Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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-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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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-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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	Carbohydrates contribute to the maintenance of normal brain function	In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 130 g of carbohydrates from all sources. The claim may be used for food which contains at least 20 g carbohydrates which are metabolised by humans, excluding polyols, per quantified portion and complies with the nutrition claim LOW SUGARS or WITH NO ADDED SUGARS as listed in the Annex to Regulation (EC) No 1924/2006. The claim shall not be used on food which is 100% sugars.	Maintenance of normal brain function	2011;9(6):2226	Commission Regulation (EU) 1018/2013 of 23/10/2013	Authorised	603, 653
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

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

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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
Art.13(1)	Alpha-cyclodextrin	Consumption of alpha-cyclodextrin as part of a starch-containing meal contributes to the reduction of the blood glucose rise after that meal	The claim may be used for food which contains at least 5 g of alpha-cyclodextrin per 50 g of starch in a quantified portion as part of the meal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming the alpha-cyclodextrin as part of the meal.	Reduction of post-prandial glycaemic responses	2010;8(2):1479, 2012;10(6):2713	Commission Regulation (EU) 536/2013 of 11/06/2013	Authorised	2926

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	Consumption of foods containing fructose leads to a lower blood glucose rise compared to foods containing sucrose or glucose	In order to bear the claim, glucose and/or sucrose should be replaced by fructose in sugar-sweetened foods or drinks so that the reduction in content of glucose and/or sucrose, in these foods or drinks, is at least 30%.	Reduction of post-prandial glycaemic responses	2011;9(6):2223	Commission Regulation (EU) 536/2013 of 11/06/2013	Authorised	558
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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
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
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

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

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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
Art.13(1)	Docosahexaenoic acid and Eicosapentaenoic acid (DHA/EPA)	DHA and EPA contribute to the maintenance of normal blood pressure	The claim may be used only for food which provides a daily intake of 3 g of EPA and DHA. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of EPA and DHA. When the claim is used on food supplements and/or fortified foods information shall also be given to consumers not to exceed a supplemental daily intake of 5 g of EPA and DHA combined. The claim shall not be used for foods targeting children.	Maintenance of normal blood pressure	2009; 7(9); 1263, 2010;8(10):1796	Commission Regulation (EU) 536/2013 of 11/06/2013	Authorised	502, 506, 516, 703, 1317, 1324

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 and Eicosapentaenoic acid (DHA/EPA)	DHA and EPA contribute to the maintenance of normal blood triglyceride levels	The claim may be used only for food which provides a daily intake of 2 g of EPA and DHA. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of EPA and DHA. When the claim is used on food supplements and/or fortified foods information shall also be given to consumers not to exceed a supplemental daily intake of 5 g of EPA and DHA combined. The claim shall not be used for foods targeting children.	Maintenance of normal (fasting) blood concentrations of triglycerides	2009; 7(9); 1263, 2010;8(10):1796	Commission Regulation (EU) 536/2013 of 11/06/2013	Authorised	506, 517, 527, 538, 1317, 1324, 1325

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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, 688, 1323, 1360, 4294, 565, 626, 631, 689, 690, 704, 742, 3148, 3151

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	DHA contributes to the maintenance of normal blood triglyceride levels	The claim may be used only for food which provides a daily intake of 2 g of DHA and which contains DHA in combination with eicosapentaenoic acid (EPA). In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of DHA. When the claim is used on food supplements and/or fortified foods information shall also be given to consumers not to exceed a supplemental daily intake of 5 g of EPA and DHA combined. The claim shall not be used for foods targeting children.	Maintenance of normal (fasting) blood concentrations of triglycerides	2010;8(10):1734	Commission Regulation (EU) 536/2013 of 11/06/2013	Authorised	533, 691, 3150
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, 688, 2905, 4294, 627, 632, 743, 3149

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
Art.13(1)	Dried plums of 'prune' cultivars (*Prunus domestica* L.)	Dried plums/prunes contribute to normal bowel function	The claim may be used only for food which provides a daily intake of 100 g of dried plums (prunes). In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 100 g of dried plums (prunes).	Maintenance of normal bowel function	2010;8(2):1486, 2012;10(6):2712	Commission Regulation (EU) 536/2013 of 11/06/2013	Authorised	1164
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	510, 688, 1360, 504, 506, 516, 527, 538, 703, 1128, 1317, 1324, 1325
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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)	Glucomannan (konjac mannan)	Glucomannan contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which provides a daily intake of 4 g of glucomannan. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 4 g of glucomannan. Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.	maintenance of normal blood cholesterol concentrations	2009;7(9):1258, 2010;8(10):1798, 2010;8(10):1798	Commission Regulation (EU) 432/2012 of 16/05/2012	Authorised	836, 1560, 3100, 3217

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
Art.13(1)	Glucomannan (konjac mannan)	Glucomannan 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 glucomannan per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of glucomannan in three doses of 1 g each, together with 1-2 glasses of water, before meals and in the context of an energy-restricted diet. Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.	reduction of body weight	2010;8(10):1798	Commission Regulation (EU) 432/2012 of 16/05/2012	Authorised	854, 1556, 3725
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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-authorisation	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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
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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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.	contribution to normal amino acid metabolism	2010;8(10):1745	Commission Regulation (EU) 432/2012 of 16/05/2012	Authorised	313
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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)	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

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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 functon of the nervous system	2010;8(10):1814	Commission Regulation (EU) 432/2012 of 16/05/2012	Authorised	213

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
Art.13(5)	Cocoa flavanols	Cocoa flavanols help maintain the elasticity of blood vessels, which contributes to normal blood flow	Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 200 mg of cocoa flavanols. The claim can be used only for cocoa beverages (with cocoa powder) or for dark chocolate which provide at least a daily intake of 200 mg of cocoa flavanols with a degree of polymerisation 1-10		Q-2012-00002	Commission Regulation (EU) No 851/2013 of 03/09/2013	Authorised *	N/A
Art.13(5)	Slowly digestible starch	Consumption of products high in slowly digestible starch (SDS) raises blood glucose concentration less after a meal compared to products low in SDS	The claim may be used only on food where the digestible carbohydrates provide at least 60 % of the total energy and where at least 55 % of those carbohydrates is digestible starch, of which at least 40 % is SDS		Q-2010-00966	Commission Regulation (EU) No 851/2013 of 03/09/2013	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)	'Reformulated, non-alcoholic, acidic drink with: — less than 1 g fermentable carbohydrate per 100 ml (sugars and other carbohydrates except polyols), — calcium in a range from 0,3 to 0,8 mol per mol acidulant, — display of pH between 3,7-4,0.	Replacing sugar-containing, acidic drinks, such as soft drinks (typically 8-12 g sugars/100 ml), with reformulated drinks contributes to the maintenance of tooth mineralisation	In order to bear the claim, reformulated acidic drinks shall comply with the description of the food subject to the claim		Q-2010-00784	Commission Regulation (EU) No 851/2013 of 03/09/2013	Authorised *	N/A
Art.13(5)	Sugar beet fibre	Sugar beet fibre and increasing 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		Q-2011-00972	Commission Regulation (EU) No 40/2014 of 17/01/2014	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

Claim type	Nutrient, substance, food or food category	Claim	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)	Barley beta-glucans	Barley beta-glucans has been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronery heart disease	Information shall be given to the consumer that the beneficial effect is obtained with daily intake of 3 g of barley beta-glucan. The claim can be used for foods which provide at least 1 g of barley beta-glucan per quantified portion.		Q-2011-00799	Commission Regulation (EU) 1048/2012 of 08/11/2012	Authorised	N/A
Art.14(1)(a)	Barley beta-glucans	Barley beta-glucans has been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronery heart disease.	Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of barley beta-glucan. The claim can be used for foods which provide at least 1 g of barley beta-glucan per quantified portion.		Q-2011-00798	Commission Regulation (EU) 1048/2012 of 08/11/2012	Authorised	N/A
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

Claim type	Nutrient, substance, food or food category	Claim	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)	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)	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, Q-2009-00530 & Q-2009-00718	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)	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, Q-2009-00530 & Q-2009-00718	Commission Regulation (EU) 384/2010 of 05/05/2010	Authorised	N/A
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

Claim type	Nutrient, substance, food or food category	Claim	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)	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
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.		Q-2008-116	Commission Regulation (EC) 983/2009 of 21/10/2009	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)	Calcium	Calcium is 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 as 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-2008-322	Commission Regulation (EC) 983/2009 of 21/10/2009	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
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

Claim type	Nutrient, substance, food or food category	Claim	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 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 -linolenic acid (ALA) and a daily intake of 10 g of linoleic acid (LA).		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)	Iodine	Iodine contributes to the normal growth of children	The claim can 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		Q-2008-324	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.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)	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)	Protein	Protein is 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 protein as referred to in the claim SOURCE OF PROTEIN as listed in the Annex to Regulation 1924/2006.		Q-2008-326	Commission Regulation (EC) 983/2009 of 21/10/2009	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)	Vitamin D	Vitamin D is 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 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.		Q-2008-323	Commission Regulation (EC) 983/2009 of 21/10/2009	Authorised	N/A
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)	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)	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)	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 functionary 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)	Ananas comosus - common name : Bromelain Pineapple	"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	2212
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 functionary 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 functionary 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 - 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
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 gastro-intestinal discomfort	2011;9(6):2248		Non-authorised	2213
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 to strenghten your body's natural defences; -helps to strenghten 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
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
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)	Bifidobacterium animalis ssp. lactis BB-12®, Lactobacillus acidophilus LA-5®, Lactbacillus *bulgaricus* LBY-27 and *Streptococcus thermophilus* 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	- 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)	*Bifidobacterium longum* 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
Art.13(1)	Bifidobacterium infantis I-3424	'- 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
Art.13(1)	Lactobacillus acidophilus CUL21 NCIMB 30156 Lactobacillus acidophilus CUL 60 NCIMB 30157 Bifibobacterium adolescentis CUL 20 NCIMB 30153 Bifiidobacterium 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)	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)	*Lactobacillus paracasei* ssp. paracasei CRL-431	'- probiotic -strenghten/ 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
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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	Anthocyans from elderberry juice	(Anthocyans 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)	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)	(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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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)	*Lactobacillus delbrueckii* subsp. *bulgaricus* AY/CSL (LMG-P 17224) and *Streptococcus thermophilus* 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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-authorised	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)	Bifidobacterium animalis ssp. lactisTHT 010801	* Helps to improve intestinal transit * Helps to reduce natural digestion * Helps to regulate intestinal flora * Promotes intestinal 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, and digestion and absorption of nutrients	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	961
Art.13(1)	Bifidobacterium animalis ssp. lactisTHT 010801	* 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 has not been substantiated.	Stimulation of immunological responses	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	962

