 338 and it has a smooth and mellow taste. Enjoyed regularly, it will help maintain a healthy digestive system. For best results and full benefits of probiotic culture, consume cold. Product: Mature Cheddar under Tesco private label, UK, Healthy Living Range Front of pack: Probiotic Mature</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated.</p> | <p>"healthy and balanced digestive system"</p> | 2010.8(10):1767 | | Non-authorised | 1371 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|--|--|---------------------|------------------------|-----------------------|--------|----------|
| | | <p>Cheddar helps to ensure a healthy and balanced digestive system. Rear of pack: Lactobacillus paracasei in Tesco Probiotic cheese helps maintain a healthy digestive lifestyle and a balanced diet. To guarantee the benefits, this cheese should be eaten uncooked. Product: Dubliner Lite, Carbery Milk Products, Ireland Front of pack: Probiotic cheese Rear of pack: Probiotic Cultures help maintain a healthy digestive system. Examples of any alternative wording that may be used in relation to claim: Probiotic Culture Lactobacillus Paracasei NFBC 338 helps maintain a healthy digestive system. Probiotic Culture Lactobacillus Paracasei NFBC 338</p> | | | | | | |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|--|---------------------------|--------------------------------|-----------------------|----------------|----------|
| | | helps ensure a healthy digestive lifestyle. Probiotic Culture Lactobacillus Paracasei NFB3 338 helps maintain a balanced digestive system. Is claim a picture: No | | | | | | |
| Art.13(1) | Name of Food product: Folic Acid/ folate Description of food in terms of food legislation categories: food not covered by specific food legislation Was food on Irish market before 1st July 2007: No | Exact wording of claim as it appears on product: Folate (Folic Acid) helps keep arteries healthy Examples of any alternative wording that may be used in relation to claim: Folate (Folic Acid) helps keep blood vessels healthy Folate promotes a healthy heart | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | function of blood vessels | 2009/7(9):1213 | | Non-authorized | 192 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|--|---------------------------------------|-----------------------|-----------------------|-------------|
| Art.13(1) | <p>Name of Food product: Ipriflavone</p> <p>Description of food in terms of food legislation categories: Food supplement</p> <p>Was food on Irish market before 1st July 2007: No</p> | <p>- Exact wording of claim as it appears on product: Ipriflavone suppresses bone resorption;</p> <p>- Examples of any alternative wording that may be used in relation to claim: Increases bone density/ prevents decreased bone mineral density/ prevents rapid bone loss/ total bone health/ Maintain healthy bones/ Maintain bone integrity/ Reduce bone loss/ Maintain adequate bone density/ support bone health/ contributes to bone health/ contributes to bone strength/ Beneficial effects on bone health/ increased bone mineral density/ Increased bone strength/ Helps reduce risk of bone loss</p> <p>- Is claim a picture:</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>maintenance of bone mineral density</p> | <p>2009.7(9):1267</p> | | <p>Non-authorised</p> | <p>1872</p> |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|----------------------|--------------------------------|-----------------------|----------------|----------|
| | | No | | | | | | |
| Art.13(1) | <p>Name of Food product: Lentil & Bean Shoots</p> <p>Description of food in terms of food legislation categories: food not covered by specific food legislation</p> <p>Was food on Irish market before 1st July 2007: Yes</p> | <p>Exact wording of claim as it appears on product: Lentil & Bean Shoots naturally boost your digestive system.</p> <p>Is claim a picture: No.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated.</p> | "Digestive function" | 2011;9(6):2228 | | Non-authorised | 1357 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <p>Name of Food product: Low Calorie Sweetener / Table-top Sweetener (Granular & tablets - sucralose based)</p> <p>Description of food in terms of food legislation categories: food not covered by specific food legislation Was food on Irish market before 1st July 20</p> | <p>Exact wording of claim as it appears on product: Splenda can help with slimming as part of a calorie controlled diet.</p> <p>Splenda is also suitable for those following a low carbohydrate diet. In France, 'peut contribuer à une réduction de l'apport calorique quotidien'</p> <p>Examples of any alternative wording that may be used in relation to claim: Splenda low calorie sweetener can help to maintain a healthy body weight as part of a calorie-controlled diet. Splenda low calorie sweetener helps to control calorie intake as part of a calorie controlled diet.</p> <p>Is claim a picture: No</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>contribution to the maintenance or achievement of a normal body weight</p> | 2011.9(6):2229 | | Non-authorized | 4299 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <p>Name of Food product: Low Calorie Sweetener / Table-top Sweetener (Granular & tablets - sucralose based)</p> <p>Description of food in terms of food legislation categories: food not covered by specific food legislation Was food on Irish market before 1st July 20</p> | <p>Exact wording of claim as it appears on product: Suitable for people with diabetes within their healthy dietary plan / as part of a healthy diet and lifestyle.</p> <p>Examples of any alternative wording that may be used in relation to claim: Splenda has no effect on carbohydrate metabolism or short or long term blood glucose Splenda low calorie sweetener has no effect on short or long term blood glucose or insulin secretion</p> <p>Splenda can assist in blood glucose control</p> <p>Is claim a picture: No</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>maintenance of normal blood glucose concentrations</p> | 2011.9(6):2229 | | Non-authorised | 4298 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <p>Name of Food product: Olive Biophenols</p> <p>Description of food in terms of food legislation categories: Food supplement</p> <p>Was food on Irish market before 1st July 2007: No</p> | <p>A potent source of biophenols with strong anti-bacterial properties</p> <p>Olive biophenols are effective in combating bacterial infections</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>decreasing potentially pathogenic intestinal microorganisms</p> | 2009;7(9):1245 | | Non-authorised | 1877 |
| Art.13(1) | <p>Name of Food product: Olive Biophenols</p> <p>Description of food in terms of food legislation categories: Food supplement</p> <p>Was food on Irish market before 1st July 2007: No</p> | <p>Exact wording of claim as it appears on product:</p> <p>A potent source of olive biophenols with anti-inflammatory properties</p> <p>Examples of any alternative wording that may be used in relation to claim: Olive biophenols can reduce inflammation related to Osteoarthritis and Rheumatoid arthritis</p> <p>Is claim a picture: No</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect attributes to this food the property of preventing, treating or curing a human disease, or refers to such properties which is prohibited for foods.</p> | <p>"anti-inflammatory properties"</p> | 2011;9(4):2033 | | Non-authorised | 1882 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <p>Name of Food product: Olive Biophenols</p> <p>Description of food in terms of food legislation categories: Food supplement</p> <p>Was food on Irish market before 1st July 2007: No</p> | <p>Exact wording of claim as it appears on product: A potent source of antioxidant biophenols for strengthening and balancing of the immune system from free radicals Examples of any alternative wording that may be used in relation to claim: Olive biophenols are important for a balanced immune system. Antioxidant activity of olive biophenols for healthy and balanced immune system Is claim a picture: No</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>Protection of DNA, proteins and lipids from oxidative damage</p> | 2010.8(2):1489 | | Non-authorised | 1367 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <p>Name of Food product: Olive Biophenols</p> <p>Description of food in terms of food legislation categories: Food supplement</p> <p>Was food on Irish market before 1st July 2007: No</p> | <p>Exact wording of claim as it appears on product: A potent source of olive biophenols that have anti-UV damage properties</p> <p>Examples of any alternative wording that may be used in relation to claim: Olive biophenols can help in repairing skin damage due to sun burn and UV rays</p> <p>Is claim a picture: No</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>Protection of DNA, proteins and lipids from oxidative damage</p> | 2010.8(2):1489 | | Non-authorised | 1878 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <p>Name of Food product: Sodium alginate and ascophyllum nodosum</p> <p>Description of food in terms of food legislation categories: food not covered by specific food legislation</p> <p>Was food on Irish market before 1st July 2007: No</p> | <p>Exact wording of claim as it appears on product: Helps manage blood glucose and insulin levels.</p> <p>Examples of any alternative wording that may be used in relation to claim: Reduces heightened glycaemic index/Blunts glucose and insulin elevation/Reduces the glycaemic load of a meal/Helps maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal blood glucose levels as part of a healthy lifestyle/Contributes to normal glucose/insulin metabolism/Helps control blood glucose levels/Supports maintenance of normal glucose levels.</p> <p>Is claim a picture: No.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>reduction of post-prandial glycaemic responses</p> | 2011.9(6):2261 | | Non-authorised | 1881 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <p>Name of Food product: Product-specific claim: Sodium alginate and ascophyllum nodosum</p> <p>Description of food in terms of food legislation categories: food not covered by specific food legislation</p> <p>Was food on Irish market before 1st July 2007: No</p> | <p>Exact wording of claim as it appears on product: Helps manage blood glucose levels. Examples of any alternative wording that may be used in relation to claim: Reduces heightened glycaemic index/Blunts glucose elevation/Reduces glycaemic load of a meal/Helps maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose metabolism/Helps control blood glucose levels/Supports maintenance of normal glucose levels.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>reduction of post-prandial glycaemic responses</p> | 2011.9(6):2261 | | Non-authorised | 1868 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <p>Name of Food product: sodium alginate and ulva</p> <p>Description of food in terms of food legislation categories: food not covered by specific food legislation</p> <p>Was food on Irish market before 1st July 2007: No</p> | <p>Exact wording of claim as it appears on product: Seaweed fibres support body detoxification</p> <p>Examples of any alternative wording that may be used in relation to claim: Seaweed fibres rid toxins from the body/Seaweed fibres aid colonic health/Seaweed fibres protect the colon/ Seaweed fibres can detox the body/Seaweed fibres help maintain a healthy colon/Seaweed fibres promote healthy conditions in the colon</p> <p>Is claim a picture: No</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated.</p> | not validated | 2011.9(4):2083 | | Non-authorised | 1873 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <p>Name of Food product: Product-specific claim: sodium alginate, HCA and piperine</p> <p>Description of food in terms of food legislation categories: food not covered by specific food legislation</p> <p>Was food on Irish market before 1st July 2007: No</p> | <p>Exact wording of claim as it appears on product: Helps manage appetite and hunger. Examples of any alternative wording that may be used in relation to claim: Contributes to reduce the appetite/Can help in the management of weight control/Promotes the feeling of fullness and satiety/Helps to feel full sooner/Helps to stay full longer/Assists weight management/Helps to reduce the appetite and inhibits conversion of carbohydrates to fats/Helps maintain a healthy level of appetite. Is claim a picture: No.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>increase in satiety leading to a reduction in energy intake</p> | 2011.9(6):2246 | | Non-authorised | 1884 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|--|---------------------------------------|-----------------------|-----------------------|-------------|
| Art.13(1) | <p>Name of Food product: Product-specific claim: sodium alginate, n-acetyl cysteine and piperine</p> <p>Description of food in terms of food legislation categories: food not covered by specific food legislation</p> <p>Was food on Irish market before 1st July 2007: No</p> | <p>Exact wording of claim as it appears on product: Supports body detoxification Examples of any alternative wording that may be used in relation to claim: Rids toxins from the body/Aids colonic health/Protects the colon/Cleanses the body/Helps maintain a healthy colon/Promotes healthy conditions in the colon/Detoxes the body Is claim a picture: No</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>elimination of heavy metals</p> | <p>2011;9(6):2248</p> | | <p>Non-authorised</p> | <p>1871</p> |
| Art.13(1) | <p>Name of Food product: Squeez Cranberry Juice Drink</p> <p>Description of food in terms of food legislation categories: food not covered by specific food legislation</p> <p>Was food on Irish market before 1st July 2007: Yes</p> | <p>Exact wording of claim as it appears on product: More recently, emerging research suggests that cranberries may also be powerful protectors of our health in other areas of the body, such as the stomach, gums and even the heart. Is claim a picture: No.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated.</p> | <p>"Powerful protectors of our gums"</p> | <p>2011;9(6):2215</p> | | <p>Non-authorised</p> | <p>1365</p> |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <p>Name of Food product: Squeez Cranberry and Orange Juice Drink, Squeez Light Cranberry Juice Drink</p> <p>Description of food in terms of food legislation categories: food not covered by specific food legislation</p> <p>Was food on Irish market before 1st July 2007: Yes</p> | <p>Exact wording of claim as it appears on product: More recently, emerging research suggests that cranberries may also be powerful protectors of our health in other areas of the body, such as the stomach, gums and even the heart.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated.</p> | <p>"Powerful protectors of the stomach"</p> | 2011:9(6):2228 | | Non-authorised | 1368 |
| Art.13(1) | <p>Name of Food product: Squeez Wild Blueberry Juice Drink</p> <p>Description of food in terms of food legislation categories: food not covered by specific food legislation</p> <p>Was food on Irish market before 1st July 2007: Yes</p> | <p>Exact wording of claim as it appears on product: Blueberries have a wide range of health benefits including anti-ageing properties and the maintenance of urinary tract and vision health</p> <p>Is claim a picture: No</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated.</p> | not validated | 2011:9(6):2244 | | Non-authorised | 1370 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|--------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Name of Food product: Squeez Wild Blueberry Juice Drink Description of food in terms of food legislation categories: food not covered by specific food legislation Was food on Irish market before 1st July 2007: Yes | Exact wording of claim as it appears on product: Blueberries have a wide range of health benefits including anti-ageing properties and the maintenance of urinary tract and vision health. Is claim a picture: No. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Anti- ageing properties" | 2011;9(6):2228 | | Non-authorised | 1352 |
| Art.13(1) | Name of Food product: Squeez Wild Blueberry Juice Drink Description of food in terms of food legislation categories: food not covered by specific food legislation Was food on Irish market before 1st July 2007: Yes | Exact wording of claim as it appears on product: Blueberries have a wide range of health benefits including anti-ageing properties and the maintenance of urinary tract and vision health. Is claim a picture: No. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Maintenance of urinary tract" | 2011;9(6):2228 | | Non-authorised | 1369 |
| Art.13(1) | Name of Food product: Total Dietary Fibre Description of food in terms of food legislation categories: food not covered by specific food legislation Was food on Irish market before 1st July 2007: Yes | Exact wording of claim as it appears on product: People who have a diet high in fibre / People who eat foods high in fibre tend to have a healthy heart. Is claim a picture: No. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(10):1735 | | Non-authorised | 855 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <p>Name of Food product: Triphala</p> <p>Description of food in terms of food legislation categories: Food supplement</p> <p>Was food on Irish market before 1st July 2007: No</p> | <p>Exact wording of claim as it appears on product: Triphala is a source of antioxidant</p> <p>Examples of any alternative wording that may be used in relation to claim: Has antioxidant activities/ has antioxidant activity/ protection from free radicals which cause cell damage/protects cells and tissues from oxidative damage/helps strengthen the bodys natural defenses against oxidative stress/protective effects due to antioxidant/ contributes to the total antioxidant capacity of the body/ helps prevent oxidative damage/Helps reduce oxidative stress</p> <p>Is claim a picture: No</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>Protection of DNA, proteins and lipids from oxidative damage</p> | 2010.8(2):1489 | | Non-authorised | 1880 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|--|-----------------------|-----------------------|-------------|
| Art.13(1) | <p>Name of Food product: chocolate</p> <p>Description of food in terms of food legislation categories: food not covered by specific food legislation</p> <p>Was food on Irish market before 1st July 2007: Yes</p> | <p>Exact wording of claim as it appears on product: Cocoa beans naturally contain polyphenols. Cocoa polyphenols are known for their antioxidant properties.</p> <p>Examples of any alternative wording that may be used in relation to claim: Cocoa flavonols show antioxidative effects and help protect the cells against oxidative stress, help protect you from radicals which cause cell damage, help strengthen our body's natural defences against oxidative stress.</p> <p>Description of picture: A cocoa bean.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>protection of lipids from oxidative damage</p> | <p>2010.8(10):1792</p> | | <p>Non-authorised</p> | <p>1372</p> |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Name of Food product: coffee Description of food in terms of food legislation categories: food not covered by specific food legislation Was food on Irish market before 1st July 2007: Yes | Exact wording of claim as it appears on product: Coffee naturally contains antioxidants, that may support the body's natural cell defences. Examples of any alternative wording that may be used in relation to claim: Coffee is a major dietary source of antioxidants. Antioxidants from dietary sources: protect from free radicals which cause cell damage; protect body tissues, lipids, cells and DNA from oxidative damage; help strengthen the body's natural defences against oxidative stress. Is claim a picture: Yes Description of picture: A coffee bean | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2011;9(4):2057 | | Non-authorised | 4301 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <p>Name of Food product: fermented dairy products</p> <p>Description of food in terms of food legislation categories: food not covered by specific food legislation</p> <p>Was food on Irish market before 1st July 2007: Yes</p> | <p>Exact wording of claim as it appears on product: Enhances natural resistance. Strengthen your immunity.</p> <p>Is claim a picture: No.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated.</p> | <p>"Immune function/immune system"</p> | 2011;9(4):2061 | | Non-authorised | 1374 |
| Art.13(1) | <p>Name of Food product: fermented dairy products</p> <p>Description of food in terms of food legislation categories: food not covered by specific food legislation</p> <p>Was food on Irish market before 1st July 2007: Yes</p> | <p>probiotic enhances levels of beneficial microflora balances your intestinal microflora beneficially affects the intestinal flora supports a balanced beneficial gastro-intestinal microflora</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>decreasing potentially pathogenic intestinal microorganisms</p> | 2009;7(9):1233 | | Non-authorised | 1376 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <p>Name of Food product: methylsulpony/methane (MSM)</p> <p>Description of food in terms of food legislation categories: Food supplement</p> <p>Was food on Irish market before 1st July 2007: No</p> | <p>Exact wording of claim as it appears on product: Methylsulpony/methane (MSM) helps in the maintenance of normal keratin levels in hair, skin and nails. Examples of any alternative wording that may be used in relation to claim: Methylsulpony/methane (MSM) helps in the maintenance of normal keratin levels in hair, skin and nails. Help keep your hair nails and skin healthy and strong. Is claim a picture: No</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>contribution to normal collagen formation</p> | 2010.8(10):1746 | | Non-authorised | 1874 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|-----------------------------------|--|-----------------------|-----------------------|-------------|
| Art.13(1) | <p>Name of Food product: methylsulpony/methane (MSM)</p> <p>Description of food in terms of food legislation categories: Food supplement</p> <p>Was food on Irish market before 1st July 2007: No</p> | <p>Exact wording of claim as it appears on product: Methylsulpony/methane (MSM) helps in the maintenance of normal keratin levels in hair, skin and nails.</p> <p>Examples of any alternative wording that may be used in relation to claim: Methylsulpony/methane (MSM) helps in the maintenance of normal keratin levels in hair, skin and nails. Help keep your hair nails and skin healthy and strong.</p> <p>Is claim a picture: No</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>maintenance of normal hair</p> | <p>2010.8(10):1746</p> | | <p>Non-authorised</p> | <p>1874</p> |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|------------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <p>Name of Food product: methylsulpony/methane (MSM)</p> <p>Description of food in terms of food legislation categories: Food supplement</p> <p>Was food on Irish market before 1st July 2007: No</p> | <p>Exact wording of claim as it appears on product: Methylsulpony/methane (MSM) helps in the maintenance of normal keratin levels in hair, skin and nails.</p> <p>Examples of any alternative wording that may be used in relation to claim: Methylsulpony/methane (MSM) helps in the maintenance of normal keratin levels in hair, skin and nails. Help keep your hair nails and skin healthy and strong.</p> <p>Is claim a picture: No</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>maintenance of normal nails</p> | 2010:8(10):1746 | | Non-authorised | 1874 |
| Art.13(1) | <p>Naringin (a component of citrus peel extract and precursor of naringenin)</p> | <p>Helps maintain healthy/strong bones</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>Maintenance of bone</p> | 2010:8(2):1493 | | Non-authorised | 1907 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Natural Grape Extract From red grape skin | In healthy balanced diet natural Grape antioxidants help to protect body's cells against free-radicals, and so make a contribution towards reinforcing body's defences With natural grape antioxidants With natural grape polyphenols | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010.8(2):1489 | | Non-authorised | 2059 |
| Art.13(1) | Natural Grape Extract From white grape skin Solvent free | In healthy balanced diet natural Grape antioxidants help to protect body's cells against free-radicals, and so make a contribution towards reinforcing body's defences With natural grape polyphenols With natural grape antioxidants | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010.8(2):1489 | | Non-authorised | 2061 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Natural Palm Oil Carotenes | Are antioxidants that protects the body's cells. Can protect you from free radicals which cause cell damage. Can protect your cells and tissues from oxidative damage. Can contribute to the total antioxidant capacity of the body. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 1621 |
| Art.13(1) | Natural Palm Oil Carotenes | Can increase provitamin A levels during pregnancy and lactation. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 1622 |
| Art.13(1) | Natural mineral water: Hydrogencarbonates as Na ⁺ , Mg ⁺ , Ca ⁻ , salts: NaHCO ₃ , Mg(HCO ₃) ₂ , Ca(HCO ₃) ₂ | Hydrogencarbonates neutralize stomach acid | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Reduction of gastric acid | 2011;9(6):2228 | | Non-authorised | 2886 |
| Art.13(1) | Natural mineral water: Sulphates as Mg ⁻ , Na ⁻ salts: MgSO ₄ , Na ₂ SO ₄ | Sulphates promote emptying of bowel. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | changes in bowel function | 2011;9(6):2246 | | Non-authorised | 2885 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Naturligt astaxanthin från den encelliga grönalgen Haematococcus pluvialis | Astaxanthin främjar en god magfunktion.#C Astaxanthin improves stomach comfort.#C Clarification provided Astaxanthin improves stomach comfort.#C | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | defence against Helicobacter pylori | 2011;9(6):2206 | | Non-authorised | 1686 |
| Art.13(1) | Naturligt astaxanthin från den encelliga grönalgen Haematococcus pluvialis | Astaxanthin främjar spermier/sädesceller mot rörlighet och funktion.#C Astaxanthin promotes sperms motility and functionality.#C Clarification provided Astaxanthin promotes sperms motility and functionality.#C see MS comment | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal spermatogenesis | 2011;9(6):2206 | | Non-authorised | 1688 |
| Art.13(1) | Naturligt astaxanthin från den encelliga grönalgen Haematococcus pluvialis | Astaxanthin ger musklerna god uthållighet och alert kropp vid träning.#C Astaxanthin maintains good muscle persistence and alert body at exercise.#C Clarification provided Astaxanthin maintains good muscle persistence and alert body at exercise.#C | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | contribution to normal muscle function | 2011;9(6):2206 | | Non-authorised | 1685 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Naturligt astaxanthin från den encelliga grönalgen <i>Haematococcus pluvialis</i> | Astaxanthin är bra för hudens fuktighet och elasticitet samt skyddar mot UV-strålning.#A Astaxanthin promotes skin moisture and elasticity plus protect against UV-irradiation.#A Clarification provided Astaxanthin promotes skin moisture and elasticity plus protect against UV-irradiation.#A see MS comment | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of the skin from UV-induced damage | 2011.9(6):2206 | | Non-authorised | 1687 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|----------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Naturligt astaxanthin från den encelliga grönalgen <i>Haematococcus pluvialis</i> | Astaxanthin är en biologiskt aktiv antioxidant som skyddar kroppens celler och bidrar till att främja immunsystemets funktion. Astaxanthin is strong antioxidant protecting the cells in the body and it helps to maintain the immune system. Clarification provided Astaxanthin is strong antioxidant protecting the cells in the body and it helps to maintain the immune system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Immune system" | 2011;9(6):2206 | | Non-authorised | 1689 |
| Art.13(1) | Nucleotides | Contributes to the normal functioning of the immune system/supports natural defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | immune defence against pathogens | 2011;9(4):2066 | | Non-authorised | 1623 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|----------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Nucleotides | Dietary nucleotides are conditionally essential nutrients that provide building blocks for new cells. Dietary nucleotides: - promote general wellbeing [and/or] - enhance the body's immunity [and/or] - help promote normal/proper digestive/intestinal function | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | immune defence against pathogens | 2011;9(4):2066 | | Non-authorised | 1626 |
| Art.13(1) | Nucleotides | Dietary nucleotides enhance immune system function following exercise stress | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "immune function/immune system" | 2010;8(10):1799 | | Non-authorised | 1624 |
| Art.13(1) | Nucleotides | Dietary nucleotides help support a healthy gastro-intestinal tract. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Digestive function" | 2011;9(6):2228 | | Non-authorised | 1625 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Nutrim® Oat Bran | The inclusion of 3 grams oat beta glucan soluble fiber per day from Nutrim® Oat Bran, as part of a diet low in saturated fat and a healthy lifestyle, can help maintain healthy blood glucose levels. Oat beta glucan soluble fiber from Nutrim® Oat Bran, as part of a diet low in saturated fat and a healthy lifestyle, can help maintain healthy blood glucose levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance or achievement of normal blood glucose concentrations | 2010.8(2):1482 | | Non-authorised | 802 |
| Art.13(1) | Nuts | Il consumo regolare di 20 grammi di noci ogni giorno aiuta a combattere l'ipertensione Clarification provided Regular intake of 20 grams of nuts every day helps to preserve normal blood pressure | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2032 | | Non-authorised | 1305 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Nuts - peanuts and tree nuts (almonds, hazelnuts, pecans, pistachios and walnuts), excluding brazil, macadamia and cashew nuts | Eating 30g of nuts per day as part of a balanced diet helps maintain heart health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2032 | | Non-authorised | 1129 |
| Art.13(1) | Nuts - peanuts and tree nuts (almonds, hazelnuts, pecans, pistachios and walnuts), excluding brazil, macadamia and cashew nuts | Eating 30g of nuts per day as part of an energy restricted diet helps maintain a healthy weigh | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2032 | | Non-authorised | 1130 |
| Art.13(1) | Nüsse - Erdnüsse, Haselnüsse, Pekanüsse, Walnüsse und Pistazien.; KEINE Paranüsse, Macadamianüsse und Cashewkerne | [In German:] Der Verzehr von 30g Nüssen pro Tag im Rahmen einer ausgewogenen Ernährung kann zum Gewichtsverlust und zur Erhaltung des Gewichts beitragen | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2032 | | Non-authorised | 1407 |
| Art.13(1) | Oat grain fibre | Helps with weight control. For long-lasting sense of satiety. Frees energy slowly | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance or achievement of a normal body weight | 2009;7(9):1254 | | Non-authorised | 823 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Oats beta-glucan | Kaera kiudaine beeta-glükaani tarbimine soodustab seedimist. Kaera kiudaine beeta-glükaani tarbimine aitab soodustada seedimist. Clarification provided Consuming beta-glucan promotes digestion, improves digestive function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "digestive function" | 2011;9(6):2207 | | Non-authorised | 850 |
| Art.13(1) | Oats beta-glucan | Kaera kiudaine beeta-glükaani tarbimine suurendab küllastustunnet ehk täiskõhutunnet. Kaera kiudaine beeta-glükaani tarbimine pikendab küllastustunde ehk täiskõhutunde säilimist. Clarification provided Consuming oats beta-glucan increases satiety. Consuming oats beta-glucan prolongs the feeling of satiety. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in satiety leading to a reduction in energy intake | 2011;9(6):2207 | | Non-authorised | 851 |
| Art.13(1) | Oenothera biennis (Common Name : Evening Primrose) | Helps maintain supple and flexible joints | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of joints | 2010;8(2):1477 | | Non-authorised | 2098 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Oenothera biennis-evening primrose-seeds oil | Regulates cholesterol level | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2059 | | Non-authorised | 4453 |
| Art.13(1) | Oenothera biennis-evening primrose-seeds oil | Anti-inflammatory / Helpful in eczema, mastalgia. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect attributes to this food the property of preventing, treating or curing a human disease, or refers to such properties which is prohibited for foods. | "Anti-inflammatory properties" | 2011;9(4):2059 | | Non-authorised | 4454 |
| Art.13(1) | Oenothera biennis-evening primrose-seeds oil | Stimulates the catabolism of saturated lipids. / Contributes to body weight reducing. / Helpful in reducing the adipose level and prevents arteriosclerosis. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2059 | | Non-authorised | 4452 |
| Art.13(1) | Oligofructose-enriched inulin (specific selection of short & long chains) from chicory | -increased bone mineral density; -increased bone strength. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 772 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Oligofructose-enriched inulin (specific selection of short & long chains) from chicory | increases/ promotes/ enhances Calcium absorption. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 771 |