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 longum* THT 010301	* 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 has not been substantiated.	Stimulation of immunological responses	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	970
Art.13(1)	*Bifidobacterium longum* bv infantis THT 010201	* 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 has not been substantiated.	Stimulation of immunological responses	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	968
Art.13(1)	Bifidobacterium pseudolongum ssp pseudolongum THT 010501	* 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 has not been substantiated.	Stimulation of immunological responses	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	972
Art.13(1)	*Lactobacillus casei* THT 030401	* 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 has not been substantiated.	Stimulation of immunological responses	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	976
Art.13(1)	Lactobacillus gasseri THT 031301	* 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 has not been substantiated.	Stimulation of immunological responses	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	984

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 helveticus* THT 031102	* 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 has not been substantiated.	Stimulation of immunological responses	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	986
Art.13(1)	*Lactobacillus plantarum* THT 030701	* 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 has not been substantiated.	Stimulation of immunological responses	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	995
Art.13(1)	*Lactobacillus plantarum* THT 030707	* 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 has not been substantiated.	Stimulation of immunological responses	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	997
Art.13(1)	Lactobacillus reuteri THT 030802	* 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 has not been substantiated.	Stimulation of immunological responses	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	999
Art.13(1)	Lactobacillus salivarius THT 031001	* 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 has not been substantiated.	Stimulation of immunological responses	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	1007

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 thermophilus* THT 070102	* 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 has not been substantiated.	Stimulation of immunological responses	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	1015
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 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 breve THT 010601	* 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	* 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
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
Art.13(1)	Lactobacillus delbrucki *bulgaricus* THT 030303	* 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 helveticus*THT 031101	* 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)	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 rhamnosus* 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)	*Lactobacillus rhamnosus* THT 030902	* 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 thermophilus* 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)	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)	Bifidobacterium animalis ssp. lactisTHT 010801	* 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.	Changes in bowel function, and digestion and absorption of nutrients	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	960
Art.13(1)	Bifidobacterium animalis ssp. lactisTHT 010801	* 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 gastro-intestinal microorganisms	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	960

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 longum* THT 010301	* 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.	Changes in bowel function, and digestion and absorption of nutrients	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	969
Art.13(1)	*Bifidobacterium longum* THT 010301	* 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 gastro-intestinal microorganisms	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	969
Art.13(1)	*Bifidobacterium longum* bv infantis THT 010201	* 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.	Changes in bowel function, and digestion and absorption of nutrients	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	967

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 longum* bv infantis THT 010201	* 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 gastro-intestinal microorganisms	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	967
Art.13(1)	Bifidobacterium pseudolongum ssp pseudolongum THT 010501	* 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.	Changes in bowel function, and digestion and absorption of nutrients	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	971
Art.13(1)	Bifidobacterium pseudolongum ssp pseudolongum THT 010501	* 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 gastro-intestinal microorganisms	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	971

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 casei* THT 030401	* 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.	Changes in bowel function, and digestion and absorption of nutrients	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	975
Art.13(1)	*Lactobacillus casei* THT 030401	* 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 gastro-intestinal microorganisms	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	975
Art.13(1)	Lactobacillus gasseri THT 031301	* 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.	Changes in bowel function, and digestion and absorption of nutrients	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	983

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 THT 031301	* 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 gastro-intestinal microorganisms	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	983
Art.13(1)	*Lactobacillus helveticus* THT 031102	* 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.	Changes in bowel function, and digestion and absorption of nutrients	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	985
Art.13(1)	*Lactobacillus helveticus* THT 031102	* 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 gastro-intestinal microorganisms	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	985

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 plantarum* THT 030701	* 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.	Changes in bowel function, and digestion and absorption of nutrients	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	994
Art.13(1)	*Lactobacillus plantarum* THT 030701	* 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 gastro-intestinal microorganisms	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	994
Art.13(1)	*Lactobacillus plantarum* THT 030707	* 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.	Changes in bowel function, and digestion and absorption of nutrients	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	996

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 plantarum* THT 030707	* 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 gastro-intestinal microorganisms	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	996
Art.13(1)	Lactobacillus reuteri THT 030802	* 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.	Changes in bowel function, and digestion and absorption of nutrients	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	998
Art.13(1)	Lactobacillus reuteri THT 030802	* 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 gastro-intestinal microorganisms	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	998

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 salivarius THT 031001	* 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.	Changes in bowel function, and digestion and absorption of nutrients	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	1006
Art.13(1)	Lactobacillus salivarius THT 031001	* 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 gastro-intestinal microorganisms	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	1006
Art.13(1)	*Streptococcus thermophilus* THT 070102	* 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.	Changes in bowel function, and digestion and absorption of nutrients	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	1014

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 thermophilus* THT 070102	* 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 gastro-intestinal microorganisms	2009;7(9):1247, 2012;10(8):2857		Non-authorised (expiry of transitional period 02/01/2014)	1014
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 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 THT 010601	* 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)	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	* 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 delbrucki *bulgaricus* THT 030303	* 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
Art.13(1)	*Lactobacillus helveticus*THT 031101	* 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)	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 rhamnosus* 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
Art.13(1)	*Lactobacillus rhamnosus* THT 030902	* 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 thermophilus* 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
Art.13(1)	Lactobacillus acidophilus THT 030102	* 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	* 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 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 * 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 La filière Tradilin permet d'obtenir des produits qui s'intègrent dans une alimentation riche en Oméga 3 qui participe au contrôle des paramètres du	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, 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
		syndrome métabolique * This product participates/contributes/ helps to regulate carbohydrate metabolism Ce produit participe à la régulation du métabolisme glucidique * This product, from the Tradilin network, helps to better to regulate carbohydrate metabolism/ control the parameters on the metabolic syndrome 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						

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	* 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 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 * A diet which includes products from the Tradilin network favours a good balance of blood lipids. S'alimenter avec des produits, issus de la filière Tradilin favorise l'équilibre des lipides sanguins * This product participates/ contributes to improve the balance of blood lipids. Ce produit	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, 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	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
		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						
Art.13(1)	*Lactobacillus delbrueckii* subsp. *bulgaricus* AY/CSL (LMG-P 17224) and *Streptococcus thermophilus* 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
Art.13(1)	*Lactobacillus delbrueckii* subsp. *bulgaricus* AY/CSL (LMG-P 17224) and *Streptococcus thermophilus* 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
Art.13(1)	*Lactobacillus casei* 101/37 (LMG P-17504)	*Help to strenghten immune system * help to strenghten 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 Bi1 (LMG P-17502), Bifidobacterium breve Bbr8 (LMG P-17501) and *Bifidobacterium longum* Bl10 (LMG P-17500)	*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)	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 occurence 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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
Art.13(1)	Whey Protein	- 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-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
Art.13(1)	Glutamine	- Constituent of gluthathione, 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 gluthathione, 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 gluthathione, 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	- Contributes to the mobilisation of fat stores; - Contributes ton 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	1484
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	- 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
Art.13(1)	Wheat Dextrin	- 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	- 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	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)	Name of Food product: Ipriflavone Description of food in terms of food legislation categories: Food supplement Was food on Irish market before 1st July 2007: No	- Exact wording of claim as it appears on product: Ipriflavone supresses bone resorption; - 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 - 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 has not been substantiated.	maintenance of bone mineral density	2009;7(9):1267		Non-authorised	1872

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	L- theanine	- 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	- 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	- 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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	- Low glycemic diet helps maintain insulin sensitivity - Low glycemic diet helps in the management of regular blood glucose levels - Low glycemic diet helps maintain and improve blood glucose control - Low glycemic 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)	*Lactobacillus plantarum* 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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	- 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)	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 (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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	- 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)	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)	Melon extract (containing SOD) /Wheat Gliadin	- 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 has not been substantiated.	maintenance of skin	2009;7(9):1286		Non-authorised	2749
Art.13(1)	Melon extract (containing SOD) /Wheat Gliadin	- 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	- 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	- 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	- 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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	- Wheat dextrin has low glycemic and insulinemic 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
Art.13(1)	Whey Protein	- 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-authorised	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	- 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-authorised	421
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	- 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	- 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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	- 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 rhamnosus* 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)	Lactobacillus salivarius subsp. salivarius CRL 1328	- 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 rhamnosus* LR 04 (DSM 16605)	- coadiuva la flora intestinale autoctona nella regolazione delle situazioni diarroiche; - riequilibria la funzione motoria intestinale, in particolare nelle donne nell'anziano; - favorisce il mantenimento dell'omeostasi intestinale; - riequilibria la composizione della microflora dopo trattamento con antibiotici.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated.	Lactobacillus rhamnosus LR04 related to the following claimed effect: 'reduce the daily number of bowel movements'	2010;8(2):1470, 2012;10(8):2854		Non-authorised (expiry of transitional period 02/01/2014)	2969
Art.13(1)	*Bifidobacterium longum* W11(LMG P-21586)	- contributes to the rebalancing of intestinal microflora;- rebalances the intestinal motility function;- supports the maintenance of intestinal homeostasis;- promotes the wellbeing of the intestine;- contributes to reducing 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.	Bifidobacterium longum W11 related to the following claimed effect: 'relief of abdominal discomfort and bloating'	2010;8(2):1470, 2012;10(8):2854		Non-authorised (expiry of transitional period 02/01/2014)	3056