| Art.13(1) | Oligomères Procyanidoliques (OPC) de raisin | Soutient les performances visuelles Renforce les fonctions visuelles Clarification provided Grapeseeds extract improve visual adaptation to low luminance /participate to the visual performance/protect cornea/supports visual function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | improvement of visual adaptation to the dark | 2011;9(6):2250 | | Non-authorised | 680 |
| Art.13(1) | Olive Oil | Olive Oil promotes your heart health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal (fasting) blood concentrations of triglycerides | 2011;9(4):2044 | | Non-authorised | 1332 |
| Art.13(1) | Olive Oil | Olive Oil promotes your heart health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood HDL-cholesterol concentrations | 2011;9(4):2044 | | Non-authorised | 1332 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Olive Oil | Olive Oil promotes your heart health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2044 | | Non-authorised | 1332 |
| Art.13(1) | Olive oil and/or olive pomace oil. | 1. Olive oil consumption helps to maintain the health of the cardiovascular system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal (fasting) blood concentrations of triglycerides | 2011;9(4):2044 | | Non-authorised | 1316 |
| Art.13(1) | Olive oil and/or olive pomace oil. | 1. Olive oil consumption helps to maintain the health of the cardiovascular system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood HDL-cholesterol concentrations | 2011;9(4):2044 | | Non-authorised | 1316 |
| Art.13(1) | Olive oil and/or olive pomace oil. | 1. Olive oil consumption helps to maintain the health of the cardiovascular system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2044 | | Non-authorised | 1316 |
| Art.13(1) | Omega | Omega 3 fatty acids support a healthy heart. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal cardiac function | 2011;9(4):2050 | | Non-authorised | 509 |
| Art.13(1) | Omega 3 Long chain fatty acids | Helps / contributes to / promotes / supports the body's defence; stimulates the immune system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "immune function/immune system" | 2010;8(10):1799 | | Non-authorised | 3658 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Omega 3 fatty acids | Omega 3 fatty acids help to maintain a healthy cardiovascular system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood HDL-cholesterol concentrations | 2010;8(10):1796 | | Non-authorised | 506 |
| Art.13(1) | Omega 3-Fatty acids containing eicosapentaenoic acid-EPA and docosahexaenoic acid (DHA) | Contributes to the good functioning of the immunity system. / | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Immunomodulating agent" | 2010;8(10):1796 | | Non-authorised | 4690 |
| Art.13(1) | Omega 3-Fatty acids containing eicosapentaenoic acid-EPA and docosahexaenoic acid (DHA) | Decreases lipid levels / Function in regulation of lipid metabolism / Reduces lipids and LDL-cholesterol levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2010;8(10):1796 | | Non-authorised | 4689 |
| Art.13(1) | Omega 3-Fatty acids containing eicosapentaenoic acid-EPA and docosahexaenoic acid (DHA) | Function in the synthesis of prostaglandins. Helps in inflammatory, rheumatismal disease. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect attributes to this food the property of preventing, treating or curing a human disease, or refers to such properties which is prohibited for foods. | "Anti-inflammatory action" | 2011;9(4):2078 | | Non-authorised | 4688 |
| Art.13(1) | Omega 6 (Linolenic acid from olive oil) | Nutrient for the skin | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of the skin from UV-induced damage | 2011;9(6):2235 | | Non-authorised | 3659 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Omega-3 and Omega-6 fatty acids (GLA) | - Yes Richtiges Verhältnis von omega-3 und omega-6 Fettsäuren zugunsten der omega-3 Fettsäuren - 100-3000mg EPA+DHA per day | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal cognitive function | 2011;9(6):2224 | | Non-authorised | 532 |
| Art.13(1) | Omega-3 and Omega-6 fatty acids (GLA) | Omega-3 fatty acids with GLA support women during menstruation, PMS and menopause | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Women's health" | 2011;9(6):2228 | | Non-authorised | 531 |
| Art.13(1) | Omega-3 fatty acids (EPA/DHA) | Omega-3 fatty acids protect skin from UV damage and keep the skin healthy | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of the skin from photo-oxidative (UV-induced) damage | 2010;8(10):1796 | | Non-authorised | 530 |
| Art.13(1) | Omega-3 fatty acids (incl. DHA) | To protect the cardiovascular system/ promotes heart health To support the fat metabolism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2010;8(10):1796 | | Non-authorised | 538 |
| Art.13(1) | Omega-3 fatty acids, DHA/EPA, Marine oils such as fish oil, cod liver oil containing DHA and EPA | Helps maintain mobility and flexibility of joints/helps diminish morning stiffness in joints/ helps maintain healthy, flexible, mobile and supple joints | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints | 2009;7(9):1263 | | Non-authorised | 503 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--------------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Omega-3 fatty acids/alpha-linolenic acid | Omega-3 fatty acids are needed for growth and development. Omega-3 fatty acids are needed as building material for cells. Omega-3 fatty acids have an effect on vision. Omega-3 fatty acids have an effect on skin condition. Omega-3 fatty acids have an effect on blood pressure and regulation of nervous system activity. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Nutrient tasks and interactions" | 2011;9(4):2050 | | Non-authorised | 576 |
| Art.13(1) | Omega-3 fatty acids/alpha-linolenic acid | Omega-3 fatty acids have an effect on blood pressure and regulation of nervous system activity. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood pressure | 2011;9(4):2050 | | Non-authorised | 575 |
| Art.13(1) | Omega-3 fish body oil - PUFAs | Involved in the immune system May help maintain a healthy immune system May help maintain healthy joints Joint care | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints | 2009;7(9):1263 | | Non-authorised | 524 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Omega-3 fish body oil - PUFAs | May help maintain a healthy digestive system Gentle on the stomach Appearance of skin, healthy looking skin, a part of your daily skin care routine, helps maintain a good complexion. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Skin and digestive tract epithelial cells maintenance" | 2011;9(4):2078 | | Non-authorised | 525 |
| Art.13(1) | Omega-3 stable fish body oil | Natural stable omega-3 fatty acids help to maintain a healthy heart | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal blood LDL-cholesterol concentrations | 2010;8(10):1796 | | Non-authorised | 527 |
| Art.13(1) | Omega-3 stable fish body oil | Natural stable omega-3 fatty acids help to maintain supple joints. Natural stable omega-3 fatty acids help manage anti-inflammatory responses. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints | 2009;7(9):1263 | | Non-authorised | 526 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Optibiotics containing <i>Bacillus mesentericus</i> TO-A, <i>Clostridium butyricum</i> TO-A and <i>Streptococcus faecalis</i> T-110 | Probiotic Promotes healthy intestinal flora Beneficially affects the intestinal flora Supports a healthy intestinal flora; Balances the intestinal flora. Synergistic Probiotic formula Contains probiotics | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 943 |
| Art.13(1) | Ornithine | Ornithine helps to normalize hepatic function through regulation of urea cycle. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the regulation of the urea cycle | 2011;9(6):2251 | | Non-authorised | 4270 |
| Art.13(1) | PHGG | PHGG contributes to lower cholesterol and triglyceride levels in the blood after the intake of fat-rich foods there by improve heart function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood cholesterol concentrations | 2010;8(2):1465 | | Non-authorised | 793 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | PHGG | PHGG contributes to lower cholesterol and triglyceride levels in the blood after the intake of fat-rich foods there by improve heart function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood concentrations of triglycerides | 2010;8(2):1465 | | Non-authorized | 793 |
| Art.13(1) | POLICOSANOL | Reducing cholesterol levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood HDL-cholesterol concentrations | 2011;9(6):2255 | | Non-authorized | 4693 |
| Art.13(1) | POLICOSANOL | Reducing cholesterol levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(6):2255 | | Non-authorized | 4693 |
| Art.13(1) | PROPOLIS | Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Increases the physiological resistance of the organism in case of severe ambiance conditions | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010;8(2):1489 | | Non-authorized | 3797 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | PROPOLIS | Helps increase the antioxidative capacity of the body Has antioxidant properties Contains naturally occurring antioxidants Antioxidants help protect you from free radicals Antioxidants help protect your cells and tissues from oxidation Antioxidants contrib | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010.8(2):1489 | | Non-authorised | 1243 |
| Art.13(1) | PROPOLIS | Helps the natural defences Contributes to a normal immune response Support the immune systems Contributes to the natural defences Maintenance of the normal immune system Supports the natural resistance Contributes to natural immunological defences Propolis contributes to the natural defences and proper functioning of the immune system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(10):1810 | | Non-authorised | 1248 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | PROPOLIS | Helps the physiological blood fluidity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(10):1810 | | Non-authorised | 3526 |
| Art.13(1) | PROPOLIS | Helps to maintain a healthy liver function, supporting the digestion and the body purification | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(10):1810 | | Non-authorised | 3527 |
| Art.13(1) | PROPOLIS | Increases the physiological resistance of the organism in case of severe ambiance conditions | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(10):1810 | | Non-authorised | 3798 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | PROPOLIS | Promotes upper respiratory tract health Contributes to the resistance of the organism Supports the natural defence mechanism, especially at the level of the upper respiratory tract Pleasant for temporary croakiness For an appropriate and easy respiration Contributes to the respiratory comfort Soothing for throat and chest (airways). | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(10):1810 | | Non-authorised | 1242 |
| Art.13(1) | PROPOLIS | Supports the immune system and the body's defence | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(10):1810 | | Non-authorised | 3799 |
| Art.13(1) | Palm/oaat oil fatty acid | In studies found to increase and prolong the sense of satiety. Helps to control appetite during the day. Increases the feeling of satiety | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2011.9(6):2252 | | Non-authorised | 577 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Pancreatic enzymes | For a better digestive process | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Improvement of the digestion of macronutrients (e.g. carbohydrates, proteins and lipids) | 2011;9(6):2228 | | Non-authorised | 1781 |
| Art.13(1) | Pantothenic acid (B-5) | Pantothenic acid supports healthy hormone balance. Pantothenic acid is required for normal adrenal function | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | adrenal function | 2010;8(10):1758 | | Non-authorised | 204 |
| Art.13(1) | Papain | Supports normal immune function /supports body own defence mechanisms | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Immune function/immune system" | 2011;9(4):2061 | | Non-authorised | 1628 |
| Art.13(1) | Papain | Digestive aid, protein digestion | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Improvement of the digestion of macronutrients (e.g. carbohydrates, proteins and lipids) | 2011;9(6):2228 | | Non-authorised | 4691 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Papaya | Supports pancreas activity and protein break-up. Papaya breaks down proteins and relieves after a heavy meal and when traveling in areas with different food hygiene. The papain enzymes in papaya break down proteins and activates digestive enzymes. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Improvement of the digestion of macronutrients (e.g. carbohydrates, proteins and lipids) | 2011,9(6):2228 | | Non-authorised | 2825 |
| Art.13(1) | Papaya (Carica papaya L.) | Helps to reduce localized excess fat. - Helps to limit cellulitis thanks to its proteolytic effect | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect attributes to this food the property of preventing, treating or curing a human disease, or refers to such properties which is prohibited for foods. | Prevention or treatment of cellulitis | 2011,9(6):2228 | | Non-authorised | 2743 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Partially Hydrolysed Guar Gum (PHGG) | Diet rich in fiber can help you maintain good cardiovascular health Dietary fiber helps maintain healthy cholesterol levels to promote overall heart health Dietary fiber helps maintain healthy blood pressure to promote overall heart health Diets rich in fiber can help promote healthy triglyceride levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood cholesterol concentrations | 2010;8(2):1465 | | Non-authorised | 816 |
| Art.13(1) | Partially Hydrolysed Guar Gum (PHGG) | Diet rich in fiber can help you maintain good cardiovascular health Dietary fiber helps maintain healthy cholesterol levels to promote overall heart health Dietary fiber helps maintain healthy blood pressure to promote overall heart health Diets rich in fiber can help promote healthy triglyceride levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood concentrations of triglycerides | 2010;8(2):1465 | | Non-authorised | 816 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Partially Hydrolysed Guar Gum (PHGG) | Dietary fiber helps keep your blood sugar levels constant | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood glucose concentrations | 2010;8(2):1465 | | Non-authorised | 792 |
| Art.13(1) | Partially Hydrolysed Guar Gum (PHGG) | Dietary fiber helps maintain a healthy immune system by strengthening your body's natural defenses. Dietary fiber helps promote overall immune system health. Dietary Fiber helps boost your body's natural immunity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "immune function/immune system" | 2010;8(10):1799 | | Non-authorised | 791 |
| Art.13(1) | Partially Hydrolysed Guar Gum (PHGG) | Eating a diet high in fiber can help control postprandial glucose levels and serum lipid profiles and promote healthy triglyceride levels Dietary fiber helps improve glycemic control so you maintain normal blood sugar and insulin levels essential for good health PHGG helps to regulate plasma glucose levels and glycemic index of the foods after meals. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Reduction of post-prandial glycaemic response | 2010;8(2):1465 | | Non-authorised | 789 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Partially Hydrolysed Guar Gum (PHGG) | Eating a diet high in fiber can help you control your weight Eating a diet high in fiber can help you maintain your weight by helping to curb your cravings. Diets rich in soluble fiber may help decrease feelings of hunger. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Increase in Satiety | 2010.8(2):1465 | | Non-authorised | 790 |
| Art.13(1) | Partially Hydrolysed Guar Gum (PHGG) | Eating a diet high in fiber can help you control your weight Eating a diet high in fiber can help you maintain your weight by helping to curb your cravings. Diets rich in soluble fiber may help decrease feelings of hunger. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance or achievement of a normal body weight | 2010.8(2):1465 | | Non-authorised | 790 |
| Art.13(1) | Partially Hydrolysed Guar Gum (PHGG) | PHGG is fermented in the gut leading to the production of the beneficial SCFA. PHGG helps promote colon health PHGG nourishes the digestive tract, where 70% of immune function occurs. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | changes in short chain fatty acid (SCFA) production and/or pH in the gastro-intestinal tract | 2011.9(6):2254 | | Non-authorised | 787 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Partially Hydrolysed Guar Gum (PHGG) | PHGG promotes the growth of beneficial intestinal bacteria (probiotics) that are important for the maintenance of the natural digestive balance PHGG supports the natural, beneficial microflora PHGG contributes to proper digestive function by regulating the microflora and short chain fatty acid production. PHGG helps promote healthy intestinal flora to support bowel function PHGG helps maintain digestive balance by promoting "good bacteria" levels PHGG helps to restore and maintain your natural digestive balance by stimulating the growth of beneficial intestinal flora PHGG acts as a prebiotic to naturally nourish the beneficial | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | decreasing potentially pathogenic gastrointestinal microorganisms | 2011.9(6):2254 | | Non-authorised | 788 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|---|--|---------------------|------------------------|-----------------------|--------|----------|
| | | <p>bacteria found in your digestive system PHGG stimulates the development of the intestinal flora PHGG helps to maintain the natural balance of the intestinal flora PHGG has a prebiotic effect Thanks to the prebiotic activity of PHGG, the product has a gentle, effective and progressive action: it helps good development of the intestinal flora</p> | | | | | | |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Peanuts, Peanut butter, Peanut oil | Consuming a small handful, about 30 grams, of peanuts a day as part of a diet low in saturated fat helps to achieve healthy cholesterol levels and promotes heart health. Consuming two tablespoons, about 30g, of peanut butter a day as part of a diet low in saturated fat helps to achieve healthy cholesterol levels and promotes heart health. Consuming two tablespoons, about 30 grams of peanut oil a day as part of a diet low in saturated fat helps to achieve healthy cholesterol levels and promotes heart health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2045 | | Non-authorised | 1284 |
| Art.13(1) | Pectins | Induce satiety sensation | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in satiety leading to a reduction in energy intake | 2010;8(10):1747 | | Non-authorised | 4692 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Peptides (isoleucine-proline-proline, IPP + valine-proline-proline, VPP) | Peptides help to control blood pressure / Bioactive peptides help to control blood pressure. Peptides help to control blood pressure and reduce arterial stiffness. / Bioactive peptides help to control blood pressure and help to reduce arterial stiffness. Helps to control blood pressure. Helps to improve arterial elasticity / Reduces arterial stiffness. Has a positive effect on arterial function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of the elastic properties of the arteries | 2009;7(9):1259 | | Non-authorised | 1832 |
| Art.13(1) | Phaseolamine (proteina concentrata di fagiolo <i>Phaseolus vulgaris</i>) | Con proteina concentrata di fagiolo che AIUTA A DIMAGRIRE. Clarification provided With concentrated bean proteins, which contributes to weight reduction. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction in body weight | 2011;9(6):2253 | | Non-authorised | 1701 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Phenol compounds of cranberry and lingonberry (catechins, flavonoids, phenolic acids, anthocyanins, lignans) + ascorbic acid | Cranberry-lingonberry juice contains natural phenolic compounds that are health-promoting antioxidants. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Antioxidant, antioxidant content, and antioxidant properties | 2010.8(2):1489 | | Non-authorised | 1833 |
| Art.13(1) | Phenylalanine | Contributes to mental activity. Stimulates mental alertness | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increased alertness | 2010.8(10):1748 | | Non-authorised | 1629 |
| Art.13(1) | Phenylalanine | Helps to maintain mental health and stimulates mental alertness | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increased alertness | 2010.8(10):1748 | | Non-authorised | 708 |
| Art.13(1) | Phoenix dactylifera (Date) | Helps eliminate harmful substances from the body and ensures lively mind | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Antioxidant, antioxidant content, and antioxidant properties | 2010.8(2):1489 | | Non-authorised | 2475 |
| Art.13(1) | Phosphatidyl choline / lecithin | Contributes to the memory function. Contributes against memory problems associated with aging | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal cognitive function | 2010.8(10):1741 | | Non-authorised | 710 |
| Art.13(1) | Phosphatidyl choline / lecithin | Contributes to the memory function. Contributes to mental and cognitive function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal cognitive function | 2010.8(10):1741 | | Non-authorised | 1631 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Phosphatidyl choline / lecithin | Helps to maintain a normal cholesterol level | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood cholesterol concentrations | 2010.8(10):1741 | | Non-authorised | 1630 |
| Art.13(1) | Phosphatidyl choline / lecithin | Helps to maintain a normal cholesterol level Helps to maintain a healthy heart. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood cholesterol concentrations | 2010.8(10):1741 | | Non-authorised | 709 |
| Art.13(1) | Phosphatidyl serine | Support of cognitive functions in young people Contributes to the maintenance of cognitive functions with aging Supports memory and brain performance in aging adults | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(10):1749 | | Non-authorised | 1632 |
| Art.13(1) | Phosphatidylcholine | Improve the glutamine's effect in sportsmen. Improve the intestinal absorption of glutamine. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | increase in the intestinal absorption of glutamine | 2010.8(10):1741 | | Non-authorised | 4251 |
| Art.13(1) | Phosphatidylcholine | Improve the neuromuscular functions | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | improvement of neuromuscular function | 2010.8(10):1741 | | Non-authorised | 4250 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Phosphatidylcholine | Participate in the regeneration of the muscular cells. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | faster recovery from muscle fatigue after exercise | 2010.8(10):1741 | | Non-authorised | 4249 |
| Art.13(1) | Phosphatidylserine | May improve memory in the elderly May improve cognitive performance in the elderly May improve memory and cognitive performance in the elderly PS is a naturally occurring phospholipid (lecithin) present in all cells. It is most concentrated in the brain where it plays a role in healthy brain functions PS is essential to the functioning of all cells of the body, but is most concentrated in the brain and can help maintain healthy brain function PS is a food ingredient intended to support brain function | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(10):1749 | | Non-authorised | 711 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Phosphatidylserine | <p>May improve memory in the elderly</p> <p>May improve cognitive performance in the elderly.</p> <p>May improve memory and cognitive performance in the elderly</p> <p>Support of cognitive functions in young people</p> <p>Contributes to the maintenance of cognitive functions with aging</p> <p>Supports memory and brain performance in aging adults</p> <p>Plays an important role in healthy nerve function through the central nervous system including the brain</p> <p>Contributes to the resistance against stress</p> <p>Helps concentration and mental performance in cases of stress</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated.</p> | not validated | 2010.8(10):1749 | | Non-authorised | 552 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|------------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Phosphatidylserine | Support of cognitive functions in young people Contributes to the maintenance of cognitive functions with aging Supports memory and brain performance in aging adults Plays an important role in healthy nerve function through the central nervous system including the brain Contributes to the resistance against stress Helps concentration and mental performance in cases of stress. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(10):1749 | | Non-authorised | 734 |
| Art.13(1) | Phosphorus | Supplementation with B-vitamins, iron, magnesium as well as vitamin C can reduce fatigue and tiredness in situations of inadequate micro-nutrient status | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Reduction of tiredness and fatigue | 2011.9(4):2080 | | Non-authorised | 323 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Phospholipids | Improves the memory. Improves the memory, and learning and concentrative ability. Strengthens the nervous system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | memory, learning capacity and attention, and function of the nervous system | 2009.7(9):1246 | | Non-authorised | 1835 |
| Art.13(1) | Phospholipids | Makes the immune defence system more effective and repairs oxidation damage of cells. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2009.7(9):1246 | | Non-authorised | 1834 |
| Art.13(1) | Phytosterols (mixture of Beta-sitosterol, Campesterol, Stigmasterol, Brassicasterol, Stigmastanol, Ergostanol, Campestanol) | Contributes to normal functioning of prostate and urinary tract | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal prostate size and normal urination | 2010.8(10):1813 | | Non-authorised | 714 |
| Art.13(1) | Phytosterols (mixture of Beta-sitosterol, Campesterol, Stigmasterol, Brassicasterol, Stigmastanol, Ergostanol, Campestanol) | Contributes to normal functioning of urinary tract | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal prostate size and normal urination | 2010.8(10):1813 | | Non-authorised | 1635 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Pine nut oil | Pine nut oil promotes the feeling of satiety.; Pine nut oil gives you control on your appetite.; Pine nut oil can control your food intake.; Pine nut oil can reduce prospective food intake.; Pine nut oil can prevent snacking.;Pine nut oil is an effective appetite suppressant. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in satiety leading to a reduction in energy intake | 2011;9(4):2046 | | Non-authorised | 551 |
| Art.13(1) | Pineapple (Ananas comosus L.) | Helps to reduce localized excess fat. - Helps to limit cellulitis thanks to its proteolytic effect | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect attributes to this food the property of preventing, treating or curing a human disease, or refers to such properties which is prohibited for foods. | Prevention or treatment of cellulitis | 2011;9(6):2228 | | Non-authorised | 3687 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Pitanga | Pitanga is a major dietary source of antioxidants Antioxidants from dietary sources contribute to the protection against free radicals which cause cell damage contributes to the protection of cells and tissues from oxidative damage help strengthen our body's natural defences against oxidative stress | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011;9(4):2021 | | Non-authorised | 1262 |
| Art.13(1) | Pitanga | Pitanga is a major dietary source of antioxidants/ Antioxidants from dietary sources contribute to the protection against free radicals which cause cell oxidation/ Contributes to the protection of cells and tissues from oxidation/ Help strengthen our body's natural defences against oxidative stress | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010;8(2):1489 | | Non-authorised | 2321 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Pitanga | Pitanga is a major dietary source of beta-carotene beta-carotene from dietary sources helps to maintain a healthy skin | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of the skin from UV-induced (including photo-oxidative) damage | 2011,9(4):2021 | | Non-authorised | 1263 |
| Art.13(1) | Pitanga | Pitanga is a major dietary source of beta-carotene / beta-carotene from dietary sources helps to maintain a healthy skin | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of the skin from UV-induced (including photo-oxidative) damage | 2011,9(4):2021 | | Non-authorised | 2320 |
| Art.13(1) | Plante : Pomme Malus communis (=syn. Pirus malus) (Apple) | Reconnu pour faciliter la digestion/Reconnu pour contribuer à un confort digestif/reconnu pour favoriser le transit par un effet de lest Clarification provided Traditionally used to facilitate the digestion / traditionally used to contribute to the digestive comfort / traditionally used to facilitate a good digestion / traditionally used to enhance le digestion by an effect of load | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | changes in bowel function | 2011,9(6):2246 | | Non-authorised | 3516 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Pleurotus Eryngii | régule la physiologie du pancréas et le métabolisme des graisses | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Improvement of the digestion of macronutrients (e.g. carbohydrates, proteins and lipids) | 2011;9(6):2228 | | Non-authorised | 3519 |
| Art.13(1) | Pleurotus ostreatus (oyster mushroom) | Contributes to natural immunological defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Immune function/immune system" | 2011;9(4):2061 | | Non-authorised | 3521 |
| Art.13(1) | Pleurotus ostreatus (oyster mushroom) | antioxidants can protect you from radicals which cause cell damage antioxidants can protect your cells and tissues from oxidative damage; antioxidants contribute to the total antioxidant | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010;8(2):1489 | | Non-authorised | 3520 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Policosanol (from sugarcane wax (Saccarum officinarum)) | Support for Healthy Blood Lipid Levels/ Natural Blood Lipid Support/ Policosanol supports healthy lipid metabolism/ Policosanol may promote LDL binding, uptake, and degradation/ Policosanol may help maintain healthy blood pressure levels already within normal range | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood HDL-cholesterol concentrations | 2011;9(6):2255 | | Non-authorised | 1748 |
| Art.13(1) | Policosanol (from sugarcane wax (Saccarum officinarum)) | Support for Healthy Blood Lipid Levels/ Natural Blood Lipid Support/ Policosanol supports healthy lipid metabolism/ Policosanol may promote LDL binding, uptake, and degradation/ Policosanol may help maintain healthy blood pressure levels already within normal range | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(6):2255 | | Non-authorised | 1748 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Policosanol / Blend of aliphatic alcohols - consisting primarily of 1-Octacosanol, 1-Triacosanol, 1-Tetracosanol and 1-Hexacosanol - from sugar cane (<i>Saccharum officinarum</i>) | Policosanol helps to maintain healthy cholesterol levels / contributes to good LDL cholesterol level / contributes to good HDL cholesterol level | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood HDL-cholesterol concentrations | 2011;9(6):2255 | | Non-authorised | 1747 |
| Art.13(1) | Policosanol / Blend of aliphatic alcohols - consisting primarily of 1-Octacosanol, 1-Triacosanol, 1-Tetracosanol and 1-Hexacosanol - from sugar cane (<i>Saccharum officinarum</i>) | Policosanol helps to maintain healthy cholesterol levels / contributes to good LDL cholesterol level / contributes to good HDL cholesterol level | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(6):2255 | | Non-authorised | 1747 |
| Art.13(1) | Policosanols | Helps to decrease cholesterol biosynthesis, which is higher during the night./ Helps to decrease hepatic production of cholesterol, more elevated at night. Helps to control blood levels of cholesterol./ Helps to improve cholesterol profile. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood HDL-cholesterol concentrations | 2011;9(6):2255 | | Non-authorised | 1954 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Policosanols | Helps to decrease cholesterol biosynthesis, which is higher during the night./ Helps to decrease hepatic production of cholesterol, more elevated at night. Helps to control blood levels of cholesterol./ Helps to improve cholesterol profile. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011:9(6):2255 | | Non-authorised | 1954 |
| Art.13(1) | Policosanols | Helps to decrease cholesterol biosynthesis, which is higher during the night./ Helps to decrease hepatic production of cholesterol, more elevated at night./ Helps to control blood levels of cholesterol./ Helps to improve cholesterol profile. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood HDL-cholesterol concentrations | 2011:9(6):2255 | | Non-authorised | 1951 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Policosanols | Helps to decrease cholesterol biosynthesis, which is higher during the night./ Helps to decrease hepatic production of cholesterol, more elevated at night./ Helps to control blood levels of cholesterol./ Helps to improve cholesterol profile. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(6):2255 | | Non-authorized | 1951 |
| Art.13(1) | Pollen pistil extract + SOD | Prevents the formation of lactic acid in muscles. Prevents the muscles from tiring during exertion. Reduces lactic acid production in muscles. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of muscle fatigue during exercise | 2010;8(10):1753 | | Non-authorized | 1840 |
| Art.13(1) | Pollen pistil extract + SOD | SOD enzyme-rich pollen pistil extract. Due to the SOD it contains, it also functions as an antioxidant. Gives energy. Invigorating | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010;8(10):1753 | | Non-authorized | 1839 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Polydextrose | - polydextrose promotes good intestinal health; -polydextrose improves bowel function and gut comfort; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | changes in bowel function | 2011;9(6):2256 | | Non-authorised | 784 |
| Art.13(1) | Polydextrose | - polydextrose promotes good intestinal health; -polydextrose improves bowel function and gut comfort; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of gastro-intestinal discomfort | 2011;9(6):2256 | | Non-authorised | 784 |
| Art.13(1) | Polydextrose | - polydextrose promotes good intestinal health; -polydextrose improves bowel function and gut comfort; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Changes in short chain fatty acid (SCFA) production and/or pH in the gastro-intestinal tract | 2011;9(6):2256 | | Non-authorised | 784 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|---------------------------------|-----------------------|----------------|-----------|
| Art.13(1) | Polydextrose | -prebiotic - polydextrose stimulate the growth of beneficial bacteria in the gut; - polydextrose stimulates the growth of Bifidobacteria in the colon; - polydextrose stimulate the growth of Lactobaccilli bacteria in the gut; - prebiotics promote healthy/well-balanced gut flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Decreasing potentially pathogenic gastrointestinal microorganisms | 2011;9(6):2256 | | Non-authorised | 785 |
| Art.13(1) | Polyphenols | Polyphenols are antioxidants, which naturally occur in cocoa and therefore in dark chocolate. They help to protect our body cells against free radicals. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of lipids from oxidative damage | 2010;8(10):1792 | | Non-authorised | 652, 3143 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---|---------------------------------|-----------------------|----------------|---------------|
| Art.13(1) | Polyphenols (general and from grape, olive and cacao in particular) | - Polyphenols contained in this product ensure antioxidant action; - help prevent tissue oxidation; - helps guard against oxydation caused by free radicals; - have an antioxidant effect; - help mop up free radicals in cells/ antioxidants. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 1637 |
| Art.13(1) | Polyphenols and vitamins from pomegranate extract | Makes smoother and softer skin. Diminishes appearance of fine lines and wrinkles. Increases skin hydration and suppleness. Gives skin wellness and youthful appearance. Stimulates cell repair. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "antioxidant and anti-aging properties" | 2010;8(10):1750 | | Non-authorised | 1901 |
| Art.13(1) | Polyphenols derived from red wine | Total red wine polyphenols help vascular functions that contribute to a healthy cardiovascular system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 1641, 1642 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Polyphenols from processed fruits and tea | Protects the cells; Antioxidant Properties; With Natural Fruit and Tea Antioxidants | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010;8(10):1752 | | Non-authorised | 1900 |
| Art.13(1) | Polyphenols from processed fruits and vegetables and juices | - Polyphenols contained in this product ensure antioxidant action; - Protects the cells; - Antioxidant properties, with natural fruit antioxidants; - Polyphenols contained in this product ensure protective effect on the organism; - Antioxidant/s. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 1636 |
| Art.13(1) | Polyphenols from red wine | Polyphenols from red wine: - ensure antioxidant action; - have an antioxidant effect; - help prevent tissue oxidation; - help mop up free radicals in cells; - helps guard against oxidation caused by free radicals | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 1640 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Polyphenols from tea | <ul style="list-style-type: none"> - Polyphenols contained in this product ensure antioxidant action; - polyphenols contained in this product ensure protective effect on the organism; - contains antioxidant/s; - is a source of antioxidant/s; - with antioxidant/s. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 1643 |
| Art.13(1) | Polyunsaturated fatty acids: n-3/n-6 (omega 3 / omega 6) ratio;; | Optimal (1/5-1/8) linolenic / linoleic acid (n-3 / n-6) ratio in the diet is essential for the good balanced function of the body and the immune system.;DHA and EPA are formed from these two essential fatty acids. Transformation is mediated by the same enzymes; therefore adequate precursor ratio (n-3 / n-6 = 1/5 - 1/8) is important for balanced DHA/EPA synthesis.; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Essential for the balanced body functions, with special regards to the immune system" | 2011;9(6):2228 | | Non-authorised | 675 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Polyunsaturated fatty acids: n-3/n-6 (omega 3 / omega 6) ratio;; | Optimal (1/5-1/8) linolenic / linoleic acid (n-3 / n-6) ratio in the diet is essential for the good balanced function of the body and the immune system.;DHA and EPA are formed from these two essential fatty acids. Transformation is mediated by the same enzymes; therefore adequate precursor ratio (n-3 / n-6 = 1/5 - 1/8) is important for balanced DHA/EPA synthesis.; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Immune system" | 2011;9(6):2228 | | Non-authorized | 675 |
| Art.13(1) | Pomegranate | Contributes to a healthy cholesterol level and healthy blood vessels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood cholesterol concentrations | 2010;8(10):1750 | | Non-authorized | 1162 |
| Art.13(1) | Pomegranate | Helps to maintain a healthy prostate. Contributes to healthy sexual function in men. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal erectile function | 2010;8(10):1750 | | Non-authorized | 1163 |
| Art.13(1) | Pomegranate Juice - phenolic compounds (anthocyanins, tannines, ellagic acid) | Helps maintain the cholesterol and lipids levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood cholesterol concentrations | 2010;8(10):1750 | | Non-authorized | 1320 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Pomegranate Juice - phenolic compounds (anthocyanins, tannines, ellagic acid) | With powerful antioxidant properties. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of lipids from oxidative damage | 2010;8(10):1750 | | Non-authorised | 1319 |
| Art.13(1) | Pomegranate juice | Pomegranate juice: plays an important antioxidative function; supports the cardiovascular system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of lipids from oxidative damage | 2010;8(10):1750 | | Non-authorised | 1201 |
| Art.13(1) | Potato protein isolate | Increases the sense of satiety Elicits satiety Reduces appetite Supports weight control | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in satiety leading to a reduction in energy intake | 2011;9(6):2246 | | Non-authorised | 2894 |
| Art.13(1) | Prebiotics | Prebiotics/[name of specific prebiotic] - beneficially affects the intestinal flora. - stimulates growth of the good/ beneficial gut flora. -positively affects the intestinal health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorised | 3092 |
| Art.13(1) | Proanthocyanidins in cranberry juice | Cranberry helps to inhibit the attachment of certain E-coli bacteria to the urinary tract | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | Defence against bacterial pathogens in the lower urinary tract | 2011;9(6):2215 | | Non-authorised | 1841 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|----------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Probiotic ingredient <i>Lactobacillus casei</i> F19 (LMG P-17806) | Helps beneficial bowel habit. Relieves bowel discomfort Helps improve bowel function. Stabilises bowel transit. Helps bowel regularity Supports the well-being of the gut. Promotes gastrointestinal well-being. Helps to reduce gastrointestinal discomfort. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Bowel motor function | 2009;7(9):1237 | | Non-authorised | 893 |
| Art.13(1) | Probiotic strain: Bifidobacterium lactis BI-07 (Formerly known as Bifidobacterium infantis BI-07) | Beneficially balances the intestinal immune response | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2993 |
| Art.13(1) | Probiotic strain: Bifidobacterium lactis BI-07 (Formerly known as Bifidobacterium infantis BI-07) | Helps to restore the intestinal microbiota during and after antibiotic use | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2992 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Probiotic strain: <i>Bifidobacterium lactis</i> BI-04 (Formerly known as <i>Bifidobacterium lactis</i> BL-01 and <i>Bifidobacterium longum</i> BI-04) | Beneficially balances the intestinal immune response | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2995 |
| Art.13(1) | Probiotic strain: <i>Bifidobacterium lactis</i> BI-04 (Formerly known as <i>Bifidobacterium lactis</i> BL-01 and <i>Bifidobacterium longum</i> BI-04) | Helps to restore the intestinal microbiota during and after antibiotic use | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2994 |
| Art.13(1) | Probiotic strain: <i>Bifidobacterium lactis</i> W51 | Enhances levels of beneficial bacteria in the intestine | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 3002 |
| Art.13(1) | Probiotic strain: <i>Bifidobacterium lactis</i> W51 | Helps to increase sIgA levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 3003 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Probiotic strain: Bifidobacterium lactis W52 (Formerly known as Bifidobacterium infantis W52) | Balances the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2989 |
| Art.13(1) | Probiotic strain: Bifidobacterium lactis W52 (Formerly known as Bifidobacterium infantis W52) | Enhances levels of beneficial bacteria in the intestine | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2987 |
| Art.13(1) | Probiotic strain: Bifidobacterium lactis W52 (Formerly known as Bifidobacterium infantis W52) | Helps to increase general wellbeing (when constipated) | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2990 |
| Art.13(1) | Probiotic strain: Bifidobacterium lactis W52 (Formerly known as Bifidobacterium infantis W52) | Helps to strengthen the intestinal gut barrier | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2988 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Probiotic strain: <i>Lactobacillus acidophilus</i> LA-5 | Helps to improve natural bowel movements | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 3000 |
| Art.13(1) | Probiotic strain: <i>Lactobacillus acidophilus</i> LA-5 | Helps to restore the intestinal microbiota during and after antibiotic use | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 3001 |
| Art.13(1) | Probiotic strain: <i>Lactobacillus acidophilus</i> LA-5 | Improves the absorption of lactose | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2999 |
| Art.13(1) | Probiotic strain: <i>Lactobacillus casei</i> W56 | Helps to maintain the balance of the intestinal microbiota by suppressing non-beneficial bacteria | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2981 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Probiotic strain: <i>Lactobacillus casei</i> W58 | Helps to strengthen the intestinal gut barrier | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2982 |
| Art.13(1) | Probiotic strain: <i>Lactobacillus casei</i> W61 | Balances the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2983 |
| Art.13(1) | Probiotic strain: <i>Lactobacillus salivarius</i> LS-33 | Helps to restore the intestinal microbiota during and after antibiotic use | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 2991 |
| Art.13(1) | Probiotic strain: <i>Lactobacillus salivarius</i> W24 | Beneficially affects the oral ecology | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2978 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Probiotic strain: Lactobacillus salivarius W24 | Enhances levels of beneficial bacteria in the intestine | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2977 |
| Art.13(1) | Probiotic strain: Lactobacillus salivarius W24 | Helps to strengthen the intestinal gut barrier | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2979 |
| Art.13(1) | Probiotic strain: Lactobacillus salivarius W24 | Supports the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2980 |
| Art.13(1) | Probiotic strain: Lactococcus lactis W58 | Helps to maintain the balance of the intestinal microbiota by suppressing non-beneficial bacteria | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2984 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Probiotic strain: Lactococcus lactis W61 | Helps to strengthen the intestinal gut barrier | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2985 |
| Art.13(1) | Probiotic strain: Lactococcus lactis W64 | Balances the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2986 |
| Art.13(1) | Probiotic supplement: Lactobact omni FOS | Helps to maintain the balance of the intestinal microbiota by suppressing non-beneficial bacteria | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2997 |
| Art.13(1) | Probiotic supplement: Lactobact omni FOS | Reduces stress-induced immune responses | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 2998 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Probiotic supplement: Winclove 500 | Enhances levels of beneficial bacteria in the intestine ;Enhances the level of lactobacilli and bifidobacteria in the intestine | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(2):1470 | | Non-authorised | 2996 |
| Art.13(1) | Probiotics & Prebiotics as contained in the probiotic formula ProbioStart: Bifidobacterium infantis (CNCM I-3424), Bifidobacterium bifidum (CNCM I-3426), Lactobacillus acidophilus (CNCM I-1722), Fructooligosaccharides. | Specially formulated for infants and children to support healthy digestion and immunity. For Pregnant and breastfeeding women to maintain healthy levels of the appropriate types of beneficial bacteria for child health A unique probiotic & prebiotic blend | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009.7(9):1247 | | Non-authorised | 929 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Probiotics (Lactobacillus acidophilus, Bifidobacterium breve, Bifidobacterium longum , Bifidobacterium infantis) & Antioxidants (Vitamin C, Green Tea Extract, Grape Seed Extract, Pine Bark Extract) as contained in the probiotic formula Immunox | <p>Immunox Probiotic and Antioxidant supports digestive health and immunity.</p> <p>Immunox Probiotic supports immunity and resistance to infection.</p> <p>Immunox Probiotic and Antioxidant strengthens the body's natural defences</p> <p>Immunox is a probiotic and antioxidant</p> | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009.7(9):1247 | | Non-authorised | 1096 |
| Art.13(1) | Probiotics (Saccharomyces boulardii) as contained in the probiotic formula DiarSafe: - Saccharomyces boulardii | DiarSafe is a natural support for bowel health, comfort and function | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009.7(9):1247 | | Non-authorised | 927 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Probiotics and Prebiotics as contained in the formula AntiBloat: Bifidobacterium bifidum (CNCM I-3426), <i>Lactobacillus casei</i> (CNCM MA 64U), Lactobacillus acidophilus (CNCM I-1722), Lactococcus lactis (CNCM MA67/4J), Fructooligosaccharides (FOS) | AntiBloat Probiotic & Prebiotic improves digestion and intestinal transit alleviating bloating from the build up of unhealthy wastes caused by putrefying pathogenic bacteria. For a comfortably flat stomach AntiBloat supports a healthy balance of friendl | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009:7(9):1247 | | Non-authorised | 925 |
| Art.13(1) | Probiotics as contained in the probiotic formula Travla: Saccharomyces boulardii, Lactobacillus acidophilus (CNCM I-1722), <i>Lactobacillus rhamnosus</i> (CNCM I-1720) <i>Bifidobacterium longum</i> (CNCM I-3470) | Travla probiotic maintains digestive health and immunity when eating and drinking abroad. Travla probiotic helps prevent digestive upsets caused by pathogenic organisms when travelling abroad | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009:7(9):1247 | | Non-authorised | 928 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | PROPOLIS | Aide à combattre les refroidissements Aide à renforcer les défenses naturelles Soutient le système de défense Clarification provided Helps to maintain the integrity of the body thanks to its antimicrobial effects/Propolis has a natural antimicrobial action | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(10):1810 | | Non-authorised | 1245 |
| Art.13(1) | PROPOLIS | Flavonoïdes contained within the propolis contribute to the microbial balance in the body organs and tissues. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(10):1810 | | Non-authorised | 1244 |
| Art.13(1) | PROPOLIS | Helps to protect cells from oxidation. Helps maintain a healthy immune system Supports cell health & function. Well known source of antioxidants. Natural defense against free radicals. Soothing effect on throat and mouth. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010.8(10):1810 | | Non-authorised | 1644 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | PROPOLIS | Soothes the stomach and gut | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(10):1810 | | Non-authorised | 1247 |
| Art.13(1) | PROPOLIS | Supports oral health. Maintains health of teeth and gums | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(10):1810 | | Non-authorised | 1645 |
| Art.13(1) | Protease, lipase and other enzymes that break down carbohydrates | Promotes digestion The preparation's enzymes break down proteins. A food supplement containing protease enzymes is particularly recommended after heavy meals and, as the years pass, to complement the weakening secretion of enzymes that break down proteins. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Improvement of the digestion of macronutrients (e.g. carbohydrates, proteins and lipids) | 2011;9(6):2228 | | Non-authorised | 1842 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Protein | -foods/ meals/ diets rich in protein help you feel fuller for longer to help manage your weight; -protein promotes satiety. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2010.8(10):1811 | | Non-authorised | 414 |
| Art.13(1) | Protein | -foods/ meals/ diets rich in protein help you feel fuller for longer to help manage your weight; -protein promotes satiety. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in satiety leading to a reduction in energy intake | 2010.8(10):1811 | | Non-authorised | 414 |
| Art.13(1) | Protein | Protein supports a satiety feeling and helps to control hunger sensations | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2010.8(10):1811 | | Non-authorised | 730 |
| Art.13(1) | Protein | Protein supports a satiety feeling and helps to control hunger sensations | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in satiety leading to a reduction in energy intake | 2010.8(10):1811 | | Non-authorised | 730 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Protein hydrolysate | Help promote healthy blood sugar levels/can lower postprandial blood sugar to normal levels/helps to regulate sugar peaks after a meal/helps improve blood glucose control/helps reduce plasma glucose levels/helps limit the post-prandial glucose rise | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011.9(4):2082 | | Non-authorised | 1646 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Prune Juice | Prune juice help the maintenance of healthy body function. Prune juice help with the maintenance of health in general Prune juice helps maintain bowel regularity which can help to ensure a healthy digestion and bowel. Prune juice is beneficial to the health of the stomach and digestive system. Prune juice is good for healthy bowel function. Prune juice is good for (regular) digestion Prune juice has a natural laxative effect that can contribute to a healthy digestion and bowel. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bowel function | 2010;8(10):1768 | | Non-authorised | 1166 |
| Art.13(1) | Prunes (Dried plums) | Prunes are a natural source of (good for you) antioxidants Prunes are a (good) source of antioxidants Prunes are high in antioxidants | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Antioxidant, antioxidant content, and antioxidant properties | 2010;8(2):1489 | | Non-authorised | 1285 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Prunus amygdalus | 1. Stimulates the libido 2. Improves erection, contributes to the increase of sperm volume and relaxes muscles | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal erectile function | 2011.9(4):2036 | | Non-authorised | 2482 |
| Art.13(1) | Prunus cerasus - common name : Sour cherry | "Traditionally used to enhance the renal elimination of water" / "Traditionally used to facilitate the elimination functions of the organism" / "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organism" / "Used for the drainage of the organism" / "Diuretic effect" / "Stimulates the elimination function of the organism" / "Contributes to the functioning of the urinary tract" | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Increase in renal water elimination | 2010.8(10):1742 | | Non-authorised | 3693 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Prunus cerasus - common name : Sour cherry | "Traditionally used to facilitate the digestion" / "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion". | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Digestive function" | 2011;9(6):2228 | | Non-authorised | 3692 |
| Art.13(1) | Prunus mume (Plum) extract - INP-08 | Helps to balance the acidity of the body Helps to promote the acide-base balance of the body Helps to the detoxification of the body Used to facilitate the weight loss Helps to loose weight Contributes to loose weight Used to facilitate the weight loss Helps in weight control Contributes to body weight management | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2011;9(6):2246 | | Non-authorised | 2325 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Punica granatum (Common Name : Pomegranate) | Contributes to a healthy cholesterol level and healthy blood vessels / antioxidants of pomegranate can be helpful for a healthy heart and arteries / antioxidants of pomegranate can help cells and arteries in their physiological function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood cholesterol concentrations | 2010.8(10):1750 | | Non-authorised | 2107 |
| Art.13(1) | Punica granatum FRUIT & SEED | Has significant antioxidant properties. Supports immunity. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of lipids from oxidative damage | 2010.8(10):1750 | | Non-authorised | 2123 |
| Art.13(1) | Punica granatum FRUIT & SEED | Helps stimulate appetite. Helps stimulate appetite without problem for people with tendency to acid stomach. Helps maintain the integrity of the lining of stomach and intestines. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in appetite after unintentional weight loss leading to an increase in energy intake | 2010.8(10):1750 | | Non-authorised | 2122 |
| Art.13(1) | Punica granatum-fruits-Punicaceae-Dadhima-Pomegranate | help to maintain a normal glucose level. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood glucose concentrations | 2010.8(10):1750 | | Non-authorised | 4471 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Pure salmon oil 500 mg. D alpha tocopherol10 mg.-cps | Supports the normal level of blood cholesterol. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2078 | | Non-authorised | 4719 |
| Art.13(1) | Purple Grape Juice | Purple grape juice contributes to healthy arteries/ contributes to a healthy blood flow/ contributes to healthy vascular functions. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Blood flow/vascular function" | 2011;9(6):2228 | | Non-authorised | 1265 |
| Art.13(1) | Purple Grape Juice | Purple grape juice is a major dietary source of antioxidants/ Antioxidants from dietary sources contribute to the protection against free radicals which cause cell damage/contributes to the protection of cells and tissues from oxidative damage/ help strengthen our body's natural defences against oxidative stress | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010;8(2):1489 | | Non-authorised | 1264 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Purslane (Portulaca oleracea L.) | Contributes to cell protection from the damage caused by free radical, due to its antioxidant properties. Helps to protect the body against free radicals. Provides antioxidant protection. Protects the body's cells. Can protect you from radicals which cause cell damage. Can protect your cells and tissues from oxidative damage. Can contribute to the total antioxidant capacity of the body. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010.8(2):1489 | | Non-authorised | 2734 |
| Art.13(1) | Pyrus malus (Common Name Apple) extract powder containing polyphenols | Can help to moderate the postprandial blood glucose level. Can help to decrease the blood glucose level. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011.9(6):2243 | | Non-authorised | 2713 |
| Art.13(1) | Q10 (Coenzyme Q, Ubiquinione) | Q10 is a component in the formation of energy Q10 contribute to the formation of energy in cells | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal energy-yielding metabolism | 2010.8(10):1793 | | Non-authorised | 1512 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Q10 with Sea Buckthorn Oil, Q 10, Hippophae oleum, Q 10 , Hippophae oleum | Vitaminising / Has antioxidant properties and helps protect you from radicals which cause cell damage / Physical endurance, mental performance / Helps to protect heart health / Supports digestive and hepatic health/ Immune system health / Contributes to the resistance against stress. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010.8(10):1752 | | Non-authorised | 4611 |
| Art.13(1) | Quercetin | For cardiovascular health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Cardiovascular system" | 2011;9(4):2067 | | Non-authorised | 1844 |
| Art.13(1) | Quercetin | For the health of the nervous system and the brain | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Mental state and performance" | 2011;9(4):2067 | | Non-authorised | 1845 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Quercetin | Quercetin containing foods contribute to keep your body healthy Antioxidant containing foods support of healthy ageing Antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2011:9(4):2067 | | Non-authorised | 1647 |
| Art.13(1) | Quercetine | For liver and kidney health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Liver, kidneys" | 2011:9(4):2067 | | Non-authorised | 1846 |
| Art.13(1) | Quercus pedunculata-Buds-Oak | Normal immune system function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "contribution to body defences against external agents" | 2010:8(10):1799 | | Non-authorised | 4472 |
| Art.13(1) | Quinoa (Chenopodium quinoa) | Stimulation of the hair bulb, favouring the growth of the hair | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of hair | 2009:7(9):1285 | | Non-authorised | 2746 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Radis noir: Raphanus niger (Black radish) | Usually recognized for helping digestion. Usually recognized for helping transit | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | changes in bowel function | 2011;9(6):2246 | | Non-authorised | 2752 |
| Art.13(1) | Rapeseed oil | Rapeseed oil helps to control cholesterol | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2068 | | Non-authorised | 580 |
| Art.13(1) | Raphanus sativus - common name : radish, black radish, Japanese radish, Daikon | "Used to facilitate the digestion" "Helps to support normal liver function" "Contributes to the stimulation of the production of the digestive body fluids" "Supports the liver and biliary function" "Contributes to the digestive comfort" "Helps to facilitate fat digestion" "Contributes to better fat digestion" "Helps to support the digestion" "Contributes to support the digestion". | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Digestive function" | 2011;9(6):2228 | | Non-authorised | 2329 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Raphanus sativus var niger (Common Name : Radish, Black radish, Japanese radish, Daikon) | Contributes to the elimination function of the gastrointestinal tract / contributes to bile flow fonction / supports healthy liver activity / contributes to healthy digestion/digestive well-being/liver well-being. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of gastrointestinal discomfort | 2011.9(6):2248 | | Non-authorised | 2124 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Rapsöl (einfach ungesättigte Fettsäuren) | <p>Einfach ungesättigte Fettsäuren halten die Arterien elastisch.</p> <p>Clarification provided</p> <p>Monounsaturated fatty acids keep arteries elastic.</p> <p>Example of wording:</p> <p>Monounsaturated fatty acids improve blood lipid levels.</p> <p>Monounsaturated fatty acids have a positive effect on blood lipid levels.</p> <p>Monounsaturated fatty acids stabilize blood lipid levels.</p> <p>Monounsaturated fatty acids maintain HDL cholesterol at constant levels.</p> <p>Omega-6 fatty acids keep arteries elastic.</p> <p>Omega-6 fatty acids stabilize blood lipid levels.</p> <p>Omega-6 fatty acids improve blood lipid levels.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | Maintenance of normal blood HDL-cholesterol concentrations | 2011.9(4):2068 | | Non-authorised | 1408 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Rapsöl (einfach ungesättigte Fettsäuren) | Einfach ungesättigte Fettsäuren halten die Arterien elastisch. Clarification provided Monounsaturated fatty acids keep arteries elastic. Example of wording: Monounsaturated fatty acids improve blood lipid levels. Monounsaturated fatty acids have a positive effect on blood lipid levels. Monounsaturated fatty acids stabilize blood lipid levels. Monounsaturated fatty acids maintain HDL cholesterol at constant levels. Omega-6 fatty acids keep arteries elastic. Omega-6 fatty acids stabilize blood lipid levels. Omega-6 fatty acids improve blood lipid levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011.9(4):2068 | | Non-authorised | 1408 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Raw or processed food products of animal origin, plus bread and panification products (cow's, goat's and ewe's milk and related products (milk, cream, butter, cheese, yoghurt, fresh dairy products); hen's and quail's eggs; beef's, veal's and lamb's me | <p>* The Tradilin network makes it possible to obtain products which fit into a diet naturally rich in omega 3 which participates to improve/decrease carbohydrate metabolic disorders</p> <p>La filière Tradilin permet d'obtenir des produits qui s'intègrent dans une alimentation riche en Oméga 3 qui participe diminuer les désordres du métabolisme des carbohydrates</p> <p>* The Tradilin network makes it possible to obtain products which fit into a diet naturally rich in omega 3 which participates in the control of parameters of the metabolic syndrome</p> <p>La filière Tradilin permet d'obtenir des produits qui s'intègrent dans une alimentation riche en</p> | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011.9(6):2243 | | Non-authorised | 1194 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|--|--|---------------------|------------------------|-----------------------|--------|----------|
| | | <p>Oméga 3 qui participe au contrôle des paramètres du syndrome métabolique</p> <p>* This product participates/contributes/helps to regulate carbohydrate metabolism</p> <p>Ce produit participe à la régulation du métabolisme glucidique</p> <p>* This product, from the Tradilin network, helps to better to regulate carbohydrate metabolism/ control the parameters on the metabolic syndrome</p> <p>Ce produit, issu de la filière Tradilin, s'intègre dans une alimentation riche en Oméga 3 qui participe à diminuer les désordres du métabolisme des carbohydrates/à contrôler les paramètres du syndrome métabolique</p> | | | | | | |



EU Register on nutrition and health claims

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|-------|--|---------------------|------------------------|-----------------------|--------|----------|
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| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Raw or processed food products of animal origin, plus bread and panification products (cow's, goat's and ewe's milk and related products (milk, cream, butter, cheese, yoghurt, fresh dairy products); hen's and quail's eggs; beef's, veal's and lamb's me | <p>* The Tradilin network makes it possible to obtain products which fit into a diet naturally rich in omega 3, which favors the balance/a good balance of blood lipids</p> <p>La filière Bleu-Blanc-Coeur / Tradilin permet d'obtenir des produits qui s'intègrent dans une alimentation naturellement riche en oméga 3, qui favorise l'équilibre des lipides sanguins</p> <p>* A diet which includes products from the Tradilin network favours a good balance of blood lipids.</p> <p>S'alimenter avec des produits, issus de la filière Tradilin favorise l'équilibre des lipides sanguins</p> <p>* This product participates/ contributes to improve the balance</p> | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011.9(6):2243 | | Non-authorized | 1193 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|-----------------------------------|--------------------------------|-----------------------|----------------|----------|