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 casei* LC 01(CNCM I-1572)	- contributes to the rebalancing of intestinal microflora;- rebalances the intestinal motility function;- supports the maintenance of intestinal homeostasis;- promotes the wellbeing of the intestine;- contributes to reducing 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.	Lactobacillus casei DG CNCM I-1572 and decreasing potentially pathogenic gastro-intestinal microorganisms	2010;8(2):1470, 2012;10(6):2723		Non-authorised (expiry of transitional period 02/01/2014)	3061
Art.13(1)	*Lactobacillus paracasei* LPC 01(CNCM I-1390)	- contributes to the rebalancing of intestinal microflora;- supports the maintenance of intestinal homeostasis;- promotes the wellbeing of the intestine;- contributes to reducing gastro-intestinal discomfort;- improves the metabolic activity of intestinal microflora.	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.	L. paracasei LPC 01 (CNCM I-1390) and 'relieve symptoms typically associated with Irritable Bowel Syndrome (IBS), especially diarrhoea-predominant IBS, and to help reduce the daily number of bowel movements as well as improve the consistency of faeces in adult subjects reporting acute diarrhoea'	2010;8(2):1470, 2012;10(8):2850		Non-authorised (expiry of transitional period 02/01/2014)	3055

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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) +*Lactobacillus plantarum* LP 01 (LMG P-21021)	- favorisce il mantenimento dell'omeostasi intestinale; - contribuisce a ridurre il discomfort gastro-intestinale; - riduce la flatulenza ed il gonfiore addominale; - riequilibria la funzione motoria intestinale; - ottimizza il transito intestinale; - riequilibria la composizione della microflora dopo trattamento con antibiotici.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated.	A combination of Bifidobacterium breve BR03 and Lactobacillus plantarum LP01 related to the following claimed effect: 'reducing gastrointestinal discomfort associated with increased transit time'	2010;8(2):1470, 2012;10(8):2854		Non-authorised (expiry of transitional period 02/01/2014)	2938

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	- favorisce il mantenimento dell'omeostasi intestinale; - contribuisce a ridurre il discomfort gastro-intestinale; - riduce la flatulenza ed il gonfiore addominale; - riequilibria la funzione motoria intestinale; - ottimizza il transito intestinale; - riequilibria la composizione della microflora dopo trattamento con antibiotici.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated.	A combination of Lactobacillus acidophilus LA02 and Lactobacillus plantarum LP01 related to the following claimed effect: 'relief of abdominal discomfort and pain'	2010;8(2):1470, 2012;10(8):2854		Non-authorised (expiry of transitional period 02/01/2014)	2944
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)	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)	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)	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)	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)	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)	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 has not been linked to a function of the body, as required by Article 13 of the Regulation.	Maintenance of normal appearance and elasticity of the skin	2011;9(6):2259		Non-authorised (expiry of transitional period 02/01/2014)	333
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)	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)	*Lactobacillus paracasei* i CUL08 NCIMB 30154 Lactobacillus salivarius CUL 61 Bifidobacterium adolescentis (bifidum) CUL20 NCIMB 30153 Bifidobacterium lactis 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
Art.13(1)	Polydextrose	- polydextrose promotes good intestinal health; -polydextose 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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; -polydextose 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; -polydextose 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
Art.13(1)	*Lactobacillus helveticus* CNCM I-1722 and *Bifidobacterium longum* CNCM I-3470	- probiotic -helps gastro-intestinal 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.	Alleviation of psychological stress	2009;7(9):1247, 2012;10(8):2849		Non-authorised (expiry of transitional period 02/01/2014)	938
Art.13(1)	*Lactobacillus helveticus* CNCM I-1722 and *Lactobacillus rhamnosus* CNCM I-1720	- probiotic -helps gastro-intestinal comfort/ 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.	A combination of Lactobacillus rhamnosus CNCM I-1720 and Lactobacillus helveticus CNCM I-1722 and defence against pathogenic gastro-intestinal microorganisms	2009;7(9):1247, 2012;10(6):2720		Non-authorised (expiry of transitional period 02/01/2014)	939
Art.13(1)	Sacharomyces cerevisiae var boulardii	- probiotic -helps maintain intestinal flora/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.	Saccharomyces cerevisiae var. boulardii CNCM I-1079 and defence against pathogenic gastro-intestinal microorganisms	2009;7(9):1247, 2012;10(6):2717		Non-authorised (expiry of transitional period 02/01/2014)	913

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
Art.13(1)	Propionibacterium freudenreichii SI 41 and Propionibacterium freudenreichii SI 26 Propio-Fidus®	- probiotic -is viable and active during intestinal transit and beneficially affects the intestinal flora by increasing 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.	Increasing numbers of gastro-intestinal microorganisms.	2009;7(9):1247, 2012;10(6):2721		Non-authorised (expiry of transitional period 02/01/2014)	941
Art.13(1)	Lactobacillus gasseri PA 16/8, Bifidobacterium bifidum MF 20/5 and *Bifidobacterium longum* SP 07/3	- probiotic -strenghtens the immune system; -enhances the bodys 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 upper respiratory tract defence against pathogens	2009;7(9):1247, 2012;10(6):2718		Non-authorised (expiry of transitional period 02/01/2014)	931
Art.13(1)	*Lactobacillus helveticus* I-1722	- 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)	Bifidobacterium animalis ssp. lactis BB-12® and *Lactobacillus paracasei* 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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 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)	Lactobacillus reuteri 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)	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 gastro-intestinal microorganisms	2011;9(6):2231		Non-authorised	896

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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	3008
Art.13(1)	*Lactobacillus paracasei* 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)	Lactobacillus johnsonii La-19/CLbA5 and Bifidobacterium animalis ssp. lactis Bf-6/Bif-6/CB111 (Biogarde®/Bioghurt®/Bigarde®/Bighurt®-Cultures)	- probiotic - Biogarde®/Bioghurt®/Bigarde®/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®/Bigarde®/Bighurt®-Cultures)	- probiotic - Biogarde®/Bioghurt®/Bigarde®/Bighurt®-Cultures support the natural beneficial gut flora; - Biogarde®/Bioghurt®/Bigarde®/Bighurt®-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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 rhamnosus* 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)	*Lactobacillus paracasei* 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)	*Lactobacillus paracasei* 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)	*Lactobacillus casei* 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)	Bifidobacterium animalis ssp. lactis BB-12®, Lactobacillus acidophilus LA-5®, Lactobacillus delbrueki ssp. *bulgaricus* LBY-27 and *Streptococcus thermophilus* STY-31	- probiotic -enhances/supports your bodys 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 CECT5716	- probiotic -help/ contribute/ participate in increasing the natural defenses; -help/ contribute/ participate to strengh 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
Art.13(1)	Lactobacillus gasseri CECT5714 and Lactobacillus coryniformis CECT5711	- probiotic -help/ contribute/ participate in increasing the natural defenses; -help/ contribute/ participate to strenghen 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 plantarum* 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
Art.13(1)	*Streptococcus thermophilus* 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 casei* 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)	Bifidobacterium breve I-3425	- probiotic -helps body's natural defences; '-helps to strenghten 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
Art.13(1)	Bifidobacterium infantis I-3424	- probiotic -helps body's natural defences; '-helps to strenghten 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	876
Art.13(1)	*Bifidobacterium longum* I-3470	- probiotic -helps body's natural defences; '-helps to strenghten 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)	Lactobacillus acidophilus Lafti L10 (CBS 116.411)	- probiotic -helps body's natural defences; -helps to strenghten 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	883
Art.13(1)	*Lactobacillus casei* I-3429	- probiotic -helps body's natural defences; -helps to strenghten 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
Art.13(1)	*Lactobacillus helveticus* I-1722	- probiotic -helps body's natural defences; -helps to strenghten 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)	*Lactobacillus plantarum* Rosell-1012	- probiotic -helps body's natural defences; -helps to strenghten 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	903

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 rhamnosus* I-1720	- probiotic -helps body's natural defences; -helps to strenghten 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)	*Streptococcus thermophilus* I-3428	- probiotic -helps body's natural defences; -helps to strenghten 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 Lactobacillus acidophilus LA-5®	- probiotic -helps to support your natural defences; -helps to strenghten 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
Art.13(1)	Bifidobacterium animalis ssp. lactis BB-12® and Lactobacillus acidophilus LA-5®	- 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)	*Lactobacillus paracasei* 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)	Bifidobacterium animalis ssp. lactis BB-12 ®	- probiotic -support your natural defences; -strenghten 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)	*Lactobacillus rhamnosus* I-1720	- probiotic; -beneficialy 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
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 pseudocatenulatum EI-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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 plantarum* LP 01(LMG P-21021)+*Lactobacillus plantarum* LP 02(LMG P-21020)+*Lactobacillus rhamnosus* LR 04(DSM 16605) +*Lactobacillus rhamnosus* LR 05(DSM 19739) +Bifidobacterium lactis BS 01(LMG P-21384)	- 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.	A combination of Bifidobacterium animalis subsp. lactis BS01, Lactobacillus rhamnosus LR04, Lactobacillus rhamnosus LR05, Lactobacillus plantarum LP01, Lactobacillus plantarum LP02 and short-chain fructo-oligosaccharides or galacto-oligosaccharides related to the following claimed effect: 'defence against upper respiratory tract infections'	2010;8(2):1470, 2012;10(8):2854		Non-authorised (expiry of transitional period 02/01/2014)	3047
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 paracasei* subsp. paracasei CRL 1289	- produces high quantities hydrogen peroxide that protects oropharyngeal cavity from harmful microrganisms;- helps to restore and maintain normal vaginal microflora;- assists the direct defensive response against harmful microrganisms;- 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)	Lactobacillus crispatus CRL 1251	- produces high quantities hydrogen peroxide that protects oropharyngeal cavity from harmful microrganisms; - helps to restore and maintain normal vaginal microflora; - assists the direct defensive response against harmful microrganisms ; - 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 CRL 1259 (acidophilus group)	- produces metabolites that protect the oropharyngeal cavity from harmful microrganisms; - helps to restore and maintain normal vaginal microflora; - assists in the direct defensive response against harmful microrganisms, 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 fermentum LR-11(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 fermentum LR 10 (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 paracasei* subsp. paracasei 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
Art.13(1)	*Lactobacillus paracasei* subsp. paracasei LPC 00(LMG P-21380)+ *Lactobacillus rhamnosus* LR 04(DSM 16605)+Bifidobacterium breve 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, especiall	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 paracasei* subsp. paracasei LPC 00(LMG P-21380)+*Lactobacillus rhamnosus* LR 04(DSM 16605)+Bifidobacterium breve 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
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 breve BL 03 (DSM 16603)	- promuove la funzione motoria intestinale; - contribuisce al riequilibrio della microflora intestinale; - favorisce il mantenimento dell'omeostasi intestinale; - ottimizza il transito intestinale nell'anziano.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated.	Bifidobacterium longum BL03 related to the following claimed effect: 'intestinal mobility'	2010;8(2):1470, 2012;10(8):2854		Non-authorised (expiry of transitional period 02/01/2014)	2937
Art.13(1)	Bifidobacterium adolescentis BA 02 (DSM 17103)	- rebalances the intestinal motility function; -contributes to the rebalancing of intestinal microflora; - supports the maintenance of intestinal homeostasis; - promotes the wellbeing of the intestine; - restores intestinal flora bacteria in the elderly; - optimizes intestinal transit in 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.	Bifidobacterium adolescentis BA02 related to the following claimed effect: 'intestinal motility'	2010;8(2):1470, 2012;10(8):2854		Non-authorised (expiry of transitional period 02/01/2014)	3035

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 plantarum* LP 01(LMG P-21021)+Bifidobacteriumadolescentis 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)	*Lactobacillus plantarum* LP 01(LMG P-21021)+ Bifidobacterium lactis 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)	*Lactobacillus plantarum* LP 01(LMG P-21021)+Bifidobacterium adolescentis 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)	*Lactobacillus plantarum* LP 01(LMG P-21021)+Bifidobacterium lactis 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)	Bifidobacterium breve BR 03 (DSM 16604)	- riequilibria la funzione motoria intestinale; contribuisce al riequilibrio della microflora intestinale; ; - migliora l'attività metabolica della microflora ; intestinale; ; - ottimizza il transito intestinale nell'anziano.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated.	Bifidobacterium breve BR03 related to the following claimed effect: 'intestinal mobility'	2010;8(2):1470, 2012;10(8):2854		Non-authorised (expiry of transitional period 02/01/2014)	2936
Art.13(1)	*Lactobacillus plantarum* LP 01 (LMG P-21021)	- riequilibria la funzione motoria intestinale; - contribuisce a ridurre il discomfort gastro-intestinale; - riduce la flatulenza ed il gonfiore addominale; - contribuisce a reintegrare la flora batterica intestinale; - ottimizza il transito intestinale nell'anziano.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated.	Lactobacillus plantarum LP01 related to the following claimed effect: 'intestinal mobility'	2010;8(2):1470, 2012;10(8):2854		Non-authorised (expiry of transitional period 02/01/2014)	2965

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 BS 01 (LMG P-21384)	- riequilibria la funzione motoria intestinale; - riequilibria la composizione della microflora dopo trattamento con antibiotici; - migliora l'attività metabolica della microflora intestinale; - promuove il benessere dell'intestino.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.	B. animalis subsp. lactis LMG P-21384 and changes in bowel function	2010;8(2):1470, 2012;10(8):2851		Non-authorised (expiry of transitional period 02/01/2014)	2940
Art.13(1)	Bifidobacterium lactis BS 01 (LMG P-21384)+*Lactobacillus rhamnosus* LR 04 (DSM 16605)+*Lactobacillus plantarum* LP 02(LMG P-21020)	- supporta le naturali difese dell'organismo; - rinforza le difese naturali; - contribuisce al mantenimento del benessere intestinale; - favorisce il mantenimento dell'omeostasi intestinale; - reintegra la flora batterica intestinale.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated.	A combination of Bifidobacterium animalis subsp. lactis BS01, Lactobacillus rhamnosus LR04, Lactobacillus plantarum LP02, and short-chain fructo-oligosaccharides related to the following claimed effect: 'defence against upper respiratory tract infections'	2010;8(2):1470, 2012;10(8):2854		Non-authorised (expiry of transitional period 02/01/2014)	2941

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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.	increased attention	2011;9(6):2225		Non-authorised	1570
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)	Bifidobacterium breve BR 03 (DSM 16604) + *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	3058

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	*Streptococcus thermophilus* FP4(DSM 18616) +Lactobacillus acidophilus LA 02 (LMG P-21381)+*Lactobacillus delbrueckii* subsp. *bulgaricus* LDB 01 (DSM 16606)+*Lactobacillus rhamnosus* 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 BS 01 (LMG P-21384)+*Lactobacillus rhamnosus* LR 04 (DSM 16605)+ *Lactobacillus plantarum* LP 02(LMG P-21020)+Lactoferrin	- supports the natural defences of the organism;- strengthens natural defences;- contributes to the maintenance of intestinal wellbeing;- promotes the maintenance of intestinal homeostasis;- restores intestinal bacterial 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.	A combination of Bifidobacterium animalis subsp. lactis BS01, Lactobacillus rhamnosus LR04, Lactobacillus plantarum LP02, lactoferrin and short-chain fructo-oligosaccharides related to the following claimed effect: 'defence against upper respiratory tract infections'	2010;8(2):1470, 2012;10(8):2854		Non-authorised (expiry of transitional period 02/01/2014)	3059
Art.13(1)	*Lactobacillus plantarum* LP 01(LMG P-21021)+*Lactobacillus plantarum* LP 02(LMG P-21020)+*Lactobacillus rhamnosus* LR 04(DSM 16605) +*Lactobacillus rhamnosus* LR 05(DSM 19739) +Bifidobacterium lactis 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	-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	1682
Art.13(1)	Wheat Dextrin	-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	-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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	-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 gastro-intestinal microorganisms	2011;9(4):2060		Non-authorised	765
Art.13(1)	Glucosamine	-Glucosamine (and chondroitin) may help to maintain healthy joints - Glucosamine (and chondroitin) helps support healthy knees	Non-compliance 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):1264		Non-authorised (expiry of transitional period 02/01/2014)	1562

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	-Glucosamine alone or in combination with chondroitin sulphate contributes to the maintenance of flexibility and mobility of the joints -helps to maintain healthy joint -supports mobility -helps to keep joints supple and flexible -necessary for the structure of cartilage and other connective tissues -is produced naturally by the body where it plays a role in the smooth working of the joints -is produced naturally by the body where it helps maintain connective tissues -helps maintain healthy joints, bones, ligaments and tendons -occurs naturally in the joints and muscles where it plays a role in the smooth working of connective tissue -helps maintain joint health -helps keep joints in good condition/ --helps	Non-compliance 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):1264		Non-authorised (expiry of transitional period 02/01/2014)	1561

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
		maintain cartilage"", -""helps rebuilding cartilage"" and ""lays down the foundation for everyday rebuilding of connective tissues around the joints, including tendons, ligaments and cartilage.						
Art.13(1)	Glucosamine sulfate	-Glucosamine sulfate possesses antiinflammatory activity -Helps the bodys 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 (Glucosamine HCl or Glucosamine sulphate)	-Helps maintain joint health. -Helps maintain healthy 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):1264		Non-authorised (expiry of transitional period 02/01/2014)	1563
Art.13(1)	Glucosamine (Glucosamine HCl or Glucosamine sulphate) and Chondroitin sulphate	-Helps maintain joint health. -Helps maintain healthy 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):1264		Non-authorised (expiry of transitional period 02/01/2014)	1564

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	-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
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
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
Art.13(1)	Saccharomyces boulardii ATY-SB-101	-Helps to reinforce the natural defenses; -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.	Saccharomyces boulardii ATY-SB-101 (BCCM/MUCL 53837) related to the following claimed effects: ""modulating both innate and adaptive host immunity to respond against pathogen infection""	2009;7(9):1247, 2012;10(6):2722		Non-authorised (expiry of transitional period 02/01/2014)	1011

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
Art.13(1)	Glucomannan (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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 (ß2 ->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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	-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
Art.13(1)	Saccharomyces boulardii ATY-SB-101	-Maintains intestinal microflora's balance; - probiotic -regulates your intestinal transit; -balances your intestinal flora; -supports 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.	Saccharomyces boulardii ATY-SB-101 (BCCM/MUCL 53837) related to the following claimed effects: ""maintains and restores the natural flora""	2009;7(9):1247, 2012;10(6):2722		Non-authorised (expiry of transitional period 02/01/2014)	1010
Art.13(1)	Bifidobacterium animalis ssp. lactis BB-12 ®	-Probiotic. -Contributes to a healthy level of natural good bacteria in your body, which can aid digestion. -Supports a healthy digstive 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 gastro-intestinal microorganisms	2011;9(4):2047		Non-authorised	866