| | | <p>of blood lipids. Ce produit contribue/participe à l'amélioration de l'équilibre des lipides sanguins * This product, from de Tradilin network fits in a diet naturally increased in Omega 3, which favors the balance of blood lipids Ce produit, issu de la filière Tradilin s'intègre dans une alimentation naturellement riche en Oméga 3, qui favorise l'équilibre des lipides sanguins</p> | | | | | | |
| Art.13(1) | Resistant starch | Resistant starch helps favour a normal colon metabolism; Resistant starch is a butyrogenic fibre, butyrate participates to a normal colonic functions and metabolism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | *Favours normal colon metabolism' | 2011;9(4):2024 | | Non-authorized | 783 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Resistant starch- type 2 (RS) from high amylose maize | RS promotes a healthy digestive system. RS delivers prebiotic activities. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "digestive health benefits" | 2011;9(4):2024 | | Non-authorised | 682 |
| Art.13(1) | Resveratrol | Due to its antioxidant activity, resveratrol contributes to cell protection from the damage caused by free radicals. Provides antioxidant protection. Helps to scavenge free radicals which are responsible for skin aging. Helps to fight against skin aging thanks to its antioxidant activity. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010;8(2):1489 | | Non-authorised | 1957 |
| Art.13(1) | <i>Ribes nigrum</i> L. (Common name: Blackcurrant) | Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | relief in case of irritation in the upper respiratory tract | 2011;9(6):2248 | | Non-authorised | 2332 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Ribose | ATP is used for energy by muscle cells. Ribose helps regenerate muscle ATP levels, thereby improving exercise performance and recovery" "Ribose helps maintain cellular energy" "Ribose enhances recovery after strenuous activity" "Ribose is an important building block for cellular energy" | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | faster recovery from muscle fatigue after exercise | 2011.9(6):2257 | | Non-authorised | 4226 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Rice vinegar extract - INRV-08 | Helps to balance the acidity of the body Helps to promote the acide-base balance of the body Helps to the detoxification of the body Used to facilitate the weight loss Helps to loose weight Contributes to loose weight Used to facilitate the weight loss Helps in weight control Contributes to body weight management | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2011;9(6):2246 | | Non-authorised | 2333 |
| Art.13(1) | Rich in dietary fibre | A nutritionally balanced diet high in dietary fibre is important for maintaining bowel regularity. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(10):1735 | | Non-authorised | 1415 |
| Art.13(1) | Rich in dietary fibre | Diets high in fibre help control your weight. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(10):1735 | | Non-authorised | 1416 |



EU Register on nutrition and health claims

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|-------|--|---------------------|------------------------|-----------------------|--------|----------|
|------------|--|-------|--|---------------------|------------------------|-----------------------|--------|----------|

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Royal jelly | <p>1. Acts as a general body restorative substance</p> <p>2. Strengthens body's resistance against infections</p> <p>3. Royal jelly helps strengthen your body / strengthens the body</p> <p>4. Possesses body toning and antispastic properties, strengthens body's defence abilities and resistance against stress, promotes metabolism — use during recovery and postnatal period to improve your appetite and increase the overall body tonus</p> <p>5. Royal jelly improves feeling of comfort</p> <p>6. Royal jelly helps improve activity of the immune system/strengthens the immune system/body's defence system</p> <p>7. A generally restorative product</p> | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011.9(4):2083 | | Non-authorised | 1225 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| | | for the maintenance of body's functions — strengthens the immunity, improves the state of cardiovascular system, tones up the body, stimulates mental work capacities, increases body's adaptation in extreme and stressful situations | | | | | | |
| Art.13(1) | Royal jelly | 1. Regulates the function of endocrine glands 2. Royal jelly helps promote milk secretion in breastfeeding mothers | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2083 | | Non-authorised | 1228 |
| Art.13(1) | Royal jelly | 1. Royal jelly contains vitamins, fatty acids and hormone substances that promote its beneficial effect on skin 2. Vitamins and other biologically active substances contained in royal jelly beneficially affect the skin | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2083 | | Non-authorised | 1230 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Royal jelly | <p>1. Substances contained in royal jelly help normalize metabolism, improve appetite</p> <p>2. Royal jelly normalizes metabolism</p> <p>3. Royal jelly is very nourishing, it contains biologically active substances — amino acids (replaceable and irreplaceable), carbohydrates, vitamins, microelements and minerals</p> <p>4. Royal jelly helps improve tissue breathing</p> | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2083 | | Non-authorized | 1226 |
| Art.13(1) | Royal jelly | <p>Helps in case of fatigue.</p> <p>Helps to support body's vitality.</p> <p>Helps to make you feel more energetic.</p> <p>Enhancement of vitality/energy</p> | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2083 | | Non-authorized | 1231 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|------------|
| Art.13(1) | Royal jelly | Promotes a good heart functioning and a balanced level of the blood lipids | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2083 | | Non-authorised | 4696, 4697 |
| Art.13(1) | Royal jelly | Reconstituent and tonic | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "tonic" | 2010;8(10):1738 | | Non-authorised | 1703 |
| Art.13(1) | Royal jelly | Stimulates blood circulation | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2083 | | Non-authorised | 1227 |
| Art.13(1) | Royal jelly | Royal jelly could promote the protection of the cells against certain harmful effects provoked by free radicals. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010;8(2):1489 | | Non-authorised | 1229 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Royal jelly, lyophilized | It nourishes the human body and supplies energy. It supplies vitamins and minerals from natural sources. It has positive effects during menopause and for overall rejuvenation of the skin and human body. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "stimulant" | 2010.8(10):1738 | | Non-authorised | 3190 |
| Art.13(1) | Royal jelly, lyophilized | It nourishes the human body and supplies energy. It supplies vitamins and minerals from natural sources. It has positive effects during menopause and for overall rejuvenation of the skin and human body. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "immune function/immune system" | 2010.8(10):1799 | | Non-authorised | 3191 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Rubus idaeas (Raspberry) extract - BERI-08 | Helps to enhance the thermogenesis production, wich in turn helps weight control Helps to control the appetit Naturally supports feeling of fullness after a meal Helps to manage appetit and hunger Helps to loose weight Contributes to loose weight Used to facilitate the weight loss Helps in weight control Contributes to body weight management | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2011;9(6):2246 | | Non-authorised | 2336 |
| Art.13(1) | Rutin | A strong antioxidant that protects the body's cells from the harmful effects of free radicals; Improves the immune system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010;8(10):1751 | | Non-authorised | 1784 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Rutin | Promotes the functioning of blood vessels (arteries, veins, capillaries), normalizes penetrability, health and elasticity of the blood vessel walls. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | improvement of endothelium-dependent vasodilation | 2010.8(10):1751 | | Non-authorised | 1783 |
| Art.13(1) | Rutoside | Helps to maintain capillary integrity. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | improvement of endothelium-dependent vasodilation | 2010.8(10):1751 | | Non-authorised | 1649 |
| Art.13(1) | Rye bread | -Stimulates insulin secretion. -Low insulin response. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011.9(4):2082 | | Non-authorised | 1179 |
| Art.13(1) | Rye fibre | Helps to maintain healthy cholesterol level. Brand name which contains the claim: Sydänystävä "Friend of the heart". Clarification provided Helps to maintain healthy cholesterol level. Brand name which contains the claim: Sydänystävä "Friend of the heart" | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011.9(6):2258 | | Non-authorised | 827 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Rye fibre | Long-lasting energy. Levels out the blood sugar increase after meals. Low glycaemic index | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of post-prandial glycaemic responses | 2011;9(6):2258 | | Non-authorised | 826 |
| Art.13(1) | Rye flour | Rukkijahu iseloomustab madal glükeemiline indeks. Clarification provided Rye flower is characterised by low glycaemic index. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2243 | | Non-authorised | 1266 |
| Art.13(1) | SAME (S-adenosylmethionine) | joint health, mobility and joint comfort additional statement : If you are taking prescription antidepressant medications, consult your physician before using this product. Individual with bipolar (manic) depression should not use this product unless under medical supervision. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of joints | 2010;8(2):1493 | | Non-authorised | 1973 |
| Art.13(1) | SOIA ISOFLAVONI | Balm: due to its balsamic activity could help during the cool season. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | upper respiratory tract | 2011;9(7):2264 | | Non-authorised | 3589 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--------------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | SOIA ISOFLAVONI | Contributes to cardiovascular health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "cardiovascular health" | 2011;9(7):2264 | | Non-authorised | 3587 |
| Art.13(1) | SOIA ISOFLAVONI | Useful for normal prostate function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect attributes to this food the property of preventing, treating or curing a human disease, or refers to such properties which is prohibited for foods. | Useful for normal prostate function. | 2011;9(7):2264 | | Non-authorised | 3588 |
| Art.13(1) | Saccharomyces boulardii (trade name PXN68) | - probiotic -maintains the fine balance of the intestinal microflora; -helps to stimulate the body's natural defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 912 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Sauerkraut Saft (milchsauer vergorener Weißkohl (Brassica oleracea var. capitata)) | [In German:] Sauerkrautsaft regt die Verdauung an. Clarification provided Helps to support the digestion / contributes to the normal function of intestinal tract / functioning of the stomach / sauerkraut juice activate the eupepsia. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | changes in bowel function | 2011;9(6):2246 | | Non-authorised | 1409 |
| Art.13(1) | Saumon | Soutient la circulation Aide à maîtriser le cholestérol Harmonise les fonctions cardiovasculaires | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2010;8(10):1796 | | Non-authorised | 1325 |
| Art.13(1) | Sea buckthorn berry oil (cold-pressed) | Healthy for the heart and blood vessels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Cardiovascular health" | 2011;9(6):2228 | | Non-authorised | 582 |
| Art.13(1) | Sea buckthorn berry oil (cold-pressed) | Healthy for the skin and mucous membranes. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Skin health" | 2011;9(6):2228 | | Non-authorised | 584 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Sea buckthorn berry oil (cold-pressed) | Healthy for the stomach. Protects the gut. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Gut health" | 2011,9(6):2228 | | Non-authorised | 585 |
| Art.13(1) | Sea buckthorn berry oil (cold-pressed) | Protects the liver. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Liver health" | 2011,9(6):2228 | | Non-authorised | 583 |
| Art.13(1) | Sea buckthorn berry oil (cold-pressed) | Strengthens immunity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Immune function/immune system" | 2011,9(4):2061 | | Non-authorised | 586 |
| Art.13(1) | Sea buckthorn oil | For skin health / well-being | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Skin health" | 2011,9(6):2228 | | Non-authorised | 590 |
| Art.13(1) | Sea buckthorn oil and flavonoids extracted from sea buckthorn berries | Sea buckthorn berry extract contains antioxidants and flavonoids. Flavonoids may intercept free radicals. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Antioxidant, antioxidant content, and antioxidant properties | 2010,8(2):1489 | | Non-authorised | 1850 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Sea buckthorn seed oil and pulp oil | Sea buckthorn seed and pulp oil nourish the mucous membranes and help to maintain their normal structure and functioning. Sea buckthorn seed and pulp oil moisturise dry mucous membranes. Sea buckthorn seed and pulp oil strengthen and protect the mucous membranes of the stomach. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Mucous membranes" | 2011;9(6):2228 | | Non-authorised | 589 |
| Art.13(1) | Selen | Selen ist wichtig für die Gelenkfunktion Clarification provided selenium is important for joint function | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal joints | 2010;8(10):1727 | | Non-authorised | 409 |
| Art.13(1) | Selenium | - Selenium for a healthy prostate - Selenium is beneficial for prostate health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | prostate function | 2009;7(9):1220 | | Non-authorised | 284 |
| Art.13(1) | Selenium | Selenium is necessary for normal cardiovascular function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | function of the heart and blood vessels | 2009;7(9):1220 | | Non-authorised | 280 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Selenium | Selenium supports better brain functioning | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | cognitive function | 2009;7(9):1220 | | Non-authorised | 285 |
| Art.13(1) | Shark cartilage | For joint health. For supportive tissue health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints | 2009;7(9):1269 | | Non-authorised | 1852 |
| Art.13(1) | Shark cartilage | Promotes joint functioning. The glucosaminoglycans contained in shark cartilage are the building blocks of human cartilage, joint tissue and joint surfaces. Glucosaminoglycan levels change with age and with strong wear. Use of shark cartilage powder restores joint functioning. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints | 2009;7(9):1269 | | Non-authorised | 1853 |
| Art.13(1) | Shark cartilage + greenshell mussel | Supports joint functioning. For joint health. Supports joint well-being | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal joints | 2011;9(6):2247 | | Non-authorised | 1855 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Shark cartilage, powder and extract | Supports the immune response | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "immune function/immune system" | 2010.8(10):1799 | | Non-authorised | 1854 |
| Art.13(1) | Shark liver oil/alkylglycerol | Strengthens immunity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "immune function/immune system" | 2010.8(10):1799 | | Non-authorised | 1851 |
| Art.13(1) | Sialic acid | Sialic acid may improve learning and memory | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | learning and memory | 2009.7(9):1269 | | Non-authorised | 1594 |
| Art.13(1) | Silica / Silicious earth | Plays an important part in the connective tissue/ helps maintain healthy hair, skin and nails/ helps strengthen skin, hair and nails/ helps maintain healthy skin, joints and bone and strong hair and nails/ traditionally used to contribute to the condition | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bone | 2011.9(6):2259 | | Non-authorised | 1652 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Silica / Silicious earth | Plays an important part in the connective tissue/ helps maintain healthy hair, skin and nails/ helps strengthen skin, hair and nails/ helps maintain healthy skin, joints and bone and strong hair and nails/ traditionally used to contribute to the condition | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal formation of collagen and connective tissue | 2011,9(6):2259 | | Non-authorized | 1652 |
| Art.13(1) | Silica / Silicious earth | Plays an important part in the connective tissue/ helps maintain healthy hair, skin and nails/ helps strengthen skin, hair and nails/ helps maintain healthy skin, joints and bone and strong hair and nails/ traditionally used to contribute to the condition | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal formation of hair and nails | 2011,9(6):2259 | | Non-authorized | 1652 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Silica / Silicious earth | Plays an important part in the connective tissue/ helps maintain healthy hair, skin and nails/ helps strengthen skin, hair and nails/ helps maintain healthy skin, joints and bone and strong hair and nails/ traditionally used to contribute to the condition | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal joints | 2011;9(6):2259 | | Non-authorised | 1652 |
| Art.13(1) | Silicon | For stomach health. Soothes the stomach Protects the stomach's mucous membranes. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | forming a protecting coat on the mucus membrane of the stomach | 2011;9(6):2259 | | Non-authorised | 345 |
| Art.13(1) | Silicon | For stomach health. Soothes the stomach Protects the stomach's mucous membranes. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | neutralisation of gastric acid | 2011;9(6):2259 | | Non-authorised | 345 |
| Art.13(1) | Silicon | Silicon is required for normal bone and connective tissue formation. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal bone | 2011;9(6):2259 | | Non-authorised | 287 |
| Art.13(1) | Silicon | Silicon is required for normal bone and connective tissue formation. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | contribution to normal formation of collagen and connective tissue | 2011;9(6):2259 | | Non-authorised | 287 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Silicon (as stabilized Oligomeric orthosilicic acid (OSA)) | Silicon helps protect the brain; Silicon reduces aluminium accumulation in the brain | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection against aluminium accumulation in the brain | 2011;9(6):2259 | | Non-authorised | 290 |
| Art.13(1) | Silicon (as stabilized Oligomeric orthosilicic acid (OSA)) | Silicon helps stimulate macrophages and increases circulating lymphocytes | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | stimulating macrophages and increasing circulating lymphocytes | 2009;7(9):1248 | | Non-authorised | 358 |
| Art.13(1) | Silicon (as stabilized Oligomeric orthosilicic acid (OSA)) | Silicon is beneficial for cardiovascular health; Silicon supports the health of the cardiovascular system; Silicon helps to maintain the health of blood vessels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "cardiovascular health" | 2011;9(6):2259 | | Non-authorised | 289 |
| Art.13(1) | Silicon and Silicon (as stabilized Oligomeric orthosilicic acid (OSA)) | Silicon is required for healthy skin, hair and nails. Silicon is beneficial for collagen formation in the skin; Silicon reduces the appearance of wrinkles as it stimulates the formation of collagen and helps improve skin elasticity; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal formation of collagen and connective tissue | 2011;9(6):2259 | | Non-authorised | 288 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Sinapis alba (Common Name : White mustard) | Contributes to appetite / helps to support the digestion / helps to support the digestive juice flow / contributes to the gastro-intestinal movement. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | changes in bowel function | 2011;9(6):2246 | | Non-authorized | 2141 |
| Art.13(1) | Sinapis alba (Common Name : White mustard) | Contributes to appetite / helps to support the digestion / helps to support the digestive juice flow / contributes to the gastro-intestinal movement. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in appetite after unintentional weight loss leading to an increase in energy intake | 2011;9(6):2246 | | Non-authorized | 2141 |
| Art.13(1) | Single and oligomeric flavan-3-ols. | This Food Component scavenges free radicals and has significant antioxidant activity. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010;8(2):1489 | | Non-authorized | 1966 |
| Art.13(1) | Single and oligomeric flavan-3-ols. | This Food Component has significant antioxidant activity and helps the skin maintain normal functions under UV-induced stress | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(10):1737 | | Non-authorized | 1965 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Single and oligomeric flavan-3-ols. | This Food Component keeps blood vessels healthy by helping them maintain normal structure, elasticity and permeability, especially in legs and eyes. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010:8(10):1737 | | Non-authorised | 1964 |
| Art.13(1) | Sodium | Sodium is needed for the functioning of muscles. | Non-compliance with the Regulation because this claim is contrary to the general principles for health claims. The use of this claim is considered misleading as it contradicts generally accepted scientific advice, European, national and international authorities informing the consumer to reduce intake of this substance and would therefore convey a conflicting and confusing message to consumers. | Maintenance of normal muscle function | 2011:9(6):2260 | | Non-authorised | 359 |
| Art.13(1) | Sodium Hyaluronate | Supports joint mobility. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints | 2009:7(9):1266 | | Non-authorised | 1932 |
| Art.13(1) | Sodium bicarbonate | Sodium bicarbonate can reduce acid levels in the stomach | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Reducing gastric acid levels | 2010:8(2):1472 | | Non-authorised | 1653 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|-----------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Sodium phosphate | Phosphate supplementation increases maximum oxygen uptake in endurance athletes Phosphate supplementation aids aerobic performance in endurance athletes Phosphate supplementation increases oxygen transport in endurance athletes | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance capacity | 2011:9(6):2263 | | Non-authorised | 318 |
| Art.13(1) | Sodium phosphate | Phosphate supplementation increases maximum oxygen uptake in endurance athletes Phosphate supplementation aids aerobic performance in endurance athletes Phosphate supplementation increases oxygen transport in endurance athletes | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance performance | 2011:9(6):2263 | | Non-authorised | 318 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Sodium phosphate | Phosphate supplementation increases maximum oxygen uptake in endurance athletes Phosphate supplementation aids aerobic performance in endurance athletes Phosphate supplementation increases oxygen transport in endurance athletes Phosphate supplementation improves endurance performance in endurance athletes Phosphate supplementation delays fatigue during intense exercise Phosphate supplementation helps maintain endurance performance in endurance athletes Phosphate supplementation delays time to exhaustion in endurance athletes | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance capacity | 2011.9(6):2263 | | Non-authorised | 2887 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|-----------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Sodium phosphate | Phosphate supplementation increases maximum oxygen uptake in endurance athletes Phosphate supplementation aids aerobic performance in endurance athletes Phosphate supplementation increases oxygen transport in endurance athletes Phosphate supplementation improves endurance performance in endurance athletes Phosphate supplementation delays fatigue during intense exercise Phosphate supplementation helps maintain endurance performance in endurance athletes Phosphate supplementation delays time to exhaustion in endurance athletes | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance performance | 2011.9(6):2263 | | Non-authorised | 2887 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Soluble Fibre (from oat, psyllium, pectin or guar gum) | Inclusion of this fibre in a healthy diet and lifestyle can lead to serum cholesterol reduction. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(10):1735 | | Non-authorized | 4330 |
| Art.13(1) | Soluble dietary fibre | Soluble dietary fibres as a part of the healthy diet could contribute to the maintenance of the health of heart and circulatory system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(10):1735 | | Non-authorized | 810 |
| Art.13(1) | Soups | -soups fit in a weight maintenance programme; -soups help to control your body weight; -soups, which are low in energy density and high in volume, are useful as part of a weight management diet; -the inclusion of soups into the daily diet are effective in weight management programmes. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorized | 1132 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Soups | -soups gives you a feeling of satiety; -soups will help to fill you up; -soups can delay the onset of hunger; -soups consumed as a starter that are low in energy density and high in volume have an effect on satiety/ satiation. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2082 | | Non-authorised | 1133 |
| Art.13(1) | Soy | -soy offers specific vascular benefits; '-soy helps keep the arteries healthy and helps keep a healthy heart; -soy helps protect the body tissues and cells from oxidation oxidative damage. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011;9(7):2264 | | Non-authorised | 1286 |
| Art.13(1) | Soy + magnesium + calcium + zinc + manganese + copper + vitamin B6 + vitamin D + vitamin K | Strong bones. The best for your bones. Good ageing. The soy flavones and mineral substances, calcium, magnesium, zinc, manganese and copper, together with vitamins B6, D and K protect the bones. Name or symbol included in the claim: Osteobalans® | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bone | 2011;9(6):2247 | | Non-authorised | 1860 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|------------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Soy Isoflavones | Possono aiutare i capelli della donna in un periodo di naturale cambiamento come il climaterio e la menopausa. Utili per la tonicità della pelle. Per il benessere della donna in età menopausale. . Può aiutare a mantenere i fisiologici livelli di colesterolo. Clarification provided Soy Isoflavones are phytoestrogens that may improve skin tonicity and decrease hair loss during menopause.Soy Isoflavones decreases blood cholesterol levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Contribution to normal hair growth | 2011.9(7):2264 | | Non-authorised | 1704 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Soy Isoflavones | Possono aiutare i capelli della donna in un periodo di naturale cambiamento come il climaterio e la menopausa. Utili per la tonicità della pelle. Per il benessere della donna in età menopausale. . Può aiutare a mantenere i fisiologici livelli di colesterolo. Clarification provided Soy Isoflavones are phytoestrogens that may improve skin tonicity and decrease hair loss during menopause.Soy Isoflavones decreases blood cholesterol levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal blood LDL-cholesterol concentrations | 2011;9(7):2264 | | Non-authorised | 1704 |
| Art.13(1) | Soy protein | Support antioxidant status Radicals associated with exercise | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010;8(10):1812 | | Non-authorised | 435 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Soy isoflavones + lycopene + zinc + selenium + vitamin D + vitamin E + vitamin C | Good for the prostate gland. A carefully considered combination of important isoflavones, vitamins and minerals for men's well-being. Name of symbol included in the claim: MenBalans®. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect attributes to this food the property of preventing, treating or curing a human disease, or refers to such properties which is prohibited for foods. | Prevention or treatment of prostate cancer | 2011;9(6):2228 | | Non-authorised | 1859 |
| Art.13(1) | Soy lecithin | A natural help to control blood cholesterol. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood cholesterol concentrations | 2010;8(10):1741 | | Non-authorised | 1308 |
| Art.13(1) | Soy protein | Soy helps to control cholesterol. I. 25 g soy protein daily as part of a diet with few saturated fatty acids helps to maintain healthy cholesterol levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood cholesterol concentrations | 2010;8(10):1812 | | Non-authorised | 556 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Soy proteins | Supports in weight loss programs. Contributes to body weight control. Helps to loose fat mass without losing lean mass. Contributes to weight loss without losing muscle mass. Helps in fat mass loss while preserving lean mass | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2010.8(10):1812 | | Non-authorised | 598 |
| Art.13(1) | Soya (Glycine max [L.] Merr.) | Inclusion of at least 25g (or 40-90 mg soy isoflavones) soya protein per day as part of a diet low in saturated fat promotes heart health / helps control blood cholesterol | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011.9(7):2264 | | Non-authorised | 1135 |
| Art.13(1) | Soya Isoflavones | Soya isoflavones act as/are phyto-estrogens. Contains phytoestrogens Added goodness of soya isoflavones, which act as phytoestrogens. Added goodness of soya phytoestrogens Contains soya isoflavones, which act as phytoestrogens | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011.9(7):2264 | | Non-authorised | 3093 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|------------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Spermidina 3HCL[4] | Utile per il trofismo (nutriemento e benessere) dei capelli, nelle varie fasi del loro ciclo di vita). E' di stimolo per la proliferazione delle cellule del bulbo pilifero, favorendo la fase di crescita dei capelli (anagen) e contrastandone la caduta. Clarification provided Useful for the hair health and nutrition during life cycle. Stimulates the cell proliferation at hair bulb improving the growth phase (anagen) against hair loss. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal hair growth | 2011.9(6):2265 | | Non-authorised | 1705 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Standardised Potato Extract | When taken before a meal, supports the body's natural satiety response naturally supports feelings of fullness after a meal helps manage appetite and hunger promotes feelings of fullness and satiety satiety aid helps to feel full sooner | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2011:9(6):2246 | | Non-authorised | 1656 |
| Art.13(1) | Standardised Potato Extract | When taken before a meal, supports the body's natural satiety response naturally supports feelings of fullness after a meal helps manage appetite and hunger promotes feelings of fullness and satiety satiety aid helps to feel full sooner | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in satiety leading to a reduction in energy intake | 2011:9(6):2246 | | Non-authorised | 1656 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Standardisierter Kartoffelextrakt | In german :] hilft Ihnen kontrolliert und nicht zwischen den Mahlzeiten zu essen Clarification provided helps not to eat between meals | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2011;9(6):2246 | | Non-authorised | 2870 |
| Art.13(1) | Standardisierter Kartoffelextrakt | In german :] hilft Ihnen kontrolliert und nicht zwischen den Mahlzeiten zu essen Clarification provided helps not to eat between meals | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in satiety leading to a reduction in energy intake | 2011;9(6):2246 | | Non-authorised | 2870 |
| Art.13(1) | Standardized tomato extract [Oleo-resin extracted from ripe fruits of <i>Lycopersicon esculentum</i> , solvent of extraction Ethyl acetate, 5% lycopene | Contains naturally occurring antioxidants for cells protection/helps protect cells from free radical damage, Lycopene is an antioxidant and helps to maintain intact cell DNA, it contributes to healthy ageing, by maintaining intact cell DNA | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011;9(4):2031 | | Non-authorised | 2142 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|--------------------------------|-----------------------|----------------|-----------|
| Art.13(1) | Standardized tomato extract (Oleoresin extracted from ripe fruits of <i>Lycopersicon esculentum</i> , solvent of extraction Ethyl acetate, 5% lycopene | Helps to protect the skin from UV-induced oxidative damage, Helps to protect against UV-induced erythema, Helps to reduce skin reddening when exposed to sun | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of the skin from UV-induced (including photo-oxidative) damage | 2011;9(4):2031 | | Non-authorised | 2143 |