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	-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
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)	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-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.	Changes in bowel function	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 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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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.	increase in satiety leading to a reduction in energy intake	2010;8(10):1811		Non-authorised	414
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 gastro-intestinal 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/ oligrofructose promote healthy conditions in the colon; -fructoligosaccharides/ oligrofructose improve bowel function; -fructoligosaccharides/ oligrofructose 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/ oligrofructose promote healthy conditions in the colon; -fructoligosaccharides/ oligrofructose improve bowel function; -fructoligosaccharides/ oligrofructose 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 gastro-intestinal 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/ oligrofructose promote healthy conditions in the colon; -fructoligosaccharides/ oligrofructose improve bowel function; -fructoligosaccharides/ oligrofructose 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/ oligrofructose enhance/ promote/ increase magnesium absorption; -fructooligosaccharides/ oligrofructose enhance/ promote/ increase calcium absorption; -fructooligosaccharides/ oligrofructose 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)	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)	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
Art.13(1)	Unsaturated fats/fatty acids	-help to maintain the function and fluidity of the cellular menbranes.	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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
Art.13(1)	16. *Lactobacillus rhamnosus* 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)	Lactobacillus acidophilus CUL21 NCIMB 30156 Lactobacillus acidophilus CUL 60 NCIMB 30157 Bifibobacterium adolescentis CUL 20 NCIMB 30153 Bifiidobacterium 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 bar 13 (CNCM-I-3857) and *Bifidobacterium longum* bar 33 (CNCM-I-3858)- mix 1:1	-helps to improve the level of natural good bacteria in your body; -helps to aid digestion and well-being; -helps to reduce gastro-intestinal discomfort; -maintains the balance of healthy microflora; -beneficially affects the intestinal flora; -helps to support your natural defences; -helps to strenghten the natural defense; -helps to stimulate 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.	Maintains the balance of healthy microbiota that helps to strengthen the natural defence	2010;8(2):1470, 2012;10(8):2849		Non-authorised (expiry of transitional period 02/01/2014)	2942
Art.13(1)	Lactobacilus acidophilus CUL60 *Lactobacillus casei* 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	-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
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 sweetners help to maintain a healthy body weight; -intense sweetners 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
Art.13(1)	Bifidobacterium animalis ssp. lactis BB-12®, Lactobacillus acidophilus LA-5®, Lactbacillus *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)	Inulin/oligofructose from chicory	-inulin/oligofructose from chicory improves intestinal conditions; -inulin/oligofructose fron 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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 gastro-intestinal microorganisms	2011;9(6):2256		Non-authorised	785
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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
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-authorised	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 affect 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	/ 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. Carbohydrate loading can delay fatigue and benefits endurance and multiple sprint sports. Energy for endurance / fuel for your muscles. Carbohydrate before	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, 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	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
		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 Carbohydrate loading can delay fatigue and						

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
		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)	Fat free dairy products with reduced sugars or without added sugars	1 - Main wording 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. In English : - Fat free dairy products with reduced sugars or without added sugars help control body weight as part of a balanced diet. 2 - Other examples of wordings In French : - aide à maintenir le poids corporel - aide à garder la ligne - partenaire nutritionnel de votre ligne In English : - help maintain body weight - help keep your figure - nutritional partner of your figure	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, 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	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
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)	Corn Oil with a guaranteed polyunsatured fatty acids content (56% of total fatty acids), supplemented with vitamin E.	1- When used within a healthy, balanced diet, in combination with a healty lifestyle, corn oil with an elevated vitamin E content and a guaranteed polyunsaturates fatty acids content contributes to the control of blood cholesterol. 2-When used within a healthy, balanced diet, in combination with a healty lifestyle, corn oil contributes to the control of blood cholesterol. 3-As a part of a healthy lifesyle, corn oil helps to maintain normal blood cholesterol level.4-As a part of a healthy lifesyle, 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	1. Acts as a general body restorative substance 2. Strengthens body's resistance against infections 3. Royal jelly helps strengthen your body / strengthens the body 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 5. Royal jelly improves feeling of comfort 6. Royal jelly helps improve activity of the immune system/strengthens the immune system/body's defence system 7. A generally restorative product for the maintenance of	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, 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
		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)	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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 pressure	2010;8(2):1477		Non-authorised	1771
Art.13(1)	Gamma – linolenic acid	1. Beneficial effect on woman's well-being, particularly during menstruation and menopause 2. Beneficially affects the overall condition during premenstrual syndrome and menstruation 3. Relieves painful menstruation 4. Helps reduce symptoms of premenstrual syndrome 5. Helps maintain/keep maximum comfort during 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.	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	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 2. Helps ensure healthy function of the hormonal system 3. Borage oil is precursor of prostaglandins wich are regulators associated with many of the body's metabolic function 4. Contributes to maintain healthy/normal hormonal 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.	Reduction of menstrual discomfort	2011;9(4):2059		Non-authorised	1773
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-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)	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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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
Art.13(1)	Gamma – linolenic acid	1. Helps maintain functions and structure of the body and organ cell membranes 2. Evening primrose oil contains polyunsaturated fatty acids which are necessary for cell membranes 3. Supports the integrity and the fluidity of the cell membrane 4. Omega-6 fatty acids participate in cell growing and renewal processes 5. Being present in cell membranes they are necessary for wholesome cell structure and 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.	"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)	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)	Lutein	1. Lutein is a natural antioxidant which protects the skin from the harmful effects of free radicals 2. Lutein helps protect the retina and lens from free radicals which result from UV-radiation 3. Lutein is a natural antioxidant for eyes 4.Lutein protects the eye from the harmful effects of free radicals 5. Lutein helps protect the macular pigment from the harmful UV-radiation and oxygen-containing free radicals	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	1. Lutein is a natural antioxidant which protects the skin from the harmful effects of free radicals 2. Lutein helps protect the retina and lens from free radicals which result from UV-radiation 3. Lutein is a natural antioxidant for eyes 4.Lutein protects the eye from the harmful effects of free radicals 5. Lutein helps protect the macular pigment from the harmful UV-radiation and oxygen-containing 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 the skin from UV-induced (including photo-oxidative) damage	2011;9(4):2030		Non-authorised	1779
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

Claim type	Nutrient, substance, food or food category	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)	""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 hypoosmolar, 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 WHO and UNICEF	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):2228		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
		8. ORSALIT composition ensures effective rehydration during diarrhea on the contrary of usually given feezy drinks (cola), apple juice or broth 9. ORSALIT rehydrates effectively during diarrhea, on the contrary to traditional methods 10. Oral rehydration is beneficial and well tolerated due to low risk of side effects 11. ORSALIT is used in order to rehydrate 12. ORSALIT is dedicated to infants, children and adults rehydration during diarrhea and/or vomiting 13. ORSALIT is dedicated to supplement body fluids and mineral components 14. ORSALIT is used in case of disturbance of water-electrolyte balance during					

Claim type	Nutrient, substance, food or food category	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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	1. Substances contained in royal jelly help normalize metabolism, improve appetite 2. Royal jelly normalizes metabolism 3. Royal jelly is very nourishing, it contains biologically active substances — amino acids (replaceable and irreplaceable), carbohydrates, vitamins, microelements and minerals 4. Royal jelly helps improve tissue breathing	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, 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	1226
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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)	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)	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
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)	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)	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)	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)	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-authorised	2393
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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: Olive Biophenols Description of food in terms of food legislation categories: Food supplement Was food on Irish market before 1st July 2007: No	A potent source of biophenols with strong anti-bacterial properties Olive biophenols are effective in combating bacterial 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.	decreasing potentially pathogenic intestinal microorganisms	2009;7(9):1245		Non-authorised	1877
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
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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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)	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)	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-authorised	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-authorised	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)	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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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)	Lemon (Citrus limonium) - flavonoïdes	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
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)	Methylsulfonylmethane/MSM	Acts as natural sulfar 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 sulfar 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	Acts as natural sulfar 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)	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)	N-acetyl-l-cysteïne	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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
Art.13(1)	Sugar-free chewing gum containing Pirofosfati - Gomma da masticare senza zucchero con pirofosfati (E450i,ii,iii,iv,v) e 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)	Lactobacillus gasseri P 18137	Aiuta a mantenere la normale microflora vaginale. Aiuta a mantenere il pH vaginale a livelli fisiologici (pH acido). Ripristina l' ecosistema vaginale, alteratosi in seguito a terapia antibiotica/antimicotica. Contribuisce ad inibire lo sviluppo di microrganismi patogeni.	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	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2957
Art.13(1)	*Lactobacillus plantarum* P 17630	Aiuta a mantenere la normale microflora vaginale. Aiuta a mantenere il pH vaginale a livelli fisiologici (pH acido). Ripristina l' ecosistema vaginale, alteratosi in seguito a terapia antibiotica/antimicotica. Contribuisce ad inibire lo sviluppo di microrganismi patogeni.	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	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2967

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 P 17631	Aiuta a mantenere la normale microflora vaginale. Aiuta a mantenere il pH vaginale a livelli fisiologici (pH acido). Ripristina l' ecosistema vaginale, alteratosi in seguito a terapia antibiotica/antimicotica. Contribuisce ad inibire lo sviluppo di microrganismi.	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	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2950
Art.13(1)	*Lactobacillus paracasei* I1687	Aiuta a rinforzare le difese naturali. Aiuta a modulare la risposta immunitaria. Riequilibra la risposta immunitaria nei soggetti sensibili a reazioni allergiche. Coadiuva la risposta immunitaria anche nei casi di infezione virale.	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 IL-10 production and/or enhancing the activity of natural killer cells	2010;8(2):1470, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2960

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 salivarius l1794	Aiuta a rinforzare le difese naturali. Aiuta a modulare la risposta immunitaria. Riequilibra la risposta immunitaria nei soggetti sensibili a reazioni allergiche. Coadiuva la risposta immunitaria anche nei casi di infezione virale.	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 IL-10 production and/or enhancing the activity of natural killer cells	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2971
Art.13(1)	*Lactobacillus paracasei* l1688	Aiuta a rinforzare le difese naturali.Aiuta a modulare la risposta immunitaria.Aiuta a regolare la risposta immunitaria nei soggetti che potrebbero manifestare reazioni infiammatorie.	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 IL-10 production and/or enhancing the activity of natural killer cells	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2962
Art.13(1)	Alpha lipoic acid	Alpha lipoc 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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)	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)	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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 essential for optimal visual performance. Das Carotinoid	Non-compliance 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
		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 Lebensmittelinhaltsstoff für den Menschen mit						

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
		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, ß-Carorin, Lycopin und Lutein verbraucht.–Zeaxanthin ist für das Auge wahrscheinlich die letzte Sicherung gegen oxidative Schäden. Die natürlich besonders hohe Konzentration von Zeaxanthin in der Netzhautmitte (dem Ort des schärfsten Sehens)						

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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), *Lactobacillus casei* (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)	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)	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
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-authorised	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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	*Lactobacillus plantarum* 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)	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)	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)	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)	Brassicaceae (Cruciferae) (Common Name : Botanica family that include broccoli, couliflower, 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)	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 maintance 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.	Improvement of endothelium-dependent vasodilation	2011;9(4):2051		Non-authorised	664
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 maintance 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.	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 maintance 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)	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)	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

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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	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 Haematococcus pluvialis	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)	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)	*Lactobacillus rhamnosus*	Attraverso il riequilibro della flora intestinale contribuisce a migliorare il benessere della pelle e quindi anche la salute del cuoio capellutoe dei capelli. . Agisce a alivello inetstinale favorendo il miglior assorbimento di tutti i componenti contenuti in Bioscalin antiforfora, migliorandio così la loro disponibilità.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this food is not sufficiently characterised for a scientific assessment of this claimed effect and the claim could not therefore be substantiated.	Lactobacillus rhamnosus LR04 related to the following claimed effect: 'balancing intestinal flora, improves skin, scalp and hair health'	2010;8(2):1470, 2012;10(8):2854		Non-authorised (expiry of transitional period 02/01/2014)	2968

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 - *Lactobacillus rhamnosus*	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)	Folic Acid	B-vitamins and vitamin C are essential for the energy metabolism / the transfomation 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)	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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	*Lactobacillus plantarum* 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 healt	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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)	A combination of three probiotic ingredients; *Lactobacillus casei* F19, Bifidobacterium lactis Bb12 and Lactobacillus acidophilus 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)	Dairy products containing the combination of three probiotic ingredients; *Lactobacillus casei* F19, Bifidobacterium lactis Bb12, Lactobacillus acidophilus 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)	Lactobacillus reuteri 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
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: *Lactobacillus casei* 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: 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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
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

Claim type	Nutrient, substance, food or food category	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)	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 endurance events. Can improve performance even in	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
		events lasting less than 1 hour. Endurance performance becomes impaired when dehydration exceeds 2% of body mass						
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)	Probiotic strain: Lactobacillus salivarius 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 BI-04 (Formerly known as Bifidobacterium lactis BL-01 and *Bifidobacterium longum* 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)	Beta-glucan of Saccharomyces cerevisiae	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 Saccharomyces cerevisiae	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)	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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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	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	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)	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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, 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	1328
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)	Morinaga *Bifidobacterium longum* BB536	Bifidobacterium longum 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
Art.13(1)	Morinaga *Bifidobacterium longum* 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 Ribes nigrum	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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 pressure	2011;9(6):2208		Non-authorised	572
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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 juice	Blackcurrent juice helps to: - improve the urinary tract immune function. - support the normal functionning 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
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
Art.13(1)	Glucosamine	Bon pour les articulations A utiliser pour maintenir les articulations souples Efficace dans les problèmes d'inflammation et de mobilité des articulations Soulage les douleurs inflammatoires	Non-compliance 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 (expiry of transitional period 02/01/2014)	678

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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	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)	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
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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 neoplasic 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)	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
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
Art.13(1)	L-Theanine	Caffeine antogonist	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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 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
Art.13(1)	Calcium (as a citrate salt derived from the red seaweed Lithothamnion Corallioides, 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	Calms the 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. 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. In combination with the following sentence * Xylitol chewing gum for post-meal gastric acid attack. * Calms the gastric 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	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
		attack * For gastric acid attack * Balances the gastric acids * Fast and long-lasting						

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	Can accelerate recovery from exercise can help to recover faster can shorten the time to recover completely can help to enhance endurance performance can help to perform longer can support endurance performance can increase;endurance performance can increase time to fatigue;during exercise can help to enhance physical;performance can help to perform better can support;physical performance can help to increase physical performance can help to reduce exercise induced muscle damage can help to reduce exercise induced muscle pain can protect 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	660

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	Can accelerate recovery from exercise can help to recover faster can shorten the time to recover completely can help to enhance endurance performance can help to perform longer can support endurance performance can increase;endurance performance can increase time to fatigue;during exercise can help to enhance physical;performance can help to perform better can support;physical performance can help to increase physical performance can help to reduce exercise induced muscle damage can help to reduce exercise induced muscle pain can protect 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	660

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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)	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
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)	Lactotripeptides	Can help to maintain a healthy blood pressure/can contribute to 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	2009;7(9):1259, 2012;10(6):2715		Non-authorised (expiry of transitional period 02/01/2014)	661
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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)	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)	Isomalto-oligosaccharides	Can help to keep your cholesterols 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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)	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
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)	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)	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-authorised	2750

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, 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	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
		speed of recovery Clarification provided 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						

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
		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	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	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, 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	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
		speed of recovery. Clarification provided 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						

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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-authorised	330
Art.13(1)	ClarinolTM	ClarinolTM 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. ClarinolTM prevents fat redeposition (anti yoyo efect). ClarinolTM 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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)	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
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	Collagen is a natural component of the skin. Helps the skin to preserve its firmness and elasticity. Has beneficial effect in the maintenance of skin firmness and elasticity.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect has not been linked to a function of the body, as required by Article 13 of the Regulation.	Maintenance of structure and elasticity of the skin	2011;9(6):2228		Non-authorised (expiry of transitional period 02/01/2014)	1950
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	Carotte racine	Combat la formation des radicaux libres Protection cellulaire active Nourrit et protège la peau Protège la peau des agressions extérieures Active et prolonge le bronzage Clarification provided Helps to keep the skin healthy/helps to retard skin aging Helps to protect your skin from excessive UV-radiation and sunburns Can promote healthy skin pigmentation and tanning Antioxidant that protects the body's cells/Has an antioxidant action that helps to neutralize free radicals and counteracts 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):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)	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
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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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
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
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
Art.13(1)	Phaseolamine (proteina concentrata di fagiolo Phaseolus vulgaris)	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
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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 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)	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 acides 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)	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-authorised	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)	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)	Berry seed oils (super-critical 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)	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)	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
Art.13(1)	Aronia melanocarpa (Common Name : Chokeberry)	Contains antioxidant/s. Is a source of antioxdiant/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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
Art.13(1)	Carica papaya (Common Name : Papaya)	Contains antioxidant/s; Is a source of antioxdiant/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
Art.13(1)	Vaccinium macrocarpon (Common Name : Cranberry)	Contains antioxidant/s; Is a source of antioxdiant/s. With antioxidant/s. Contains naturally occuring 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
Art.13(1)	Lycium Barbarum (Common Name : Wolfberry)	Contains antioxidant/s; Is a source of antioxdiant/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
Art.13(1)	Aspalathus linearis (Common Name : Rooibos/Red bush)	Contains antioxidant/s; Is a source of antioxdiant/s. With antioxidant/s. Has antioxidant properties Acts as free radical scavengers Contains naturally occuring 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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
Art.13(1)	Standardized tomato extract [Oleoresin extracted from ripe fruits of Licopersicum aesculentum, 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)	Emblica officinalis (common name: Emblica 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 antioxdiant/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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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)	Coquille d'huître	Contribue à un bon cholestérol. Aide à maîtriser le cholesterol. 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 cholesterol. 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 cholesterol. 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 cholesterol. 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
Art.13(1)	Brewer's yeast (Saccharomyces cerevisae)	Contribute to a normal intestinal fonction 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	Punica granatum (Common Name : Pomgranade)	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)	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-authorised	1162
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-authorised	2141

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	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.	increase in appetite after unintentional weight loss leading to an increase in energy intake	2011;9(6):2246		Non-authorised	2141
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)	Purslane (Portulaca oleracea L.)	Contributes to cell protection form 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

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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.	protection of the skin from photo-oxidative (UV-induced) damage	2010;8(10):1762		Non-authorised	600
Art.13(1)	Monométhylsilanetriol: other substance with nutritionnal 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 nutritionnal 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 nutritionnal 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)	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)	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)	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)	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

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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
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 gastro-intestinal discomfort	2011;9(6):2248		Non-authorised	2124
Art.13(1)	SOIA ISOFLAVONI	Contributes to the female hormonal balance during clymaterium. Helps in case of augmented request of nutrients.	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 vasomotor symptoms associated with menopause	2011;9(7):2264, 2012;10(8):2847		Non-authorised (expiry of transitional period 02/01/2014)	3590

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	Contributes to the functioning of cartilage building cells. Supports the (natural) regeneration of joint cartilage. Stimulates the build-up of joint cartilage. Contributes to improved joint functioning and joint mobility. Contributes to joint comfort. Provides the building blocks (peptides) for the biosynthesis of cartilage. Provides strength, flexibility and support to skin connective tissues, ligaments, tendons, bones and other parts 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.	maintenance of normal joints	2011;9(6):2247		Non-authorised	1513
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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)	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)	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)	Caffeine (from tea/coffee/chocolate or added in pure form)	Contributes to the mobilisation of fat stores. Contributes ton 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
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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
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)	Troxerutin	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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
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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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). 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). Can promote healthy skin pigmentation and tanning. The antioxidant properties of Beta carotene can help maintain a healthy and elastic 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	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)	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
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 efect 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
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; 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)	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)	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)	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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 (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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 concentrations of triglycerides	2010;8(2):1465		Non-authorised	816
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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)	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)	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
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)	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
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

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

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 capacity	2011;9(6):2247		Non-authorised	1538
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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)	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)	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
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, y-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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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. Carbohydrate loading can delay fatigue and benefits endurance and multiple sprint sports. Energy for endurance / fuel for your muscles. Carbohydrate before	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, 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	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
		and after exercise extends endurance time and work output more than either alone. Glycogen Sparing. Ingestion during exercise maintains blood glucose. Glucose is the body's naturally preferred source of energy during intense exercise.						
Art.13(1)	Probiotic strain: Bifidobacterium lactis 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: 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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-authorised	1272