| Art.13(1) | Stearic acid | Stearic acid helps to maintain a balanced blood cholesterol | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal blood cholesterol concentrations | 2010;8(2):1476 | | Non-authorised | 716, 1657 |
| Art.13(1) | <i>Streptococcus oralis</i> NCIMB 40875 | Normalizing the bacterial flora in the throat and oral cavity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1069 |
| Art.13(1) | <i>Streptococcus oralis</i> NCIMB 40876 | Normalizing the bacterial flora in the throat and oral cavity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1070 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Streptococcus sanguis NCIMB 40104 | Normalizing the bacterial flora in the throat and oral cavity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1067 |
| Art.13(1) | Streptococcus sanguis NCIMB 40873 | Normalizing the bacterial flora in the throat and oral cavity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1068 |
| Art.13(1) | <i>Streptococcus thermophilus</i> FP4(DSM 18616) + <i>Lactobacillus acidophilus</i> LA 02 (LMG P-21381) + <i>Lactobacillus delbrueckii</i> subsp. <i>bulgaricus</i> LDB 01 (DSM 16606) + <i>Lactobacillus rhamnosus</i> LR 04 (DSM 16605) | - supports the natural defences of the organism;- strengthens natural defences. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(2):1470 | | Non-authorised | 3057 |
| Art.13(1) | <i>Streptococcus thermophilus</i> I-3428 | - probiotic -helps body's natural defences;-helps to strengthen the natural defenses;-helps to stimulate the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 915 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | <i>Streptococcus thermophilus</i> I-3428 | - probiotic -helps balance the intestinal flora; -helps maintain digestive health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 914 |
| Art.13(1) | <i>Streptococcus thermophilus</i> THT 070101 | * Helps to strengthen natural defences * Stimulates immune system * Strengthens resistance of organism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1013 |
| Art.13(1) | <i>Streptococcus thermophilus</i> THT 070101 | * Maintains/restores the balance of intestinal flora * Promotes intestinal comfort * Strengthens resistance of organism * Improves digestive health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 1012 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Stutenmilch, naturbelassen | [In German:] Stutenmilch kann die Anzahl an Bifidusbakterien im Darm erhöhen. Clarification provided Mare's milk is able to increase the number of intestinal bifidus bacteria | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Increasing numbers of gastro-intestinal microorganisms | 2011;9(6):2228 | | Non-authorised | 1399 |
| Art.13(1) | Stutenmilch, naturbelassen | [In German:] Stutenmilch kann die Anzahl an Bifidusbakterien im Darm erhöhen. Clarification provided Mare's milk is able to increase the number of intestinal bifidus bacteria | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Immune system" | 2011;9(6):2228 | | Non-authorised | 1399 |
| Art.13(1) | Sugar beet fibre | - The combination of soluble / insoluble fibre in Sugar beet fibre makes the stomach work properly. - Dietary fibre helps to maintain bowel/colonic function - Dietary fibre promotes regularity - Ensures a healthy digestive system/function" | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Changes in bowel function | 2011;9(4):2034 | | Non-authorised | 751 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Sugar beet fibre | -Sugar beet fibre helps to maintain healthy cholesterol levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2034 | | Non-authorised | 809 |
| Art.13(1) | Sugar beet fibre | Sugar beet fibre helps to balance blood sugar levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood glucose concentrations | 2011;9(4):2034 | | Non-authorised | 752 |
| Art.13(1) | Sugar beet fibre | Sugar beet fibre helps to balance blood sugar levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of post-prandial glycaemic responses | 2011;9(4):2034 | | Non-authorised | 752 |
| Art.13(1) | Sugar cane extract | Increases beneficial HDL cholesterol./ Beneficial for the heart and blood vessels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood HDL-cholesterol concentrations | 2011;9(6):2255 | | Non-authorised | 1864 |
| Art.13(1) | Sugar cane extract | Increases beneficial HDL cholesterol./ Beneficial for the heart and blood vessels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(6):2255 | | Non-authorised | 1864 |
| Art.13(1) | Sugar-free chewing gum | - Beneficial to dental health; - safe for teeth; - promotes healthy teeth and gums; -helps protect teeth and gums; -helps to strengthen teeth and gums. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | dental and oral health, including gum and tooth protection and strength | 2009;7(9):1271 | | Non-authorised | 1149 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|--|---------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Sugar-free chewing gum | - helps inhibit the formation of plaque; - helps put a stop to plaque formation; - works against the formation of plaque and tartar; - helps defend against the formation of plaque - helps to keep teeth and gums in normal healthy conditions by limiting/checking/impeding/curbing the accumulation of plaque | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Reduction of dental plaque | 2010.8(2):1480 | | Non-authorised | 3084 |
| Art.13(1) | Sugar-free chewing gum containing Pirofosfati - Gomma da masticare senza zucchero con pirofosfati (E450i,ii,iii,iv,v) tripolifosfati (E451) | Aiuta a contrastare la formazione del tartaro difendendo il benessere delle gengive. Ostacola la formazione del tartaro. Protezione denti e gengive. Clarification provided Helps to contrast formation of calculus/tartar defending the wellness of gums- Opposes calculus/tartar formation -Protection for teeth and gums | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of calculus formation | 2011;9(6):2268 | | Non-authorised | 1309 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|--|---------------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Sugar-free chewing gum containing polyols | - Sugar-free chewing gum may be useful in weight management; - sugar-free chewing gum helps maintain your body weight (as part of a calorie controlled diet); - chewing gum helps to reduce appetite or hunger. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of the normal body weight | 2009;7(9):1271 | | Non-authorised | 1152 |
| Art.13(1) | Sugar-free chewing gum with Xylitol | - works against the formation of plaque and tartar; - keep plaque at bay; - helps counter the plaque formation thereby keeping teeth and gums in normal healthy conditions; - works against plaque | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Reduction of dental plaque | 2011;9(6):2266 | | Non-authorised | 3085 |
| Art.13(1) | Sulfur amino acids : methionine and cystine | Improves the conditions of hair and nails. Helps to support the hair's vitality. Improve hair growth . Helps hair to be glossy. Strengthen hair and nails. Useful in case of fragile nails | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal hair | 2010;8(10):1795 | | Non-authorised | 597 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Sulfur amino acids : methionine and cystine | Improves the conditions of hair and nails. Helps to support the hair's vitality. Improve hair growth . Helps hair to be glossy. Strengthen hair and nails. Useful in case of fragile nails | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal nails | 2010.8(10):1795 | | Non-authorised | 597 |
| Art.13(1) | Sulphoraphane Glucosinolate | Broccoli sprouts contain SGS (Sulphoraphane glucosinolate) which enhances anti-oxidant activity and boosts the elimination of free radicals. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010.8(2):1489 | | Non-authorised | 1934 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Sulphur | Natural sulphur, which helps build and renew connective tissue, reduce inflammation in joints and muscles For healthy skin, hair and nails Ensures elasticity of connective tissues Improves the structure of skin, hair, nails and joints ArthroStop Plus contains substances necessary for cartilage formation and functioning of joints MSM help maintain joint functions MSM helps improve joint mobility Necessary for normal metabolism in joints | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal collagen formation | 2010.8(10):1746 | | Non-authorised | 353 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Sulphur | Natural sulphur, which helps build and renew connective tissue, reduce inflammation in joints and muscles For healthy skin, hair and nails Ensures elasticity of connective tissues Improves the structure of skin, hair, nails and joints ArthroStop Plus contains substances necessary for cartilage formation and functioning of joints MSM help maintain joint functions MSM helps improve joint mobility Necessary for normal metabolism in joints | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal hair | 2010.8(10):1746 | | Non-authorised | 353 |
| Art.13(1) | Sunfiber (enzymatically partially depolymerised guar gum) | Improves intestinal comfort in people with irritable bowel syndrom | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | changes in bowel function | 2011;9(6):2254 | | Non-authorised | 2930 |
| Art.13(1) | Sunfiber (enzymatically partially depolymerised guar gum) | Improves intestinal comfort in people with irritable bowel syndrom | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | reduction of gastro-intestinal discomfort | 2011;9(6):2254 | | Non-authorised | 2930 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Sunfiber (enzymatically partially depolymerised guar gum) | Improves intestinal regularity; Improves bowel function and gut comfort | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | changes in bowel function | 2011;9(6):2254 | | Non-authorised | 2929 |
| Art.13(1) | Sunfiber (enzymatically partially depolymerised guar gum) | Improves intestinal regularity; Improves bowel function and gut comfort | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of gastro-intestinal discomfort | 2011;9(6):2254 | | Non-authorised | 2929 |
| Art.13(1) | Sunfiber (enzymatically partially depolymerised guar gum) | Improves intestinal regularity; Improves bowel function and gut comfort ; Promotes a normal intestinal function | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | changes in bowel function | 2011;9(6):2254 | | Non-authorised | 2931 |
| Art.13(1) | Sunfiber (enzymatically partially depolymerised guar gum) | Improves intestinal regularity; Improves bowel function and gut comfort ; Promotes a normal intestinal function | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of gastro-intestinal discomfort | 2011;9(6):2254 | | Non-authorised | 2931 |
| Art.13(1) | Sunfiber(enzymatically partially depolymerised guar gum). | Improves intestinal comfort in people with irritable bowel syndrom | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | changes in bowel function | 2011;9(6):2254 | | Non-authorised | 1903 |
| Art.13(1) | Sunfiber(enzymatically partially depolymerised guar gum). | Improves intestinal comfort in people with irritable bowel syndrom | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of gastro-intestinal discomfort | 2011;9(6):2254 | | Non-authorised | 1903 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Sunfiber(enzymatically partially depolymerised guar gum). | Improves intestinal regularity. Improves bowel function and gut comfort. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | changes in bowel function | 2011;9(6):2254 | | Non-authorised | 1902 |
| Art.13(1) | Sunfiber(enzymatically partially depolymerised guar gum). | Improves intestinal regularity. Improves bowel function and gut comfort. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of gastro-intestinal discomfort | 2011;9(6):2254 | | Non-authorised | 1902 |
| Art.13(1) | Sunfiber(enzymatically partially depolymerised guar gum). | Improves intestinal regularity. Improves bowel function and gut comfort. Promotes a normal intestinal function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | changes in bowel function | 2011;9(6):2254 | | Non-authorised | 1904 |
| Art.13(1) | Sunfiber(enzymatically partially depolymerised guar gum). | Improves intestinal regularity. Improves bowel function and gut comfort. Promotes a normal intestinal function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of gastro-intestinal discomfort | 2011;9(6):2254 | | Non-authorised | 1904 |
| Art.13(1) | SunfiberTM (syn.: BenefiberTM)(enzymatically partially depolymerised guar gum) | Helps to control the rise in blood glucose levels after a meal. Helps to manage blood glucose levels after a meal. Helps to balance blood glucose levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Reduction of post-prandial glycaemic response | 2010;8(2):1465 | | Non-authorised | 2932 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Superoxide dismutase | As a strong antioxidant it protects the body's cells from the damage caused by free radicals | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010.8(10):1753 | | Non-authorised | 1785 |
| Art.13(1) | Superoxide dismutase (SOD) | Superoxide dismutase has an antioxidant activity and may help to protect the body | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010.8(10):1753 | | Non-authorised | 1970 |
| Art.13(1) | Table top sweeteners and foods beverages containing intense sweeteners | Intense sweeteners have no effect on carbohydrate metabolism, short or long-term blood glucose control or insulin secretion; -product [x] assists in blood glucose control. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood glucose concentrations | 2011;9(6):2229 | | Non-authorised | 1221 |
| Art.13(1) | Table top sweeteners and foods beverages containing intense sweeteners | Intense sweeteners help to maintain a healthy body weight; -intense sweeteners help to control calorie intake. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2011;9(6):2229 | | Non-authorised | 1136 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Taurine | <ul style="list-style-type: none"> - Helps to delay the onset of fatigue; - helps to maintain energy levels for prolonged periods during intense competition / exercise; - enhances endurance and helps to maintain peak effort during times of high physical demand. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | delay in the onset of fatigue and enhancement of physical performance | 2009.7(9):1260 | | Non-authorised | 1660 |
| Art.13(1) | Taurine | <ul style="list-style-type: none"> - Helps to protect body cells; - Helps to protect from radicals which cause cell oxidation; - Helps to protect cells and tissues from oxidation; - Contributes to the total antioxidant capacity of the body. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2009.7(9):1260 | | Non-authorised | 612 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Taurine | - Possesses antioxidant and detoxifying properties; - can protect from free radical which cause cell damage, due to its antioxidant properties; - can protect cells and tissues from oxidative damages. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2009;7(9):1260 | | Non-authorised | 1959 |
| Art.13(1) | Taurine | - Supports the protection of the body's cells; - Supports the protection from free radicals; - Supports the protection of cells and tissues from oxidation. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2009;7(9):1260 | | Non-authorised | 1658 |
| Art.13(1) | Taurine | - Taurine is important for the energy metabolism; - the transformation of food into energy | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | energy-yielding metabolism | 2009;7(9):1260 | | Non-authorised | 614 |
| Art.13(1) | Taurine | -Helps physical and mental performance in cases of temporary stress | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal cognitive function | 2011;9(4):2035 | | Non-authorised | 1659 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Taurine | Amino acid that plays an important role in the immune system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "immune system protection" | 2011;9(4):2035 | | Non-authorised | 611 |
| Art.13(1) | Taurine | Helps to enhance tonus and vitality. Helps to support body's vitality. Helps to make you feel more energetic. Helps to improve physical well-being. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | delay in the onset of physical fatigue during exercise | 2011;9(4):2035 | | Non-authorised | 1958 |
| Art.13(1) | Taurine | It protects eye retina, for protection of liver cells from toxins, for proper heart function, proper cardio-vascular health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal cardiac function | 2011;9(4):2035 | | Non-authorised | 1661 |
| Art.13(1) | Taurine | It supports proper metabolism (uptake of glucose/caffeine). | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "metabolism processes" | 2011;9(4):2035 | | Non-authorised | 613 |
| Art.13(1) | Taurine | effet relaxant sur le coeur et les muscles | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | maintenance of normal muscle function | 2011;9(4):2035 | | Non-authorised | 1949 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Teanine | It helps relax status without reducing the "alert status"; It helps against nervous tension | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | improvement of cognitive function | 2011;9(6):2238 | | Non-authorised | 1707 |
| Art.13(1) | The food component is a mix of linoleic acid and gamma-linolenic acid. | This fatty acids mix * improves tear quantity This fatty acids mix * contributes to ocular comfort/visual comfort This fatty acids mix * improves lachrymal functions This fatty acids mix * decreases ocular dryness * linoleic acid and gamma-linolenic acid | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of ocular dryness | 2011;9(6):2230 | | Non-authorised | 4274 |
| Art.13(1) | Thiamin (B1) | Supplementation with B-vitamins, iron, magnesium as well as vitamin C can reduce fatigue and tiredness in situations of inadequate micro-nutrient status | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of tiredness and fatigue | 2010;8(10):1755 | | Non-authorised | 23 |
| Art.13(1) | Tomato extract containing lycopene | Can contribute to the maintenance of prostate health; Can contribute to the maintenance of the healthy function of prostate. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011;9(4):2031 | | Non-authorised | 2374 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Tomato extract containing lycopene | Can contribute to the maintenance of skin health when exposed to sun.; Can help in the maintenance of healthy structure of the skin; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of the skin from UV-induced (including photo-oxidative) damage | 2011;9(4):2031 | | Non-authorised | 2373 |
| Art.13(1) | Tomato extract containing lycopene | Can help in the maintenance of the healthy function of the cardiovascular system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal cardiac function | 2011;9(4):2031 | | Non-authorised | 2372 |
| Art.13(1) | Tomato extract containing lycopene | Contributes to the maintenance of a healthy cardiovascular system. Maintains cardiovascular health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011;9(4):2031 | | Non-authorised | 1662 |
| Art.13(1) | Tomato extract containing lycopene | Helps to maintain healthy appearance and structure of the skin when exposed to sun. Helps protect the skin from exposure to sun. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of the skin from UV-induced (including photo-oxidative) damage | 2011;9(4):2031 | | Non-authorised | 1665 |
| Art.13(1) | Tomato extract containing lycopene | Helps to maintain intact cells. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011;9(4):2031 | | Non-authorised | 1663 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Tomato extract containing lycopene | Helps to maintain normal prostate health. Helps to maintain a healthy prostate. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011;9(4):2031 | | Non-authorised | 1664 |
| Art.13(1) | Tomato juice | Tomato juice has a positive Influence on blood sugar level | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2243 | | Non-authorised | 1202 |
| Art.13(1) | Triticum sativum | Contributes to enhance your body's resistance; | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "contribution to body defences against external agents" | 2010;8(10):1799 | | Non-authorised | 2344 |
| Art.13(1) | Troxeutin | Contributes to the normal functioning of the veins. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of elasticity and strength of the venous walls | 2011;9(6):2246 | | Non-authorised | 1670 |
| Art.13(1) | Tryptophan | Helps to a normal sleep Helps to get a restful sleep Contributes to maintain nervous balance | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of normal sleep | 2011;9(4):2073 | | Non-authorised | 1671 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Tyrosine | Helps maintain physical and mental concentration in cases of temporary stress | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increased attention | 2011;9(6):2270 | | Non-authorised | 1672 |
| Art.13(1) | Tyrosine | Tyrosine helps maintain mental focus and performance during exposure to environmentally adverse conditions Tyrosine limits mental fatigue during exposure to environmentally adverse conditions. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increased attention | 2011;9(6):2270 | | Non-authorised | 440 |
| Art.13(1) | Unsaturated fats/fatty acids | help to maintain the function and fluidity of the cellular membranes. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "function of the cell membrane" | 2011;9(6):2220 | | Non-authorised | 622 |
| Art.13(1) | Unsaturated fats/fatty acids | help to maintain the function and fluidity of the cellular membranes | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "function of the cell membrane" | 2011;9(6):2220 | | Non-authorised | 2911 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|--------------------------------|-----------------------|----------------|------------|
| Art.13(1) | Vaccinium macrocarpon (Common Name : Cranberry) | - Contributes to the natural defences of the body - support of the body's defence - supports the immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Immune function/immune system" | 2011;9(4):2061 | | Non-authorised | 2155, 3896 |
| Art.13(1) | Vaccinium macrocarpon (Common Name : Cranberry) | Contains antioxidant/s; Is a source of antioxidant/s. With antioxidant/s. Contains naturally occurring antioxidants Antioxidants help protect you from free radicals Antioxidants help protect your cells and tissues from oxidation | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010;8(2):1489 | | Non-authorised | 2154 |
| Art.13(1) | Vaccinium macrocarpon, oxycoccus (Common Name : Cranberry) | Helps to maintain the health of the urinary system / contributes to urinary tract health / has a beneficial effect on the urinary system / canneberge or Vaccinium macrocarpon by concentrated juices, by food supplements and a juice cocktail/nectar). | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | Defence against bacterial pathogens in the lower urinary tract | 2011;9(6):2215 | | Non-authorised | 2153 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Vaccinium macrocarpon, oxycoccus (Cranberry) | Helps maintain a healthy heart and blood vessels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Heart health" | 2011;9(6):2215 | | Non-authorised | 2499 |
| Art.13(1) | Vegetable-rich diet | A diet rich in vegetables helps controlling blood glucose level. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2245 | | Non-authorised | 1430 |
| Art.13(1) | Vegetable-rich diet | A diet rich in vegetables helps controlling body weight. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2245 | | Non-authorised | 1429 |
| Art.13(1) | Vegetable-rich diet | Diets rich in vegetables promote heart health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2245 | | Non-authorised | 1428 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Vegetables (fresh, frozen, canned, bottled, dried, juiced) | -Vegetables help protect the body's cells; -protect you from free radicals; -protect your cells and tissues from oxidation; -antioxidants help strengthen our body's natural defences against oxidative stress; -people should consume a wide variety of fruits and vegetables, choosing among colours present in nature, to incorporate the various phytochemical and maximise protection; -Brassica vegetables (e.g. X) provide particular protection against oxidation. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010.8(10):1752 | | Non-authorised | 1216 |
| Art.13(1) | Vegetables (fresh, frozen, canned, bottled, dried, juiced) | A diet rich in vegetables helps to control blood glucose level. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2245 | | Non-authorised | 1219 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Vegetables (fresh, frozen, canned, bottled, dried, juiced) | A diet rich in vegetables helps to manage body weight. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2245 | | Non-authorised | 1218 |
| Art.13(1) | Vegetables (fresh, frozen, canned, bottled, dried, juiced) | A diet rich in vegetables promotes heart health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2245 | | Non-authorised | 1217 |
| Art.13(1) | Vegetables of 5 colors | Eating a variety of colorful vegetables helps to protect your health. Eating vegetables of all the available colors helps to get all the nutrients and protective substances that will contribute to the wellbeing of your body. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "general health" | 2010;8(10):1738 | | Non-authorised | 1313 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|----------------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Very low calorie diet (VLCD) Programme | Low glycaemic index formula food Low glycaemic index products | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2271 | | Non-authorised | 1414 |
| Art.13(1) | Very low calorie diet (VLCD) Programme | The composition of the Food packs means you wont be starving – once you're in ketosis your physical hunger is suppressed. With such formula food, clients experience little, if any hunger – as after around 3-4 days the body goes into a state of ketosis. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction in the sense of hunger | 2011;9(6):2271 | | Non-authorised | 1411 |
| Art.13(1) | Very low calorie diet (VLCD) Programme | VLCD/low carbohydrate diets helps to the maintenance of normal blood lipid profile | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2271 | | Non-authorised | 1421 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Very low calorie diet (VLCD) Programme | When you are on Food packs - your body uses its stored fat to make up the difference (of energy). evidence suggests that VLCDs do not accelerate the loss of lean tissue weight loss is 3 parts fat and 1 part lean during weight loss. the body breaks down fat to make up the deficit. When you lose weight it comes off in the ratio 3 parts fat to 1 part lean tissue – and that's true of any diet. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction in body fat mass while maintaining lean body mass | 2011;9(6):2271 | | Non-authorised | 1412 |
| Art.13(1) | VitaGranate® Pomegranate Extract 40% Ellagic Acid | VitaGranate® Pomegranate Extract is an excellent source of pomegranate polyphenols, compounds that have been associated with the maintenance of cardiovascular health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood cholesterol concentrations | 2010;8(10):1750 | | Non-authorised | 2167 |
| Art.13(1) | Vitamin A | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of bone | 2009;7(9):1221 | | Non-authorised | 17 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|-----------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Vitamin A | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of hair | 2009.7(9):1221 | | Non-authorised | 17 |
| Art.13(1) | Vitamin A | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of nails | 2009.7(9):1221 | | Non-authorised | 17 |
| Art.13(1) | Vitamin A | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of teeth | 2009.7(9):1221 | | Non-authorised | 17 |
| Art.13(1) | Vitamin A | Necessary to maintain energy and general vitality | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "energy and vitality" | 2010.8(10):1738 | | Non-authorised | 18 |
| Art.13(1) | Vitamin A | Vitamin A aids healthy bone and teeth growth. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of bone | 2009.7(9):1221 | | Non-authorised | 13 |
| Art.13(1) | Vitamin A | Vitamin A aids healthy bone and teeth growth. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of teeth | 2009.7(9):1221 | | Non-authorised | 13 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Vitamin A | Vitamin A protects against free-radical-induced muscle damage. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2009;7(9):1261 | | Non-authorised | 209 |
| Art.13(1) | Vitamin B1 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of bone | 2009;7(9):1222 | | Non-authorised | 25 |
| Art.13(1) | Vitamin B1 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of hair | 2009;7(9):1222 | | Non-authorised | 25 |
| Art.13(1) | Vitamin B1 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of nails | 2009;7(9):1222 | | Non-authorised | 25 |
| Art.13(1) | Vitamin B1 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of skin | 2009;7(9):1222 | | Non-authorised | 25 |
| Art.13(1) | Vitamin B1 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of teeth | 2009;7(9):1222 | | Non-authorised | 25 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|-----------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Vitamin B1 | Necessary to maintain energy and general vitality | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "energy and vitality" | 2010.8(10):1738 | | Non-authorised | 26 |
| Art.13(1) | Vitamin B12 | Necessary for healthy teeth, bones, hair, skin and nails | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal bone | 2010.8(10):1756 | | Non-authorised | 104 |
| Art.13(1) | Vitamin B12 | Necessary for healthy teeth, bones, hair, skin and nails | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal hair | 2010.8(10):1756 | | Non-authorised | 104 |
| Art.13(1) | Vitamin B12 | Necessary for healthy teeth, bones, hair, skin and nails | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal nails | 2010.8(10):1756 | | Non-authorised | 104 |
| Art.13(1) | Vitamin B12 | Necessary for healthy teeth, bones, hair, skin and nails | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal skin | 2010.8(10):1756 | | Non-authorised | 104 |
| Art.13(1) | Vitamin B12 | Necessary for healthy teeth, bones, hair, skin and nails | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal teeth | 2010.8(10):1756 | | Non-authorised | 104 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Vitamin B12 | Necessary to maintain energy and general vitality | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "energy and vitality" | 2010.8(10):1738 | | Non-authorised | 105 |
| Art.13(1) | Vitamin B2 | - Riboflavin is needed/important for mental function and performance | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | contribution to normal psychological functions | 2010.8(10):1814 | | Non-authorised | 32 |
| Art.13(1) | Vitamin B2 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal bone | 2010.8(10):1814 | | Non-authorised | 33 |
| Art.13(1) | Vitamin B2 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal hair | 2010.8(10):1814 | | Non-authorised | 33 |
| Art.13(1) | Vitamin B2 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal nails | 2010.8(10):1814 | | Non-authorised | 33 |
| Art.13(1) | Vitamin B2 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal teeth | 2010.8(10):1814 | | Non-authorised | 33 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|----------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Vitamin B3 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of bone | 2009;7(9):1224 | | Non-authorized | 50 |
| Art.13(1) | Vitamin B3 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of hair | 2009;7(9):1224 | | Non-authorized | 50 |
| Art.13(1) | Vitamin B3 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of nails | 2009;7(9):1224 | | Non-authorized | 50 |
| Art.13(1) | Vitamin B3 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of teeth | 2009;7(9):1224 | | Non-authorized | 50 |
| Art.13(1) | Vitamin B5 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of bone | 2009;7(9):1218 | | Non-authorized | 61 |
| Art.13(1) | Vitamin B5 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of hair | 2009;7(9):1218 | | Non-authorized | 61 |
| Art.13(1) | Vitamin B5 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of nails | 2009;7(9):1218 | | Non-authorized | 61 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|-----------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Vitamin B5 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of skin | 2009;7(9):1218 | | Non-authorised | 61 |
| Art.13(1) | Vitamin B5 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of teeth | 2009;7(9):1218 | | Non-authorised | 61 |
| Art.13(1) | Vitamin B5 | Necessary to maintain energy and general vitality | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "energy and vitality" | 2010;8(10):1738 | | Non-authorised | 62 |
| Art.13(1) | Vitamin B6 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bone | 2010;8(10):1759 | | Non-authorised | 74 |
| Art.13(1) | Vitamin B6 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal hair | 2010;8(10):1759 | | Non-authorised | 74 |
| Art.13(1) | Vitamin B6 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal nails | 2010;8(10):1759 | | Non-authorised | 74 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Vitamin B6 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal skin | 2010.8(10):1759 | | Non-authorised | 74 |