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 (BB46); Bifidobacterium (BB02),Bifidobacterium Breve(Bbr8 LMG P-17501)CSL, Lactobacillus Rhamnosus ATC C53103 (LGG), *Lactobacillus casei* 101/37(Img P-17504), Lactobacillus delbruekii spp *bulgaricus* AY/CSL (LMG P1	Enhances natural immune response. Helps to strengthen the immune defences. Helps to strenghten the natural defences.Helps to strenghten 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
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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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)	Colostrum bovin	Entretien l'énergie et le tonus Renforce la vitalité A utiliser en cas de fatigue passagère	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, 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	1890
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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)	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)	L-tyrosine	Essential component of almost all proteins in the body.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, no quantitative indication of the necessary daily intake, to obtain the beneficial effect, could be provided for this food.	Contribution to normal synthesis of catecholamines	2011;9(6):2270		Non-authorised (expiry of transitional period 02/01/2014)	1928
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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)	Name of Food product: Olive Biophenols Description of food in terms of food legislation categories: Food supplement Was food on Irish market before 1st July 2007: No	Exact wording of claim as it appears on product: A potent source of olive biophenols with anti-inflammatory properties Examples of any alternative wording that may be used in relation to claim: Olive biophenols can reduce inflammation related to Osteoarthritis and Rheumatoid arthritis Is claim a picture: No	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):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)	Name of Food product: Olive Biophenols Description of food in terms of food legislation categories: Food supplement Was food on Irish market before 1st July 2007: No	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	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	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)	Name of Food product: Olive Biophenols Description of food in terms of food legislation categories: Food supplement Was food on Irish market before 1st July 2007: No	Exact wording of claim as it appears on product: A potent source of olive biophenols that have anti-UV damage properties 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 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 has not been substantiated.	Protection of DNA, proteins and lipids from oxidative damage	2010;8(2):1489		Non-authorised	1878
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)	Name of Food product: Sqeez 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 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	1370
Art.13(1)	Name of Food product: Sqeez 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- aging properties”	2011;9(6):2228		Non-authorised	1352

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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: Sqeez Wild Blurberry 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: Brocco 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: Brocco Shoots naturally boost your immune system. 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(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)	Name of Food product: chocolate 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: Cocoa beans naturally contain polyphenols. Cocoa polyphenols are known for their antioxidant properties. 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 againist oxidative stress. Description of picture: A cocoa 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 lipids from oxidative damage	2010;8(10):1792		Non-authorised	1372

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	Name of Food product: fermented dairy products 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: Enhances natural resistance. Strengthen your immunity. 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.	"Immune function/immune system"	2011;9(4):2061		Non-authorised	1374
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-authorised	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)	Name of Food product: Product-specific claim: sodium alginate, HCA and piperine 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: 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 fel 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.	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	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)	Name of Food product: Product-specific claim: Sodium alginate and ascophyllum nodosum 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: Helps manage blood glucose and insulin levels. Examples of any alternative wording that may be used in relation to claim: Reduces heightened glycaemic index/Blunts glucose and insuin 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. 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 has not been substantiated.	reduction of post-prandial glycaemic responses	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)	Name of Food product: Product-specific claim: Sodium alginate and ascophyllum nodosum 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: 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 healthly lifestyle/Contributes to normal glucose metabolism/Helps control blood glucose levels/Supports maintenance of normal 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 responses	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)	Name of Food product: Lentil & Bean 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: Lentil & Bean Shoots naturally boost your digestive system. 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.	"Digestive function"	2011;9(6):2228		Non-authorised	1357
Art.13(1)	Name of Food product: methylsulpony/methane (MSM) Description of food in terms of food legislation categories: Food supplement Was food on Irish market before 1st July 2007: No	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	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	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)	Name of Food product: methylsulpony/methane (MSM) Description of food in terms of food legislation categories: Food supplement Was food on Irish market before 1st July 2007: No	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	Non-compliance 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	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)	Name of Food product: methylsulpony/methane (MSM) Description of food in terms of food legislation categories: Food supplement Was food on Irish market before 1st July 2007: No	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	Non-compliance 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	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)	Name of Food product: Sqeez Cranberry and Orange Juice Drink, Sqeez Light Cranberry 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: 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.	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.	"Powerful protectors of the stomach"	2011;9(6):2228		Non-authorised	1368
Art.13(1)	Name of Food product: Sqeez Cranberry 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: 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.	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.	"Powerful protectors of our gums"	2011;9(6):2215		Non-authorised	1365

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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: 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)	Name of Food product: Product-specific claim: sodium alginate and ulva 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: Seaweed fibres support body detoxification 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 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):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)	Name of Food product: Low Calorie Sweetener / Table-top Sweetener (Granular & tablets - sucralose based) 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	Exact wording of claim as it appears on product: Splenda can help with slimming as part of a calorie controlled diet. Splenda is also suitable for those following a low carbohydrate diet. In France, 'peut contribuer a une reduction de l'apport calorique quotidien' 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. 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 has not been substantiated.	contribution to the maintenance or achievement of a normal body weight	2011;9(6):2229		Non-authorised	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)	Name of Food product: Low Calorie Sweetener / Table-top Sweetener (Granular & tablets - sucralose based) 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	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. 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 Splenda can assist in blood glucose control 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 has not been substantiated.	maintenance of normal blood glucose concentrations	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)	Name of Food product: Product-specific claim: sodium alginate, n-acetyl cysteine and piperine 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: 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	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	2011;9(6):2248		Non-authorised	1871

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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: Cheese 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: 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 Cheddar helps	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	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
		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 helps ensure a healthy digestive lifestyle. Probiotic						

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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: Cheese 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: 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 Cheddar helps	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	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
		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 helps ensure a healthy digestive lifestyle. Probiotic						

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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: Cheese 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: 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 Cheddar helps	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	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
		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 helps ensure a healthy digestive lifestyle. Probiotic						

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
		Culture Lactobacillus Paracasei NFBC 338 helps maintain a balanced digestive system. Is claim a picture: No						
Art.13(1)	Name of Food product: Triphala Description of food in terms of food legislation categories: Food supplement Was food on Irish market before 1st July 2007: No	Exact wording of claim as it appears on product: Triphala is a source of antioxidant Examples of any alternative wording that may be used in relation to claim: Has antioxidant activies/ 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 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 has not been substantiated.	Protection of DNA, proteins and lipids from oxidative damage	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)	Name of Food product: gelatin & cystine Description of food in terms of food legislation categories: Food supplement Was food on Irish market before 1st July 2007: No	Exact wording of claim as it appears on product: gelatin, cystine significantly strengthens hair, skin and nails Examples of any alternative wording that may be used in relation to claim: Gelatin and cystine significantly increases hair diameter and the degree of hardness of finger and toe nails.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect has not been linked to a function of the body, as required by Article 13 of the Regulation.	Maintenance of normal structure and appearance of hair and nails	2011;9(6):2228		Non-authorised (expiry of transitional period 02/01/2014)	1879
Art.13(1)	Name of Food product: gelatin & cystine Description of food in terms of food legislation categories: Food supplement Was food on Irish market before 1st July 2007: No	Exact wording of claim as it appears on product: gelatin, cystine significantly strengthens hair, skin and nails Examples of any alternative wording that may be used in relation to claim: Gelatin and cystine significantly increases hair diameter and the degree of hardness of finger and toe nails.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect has not been linked to a function of the body, as required by Article 13 of the Regulation.	Maintenance of structure and elasticity of the skin	2011;9(6):2228		Non-authorised (expiry of transitional period 02/01/2014)	1879

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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)	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-authorised	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-authorised	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)	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)	Zea mays L. ; Common name : Maïs	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
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-authorisation	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-authorised	2902

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 paracasei* 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.	Decreasing potentially pathogenic gastro-intestinal microorganisms	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)	*Lactobacillus paracasei* 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.	maintenance of a normal intestinal transit time	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)	*Lactobacillus paracasei* 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)	Lactobacillus salivarius I1794	Favorisce l'equilibrio dell'ecosistema intestinale. Regola la funzionalità intestinale, ripristinando la normale microflora. Influisce positivamente sul benessere dell'organismo. Ripristina la naturale microflora dopo trattamento antibiotico. E' un coadiuvante nei disordini della mucosa intestinale. E' utile nella digestione del lattosio.	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	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2970
Art.13(1)	Lactobacillus salivarius I1794	Favorisce l'equilibrio dell'ecosistema intestinale. Regola la funzionalità intestinale, ripristinando la normale microflora. Influisce positivamente sul benessere dell'organismo. Ripristina la naturale microflora dopo trattamento antibiotico. E' un coadiuvante nei disordini della mucosa intestinale. E' utile nella digestione del lattosio.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.	Improved lactose digestion	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2970

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 salivarius I1794	Favorisce l'equilibrio dell'ecosistema intestinale. Regola la funzionalità intestinale, ripristinando la normale microflora. Influisce positivamente sul benessere dell'organismo. Ripristina la naturale microflora dopo trattamento antibiotico. E' un coadiuvante nei disordini della mucosa intestinale. E' utile nella digestione del lattosio.	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	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2970
Art.13(1)	Lactobacillus gasseri P 17632	Favorisce l'equilibrio dell'ecosistema intestinale. Regola la funzionalità intestinale, ripristinando la normale microflora. Influisce positivamente sul benessere dell'organismo. Ripristina la naturale microflora dopo trattamento antibiotico/antimicotico.	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	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2956

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 P 17632	Favorisce l'equilibrio dell'ecosistema intestinale. Regola la funzionalità intestinale, ripristinando la normale microflora. Influisce positivamente sul benessere dell'organismo. Ripristina la naturale microflora dopo trattamento antibiotico/antimicotico.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.	Improved lactose digestion	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2956
Art.13(1)	Lactobacillus gasseri P 17632	Favorisce l'equilibrio dell'ecosistema intestinale. Regola la funzionalità intestinale, ripristinando la normale microflora. Influisce positivamente sul benessere dell'organismo. Ripristina la naturale microflora dopo trattamento antibiotico/antimicotico.	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	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2956

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 P 18137	Favorisce l'equilibrio dell'ecosistema intestinale. Regola la funzionalità intestinale, ripristinando la normale microflora. Influisce positivamente sul benessere dell'organismo. Ripristina la naturale microflora dopo trattamento antibiotico/antimicotico.	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	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2958
Art.13(1)	Lactobacillus gasseri P 18137	Favorisce l'equilibrio dell'ecosistema intestinale. Regola la funzionalità intestinale, ripristinando la normale microflora. Influisce positivamente sul benessere dell'organismo. Ripristina la naturale microflora dopo trattamento antibiotico/antimicotico.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.	Improved lactose digestion	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2958