| Art.13(1) | Vitamin B6 | Necessary for healthy teeth, bones, hair, skin and nails. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal teeth | 2010.8(10):1759 | | Non-authorised | 74 |
| Art.13(1) | Vitamin C | Acts as free radical scavenger. Renders free radicals harmless | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | maintenance of vision | 2009.7(9):1226 | | Non-authorised | 141 |
| Art.13(1) | Vitamin C | Necessary to maintain energy and general vitality | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "energy and vitality" | 2010.8(10):1738 | | Non-authorised | 145 |
| Art.13(1) | Vitamin C | Promotes lutein / zeaxanthin function | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | antioxidant function of lutein | 2009.7(9):1226 | | Non-authorised | 146 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Vitamin C | Protects the eye from oxidative and photo-oxidative stress Protects the eye Antioxidant vitamin C, is associated with the health of the retina and lens, which can be damaged over the years by free radical damage e.g. caused by sunlight, smoke & pollution | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | maintenance of vision | 2009.7(9):1226 | | Non-authorised | 142 |
| Art.13(1) | Vitamin D | Vitamin D is needed for the normal / proper function of the thyroid. Vitamin D is needed for the proper regulation of blood calcium levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | thyroid function | 2009.7(9):1227 | | Non-authorised | 156 |
| Art.13(1) | Vitamin E | Can neutralise free radicals and help maintain a healthy heart. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal cardiac function | 2010.8(10):1816 | | Non-authorised | 166 |
| Art.13(1) | Vitamin E | Due to Vitamin E favourable effects on free radicals it could support reducing the age related cognitive decline. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal cognitive function | 2010.8(10):1816 | | Non-authorised | 182 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Vitamin E | Helps memory and perception retention, especially in the elderly. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal cognitive function | 2010.8(10):1816 | | Non-authorised | 183 |
| Art.13(1) | Vitamin E | Necessary for healthy teeth, bones, hair, skin and nails | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bone | 2010.8(10):1816 | | Non-authorised | 164 |
| Art.13(1) | Vitamin E | Necessary for healthy teeth, bones, hair, skin and nails | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal hair | 2010.8(10):1816 | | Non-authorised | 164 |
| Art.13(1) | Vitamin E | Necessary for healthy teeth, bones, hair, skin and nails | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal nails | 2010.8(10):1816 | | Non-authorised | 164 |
| Art.13(1) | Vitamin E | Necessary for healthy teeth, bones, hair, skin and nails | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal skin | 2010.8(10):1816 | | Non-authorised | 164 |
| Art.13(1) | Vitamin E | Necessary for healthy teeth, bones, hair, skin and nails | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal teeth | 2010.8(10):1816 | | Non-authorised | 164 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Vitamin E | Necessary to maintain energy and general vitality | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "energy and vitality" | 2010.8(10):1738 | | Non-authorised | 165 |
| Art.13(1) | Vitamin E | Protects the lens. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal vision by protection of the lens of the eye | 2010.8(10):1816 | | Non-authorised | 167 |
| Art.13(1) | Vitamin E | Regeneration of vitamin C | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | regeneration of the reduced form of vitamin C | 2010.8(10):1816 | | Non-authorised | 203 |
| Art.13(1) | Vitamin E | Vitamin C, E, A, D, B6, B12 folic acid, Selenium, Zinc, Copper and Iron are important for the immune system/natural defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of the normal function of the immune system | 2010.8(10):1816 | | Non-authorised | 163 |
| Art.13(1) | Vitamin E | Vitamin E is an antioxidant that protects the body's cells. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of the normal function of the immune system | 2010.8(10):1816 | | Non-authorised | 161 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Vitamin E | [In German] Wichtig für Blutfließeigenschaften. Clarification provided Important for blood flow parameters. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood circulation | 2010.8(10):1816 | | Non-authorised | 216 |
| Art.13(1) | Vitamin E acetate (D,L-alpha tocopherol acetate) | Support the microcirculation and the oxygenation of the scalp. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of a normal scalp | 2010.8(10):1816 | | Non-authorised | 2873 |
| Art.13(1) | Vitamin K1 + K2 | Vitamin K1 and K2 supports a healthy heart. Vitamin K1 and K2 stimulates blood clotting. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | function of the heart and blood vessels | 2009.7(9):1228 | | Non-authorised | 124 |
| Art.13(1) | Vitamine B3 | Activate the scalp microcirculation | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of hair | 2009.7(9):1224 | | Non-authorised | 2875 |
| Art.13(1) | Vitamine B3 | Activate the scalp microcirculation | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of nails | 2009.7(9):1224 | | Non-authorised | 2875 |
| Art.13(1) | Vitamine B5 (Pantothenic acid) | Helps the skin hydration and fights against exfoliation. Helps to fight against skin dryness. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal skin | 2010.8(10):1758 | | Non-authorised | 2878 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Vitamine B8 : Vitamin B8 or vitamin H (biotin) | Contribute to improve nail's resistance | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal nails | 2010;8(10):1728 | | Non-authorised | 2877 |
| Art.13(1) | Vitamine E and Sélénium | protect fatty acids of skin cell membranes from oxidation after sun exposure | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of lipids in the skin from UV-induced photo-oxidative damage | 2011;9(6):2246 | | Non-authorised | 4290 |
| Art.13(1) | Vitamins, minerals, lysine and/or arginine and/or taurine (Pharmaton Kiddi) | It helps to support an adequate vitamins/minerals/lysine supplementation in children, in case of unbalanced or insufficient nutrition To support a healthy growth and development in children. When a child is recovering from illness, or has a loss of appetite. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2083 | | Non-authorised | 6 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Vitamins, minerals, lysine and/or arginine and/or taurine (Pharmaton Kiddi) | When a child is recovering from illness, or has a loss of appetite, Pharmaton Kiddi provides important vitamins, minerals. These are important for developing and supporting proper immune system functions. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2083 | | Non-authorised | 1676 |
| Art.13(1) | Vitamins, minerals, lysine and/or arginine and/or taurine (Pharmaton Kiddi) | scientifically proven to support attention and mental performance | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(4):2083 | | Non-authorised | 1677 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | WGP beta-glucan;(WGP® (1,3)-b-D-glucan);(from Saccharomy-ces cerevisiae) | WGP beta-glucan contributes to the normal function of the immune system. WGP beta-glucan naturally contributes to adequate immune responses. The daily dietary supplementation with WGP beta-glucan promotes the normal function of the immune system. WGP beta-glucan enhances the production and activity of the macrophages and neutrophils. Thus, it plays an important role in the adequate function of the immune system. WGP beta-glucan contributes to maintain the normal function of upper respiratory tract. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of the upper respiratory tract defence against pathogens by maintaining immune defences | 2011;9(6):2248 | | Non-authorised | 1910 |
| Art.13(1) | Walnuts | Walnuts contain a well-balanced ratio of unsaturated fatty acids which helps maintaining a healthy heart. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2074 | | Non-authorised | 1158 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Walnuts | Walnuts support cardiovascular health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood LDL-cholesterol concentrations | 2011;9(4):2074 | | Non-authorised | 1156 |
| Art.13(1) | Water | water is an essential nutrient for life; -water helps all body functions to work properly; -water facilitates other nutrients to work properly; -water carries nutrients throughout the whole body; -water helps remove waste products from the body; -water is actively involved in body functioning; -recommended water intake is typically 1 to 1.5 litres/ day (sedentary/ temperate conditions) in addition to water contained in food. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "basic requirement of all living things" | 2011;9(4):2075 | | Non-authorised | 1207 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Water- soluble dietary fibre | Water-soluble dietary fibres as a part of the healthy diet support the maintenance of normal blood cholesterol level. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | maintenance of normal blood cholesterol concentrations | 2009;7(9):1255 | | Non-authorised | 811 |
| Art.13(1) | Water-based product (Water purified by reverse osmosis to monomolecular level, complex of salts) | Improves gallbladder mechanoactivity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Improves mechanical activity of gallbladder" | 2011;9(6):2228 | | Non-authorised | 1342 |
| Art.13(1) | Water-ethanol extract of <i>Caralluma fimbriata</i> | Natures solution to help reduce you reduce your waist size | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Ethanol-water extract of <i>Caralluma fimbriata</i> and reduction in waist circumference | 2011;9(6):2203 | | Non-authorised | 4191 |
| Art.13(1) | Water-ethanol extract of <i>Caralluma fimbriata</i> | Natures solution to help reduce your appetite as part of a healthy lifestyle | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Ethanol-water extract of <i>Caralluma fimbriata</i> and reduction of appetite | 2011;9(6):2203 | | Non-authorised | 4193 |
| Art.13(1) | Water-ethanol extract of <i>Caralluma fimbriata</i> | Natures solution to help reduce your body weight | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Ethanol-water extract of <i>Caralluma fimbriata</i> and reduction of body weight | 2011;9(6):2203 | | Non-authorised | 4192 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Wheat (Triticum vulgare) | Helps to control blood levels of cholesterol. Contributes to a healthy cholesterol level and healthy blood vessels. Contributes to a normal blood pressure. Helps to maintain a healthy heart. Contributes to normal cholesterol levels. Helps to reduce blood cholesterol levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood cholesterol concentrations | 2010;8(10):1762 | | Non-authorised | 599 |
| Art.13(1) | Wheat (Triticum vulgare) | Helps to control blood levels of cholesterol. Contributes to a healthy cholesterol level and healthy blood vessels. Contributes to a normal blood pressure. Helps to maintain a healthy heart. Contributes to normal cholesterol levels. Helps to reduce blood cholesterol levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood pressure | 2010;8(10):1762 | | Non-authorised | 599 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Wheat (Triticum vulgare) | Contributes to maintain a healthy skin. Contributes to skin hydration/ moisturizing. Helps to protect the skin. Helps to support skin's natural defenses against UV-radiations. Antioxidants help your skin to combat the production of free radicals during exposure to the sun. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal skin hydration | 2010.8(10):1762 | | Non-authorised | 600 |
| Art.13(1) | Wheat (Triticum vulgare) | Contributes to maintain a healthy skin. Contributes to skin hydration/ moisturizing. Helps to protect the skin. Helps to support skin's natural defenses against UV-radiations. Antioxidants help your skin to combat the production of free radicals during exposure to the sun. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of the skin from photo-oxidative (UV-induced) damage | 2010.8(10):1762 | | Non-authorised | 600 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Wheat Dextrin | <ul style="list-style-type: none"> - Diet rich in fiber can help you maintain good cardiovascular health. - Dietary fiber helps maintain healthy cholesterol levels to promote overall heart health. - Dietary fiber helps maintain healthy blood pressure to promote overall heart health. -Diets rich in fiber can help promote healthy triglyceride levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal (fasting) blood concentrations of triglycerides | 2010.8(10):1761 | | Non-authorised | 844 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Wheat Dextrin | <ul style="list-style-type: none"> - Diet rich in fiber can help you maintain good cardiovascular health. - Dietary fiber helps maintain healthy cholesterol levels to promote overall heart health. - Dietary fiber helps maintain healthy blood pressure to promote overall heart health. -Diets rich in fiber can help promote healthy triglyceride levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood cholesterol concentrations | 2010.8(10):1761 | | Non-authorised | 844 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--------------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Wheat Dextrin | <ul style="list-style-type: none"> - Diet rich in fiber can help you maintain good cardiovascular health. - Dietary fiber helps maintain healthy cholesterol levels to promote overall heart health. - Dietary fiber helps maintain healthy blood pressure to promote overall heart health. -Diets rich in fiber can help promote healthy triglyceride levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood pressure | 2010.8(10):1761 | | Non-authorized | 844 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Wheat Dextrin | <p>Increasing fiber intake helps maintain digestive health.</p> <p>Wheat dextrin promotes healthy functioning of your digestive system.</p> <p>Wheat dextrin helps your natural bowel regularity.</p> <p>Wheat dextrin helps to restore normal digestive health.</p> <p>Wheat dextrin is a natural solution when it concerns your digestive health.</p> <p>Wheat dextrin helps to supplement your daily diet with fiber that is essential to keep your bowel healthy.</p> <p>Wheat dextrin helps restore your digestive system's natural balance.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>decreasing potentially pathogenic gastrointestinal microorganisms</p> | 2010.8(10):1761 | | Non-authorised | 843 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Wheat Dextrin | <p>Increasing fiber intake helps maintain digestive health.</p> <p>Wheat dextrin promotes healthy functioning of your digestive system.</p> <p>Wheat dextrin helps your natural bowel regularity.</p> <p>Wheat dextrin helps to restore normal digestive health.</p> <p>Wheat dextrin is a natural solution when it concerns your digestive health.</p> <p>Wheat dextrin helps to supplement your daily diet with fiber that is essential to keep your bowel healthy.</p> <p>Wheat dextrin helps restore your digestive system's natural balance.</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>maintenance of normal bowel function</p> | 2010.8(10):1761 | | Non-authorised | 843 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Wheat Dextrin | <ul style="list-style-type: none"> - Wheat dextrin has low glyceemic and insulinemc indices and it is suitable for use by diabetics. - Eating a diet high in fiber can help control postprandial glucose levels and serum lipid profiles. - Dietary fiber helps improve glycemic control to improve your ability to maintain normal blood sugar and insulin levels, essential for good health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of post-prandial glycaemic responses | 2010.8(10):1761 | | Non-authorised | 845 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Wheat Dextrin | <ul style="list-style-type: none"> -Diet rich in fiber can help you maintain good cardiovascular health. -Dietary fiber helps maintain healthy cholesterol levels to promote overall heart health. -Dietary fiber helps maintain healthy blood pressure to promote overall heart health. -Diets rich in fiber can help promote healthy triglyceride levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal (fasting) blood concentrations of triglycerides | 2010.8(10):1761 | | Non-authorized | 1682 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Wheat Dextrin | <ul style="list-style-type: none"> -Diet rich in fiber can help you maintain good cardiovascular health. -Dietary fiber helps maintain healthy cholesterol levels to promote overall heart health. -Dietary fiber helps maintain healthy blood pressure to promote overall heart health. -Diets rich in fiber can help promote healthy triglyceride levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood cholesterol concentrations | 2010.8(10):1761 | | Non-authorised | 1682 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Wheat Dextrin | <ul style="list-style-type: none"> -Diet rich in fiber can help you maintain good cardiovascular health. -Dietary fiber helps maintain healthy cholesterol levels to promote overall heart health. -Dietary fiber helps maintain healthy blood pressure to promote overall heart health. -Diets rich in fiber can help promote healthy triglyceride levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood pressure | 2010.8(10):1761 | | Non-authorised | 1682 |
| Art.13(1) | Wheat Dextrin | <ul style="list-style-type: none"> -Wheat dextrin has low glycemic and insulinemic indices. -Eating a diet high in fiber can help control postprandial glucose levels and serum lipid profiles. -Dietary fiber helps improve glycemic control to improve your ability to maintain normal blood sugar and insulin levels, essential for good health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of post-prandial glycaemic responses | 2010.8(10):1761 | | Non-authorised | 3096 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|-----------|
| Art.13(1) | Wheat Dextrin | Increasing fiber intake helps maintain digestive health. Wheat dextrin promotes healthy functioning of your digestive system. Wheat dextrin helps your natural bowel regularity. Wheat dextrin helps to restore normal digestive health. Wheat dextrin is a natur | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bowel function | 2010.8(10):1761 | | Non-authorised | 1680 |
| Art.13(1) | Wheat Dextrin | Wheat dextrin helps to improve the absorption of calcium and magnesium; two minerals that are essential for healthy muscles and bones. Wheat dextrin improves magnesium and calcium absorption and retention. Wheat dextrin helps increase the absorption and retention of certain vital nutrients and promotes overall good health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in magnesium and/or calcium retention | 2010.8(10):1761 | | Non-authorised | 846, 3097 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Wheat Dextrin | <p>Wheat dextrin is fermented in the gut leading to the production of the beneficial SCFA.</p> <p>Wheat dextrin helps promote colon health.</p> <p>Wheat dextrin nourishes the digestive tract, where 70% of immune function occurs.</p> <p>Wheat dextrin stimulates the microflora to restore and maintain digestive system's healthy balance.</p> <p>Wheat dextrin stimulates the microflora (prebiotic effect).</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</p> | <p>decreasing potentially pathogenic gastrointestinal microorganisms</p> | 2010.8(10):1761 | | Non-authorised | 1681 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Wheat Dextrin | <p>Wheat dextrin is fermented in the gut leading to the production of the beneficial SCFA. Wheat dextrin helps promote colon health. Wheat dextrin nourishes the digestive tract, where 70% of immune function occurs. Wheat dextrin stimulates the microflora to restore and maintain digestive system's healthy balance. Wheat dextrin stimulates the microflora (prebiotic effect).</p> | <p>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation.</p> | <p>short chain fatty acid (SCFA) production in the bowel</p> | 2010.8(10):1761 | | Non-authorised | 1681 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--------------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Wheat germ oil | 1. Improves metabolism 2. Helps maintain functions and structure of the body and its organ cell membranes 3. Activates absorption of calcium in intestinal tract thereby increasing bone density 4. Promotes body purification and reduction of body mass | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bone | 2010;8(10):1762 | | Non-authorised | 1389 |
| Art.13(1) | Wheat germ oil | 1. Improves skin condition, its elasticity and firmness, promotes natural renewal of skin cells, normalizes skin's moisture level by moisturizing it in a natural way. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal skin hydration | 2010;8(10):1762 | | Non-authorised | 1390 |
| Art.13(1) | Wheat germ oil | 1. Increases immunity 2. Ensures activity of the immune system, reduction of inflammatory reactions | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | reduction of inflammation | 2010;8(10):1799 | | Non-authorised | 1391 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Wheat germ oil | 1. Strengthens the cardiovascular system 2. Promotes maintenance of vascular elasticity, heart health and normal blood pressure 3. Ensures regulation of the blood vessel tonus | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood pressure | 2010.8(10):1762 | | Non-authorised | 1386 |
| Art.13(1) | Wheat germ oil | Increases potency | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal fertility | 2010.8(10):1762 | | Non-authorised | 1392 |
| Art.13(1) | Wheat germ oil | Necessary for normal growth, wholesome mental and physical development, a healthy nervous system, maintenance of memory and cognitive abilities, particularly in old age | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal cognitive function | 2010.8(10):1762 | | Non-authorised | 1394 |
| Art.13(1) | Wheat germ oil | Relieves painful menstruation | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | relief of menstrual pain | 2010.8(10):1762 | | Non-authorised | 1395 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Wheat germ oil | Retards the ageing processes | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | protection of cells from premature aging | 2010.8(10):1762 | | Non-authorised | 1393 |
| Art.13(1) | Wheat germ oil | Strengthens the digestive system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "digestive system" | 2010.8(10):1762 | | Non-authorised | 1388 |
| Art.13(1) | Wheat germ oil | Strengthens the nervous system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | contribution to normal neurological function | 2010.8(10):1762 | | Non-authorised | 1387 |
| Art.13(1) | Wheat grain fibre | Helps with weight control | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | contribution to the maintenance or achievement of a normal body weight | 2010.8(10):1817 | | Non-authorised | 829 |
| Art.13(1) | Wheat sprouts | For eye health. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of normal vision | 2011;9(6):2248 | | Non-authorised | 2833 |
| Art.13(1) | Wheat sprouts | Strong plant antioxidant Protect cells from premature ageing. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Antioxidant, antioxidant content, and antioxidant properties | 2010.8(2):1489 | | Non-authorised | 2832 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Wheat sprouts | Strong plant antioxidant Protect cells from premature ageing. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | Protection of cells from premature aging | 2010.8(2):1489 | | Non-authorised | 2832 |
| Art.13(1) | Whey Prot*omegaein | Consumption of whey in conjunction with resistance exercise supports an increase in lean body mass and strength. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2010.8(10):1818 | | Non-authorised | 429 |
| Art.13(1) | Whey Prot*omegaein | Consumption of whey in conjunction with resistance exercise supports an increase in lean body mass and strength. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in muscle strength | 2010.8(10):1818 | | Non-authorised | 429 |
| Art.13(1) | Whey Protein | - Whey protein essential amino acids aid muscle fatigue recovery. - Whey protein supports muscle repair following resistance training. - Whey protein accelerates recovery from exercise. - Whey protein, consumed post each exercise bout, prolongs endurance perform | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | faster recovery from muscle fatigue after exercise | 2010.8(10):1818 | | Non-authorised | 428 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Whey Protein | <ul style="list-style-type: none"> - Whey protein essential amino acids aid muscle fatigue recovery. - Whey protein supports muscle repair following resistance training. - Whey protein accelerates recovery from exercise. - Whey protein, consumed post each exercise bout, prolongs endurance perform | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in endurance capacity during the subsequent exercise bout after strenuous exercise | 2010;8(10):1818 | | Non-authorised | 428 |
| Art.13(1) | Whey Protein | <ul style="list-style-type: none"> - Whey protein essential amino acids aid muscle fatigue recovery. - Whey protein supports muscle repair following resistance training. - Whey protein accelerates recovery from exercise. - Whey protein, consumed post each exercise bout, prolongs endurance perform | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | skeletal muscle tissue repair | 2010;8(10):1818 | | Non-authorised | 428 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--------------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Whey Protein | - Whey protein essential amino acids aid muscle maintenance in the elderly and at risk persons. - Whey protein essential amino acids reduce lean tissue loss in the elderly and at risk persons. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2010.8(10):1818 | | Non-authorised | 426 |
| Art.13(1) | Whey Protein | Whey protein essential amino acids aid muscle maintenance and growth | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2010.8(10):1818 | | Non-authorised | 427 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Whey Protein Milk Mineral Complex | <ul style="list-style-type: none"> - Whey protein milk mineral complex helps promote fat loss. - Whey protein milk mineral complex helps maintain lean body mass. - Whey protein milk mineral complex helps maintain lean body mass whilst reducing body fat. - Whey protein milk mineral complex promotes satiety. - Whey protein milk mineral complex contains ACE inhibitory peptides which influence fat metabolism.Whey protein milk mineral complex helps maintain bone mineral density. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2010.8(10):1818 | | Non-authorised | 1683 |
| Art.13(1) | Whey Protein | <ul style="list-style-type: none"> - Combined with resistance exercise, whey protein supports an increase in muscular strength. - Whey protein improves exercise performance. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in muscle strength | 2010.8(10):1818 | | Non-authorised | 422 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Whey Protein | <ul style="list-style-type: none"> - Whey protein can reduce muscle loss when dieting. - Whey protein offers a nutritional advantage towards achieving a desirable body composition by supporting your fat loss goals and fueling muscle growth during energy restriction. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in lean body mass during energy restriction and resistance training | 2010.8(10):1818 | | Non-authorized | 421 |
| Art.13(1) | Whey Protein | <ul style="list-style-type: none"> - Whey protein can reduce muscle loss when dieting. - Whey protein offers a nutritional advantage towards achieving a desirable body composition by supporting your fat loss goals and fueling muscle growth during energy restriction. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of body fat mass during energy restriction and resistance training | 2010.8(10):1818 | | Non-authorized | 421 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Whey Protein | <ul style="list-style-type: none"> - Whey protein leaves you feeling fuller for longer, making it easier to control your appetite at the next meal. - Whey protein promotes satiety. - The intake of whey protein & its essential amino acids can promote satiety and aid in the regulation of blood glucose. - Leucine-rich whey protein promotes satiety & weight loss. - Whey protein helps you feel fuller for longer, increasing the sense of satiety. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increase in satiety leading to a reduction in energy intake | 2010.8(10):1818 | | Non-authorised | 425 |
| Art.13(1) | Whey Protein | Combined with exercise and a hypercaloric diet, whey protein supports muscle growth | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2010.8(10):1818 | | Non-authorised | 419 |
| Art.13(1) | Whey Protein | Combined with exercise and a hypocaloric diet, whey protein supports your fat loss goals. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of body fat mass during energy restriction and resistance training | 2010.8(10):1818 | | Non-authorised | 420 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--------------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Whey Protein | Taken after resistance exercise, whey protein supports muscle growth | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2010;8(10):1818 | | Non-authorised | 418 |
| Art.13(1) | Whey Protein | Whey protein enhances mood and mental well-being | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2243 | | Non-authorised | 432 |
| Art.13(1) | Whey Protein | Whey protein helps athletes maintain a healthy immune system by increasing the levels of glutathione in the body. Glutathione is an antioxidant required for a healthy immune system and exercise and resistance training may reduce glutathione levels. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2243 | | Non-authorised | 424 |
| Art.13(1) | Whey Protein | Whey protein improves cognitive performance | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2243 | | Non-authorised | 430 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Whey Protein | Whey protein provides fast delivery of muscle-building amino acids after training to aid recovery and support muscle growth. Whey protein is a soluble, easy to digest protein and is efficiently absorbed into the body.It's often referred to as a "fast" protein for its ability to quickly provide nourishment to muscles. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | faster recovery from muscle fatigue after exercise | 2010.8(10):1818 | | Non-authorised | 423 |
| Art.13(1) | Whey Protein | Whey protein provides fast delivery of muscle-building amino acids after training to aid recovery and support muscle growth. Whey protein is a soluble, easy to digest protein and is efficiently absorbed into the body.It's often referred to as a "fast" protein for its ability to quickly provide nourishment to muscles. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | growth or maintenance of muscle mass | 2010.8(10):1818 | | Non-authorised | 423 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Whey protein Hydrolysate | Whey protein hydrolysate enhances muscle recovery. Glutamine-rich whey protein enhances muscle recovery | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | faster recovery from muscle fatigue after exercise | 2010;8(10):1818 | | Non-authorised | 431 |
| Art.13(1) | Whey protein isolate (Lacprodan DI-9212) | Increases muscle synthesis | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | growth or maintenance of muscle mass | 2010;8(10):1818 | | Non-authorised | 4307 |
| Art.13(1) | Whey protein peptides | Helps maintain a healthy vascular system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2243 | | Non-authorised | 725 |
| Art.13(1) | Whole grain foods | People who eat more whole grain foods tend to have a healthier body weight and gain less weight over time (as part of a low fat diet & healthy lifestyle). | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(10):1766 | | Non-authorised | 1126 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Whole grain, whole grain flour | Täisteratoodete tarbimine reguleerib vere kolesteroolitaset. Clarifications provided Consuming whole grain products regulates blood cholesterol level. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(10):1766 | | Non-authorised | 1268 |
| Art.13(1) | Whole grain, whole grain flour | Täisteratoodete tarbimine soodustab seedimist. Täisteratoodete tarbimine aitab soodustada seedimist. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(10):1766 | | Non-authorised | 1271 |
| Art.13(1) | Whole grain, whole grain flour | Täisteratoodete tarbimine suurendab küllastustunnet ehk täiskõhutunnet. Täisteratoodete tarbimine pikendab küllastustunde ehk täiskõhutunde säilimist. Clarifications provided Consuming whole grain products increases satiety. Consuming whole grain products prolongs the feeling of satiety. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(10):1766 | | Non-authorised | 1269 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Whole grain, whole grain flour | Täisteratooteid seloomustab madal glükeemiline indeks. Clarifications provided: Whole grain products are characterised by low glycaemic index | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(10):1766 | | Non-authorised | 1270 |
| Art.13(1) | Whole-grain | Balances sugar metabolism. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(10):1766 | | Non-authorised | 833 |
| Art.13(1) | Wholegrain | Helps with weight control. For a long-lasting sense of satiety. Releases energy slowly | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(10):1766 | | Non-authorised | 832 |
| Art.13(1) | Wholegrain | Promotes gut activity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010;8(10):1766 | | Non-authorised | 831 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|----------------------------|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Xanthan | Helps to maintain normal bowel function. Promotes intestinal regularity. Ensures a healthy digestive system/ function. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | changes in bowel function | 2011;9(6):2272 | | Non-authorised | 837 |
| Art.13(1) | Xanthan | Helps you to feel full for longer. Helps to limit feeling of hunger and food craving. Helps to increase feelings of fullness and satiety. Curbs the appetite. Helps in weight control programs by reducing appetite and calorie intake. Contributes to control/ reduce appetite. Helps to reduce body weight. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | increased satiety | 2010;8(2):1481 | | Non-authorised | 838 |
| Art.13(1) | Xylitol | Xylitol helps reduce plaque formation Xylitol helps neutralize plaque acids Xylitol helps protect teeth against the formation of plaque | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Reduction of dental plaque | 2011;9(6):2266 | | Non-authorised | 485 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|--|--------------------------------|-----------------------|----------------|-----------|
| Art.13(1) | Xylitol-sweetened chewing gum | Xylitol is good for the health of ears. Maintains good health of the ears. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | Defence against pathogens in the middle ear | 2011;9(6):2266 | | Non-authorised | 561, 1180 |
| Art.13(1) | Xylo-oligosaccharides | Prebiotic; Stimulate a healthy intestinal flora; Stimulates the growth of bifidobacteria. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation | Increasing numbers of gastro-intestinal microorganisms | 2011;9(6):2228 | | Non-authorised | 782 |
| Art.13(1) | Yeo Valley yoghurt products containing the probiotic bacteria Bifidobacterium animalis ssp. lactis BB-12 ® and Lactobacillus acidophilus LA-5 ® | It's Bio-Live. Each spoonful contains millions of bacteria that help to maintain the balance of natural flora in your body, which can aid digestion and general well-being. Helps to maintain harmony in your digestive system Helps to maintain a healthy d | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2009;7(9):1247 | | Non-authorised | 942 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Zea mays (Maize) | 1. For liver and gallbladder health — beneficially affects the function of liver and gallbladder 2. A beneficial effect in case of acute condition of chronic pancreatitis 3. Beneficially affects digestion and promotes body's detoxification processes | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "Liver health" | 2011:9(6):2228 | | Non-authorised | 2504 |
| Art.13(1) | Zea mays (Maize) | For the urogenital system health — kidney activity improving, lightly diuretic, disinfecting and anti-inflammatory effect | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Increase in renal water elimination | 2011:9(4):2061 | | Non-authorised | 2505 |
| Art.13(1) | Zea mays (Maize) | For the urogenital system health — kidney activity improving, lightly diuretic, disinfecting and anti-inflammatory effect | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Reduction of inflammation | 2011:9(4):2061 | | Non-authorised | 2505 |
| Art.13(1) | Zea mays L. ; Common name : Mais | Facilite la perte de poids en complément de mesures diététiques. Help weight loss in addition to dieting | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to the maintenance or achievement of a normal body weight | 2011:9(6):2246 | | Non-authorised | 2788 |



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| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|-------|--|---------------------|------------------------|-----------------------|--------|----------|
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| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Zeaxanthin | An optimal intake of zeaxanthin contributes to eye health supports normal vision absorbs blue light and scavenges reactive oxygen species in the eye (lens, retina) and, therefore, helps to maintain a healthy retina stabilizes membranes and, therefore, contributes to make retinal membranes more resistant against damage by light (together with Lutein) is actively accumulated in the healthy macula. The highest concentration of carotenoids found in the human body. A sufficient supply therefore contributes to maintaining the integrity and health of this part of the retina which is most | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal vision | 2010.8(10):1724 | | Non-authorised | 1684 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|--|--|---------------------|------------------------|-----------------------|--------|----------|
| | | <p>essential for optimal visual performance. Das Carotinoid Zeaxanthin kommt in hoher Konzentration im menschlichen Auge vor. Dort schützt es dieses vor oxidativen Schädigungen durch Radikale. Zeaxanthin ist ein Beitrag zum Schutz der Augengesundheit. Zeaxanthin ist ein Radikalfänger. wird (zusammen mit Lutein) aktiv in der gesunden Makula angereichert, die die höchste Konzentration an Carotinoiden im menschlichen Körper aufweist. Eine ausreichende Versorgung hilft, diesen Teil der Retina, der für ein optimales Sehvermögen sehr wichtig Zeaxanthin ist ein wichtiges antioxidativ zellschützender vitaminähnlicher</p> | | | | | | |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|---|--|---------------------|------------------------|-----------------------|--------|----------|
| | | <p>Lebensmittelinhaltsstoff für den Menschen mit besonderer Bedeutung für den Lichtschutz. Als vergleichsweise schwaches Antioxidans kann Zeaxanthin durch die stärkeren antioxidativen Nährstoffe bzw. körpereigenen Antioxidantien – z. B. die Thiole Glutathion, Cystein und Liponsäure - teilweise gegen Oxidation geschützt werden. Umgekehrt gibt es Hinweise, dass eine hohe Zufuhr von Carotinoiden wie Zeaxanthin auch einen positiven Einfluss auf den Status bei den anderen körpereigenen Antioxidantien hat. Hohe Mengen an Zeaxanthin sollten aus theoretischen Erwägungen wegen der erforderlichen</p> | | | | | | |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|--|--|---------------------|------------------------|-----------------------|--------|----------|
| | | <p>Regeneration durch die körpereigenen antioxidativen Schutzsysteme zusammen mit anderen antioxidativen Nährstoffen supplementiert werden. Das gilt insbesondere für Personen mit erfahrungsgemäß schlechtem antioxidativem Status (z. B. Raucher, Diabetiker). Zeaxanthin ist ein effizienter Fänger von freien Radikalen. Nach der antioxidativen Rangordnung der Carotinoide wird Zeaxanthin im Auge erst nach Vitamin E, β-Carotin, Lycopin und Lutein verbraucht.–Zeaxanthin ist für das Auge wahrscheinlich die letzte Sicherung gegen oxidative Schäden. Die natürlich</p> | | | | | | |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|---|--|---------------------|------------------------|-----------------------|--------|----------|
| | | <p>besonders hohe Konzentration von Zeaxanthin in der Netzhautmitte (dem Ort des schärfsten Sehens) spricht für eine besonders wichtige Schutzfunktion beim Schutz der Sehfähigkeit. (zusammen mit Lutein) hilft es, das Sehvermögen bei trüben Lichtverhältnissen zu verbessern (together with Lutein) helps to improve visual performance at dim lighting conditions absorbiert blaues Licht und fängt reaktive Sauerstoffmoleküle im Auge (Linse, Netzhaut) ab und trägt so zum Erhalt einer gesunden Netzhaut bei</p> | | | | | | |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Zeaxanthin (from marigold capsicum extract / wolfberries fruit. | Helps support eye health helps maintain healthy eyes nutrition for eye promotes healthy eye function helps maintain macular and retinal health is one(of the) constituent(s) of the retina and the lens/is deposited naturally in the eye is a constituent of the macular pigment is highly and selectively accumulated in the retina is highly and selectively accumulated in the macula lutea contributes to macular pigment/fortifies the macula important for the macula density helps protect the retina and lens from oxidation (AFSSA) helps protect the retina and lens from oxidative stress natural antioxidant for the eye helps fight free radicals in the eye natural filter of | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal vision | 2010.8(10):1724 | | Non-authorised | 2169 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|--|--|--|---------------------|------------------------|-----------------------|--------|----------|
| | | <p>visible blue light natural filter of high-energy, harmful blue light helps protect the eye against visible light damage helps protect the eye against harmful effects of light exposure</p> <p>Zeaxanthin als Bestandteil des makulären Pigments sorgt für die Gesundheit der Makula lutea. Zeaxanthin wirkt wie eine innere Sonnenbrille. Zeaxanthin unterstützt das antioxidative Schutzsystem im Auge.</p> | | | | | | |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|-----------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Zeolite - clinoptilolite | Might help to protect the body tissues and cells from oxidative damage, viruses, heavy metals, toxins and free radicals, allergens and radionuclids. Might help to keep normal level of blood cholesterol, lipid and sugar. Might be useful in increasing the bioavailability of vitamins, minerals and nutritive substances from food. Balances the pH level of organism and it might rejuvenate the intestine peristaltic. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | elimination of heavy metals | 2010.8(10):1733 | | Non-authorised | 3156 |
| Art.13(1) | Zinc | Boron supports a healthy thyroid function Boron is beneficial for the thyroid function | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | thyroid function | 2009;7(9):1229 | | Non-authorised | 308 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|---|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Zinc | Supplementation with B-vitamins, iron, magnesium as well as vitamin C can reduce fatigue and tiredness in situations of inadequate micro-nutrient status | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of tiredness and fatigue | 2010.8(10):1819 | | Non-authorised | 304 |
| Art.13(1) | Zinc | Without enough zinc in your diet, muscular performance will be impaired | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | muscle function | 2009;7(9):1229 | | Non-authorised | 299 |
| Art.13(1) | Zinc | Zinc contributes to a healthy cardiovascular system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | function of the heart and blood vessels | 2009;7(9):1229 | | Non-authorised | 306 |
| Art.13(1) | Zinc | Zinc for a healthy prostate Zinc helps to maintain a healthy prostate | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | prostate function | 2009;7(9):1229 | | Non-authorised | 307 |
| Art.13(1) | Zinc | Zinc promotes joint health Zinc helps support the function of the joints | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of joints | 2009;7(9):1229 | | Non-authorised | 305 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Zinc carnosine | Gastric comfort. Supports a healthy gastric environment. Zinc-carnosine supports the natural defenses and healthy ecology of the gastric lining. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of gastrointestinal discomfort | 2011;9(6):2248 | | Non-authorized | 1760 |
| Art.13(1) | a-Lactalbumin | a-Lactalbumin increases cognitive function | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2243 | | Non-authorized | 1433 |
| Art.13(1) | amino acid phenylalanine (found naturally in the breast milk of mammals and manufactured for food and drink products) phenylalanine | Supports memory | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | improvement of memory | 2010;8(10):1748 | | Non-authorized | 658 |
| Art.13(1) | blueberry extracts | blueberry can support maintainig of proper night vision | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2011;9(6):2244 | | Non-authorized | 2638 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | blueberry extracts | natural antioxidant, protect organism from oxidative damage, natural way to avoid risks caused by oxidation and peroxidation process | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010.8(10):1752 | | Non-authorised | 2639 |
| Art.13(1) | caroténoïdes | caroténoïdes comme le bêta-carotène, le lycopène et la lutéïne sont des anti-oxydants protecteurs des lipides des couches profondes | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010.8(10):1752 | | Non-authorised | 1948 |
| Art.13(1) | choline-stabilized orthosilicic acid (ch-OSA) (The mineral silicon is present in water as orthosilicic acid; ch-OSA is a stabilized and concentrated source of orthosilicic acid) | - helps support bone quality by stimulating bone collagen - helps maintain strong bones - helps maintain bone mineral density - helps maintain healthy bones | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bone | 2011.9(6):2259 | | Non-authorised | 1718 |
| Art.13(1) | choline-stabilized orthosilicic acid (ch-OSA) (The mineral silicon is present in water as orthosilicic acid; ch-OSA is a stabilized and concentrated source of orthosilicic acid) | - helps support bone quality by stimulating bone collagen - helps maintain strong bones - helps maintain bone mineral density - helps maintain healthy bones | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal formation of collagen and connective tissue | 2011.9(6):2259 | | Non-authorised | 1718 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | choline-stabilized orthosilicic acid (ch-OSA) (The mineral silicon is present in water as orthosilicic acid; ch-OSA is a stabilized and concentrated source of orthosilicic acid) | helps improve hair thickness - helps maintain hair strength and hair elasticity - helps improve hair volume - helps maintain healthy hair | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal formation of collagen and connective tissue | 2011;9(6):2259 | | Non-authorised | 1719 |
| Art.13(1) | choline-stabilized orthosilicic acid (ch-OSA) (The mineral silicon is present in water as orthosilicic acid; ch-OSA is a stabilized and concentrated source of orthosilicic acid) | helps improve hair thickness - helps maintain hair strength and hair elasticity - helps improve hair volume - helps maintain healthy hair | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal formation of hair and nails | 2011;9(6):2259 | | Non-authorised | 1719 |
| Art.13(1) | cholinestabilized orthosilicic acid (ch-OSA) (The mineral silicon (Si) is present in water as orthosilicic acid (OSA), ch-OSA is a stabilized and concentrated source of orthosilicic acid) | helps improve hair thickness - helps maintain hair strength and hair elasticity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal formation of collagen and connective tissue | 2011;9(6):2259 | | Non-authorised | 334 |
| Art.13(1) | cholinestabilized orthosilicic acid (ch-OSA) (The mineral silicon (Si) is present in water as orthosilicic acid (OSA), ch-OSA is a stabilized and concentrated source of orthosilicic acid) | helps improve hair thickness - helps maintain hair strength and hair elasticity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal formation of hair and nails | 2011;9(6):2259 | | Non-authorised | 334 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|--------------------------------|-----------------------|----------------|----------|
| Art.13(1) | cholinestabilized orthosilicic acid (ch-OSA) (The mineral silicon (Si) is present in water as orthosilicic acid (OSA), ch-OSA is a stabilized and concentrated source of orthosilicic acid) | helps reduce the appearance of wrinkles - helps improve skin elasticity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal formation of collagen and connective tissue | 2011;9(6):2259 | | Non-authorised | 333 |
| Art.13(1) | cholinestabilized orthosilicic acid (ch-OSA) (The mineral silicon (Si) is present in water as orthosilicic acid (OSA), ch-OSA is a stabilized and concentrated source of orthosilicic acid) | helps support bone quality by stimulating bone collagen - helps maintain strong bones | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bone | 2011;9(6):2259 | | Non-authorised | 335 |
| Art.13(1) | cholinestabilized orthosilicic acid (ch-OSA) (The mineral silicon (Si) is present in water as orthosilicic acid (OSA), ch-OSA is a stabilized and concentrated source of orthosilicic acid) | helps support bone quality by stimulating bone collagen - helps maintain strong bones | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | contribution to normal formation of collagen and connective tissue | 2011;9(6):2259 | | Non-authorised | 335 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | digestive enzyme protease, lipase, amylase, glucoamylase, invertase, cellulase, malt diastase | Helps to increase bioavailability of nutrient from food, supports vitality and activity of organism, break down the foods we eat into basic building blocks that our body then absorbs and reassembles to build cells, tissues, organs, glands, and body systems and to reuse for more metabolic process | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Improvement of the digestion of macronutrients (e.g. carbohydrates, proteins and lipids) | 2011;9(6):2228 | | Non-authorised | 3137 |
| Art.13(1) | extract of guarana (Paullinia cupana) | natural antioxidant, protect organism from oxidative damage, powerful antioxidants beneficial to human health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2010;8(10):1752 | | Non-authorised | 2663 |
| Art.13(1) | fish oil (EPA, DHA) | Contributes to thin the blood | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | "Membranes cell structure" | 2011;9(4):2078 | | Non-authorised | 4295 |
| Art.13(1) | Hyaluronic Acid | Helps keep mobility of joints. Helps to keep healthy joints. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | maintenance of joints | 2009;7(9):1266 | | Non-authorised | 3132 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | isoflavones | helps to maintain mobility of joint during and after climacterium | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Maintenance of joints | 2010.8(2):1493 | | Non-authorised | 3144 |
| Art.13(1) | Lecithin | Lecithin helps to maintain normal function of cardiovascular system. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood cholesterol concentrations | 2010.8(10):1741 | | Non-authorised | 3187 |
| Art.13(1) | lecithin phosphatidyl choline | Helps to keep normal cholesterol level | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal blood cholesterol concentrations | 2010.8(10):1741 | | Non-authorised | 3138 |
| Art.13(1) | magnésium | Essentiel à la régulation de la pression artérielle | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | Maintenance of normal blood pressure | 2010.8(10):1807 | | Non-authorised | 379 |
| Art.13(1) | magnésium | Le magnésium est essentiel au métabolisme des lipides. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal fat metabolism | 2010.8(10):1807 | | Non-authorised | 378 |
| Art.13(1) | magnésium | Permet à l'organisme de s'adapter au stress | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Resistance to mental stress | 2010.8(10):1807 | | Non-authorised | 381 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | Medium Chain Triglycerides (MCT) | - helps to manage body weight, - helps to reduce body fat particularly in overweight persons, - helps to limit body fat accumulation, - helps to increase energy expenditure | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction in body weight | 2011;9(6):2240 | | Non-authorised | 643 |
| Art.13(1) | milk phospholipids milk fat globule membrane | Helps to strengthen the natural defences. Helps to support the body's defences. Helps to strengthen the body's defences. les phospholipides laitiers participent aux défenses naturelles | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | "immune function/immune system" | 2010;8(10):1799 | | Non-authorised | 605 |
| Art.13(1) | omega 3 | pourraient améliorer l'absorption intestinale du calcium | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Increase in calcium absorption leading to an increase in calcium retention | 2011;9(6):2242 | | Non-authorised | 606 |
| Art.13(1) | omega 3 | pourrait améliorer la fixation du calcium sur l'os | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal bone | 2011;9(6):2242 | | Non-authorised | 607 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | phenylalanin | Helps to increase activity of endorphins which induce sense of joy, and has positive effect in pain | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | enhancement of mood | 2010:8(10):1748 | | Non-authorised | 657 |
| Art.13(1) | phenylalanin | Helps to increase activity of endorphins which induce sense of joy, and has positive effect in pain | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | pain relief | 2010:8(10):1748 | | Non-authorised | 657 |
| Art.13(1) | polyphenols from French maritime pine bark | Polyphenols from French maritime pine bark ensure antioxidant action. Polyphenols from French maritime pine bark ensure protective effect of the organism | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation. | Antioxidant, antioxidant content, and antioxidant properties | 2010:8(2):1489 | | Non-authorised | 1969 |
| Art.13(1) | PROPOLIS | -contributes to ease throat discomfort - helps to soften the throat | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010:8(10):1810 | | Non-authorised | 1246 |
| Art.13(1) | PROPOLIS | contributes to ease throat discomfort | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated. | not validated | 2010:8(10):1810 | | Non-authorised | 3184 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|--|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | rich in tryptophane | help to reduce carbohydrate addiction. help to prevent carbohydrate consumption | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Contribution to the maintenance or achievement of a normal body weight | 2011;9(4):2073 | | Non-authorised | 604 |
| Art.13(1) | soyfoods (isoflavones) | Soyfoods naturally contain antioxidants (isoflavones) which help the body to fight free radicals. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection of DNA, proteins and lipids from oxidative damage | 2011;9(7):2264 | | Non-authorised | 4245 |
| Art.13(1) | special hydrolysed milk proteins | - good for your blood pressure - supports a healthy blood pressure helps maintain a healthy blood pressure - helps maintain a normal blood pressure | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | maintenance of normal blood pressure | 2009;7(9):1259 | | Non-authorised | 615 |
| Art.13(1) | squalene idrocarburo | Squalen, in the sebum of the skin acts as antioxidant and protects the skin from damages produced by UV rays | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010;8(2):1489 | | Non-authorised | 1706 |
| Art.13(1) | sélénium | participe à la protection contre les métaux lourds | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | protection against heavy metals | 2010;8(10):1727 | | Non-authorised | 383 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|--|---------------------------------|-----------------------|----------------|---------------|
| Art.13(1) | vit D3 | Vitamin D3 has long been known to aid in calcium absorption, but new research shows that D3 also plays a role in cardiovascular function and supports healthy inflammatory response Vitamin D3 has long been known to aid in calcium absorption, but new research | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Normal cardiovascular function | 2010:8(2):1468 | | Non-authorised | 159 |
| Art.13(1) | xanthohumol | The antioxidative properties of Xanthohumol strengthen body cells in fighting oxidation induced aging | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated. | protection of cells from premature aging | 2010:8(10):1752 | | Non-authorised | 3180 |
| Art.13(1) | xanthohumol | Xanthohumol protects body cells from harmful free radicals which damage cells, protects them from oxidation induced cell stress and reinforces cell protection. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | Protection of DNA, proteins and lipids from oxidative damage | 2010:8(2):1489 | | Non-authorised | 3168, 3176 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|--|------------------------------|---------------------------------|-----------------------|----------------|----------|
| Art.13(1) | zeaxantin | helps to maintain normal vision, recommended in dry and irritable eyes, photophobia and inflamed eyelids, helps to preserve elasticity and permeability of capillars of retina and supports good blood circulation in eyes | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | maintenance of normal vision | 2010.8(10):1724 | | Non-authorised | 2888 |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------|---|---|--|--|--------------------------------|--|----------------|----------|
| Art.13(1) | Papayafruchtfleisch (CARICOL®)–ballaststoffreiche Fruchtzubereitung, hergestellt aus dem Fruchtfleisch baumgereifter Papayafrüchte nach einem international patentierten Verfahren (PCT/IB2003/005476).—CARICOL® ist eine international geschützte Marke (820 | Zur natürlichen Unterstützung und Regulierung der Verdauung, insbesondere bei der Neigung zu Blähungen, Sodbrennen, hartem oder ungeformtem Stuhl. Verbessert die Verdauung. Clarification provided Naturally supports and regulates the digestive system, especially relating to excessive flatulence or gas, or a tendency towards loose stool, constipation or heart burn. Improves the digestion. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | reduction of gastrointestinal discomfort | 2011.9(6):2248 | | Non-authorised | 3080 |
| Art.13(5) | Regulat® | Shows significant physiological effects on immune cell modulating, antioxidative and anti-inflammatory parameters. | aaaaaaaaaaaaaaaaaaaaaaaaaaaaa aaaaaaaaaaaaaaaaaaaaaaaaaaaaa | | Q-2009-453 | Commission Regulation (EU) No 957/2010 of 22/10/2010 | Authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|------------------------------|---|----------------|----------|
| Art.13(5) | Synbio, a combination of two probiotic bacterial strains <i>Lactobacillus rhamnosus</i> IMC 501® and <i>Lactobacillus paracasei</i> IMC 502® | Synbio persists in the intestinal tract and favours the natural regularity contributing to maintain and improve human intestinal well-being | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2009-00889 | Commission Regulation (EU) 666/2011 of 11/07/2011 | Non-authorised | N/A |
| Art.13(5) | Algatrium®, containing DHA as raw material for foods/food supplements | Algatrium® promotes your antioxidant response: a singular nutritional substance that has scientifically demonstrated in humans a stimulation of the own cells antioxidant defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-705 | Commission Regulation (EC) No 1168/2009 of 30/11/2009 | Non-authorised | N/A |
| Art.13(5) | Zinc | Zinc and prevention of bad breath | Test abc def test ghi | | Q-2010-01092 | Commission Regulation (EU) No 383/2010 of 05/05/2010 | Non-authorised | N/A |
| Art.13(5) | <i>Lactobacillus rhamnosus</i> GG (LGG) | Lactobacillus GG helps to maintain defence against intestinal pathogens | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2010-01028 | Commission Regulation (EU) No 379/2012 of 03/05/2012 | Non-authorised | N/A |
| Art.13(5) | Collagen hydrolysate, a characteristic collagen peptide mixture | Characteristic collagen peptide mixture (collagen hydrolysate) having a beneficial physiological effect on the maintenance of joint health in physically active people | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2011-00201 | Commission Regulation (EU) No 379/2012 of 03/05/2012 | Non-authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|--|---|---------------------|------------------------------|--|----------------|----------|
| Art.13(5) | L-tyrosine | L-tyrosine and contribution to normal synthesis of dopamine | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, Non-compliance with the Regulation as, on the basis of the dossier, | | Q-2011-00319 | Commission Regulation (EU) No 375/2010 of 03/05/2010 | Non-authorised | N/A |
| Art.13(5) | Isoleucyl-prolyl-proline (IPP) and valyl-prolyl-proline (VPP) | Isoleucyl-prolyl-proline (IPP) and valyl-prolyl-proline (VPP) and maintenance of normal blood pressure | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect attributes to this food the property of preventing, treating or curing a human disease, or refers to such properties which is prohibited for foods. Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food. | | Q-2011-00121 | Commission Regulation (EU) No 375/2010 of 03/05/2010 | Non-authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|---|---------------------|------------------------------|--|----------------|----------|
| Art.13(5) | Glucosamine | Glucosamine and maintenance of normal joint cartilage | Lorem ipsum dolor sit amet, consectetur adipiscing elit. Praesent sed tellus turpis, ac aliquam mauris. Suspendisse rutrum ultricies imperdiet. Morbi sodales nulla eu quam blandit ullamcorper. Integer neque est, tristique in semper ut, rhoncus non eros. Phasellus et est ac lorem rutrum vehicula non nec eros. Proin sed lacus at leo egestas adipiscing quis in sapien. Cras non vestibulum nisi. Vestibu | | Q-2011-01113 | Commission Regulation (EU) No 379/2012 of 03/05/2012 | Authorised | N/A |
| Art.13(5) | Silymarin BIO-C®, an extract of milk thistle (<i>Silybum marianum</i> (L.) Gaertn.) seeds (dry extract standardised to 40-80 % silymarin) | Suggested for improving the physiological production of breast milk during breast feeding | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2009-00957 | Commission Regulation (EU) 666/2011 of 11/07/2011 | Non-authorised | N/A |
| Art.13(5) | Live <i>Lactobacillus casei</i> strain Shirota | Daily consumption of live <i>Lactobacillus casei</i> strain Shirota as present in a fermented milk product helps maintain the upper respiratory tract defences by helping to support immune functions | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2010-00137 | Commission Regulation (EU) 1171/2011 of 16/11/2011 | Non-authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|---|---|---|---------------------|------------------------------|--|----------------|----------|
| Art.13(5) | <i>Lactobacillus plantarum</i> TENSIA | Regular consumption (at least three weeks) of 50 g/day Sūdamejuust ('heart cheese') of Harmony brand comprising probiotic <i>Lactobacillus plantarum</i> TENSIA helps to maintain the cardiovascular system/heart health through reduction of blood pressure /symbol of heart | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2010-00950 | Commission Regulation (EU) 1171/2011 of 16/11/2011 | Non-authorised | N/A |
| Art.13(5) | Ethanol-water extract of <i>Caralluma fimbriata</i> (Simaluma®) | Simaluma® helps to reduce body weight | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2010-00029 | Commission Regulation (EU) 432/2011 of 04/05/2011 | Non-authorised | N/A |
| Art.13(5) | Ethanol-water extract of <i>Caralluma fimbriata</i> (Simaluma®) | Simaluma® helps to reduce caloric intake | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2010-00030 | Commission Regulation (EU) 432/2011 of 04/05/2011 | Non-authorised | N/A |
| Art.13(5) | Ethanol-water extract of <i>Caralluma fimbriata</i> (Simaluma®) | Simaluma® helps to control hunger/appetite | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2010-00031 | Commission Regulation (EU) 432/2011 of 04/05/2011 | Non-authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|--|---|----------------|----------|
| Art.13(5) | Combination of blackcurrant seed oil (<i>Ribes nigrum</i>), fish oil, lycopene from tomato (<i>Lycopersicon esculentum</i>) extract, vitamin C and vitamin E | Helps to improve dry skin condition | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2009-00767 | Commission Regulation (EU) 432/2011 of 04/05/2011 | Non-authorised | N/A |
| Art.13(5) | Yestimun®, consisting of (1,3)-(1,6)- β -D-glucans of brewers yeast cell wall (100 % <i>Saccharomyces cerevisiae</i>) | Daily administration of Yestimun® strengthens the body's defence during the cold season | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-667 | Commission Regulation (EU) 432/2011 of 04/05/2011 | Non-authorised | N/A |
| Art.13(5) | Water-Soluble Tomato Concentrate (WSTC) I and II | Water-Soluble Tomato Concentrate (WSTC) I and II helps maintain normal platelet aggregation, which contributes to healthy blood flow | Information to the consumer that the beneficial effect is obtained with a daily consumption of 3g WSTC I or 150 mg WSTC II in up to 250 ml of either fruit juices, flavoured drinks or yogurt drinks (unless heavily pasteurised) or with a daily consumption of 3 g WSTC I or 150 mg WSTC II in food supplements when taken with a glass of water or other liquid. | | Q-2009-00229 , Q-2010-00809 | Decision 2009/980/EU of 17/12/2009 , Amended by Decision 2010/770/EU of 13/12/2010 | Authorised | N/A |
| Art.13(5) | Ethanol-water extract of <i>Caralluma fimbriata</i> (Simaluma®) | Simaluma® helps to reduce waist circumference | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2010-00027 | Commission Regulation (EU) 432/2011 of 04/05/2011 | Non-authorised | N/A |
| Art.13(5) | Ethanol-water extract of <i>Caralluma fimbriata</i> (Simaluma®) | Simaluma® helps to reduce body fat | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2010-00028 | Commission Regulation (EU) 432/2011 of 04/05/2011 | Non-authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|--|---|---------------------|------------------------------|---|----------------|----------|
| Art.13(5) | Catalgine® bouffées de chaleur, containing concentrated wild fish oil from sardines and anchovies | Contributes to the reduction in the number of hot flushes | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2009-00852 | Commission Regulation (EU) No 1161/2010 of 09/12/2010 | Non-authorised | N/A |
| Art.13(5) | Immune Balance Drink, containing vitamin C, green tea extract, grape skin extract, grape seed extract, and shiitake mushroom extract | The Immune Balance Drink activates body's defence | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2009-517 | Commission Regulation (EU) No 958/2010 of 22/10/2010 | Non-authorised | N/A |
| Art.13(5) | <i>Lactobacillus plantarum</i> 299v (DSM 9843) | <i>Lactobacillus plantarum</i> 299v (DSM 9843) improves iron absorption | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-785 | Commission Regulation (EU) No 375/2010 of 03/05/2010 | Non-authorised | N/A |
| Art.13(5) | Milk product, rich in fibre and protein | This product reduces the sense of hunger | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-396 | Commission Regulation (EU) No 383/2010 of 05/05/2010 | Non-authorised | N/A |
| Art.13(5) | Natural Push-Up® Tablets and Natural Push-Up®Capsules containing hops | NPU Tablets imitate female breasts enhancement process by 8-PN (8-Prenylaringenin) | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-784 | Commission Regulation (EU) No 382/2010 of 05/05/2010 | Non-authorised | N/A |
| Art.13(5) | Bimuno (BGOS) Prebiotic, a β-galacto-oligosaccharide mixture | Helps maintain a healthy gastro-intestinal (GI) function | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2009-00231 | Commission Regulation (EU) No 382/2010 of 05/05/2010 | Non-authorised | N/A |
| Art.13(5) | Bimuno (BGOS) Prebiotic, a β-galacto-oligosaccharide mixture | Supports your natural defences | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2009-00230 | Commission Regulation (EU) No 382/2010 of 05/05/2010 | Non-authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|---------------------------|--|---|--|---------------------|------------------------------|---|----------------|----------|
| Art.13(5) | Gum PerioBalance tablets and chewing gum containing <i>Lactobacillus reuteri</i> strains DSM 17938 and ATCC PTA 5289 | Gum PerioBalance , combined with a correct oral hygiene, helps re-balancing the oral microflora and improving oral health | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2009-00373 | Commission Regulation (EU) No 382/2010 of 05/05/2010 | Non-authorised | N/A |
| Art.13(5) | Elancy Global Silhouette® a combined product containing either conjugated linoleic acid or a mix extract of plants and cocoa extract as active ingredients | Clinically tested as of 14 days. Your silhouette is apparently and globally redrawn, resculpted and refined at 28 days | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated | | Q-2008-285 | Commission Regulation (EC) No 984/2009 of 21/10/2009 | Non-authorised | N/A |
| Art.13(5) | LGG® MAX multispecies probiotic consisting of four bacterial strains | LGG® MAX helps to reduce gastro-intestinal discomfort | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-444 | Commission Regulation (EC) No 984/2009 of 21/10/2009 | Non-authorised | N/A |
| Art.13(5) | Dairy product (milk beverage) enriched with milk peptide and magnesium | Helps to moderate signs of anxiety in mildly stress-sensitive adults due to its milk peptide and magnesium content. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-476 | Commission Regulation (EC) No 1025/2009 of 29/10/2009 | Non-authorised | N/A |
| Art.13(5) | Black tea from <i>Camellia sinensis</i> | Black tea helps you to focus attention | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-434 | Commission Regulation (EC) No 1025/2009 of 29/10/2009 | Non-authorised | N/A |
| Art.13(5) | | Test claim 0123456 | You must wash your hands before doing anything. | | Q-2012-1235 | Commission Regulation (EU) 384/2010 of 05/05/2010 | Authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------------------------|--|---|--|---------------------|------------------------------|--|----------------|----------|
| Art.14(1)(a) | OPC Plus, containing 40 mg oligomeric procyanidins (OPC) and 40 mg berry-blend per capsule | OPC Plus has been shown to increase the microcirculation and may therefore reduce the risk of chronic venous insufficiency | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not a beneficial physiological effect as required by the Regulation and could not therefore be substantiated | | Q-2009-00751 | Commission Regulation (EU) 665/2011 of 11/07/2011 | Non-authorised | N/A |
| Art.14(1)(a) | ProteQuine®, a low molecular weight fraction from bovine blood | ProteQuine® elevates/maintains the level of SclgA on mucous membranes. Decreased or insufficient level of SclgA is a risk factor in the development of common cold or influenza | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-397 | Commission Regulation (EU) No 378/2012 of 03/05/2012 | Non-authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|-----------------------------|--|--|---|---------------------|------------------------------|--|----------------|----------|
| Art.14(1)a) | ProteQuine®, a low molecular weight fraction from bovine blood, in combination with bovine lactoferrin | ProteQuine® in combination with bovine lactoferrin elevates/maintains the level of ScIgA on mucous membranes. Decreased or insufficient level of ScIgA is a risk factor in the development of common cold with sore throat and combination of ProteQuine® with bovine lactoferrin reduces the risk of the development of sore throat | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-398 | Commission Regulation (EU) No 378/2012 of 03/05/2012 | Non-authorised | N/A |
| Art.14(1)a) | Sugar-free chewing gum | Sugar-free chewing gum helps neutralise plaque acids. Plaque acids are a risk factor in the development of dental caries | Information shall be given to the consumer that the beneficial effect is obtained with chewing of 2-3 g of sugar-free chewing gum for 20 minutes, at least three times per day after meals | | Q-2010-00120 | Commission Regulation (EU) 665/2011 of 11/07/2011 | Authorised | N/A |
| Art.14(1)a) | Sugar-free chewing gum | Sugar-free chewing gum helps reduce tooth demineralisation. Tooth demineralisation is a risk factor in the development of dental caries. | Information shall be given to the consumer that the beneficial effect is obtained with chewing of 2-3 g of sugar-free chewing gum for 20 minutes, at least three times per day after meals. | | Q-2010-00119 | Commission Regulation (EU) 665/2011 of 11/07/2011 | Authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------------------------|---|--|--|---------------------|------------------------------|--|----------------|----------|
| Art.14(1)(a) | ACTIMEL® <i>Lactobacillus casei</i> DN-114 001 plus yoghurt symbiosis | Fermented milk containing the probiotic <i>Lactobacillus casei</i> DN-114 001 and yoghurt symbiosis decreases presence of <i>Clostridium difficile</i> toxins in the gut (of susceptible ageing people). Presence of <i>Clostridium difficile</i> toxins is associated with the incidence of acute diarrhoea | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food | | Q-2009-00776 | Commission Regulation (EU) 1160/2011 of 14/11/2011 | Non-authorized | N/A |
| Art.14(1)(a) | Oat beta-glucan | Oat beta-glucan has been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease | Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of oat beta-glucan. The claim can be used for foods which provide at least 1g of oat beta glucan per quantified portion. | | Q-2008-681 | Commission Regulation (EU) 1160/2011 of 14/11/2011 | Authorised | N/A |
| Art.14(1)(a) | Water | Regular consumption of significant amounts of water can reduce the risk of development of dehydration and of concomitant decrease of performance | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the proposed risk factors are measures of the disease and a risk factor in the development of a disease is not shown to be reduced | | Q-2008-05014 | Commission Regulation (EU) 1170/2011 of 16/11/2011 | Non-authorized | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------------------------|--|--|--|---------------------|------------------------------|--|----------------|----------|
| Art.14(1)(a) | Calcium-containing fruit juices | Reduced risk for dental erosion | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated. | | Q-2009-00501 | Commission Regulation (EU) 1170/2011 of 16/11/2011 | Non-authorised | N/A |
| Art.14(1)(a) | Soy protein | Soy protein has been shown to lower/reduce blood cholesterol; blood cholesterol lowering may reduce the risk of (coronary) heart disease | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2009-00672 | Commission Regulation (EU) 1160/2011 of 14/11/2011 | Non-authorised | N/A |
| Art.14(1)(a) | Plant sterols/Plant stanol esters | Plant sterols and plant stanol esters have been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease. | Information to the consumer that the beneficial effect is obtained with a daily intake of 1,5-2,4 g plant sterols/stanols. Reference to the magnitude of the effect may only be made for foods within the following categories: yellow fat spreads, dairy products, mayonnaise and salad dressings. When referring to the magnitude of the effect, the entire range '7 to 10 %' and the duration to obtain the effect 'in 2 to 3 weeks' must be communicated to the consumer | | Q-2008-779 | Commission Regulation (EU) 384/2010 of 05/05/2010 | Authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------------------------|---|--|---|---------------------|----------------------------|---|------------|----------|
| Art.14(1)(a) | Plant sterols: Sterols extracted from plants, free or esterified with food grade fatty acids. | Plant sterols have been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease. | Information to the consumer that the beneficial effect is obtained with a daily intake of 1,5-2,4 g plant sterols. Reference to the magnitude of the effect may only be made for foods within the following categories: yellow fat spreads, dairy products, mayonnaise and salad dressings. When referring to the magnitude of the effect, the entire range '7 to 10 %' and the duration to obtain the effect 'in 2 to 3 weeks' must be communicated to the consumer. | | Q-2008-085 | Commission Regulation (EC) 983/2009 of 21/10/2009, Amended by Commission Regulation (EC) 376/2010 of 03/05/2010 | Authorised | N/A |
| Art.14(1)(a) | Plant stanol esters | Plant stanol esters have been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease. | Information to the consumer that the beneficial effect is obtained with a daily intake of 1,5-2,4 g plant stanols. Reference to the magnitude of the effect may only be made for foods within the following categories: yellow fat spreads, dairy products, mayonnaise and salad dressings. When referring to the magnitude of the effect, the entire range '7 to 10 %' and the duration to obtain the effect 'in 2 to 3 weeks' must be communicated to the consumer. | | Q-2008-118 | Commission Regulation (EC) 983/2009 of 21/10/2009, Amended by Commission Regulation (EC) 376/2010 of 03/05/2010 | Authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|-----------------------------|--|---|---|---------------------|------------------------------|---|----------------|----------|
| Art.14(1)a) | Chewing gum sweetened with 100% xylitol | Chewing gum sweetened with 100% xylitol has been shown to reduce dental plaque. High content/level of dental plaque is a risk factor in the development of caries in children | Information to the consumer that the beneficial effect is obtained with a consumption of 2-3g of chewing gum sweetened with 100% xylitol at least 3 times per day after the meals | | Q-2008-321 | Commission Regulation (EC) No 1024/2009 of 29/10/2009 | Authorised | N/A |
| Art.14(1)a) | OPC Premium, containing 40 mg oligomeric procyanidins (OPC) and 400 mg berry-blend per capsule | OPC have been shown to reduce blood cholesterol levels and may therefore reduce the risk of cardiovascular disease | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the food for which the claim is made has not been sufficiently characterised with respect to the berry blend, whereas the active constituent extracted from grape (<i>Vitis vinifera</i>) seeds is sufficiently characterised this claimed effect for this food has not been substantiated | | Q-2009-00454 | Commission Regulation (EU) No 957/2010 of 22/10/2010 | Non-authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------------------------|---|--|---|---------------------|------------------------------|--|----------------|----------|
| Art.14(1)(a) | Uroval®, food supplement containing cranberry extract and D-mannose | Cranberry extract and D-mannose, the main active ingredients of the food supplement Uroval®, eliminate the adhesion of harmful bacteria to the bladder wall. The adhesion of harmful bacteria to the bladder wall is the main risk factor in the development of urinary tract infections | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2009-00600 | Commission Regulation (EU) No 957/2010 of 22/10/2010 | Non-authorised | N/A |
| Art.14(1)(a) | Lycopene-whey complex | Lycopene-whey complex prevents oxidative damage of plasma lipoproteins, which reduces the build up of arterial plaques and reduces the risk of heart disease, stroke and other clinical complications of atherosclerosis | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-703 | Commission Regulation (EU) 384/2010 of 05/05/2010 | Non-authorised | N/A |
| Art.14(1)(a) | Bimuno (BGOS) Prebiotic, a β-galacto-oligosaccharide mixture | Regular consumption of Bimuno (BGOS) Prebiotic helps to protect against the bad bacteria than can cause the travellers diarrhoea | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2009-00232 | Commission Regulation (EU) 384/2010 of 05/05/2010 | Non-authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------------------------|--|---|---|---------------------|----------------------------|---|----------------|----------|
| Art.14(1)(a) | NeOpuntia®, containing dehydrated leaves of the prickly pear cactus (Opuntia ficus-indica) | NeOpuntia® helps to improve blood lipid parameters associated with cardiovascular risks, especially the HDL-cholesterol. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-214 | Commission Regulation (EC) 983/2009 of 21/10/2009 | Non-authorised | N/A |
| Art.14(1)(a) | Lactobacillus helveticus fermented Evolus® low-fat milk products | Evolus® reduces arterial stiffness. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-218 | Commission Regulation (EC) 983/2009 of 21/10/2009 | Non-authorised | N/A |
| Art.14(1)(a) | Melgaço® naturally sparkling mineral water | The regular consumption of Melgaço mineral water reduces body hyperglycaemic levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-219 | Commission Regulation (EC) No 1167/2009 of 30/11/2009 | Non-authorised | N/A |
| Art.14(1)(a) | Ocean Spray Cranberry Products®, juice drinks and sweetened dried berries Craisins® | Regular consumption of 2 servings per day of an Ocean Spray product each containing typically 80 mg cranberry proanthocyanidins helps reduce the risk of urinary tract infection in women by inhibiting the adhesion of certain bacteria in the urinary tract | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-117 | Commission Regulation (EC) No 1167/2009 of 30/11/2009 | Non-authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------------------------|---|---|--|---------------------|--|--|----------------|----------|
| Art.14(1)(b) | Docosahexaenoic acid (DHA) | Docosahexaenoic acid (DHA) maternal intake contributes to the normal brain development of the foetus and breastfed infants. | Information shall be given to pregnant and lactating women that the beneficial effect is obtained with a daily intake of 200 mg of DHA in addition to the recommended daily intake for omega-3 fatty acids for adults, i.e.: 250 mg DHA and EPA. The claim can be used only for food which provides a daily intake of at least 200 mg DHA | | Q-2008-773 | Commission Regulation (EU) No 440/2011 of 06/05/2011 | Authorised | N/A |
| Art.14(1)(b) | <i>Lactobacillus delbrueckii</i> subsp. <i>bulgaricus</i> strain AY/CSL (LMG P-17224) and <i>Streptococcus thermophilus</i> strain 9Y/CSL (LMG P-17225) | Maintaining the gut health by normalizing the intestinal flora | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-273 | Commission Regulation (EU) No 378/2012 of 03/05/2012 | Non-authorised | N/A |
| Art.14(1)(b) | Beta-palmitate | Beta-palmitate enrichment contributes to increase calcium absorption | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food | | Q-2008-172 | Commission Regulation (EU) No 378/2012 of 03/05/2012 | Non-authorised | N/A |
| Art.14(1)(b) | Docosahexaenoic acid (DHA) | Docosahexaenoic acid (DHA) intake contributes to the normal visual development of infants up to 12 months of age. | Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 100 mg of DHA. When the claim is used on follow-on formula, the food shall contain at least 0,3 % of the total fatty acids as DHA | | Q-2008-211 , Q-2008-688 , Q-2008-689 | Commission Regulation (EU) No 440/2011 of 06/05/2011 | Authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------------------------|--|---|--|---------------------|----------------------------|--|----------------|----------|
| Art.14(1)(b) | Lipil®, containing docosahexaenoic acid (DHA) and arachidonic acid (ARA) from single cell oils | Lipil® contributes to optimal brain development of infants and young children | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided did not allow the establishment of conditions of use in accordance with Art. 16(4) of Regulation 1924/2006, and the claim could not therefore be authorised | | Q-2008-690 | Commission Regulation (EU) No 440/2011 of 06/05/2011 | Non-authorised | N/A |
| Art.14(1)(b) | Enfamil® Premium, containing docosahexaenoic acid (DHA) and arachidonic acid (ARA) | Enfamil® Premium contributes to optimal brain development of infants and young children | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided did not allow the establishment of conditions of use in accordance with Art. 16(4) of Regulation 1924/2006, and the claim could not therefore be authorised | | Q-2008-691 | Commission Regulation (EU) No 440/2011 of 06/05/2011 | Non-authorised | N/A |
| Art.14(1)(b) | Docosahexaenoic Acid (DHA) and Arachidonic Acid (ARA) | Docosahexaenoic acid (DHA) and arachidonic acid (ARA) contribute to the optimal brain development of infants and young children | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided did not allow the establishment of conditions of use in accordance with Art. 16(4) of Regulation 1924/2006, and the claim could not therefore be authorised | | Q-2008-212 | Commission Regulation (EU) No 440/2011 of 06/05/2011 | Non-authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorization | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------------------------|--|--|---|---------------------|----------------------------|---|---|----------|
| Art.14(1)(b) | Docosahexaenoic acid (DHA) | Docosahexaenoic acid (DHA) maternal intake contributes to the normal development of the eye of the foetus and breastfed infants. | Information shall be given to pregnant and lactating women that the beneficial effect is obtained with a daily intake of 200 mg of DHA in addition to the recommended daily intake for omega-3 fatty acids for adults, i.e.: 250 mg DHA and eicosapentaenoic acid (EPA). The claim can be used only for food which provides a daily intake of at least 200 mg DHA. | | Q-2008-675 | Commission Regulation (EU) No 440/2011 of 06/05/2011 | Authorised | N/A |
| Art.14(1)(b) | α -linolenic acid (ALA) & linoleic acid (LA), essential fatty acids | Essential fatty acids are needed for normal growth and development of children. | Information to the consumer that the beneficial effect is obtained with a daily intake of 2 g of α -linolenic acid (ALA) and a daily intake of 10 g of linoleic acid (LA).QSDQSD | | Q-2008-079 | Commission Regulation (EC) 983/2009 of 21/10/2009 , Amended by Commission Regulation (EC) 376/2010 of 03/05/2010 | Authorised | N/A |
| Art.14(1)(b) | Calcium and vitamin D | Calcium and vitamin D are needed for normal growth and development of bone in children | The claim can be used only for food which is at least a source of calcium and vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006 dfs | | Q-2008-116 | Commission Regulation (EC) 983/2009 of 21/10/2009 | Authorised | N/A |
| Art.14(1)(b) | Vitamin D | Vitamin D is needed for normal growth and development of bone in children. | Non-compliance with the Regulation as, on the basis of the evidence presented in the dossier, | | Q-2008-323 | Commission Regulation (EC) 983/2009 of 21/10/2009 | Non-authorized (expiry of transitional period 13/02/2013) | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------------------------|--|---|--|---------------------|------------------------------|---|----------------|----------|
| Art.14(1)(b) | Phosphorus | Phosphorus is needed for the normal growth and development of bone in children | The claim can be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006 | | Q-2008-217 | Commission Regulation (EC) No 1024/2009 of 29/10/2009 | Authorised | N/A |
| Art.14(1)(b) | Iron | Iron contributes to normal cognitive development of children | The claim can be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006 | | Q-2008-325 | Commission Regulation (EU) No 957/2010 of 22/10/2010 | Authorised | N/A |
| Art.14(1)(b) | Immunofortis®, a mixture of short-chain galactooligosaccharides and long-chain fructooligosaccharides | Immunofortis® to naturally strengthen your baby's immune system | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food | | Q-2008-106 | Commission Regulation (EU) No 1162/2010 of 09/12/2010 | Non-authorised | N/A |
| Art.14(1)(b) | Eye q, containing a combination of eicosapentaenoic acid, docosahexaenoic acid, and gamma-linolenic acid | Eye q (a unique combination of High-EPA/DHA/GLA omega-3, 6 PUFA) provides the essential nutrients that helps improve working memory in children | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the evidence provided is insufficient to substantiate this claimed effect for this food | | Q-2009-00485 | Commission Regulation (EU) No 1162/2010 of 09/12/2010 | Non-authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------------------------|--|---|--|---------------------|------------------------------|--|----------------|----------|
| Art.14(1)(b) | Mixture of bifidobacteria (Bifidobacterium bifidum, Bifidobacterium breve, Bifidobacterium infantis, Bifidobacterium longum) | Probiotic bifidobacteria lead to a healthy intestinal flora comparable to the composition of the intestinal flora of breast-fed infants intestine | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated | | Q-2009-00224 | Commission Regulation (EU) No 957/2010 of 22/10/2010 | Non-authorised | N/A |
| Art.14(1)(b) | regulat@.pro.kid IMMUN, food supplement with fermented vegetables and fruits, probiotics lecithin and rhodiola rosea extract | regulat@.pro.kid IMMUN supports, stimulates and modulates the immune system of children during growth. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | | Q-2008-082 | Commission Regulation (EC) 983/2009 of 21/10/2009 | Non-authorised | N/A |
| Art.14(1)(b) | regulat@.pro.kid.BRAIN, food supplement with probiotics and fermented vegetables and fruits | regulat@.pro.kid.BRAIN contributes to mental and cognitive development of children | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | | Q-2008-083 | Commission Regulation (EC) 983/2009 of 21/10/2009 | Non-authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------------------------|---|---|--|---------------------|---------------------------------------|---|----------------|----------|
| Art.14(1)(b) | omega kids®/Pufan 3 kids® containing docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) | Calming | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-091 Q-2008-096 | Commission Regulation (EC) 983/2009 of 21/10/2009 | Non-authorised | N/A |
| Art.14(1)(b) | omega kids®/Pufan 3 kids® containing docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) | Provide serenity and room for a beneficial development of the child | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | | Q-2008-092 Q-2008-097 | Commission Regulation (EC) 983/2009 of 21/10/2009 | Non-authorised | N/A |
| Art.14(1)(b) | omega kids®/Pufan 3 kids® containing docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) | Helps to promote the thinking capacity | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | | Q-2008-093 Q-2008-101 | Commission Regulation (EC) 983/2009 of 21/10/2009 | Non-authorised | N/A |
| Art.14(1)(b) | omega kids®/Pufan 3 kids® containing docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) | Help to promote concentration | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-094 Q-2008-099 | Commission Regulation (EC) 983/2009 of 21/10/2009 | Non-authorised | N/A |
| Art.14(1)(b) | omega kids®/Pufan 3 kids® containing docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) | Help to support vision | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-095 Q-2008-100 | Commission Regulation (EC) 983/2009 of 21/10/2009 | Non-authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------------------------|---|---|---|---------------------|---------------------------------------|---|----------------|----------|
| Art.14(1)(b) | Omega kids®/Pufan 3 kids® containing docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) | Help to support mental development | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-098 Q-2008-104 | Commission Regulation (EC) 983/2009 of 21/10/2009 | Non-authorised | N/A |
| Art.14(1)(b) | Omega kids®/Pufan 3 kids® containing docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) | Help to support the learning ability | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-102 Q-2008-103 | Commission Regulation (EC) 983/2009 of 21/10/2009 | Non-authorised | N/A |
| Art.14(1)(b) | Eye q baby®, containing a combination of the n-3 polyunsaturated fatty acids (PUFAs) eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) and the n-6 PUFA gamma-linolenic acid (GLA) | Eye q baby® provides the nourishments that support healthy central nervous system development | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-119 | Commission Regulation (EC) No 1024/2009 of 29/10/2009 | Non-authorised | N/A |
| Art.14(1)(b) | Eye q baby®, containing a combination of the n-3 polyunsaturated fatty acids (PUFAs) eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) and the n-6 PUFA gamma-linolenic acid (GLA) | Eye q® provides the nourishments that help to maintain healthy brain functions | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | | Q-2008-329 | Commission Regulation (EC) No 1024/2009 of 29/10/2009 | Non-authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------------------------|---|--|---|---------------------|----------------------------|---|----------------|----------|
| Art.14(1)(b) | Eye q baby®, containing a combination of the n-3 polyunsaturated fatty acids (PUFAs) eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) and the n-6 PUFA gamma-linolenic acid (GLA) | Eye q® provides the nourishment that help children to maintain concentration levels | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-330 | Commission Regulation (EC) No 1024/2009 of 29/10/2009 | Non-authorised | N/A |
| Art.14(1)(b) | Mumomega®, containing a combination of the n-3 polyunsaturated fatty acids (PUFAs) eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) and the n-6 PUFA gamma-linolenic acid (GLA) | Mumomega® provides the nourishments that support healthy central nervous system development. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-328 | Commission Regulation (EC) No 1024/2009 of 29/10/2009 | Non-authorised | N/A |
| Art.14(1)(b) | Docosahexaenoic Acid (DHA) and Arachidonic Acid (ARA) | DHA & ARA support neural development of the brain and eyes. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-120 | Commission Regulation (EC) 983/2009 of 21/10/2009 | Non-authorised | N/A |
| Art.14(1)(b) | Efalex® products, containing eicosapentaenoic acid (EPA), the n-6 PUFA gamma-linolenic acid (GLA) and Arachidonic Acid (ARA) | Efalex® may help maintain coordination. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-121 | Commission Regulation (EC) No 1024/2009 of 29/10/2009 | Non-authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------------------------|--|--|--|---------------------|----------------------------|---|----------------|----------|
| Art.14(1)(b) | Efalex® products, containing eicosapentaenoic acid (EPA), the n-6 PUFA gamma-linolenic acid (GLA) and Arachidonic Acid (ARA) | Efalex® may help maintain concentration. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-317 | Commission Regulation (EC) No 1024/2009 of 29/10/2009 | Non-authorised | N/A |
| Art.14(1)(b) | Efalex® products, containing eicosapentaenoic acid (EPA), the n-6 PUFA gamma-linolenic acid (GLA) and Arachidonic Acid (ARA) | Efalex® may help maintain and support brain development and function | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-318 | Commission Regulation (EC) No 1024/2009 of 29/10/2009 | Non-authorised | N/A |
| Art.14(1)(b) | Efalex® products, containing eicosapentaenoic acid (EPA), the n-6 PUFA gamma-linolenic acid (GLA) and Arachidonic Acid (ARA) | Efalex® may help maintain learning ability | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-319 | Commission Regulation (EC) No 1024/2009 of 29/10/2009 | Non-authorised | N/A |
| Art.14(1)(b) | Efalex® products, containing eicosapentaenoic acid (EPA), the n-6 PUFA gamma-linolenic acid (GLA) and Arachidonic Acid (ARA) | Efalex® may help maintain and support eye development and function. | Non-compliance with the Regulation as, on the basis of the evidence presented in the dossier, this claimed effect for this food has not been substantiated | | Q-2008-320 | Commission Regulation (EC) No 1024/2009 of 29/10/2009 | Non-authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------------------------|--|--|--|---------------------|----------------------------|---|----------------|----------|
| Art.14(1)(b) | Dairy products (milk, cheese and yoghurt) | Three portions of dairy food everyday, as part of a balanced diet, may help promote a healthy body weight during childhood and adolescence. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated | | Q-2008-110 | Commission Regulation (EC) 983/2009 of 21/10/2009 | Non-authorised | N/A |
| Art.14(1)(b) | Dairy products (milk and cheese) | Dairy foods (milk and cheese) promote dental health in children. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated | | Q-2008-112 | Commission Regulation (EC) 983/2009 of 21/10/2009 | Non-authorised | N/A |
| Art.14(1)(b) | LACTORAL, food supplement containing <i>Lactobacillus plantarum</i> , <i>Lactobacillus rhamnosus</i> and <i>Bifidobacterium longum</i> | LACTORAL helps to bring back the normal functioning of the alimentary tract during its microflora disturbances (for example in case of loose stools, after taking antibiotics, in case of intestinal disorders caused by enteric pathogens). | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | | Q-2008-269 | Commission Regulation (EC) No 1024/2009 of 29/10/2009 | Non-authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------------------------|--|--|--|---------------------|----------------------------|---|----------------|----------|
| Art.14(1)(b) | LACTORAL, food supplement containing <i>Lactobacillus plantarum</i> , <i>Lactobacillus rhamnosus</i> and <i>Bifidobacterium longum</i> | LACTORAL is recommended in order to improve the general immunity by maintaining the microbiological balance. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | | Q-2008-477 | Commission Regulation (EC) No 1024/2009 of 29/10/2009 | Non-authorised | N/A |
| Art.14(1)(b) | LACTORAL, food supplement containing <i>Lactobacillus plantarum</i> , <i>Lactobacillus rhamnosus</i> and <i>Bifidobacterium longum</i> | LACTORAL helps to protect the alimentary system against enteric pathogens because of strong antagonistic properties and helps to build the natural intestinal barrier. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated | | Q-2008-478 | Commission Regulation (EC) No 1024/2009 of 29/10/2009 | Non-authorised | N/A |
| Art.14(1)(b) | LACTORAL, food supplement containing <i>Lactobacillus plantarum</i> , <i>Lactobacillus rhamnosus</i> and <i>Bifidobacterium longum</i> | LACTORAL helps to maintain natural intestinal microflora during travel, changing the climatic zone or a diet, especially in poor hygiene conditions. | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | | Q-2008-479 | Commission Regulation (EC) No 1024/2009 of 29/10/2009 | Non-authorised | N/A |

| Claim type | Nutrient, substance, food or food category | Claim | Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation | Health relationship | EFSA opinion reference | Commission regulation | Status | Entry Id |
|------------------------------|--|---|--|---------------------|----------------------------|---|----------------|----------|
| Art.14(1)(b) | LACTORAL, food supplement containing <i>Lactobacillus plantarum</i> , <i>Lactobacillus rhamnosus</i> and <i>Bifidobacterium longum</i> | LACTORAL contains living probiotic bacteria with strong ability to intestinal tract colonisation, isolated from healthy, naturally fed-infant | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and this claimed effect for this food is not sufficiently defined to be able to be assessed and the claim could not therefore be substantiated | | Q-2008-480 | Commission Regulation (EC) No 1024/2009 of 29/10/2009 | Non-authorised | N/A |
| Art.14(1)(b) | Kinder Chocolate®, chocolate bar | Kinder Chocolate, the chocolate that helps to grow | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-283 | Commission Regulation (EC) No 1167/2009 of 30/11/2009 | Non-authorised | N/A |
| Art.14(1)(b) | Follow-on formulae with a fixed combination of short-chain galacto-oligosaccharides, acidified milk, nucleotides and beta-palmitate | Aids minor intestinal ailments (as colic, constipation, digestive symptoms) | Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated | | Q-2008-270 | Commission Regulation (EC) No 1167/2009 of 30/11/2009 | Non-authorised | N/A |
| Art.14(1)(b) | Test | Test for comments to Email of scientific comments sent to EFSA | rjhenhejygytgre | | Q-2012-257 | Commission Regulation (EU) No 383/2010 of 05/05/2010 | | N/A |