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 P 18137	Favorisce l'equilibrio dell'ecosistema intestinale. Regola la funzionalità intestinale, ripristinando la normale microflora. Influisce positivamente sul benessere dell'organismo. Ripristina la naturale microflora dopo trattamento antibiotico/antimicotico.	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	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2958
Art.13(1)	*Lactobacillus paracasei* I1687	Favorisce l'equilibrio dell'ecosistema intestinale. Regola la funzionalità intestinale, ripristinando la normale microflora. Influisce positivamente sul benessere dell'organismo. Ripristina la naturale microflora dopo trattamento antibiotico/antimicotico.	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(2):1470, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2961

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 paracasei* I1687	Favorisce l'equilibrio dell'ecosistema intestinale. Regola la funzionalità intestinale, ripristinando la normale microflora. Influisce positivamente sul benessere dell'organismo. Ripristina la naturale microflora dopo trattamento antibiotico/antimicotico.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.	Improved lactose digestion	2010;8(2):1470, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2961
Art.13(1)	*Lactobacillus paracasei* I1687	Favorisce l'equilibrio dell'ecosistema intestinale. Regola la funzionalità intestinale, ripristinando la normale microflora. Influisce positivamente sul benessere dell'organismo. Ripristina la naturale microflora dopo trattamento antibiotico/antimicotico.	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	2010;8(2):1470, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2961

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 paracasei* I1688	Favorisce l'equilibrio dell'ecosistema intestinale.Regola la funzionalità intestinale, ripristinando la normale microflora.Influisce positivamente sul benessere dell'organismo.Ripristina la naturale microflora dopo trattamento antibiotico.E' utile nella digestione del lattosio.	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	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2963
Art.13(1)	*Lactobacillus paracasei* I1688	Favorisce l'equilibrio dell'ecosistema intestinale.Regola la funzionalità intestinale, ripristinando la normale microflora.Influisce positivamente sul benessere dell'organismo.Ripristina la naturale microflora dopo trattamento antibiotico.E' utile nella digestione del lattosio.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.	Improved lactose digestion	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2963

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 paracasei* I1688	Favorisce l'equilibrio dell'ecosistema intestinale.Regola la funzionalità intestinale, ripristinando la normale microflora.Influisce positivamente sul benessere dell'organismo.Ripristina la naturale microflora dopo trattamento antibiotico.E' utile nella digestione del lattosio.	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	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2963
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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™ 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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 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
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)	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
Art.13(1)	PROPOLIS	Flavonoids 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 (nazwa powszechnie stosowana:grejpfrut)	Flawonoidy wyst?puj?ce w grejpfrucie przyczyniaj? si? do zapewnienia równowagi mikrobiologicznej w narz?dach i tkankach Clarification provided Flawonoidy wyst?puj?ce w grejpfrucie przyczyniaj? si? do zapewnienia równowagi mikrobiologicznej w narz?dach i tkankach/ Flavonoids contained within the Grapefruit contribute to the microbial balance in 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	2011;9(4):2082		Non-authorised	3325
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)	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)	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
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
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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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)	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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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)	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)	Silicon	For stomach health. Sooths 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. Sooths 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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-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
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/ oligofru ctose 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 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 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/ oligofru ctose 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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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)	Borage oil (GLA= gamma linolenic acid)	GLA contributes to maintenance of normal skin cell structure and elasticity	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect has not been linked to a function of the body, as required by Article 13 of the Regulation.	Maintenance of normal structure and appearance of the skin	2011;9(4):2059		Non-authorised (expiry of transitional period 02/01/2014)	4296
Art.13(1)	GLA (example from Borago Officinalis, Primerose oil, Blackcurramt 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)	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
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 gastro-intestinal discomfort	2011;9(6):2248		Non-authorised	1760

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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)	Glucomannan (Konjac)	Glucomannan: - 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
Art.13(1)	Glucomannan (Konjac)	Glucomannan: -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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 hydrochloride	Glucosamine helps to maintain strong joints and connective tissues. Naturally required by the body as building blocks for connective tissues which are optimal for joint health and mobility. Connective tissues include cartilage which coats and cushions the bones in the joint. Synovial fluid bathes and lubricates 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):1264		Non-authorised (expiry of transitional period 02/01/2014)	1565
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-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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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 is the most abundant amino acid in the human body Glutamine is the most abundant free amino acid in human muscle and plasma	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the relationship between this food and health has not been defined, as required by the Regulation.	Presence of a nutrient in the human body	2010;8(10):1743		Non-authorised (expiry of transitional period 02/01/2014)	720
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
Art.13(1)	Glutamine	Glutamine may support muscle glycogen replenishment followingexhaustive 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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-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
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
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
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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
Art.13(1)	Citrullus lunatus (Watermelon) extract - ACTI-08	Good source of antioxidants Contains naturally occuring antioxidants Has antioxidant properties Acts as an antioxidants Contributes to the protection against oxidation Helps increase the antioxidative capacity of the body Helps preventing oxidation 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 Antioxidants help to protect your body by reinforcing the body's natural defence against the effects 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	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)	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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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
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 (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 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
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	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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 (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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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
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 has not been substantiated.	maintenance of normal bowel function	2010;8(10):1733		Non-authorised	4039
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
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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)	Chywanaprash	Healthy living A tonic for healthy living Contains naturally occuring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/ antioxidants contribute to the total antioxidant capacity of the body and 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-authorised	3315

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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
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)	Combination of Probiotics (*Lactobacillus helveticus* CNCM I-1722, *Lactobacillus rhamnosus* CNCM I-1720, *Bifidobacterium longum* CNCM I-3470 and Saccharomyces cerevisiae boulardii)	Help relieving intestinal discomfort Reinforce the Intestinal Barrier, Intestinal support for travelers, Improve intestinal comfort in travellers, Normalize 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.	A combination of L. rhamnosus CNCM I-1720, L. helveticus CNCM I-1722, B. longum subsp. longum CNCM I-3470 and S. cerevisiae var. boulardii CNCM I-1079 and defence against pathogenic gastro-intestinal microorganisms	2010;8(2):1470, 2012;10(8):2853		Non-authorised (expiry of transitional period 02/01/2014)	3017
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)	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 joints	2011;9(6):2247		Non-authorised (expiry of transitional period 02/01/2014)	4672
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
Art.13(1)	*Lactobacillus paracasei* ssp. paracasei CRL-431 (=L. casei 431) and Lactobacillus acidophilus 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 *Lactobacillus casei* 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)	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 exercices. / 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-colesterol level / Helpful in decreasing colesterol's blood levels / In diets, supplemented by a food diet and phisical exercices. / 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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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)	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)	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)	Carnitine	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	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
Art.13(1)	Royal jelly	Helps in case of fatigue. Helps to support body's vitality. Helps to make you feel more energetic. Enhancement of vitality/energy	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, 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	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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 occuring 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 strenghthen 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)	PROPOLIS	Helps increase the antioxidative capacity of the body Has antioxidant properties Contains naturally occuring 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)	Endothjelial (syn.: L-5-methyltetra-hydrofolic acid, calcium salt; Vitamin B9), MetafolinTM	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)	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
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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 gastro-intestinal microorganisms	2011;9(6):2222		Non-authorised	781
Art.13(1)	Lactobacillus gasseri PA 16/8, Bifidobacterium bifidum MF 20/5, *Bifidobacterium longum* 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)	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)	Brassica olaracea 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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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)	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)	Naringin (a component of citrus peel extract and precursor of naringenin)	Helps maintain healthy/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 bone	2010;8(2):1493		Non-authorised	1907
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 plantarum* 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)	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
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)	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)	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)	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)	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)	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
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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)	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)	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
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-authorised	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)	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 naturallyoccurring 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 (Marigold Extract)	Helps maintaining healthy eye function. Oral supplementation of Lutein and Zeaxanthin helps increasing macular pigment levels in plasma and retina. Oral supplementation with lutein results in increase in concentration of lutein in serum and macular pigment Helps enhance visual acuity in persons with compromised visual function Helps improve visual performance in persons with compromised visual 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.	Maintenance of normal vision.	2010;8(2):1492, 2012;10(6):2716		Non-authorised (expiry of transitional period 02/01/2014)	1603
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 (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 (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)	Meso-zeaxanthin (derived form 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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 eye health Helps maintain healthy eyes Nutrition for eyes Promotes healthy eye function/helps maintain macular and retinal health Is one (of the) constituent(s) of the retina and the lens Is deposited naturally in the eye Is a constituent of the macular pigment Is highly and selectively accumulated in the retina Is highly and selectively accumulated in the macula lutea 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	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, 2012;10(6):2716		Non-authorised (expiry of transitional period 02/01/2014)	1604

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 visible blue light natural filter of high-	Non-compliance 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
		energy, harmful blue light helps protect the eye against visible light damage helps protect the eye against harmful effects of light exposure 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.						
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 for the skin /natural antioxidant for	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
		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)						
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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.	faster recovery from muscle fatigue after exercise	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 mantain optimal repair of muscle tissue/transports long-chain fatty acids into the mitocondria/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 healty 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 mantain optimal repair of muscle tissue/transports long-chain fatty acids into the mitocondria/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 healty 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)	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)	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)	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)	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)	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
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
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)	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)	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)	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)	Docosahexaenoic acid (DHA)	Helps to control body weight when combined with a healthy diet and exercise. Fits in a weight maintainance 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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
		diameter)-helps to prevent the yoyo-effect after a diet Helps to reduce muscle protein loss during a diet Helps to increase feelings of fullness and satiety						
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
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-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	1951
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 encrease bioavailability of nutritient 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
Art.13(1)	Citrullus 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 acidophilus 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)	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)	phenylalanin	Helps to increase activity of endorfins 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 endorfins 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 extract powder (Vaccinium macrocarpon)	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)	Probiotic strain: Bifidobacterium lactis 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
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
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)	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)	Soy Isoflavones	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	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 vasomotor symptoms associated with menopause	2011;9(7):2264, 2012;10(8):2847		Non-authorised (expiry of transitional period 02/01/2014)	1654
Art.13(1)	Lactotripeptides	Helps to maintain a healthy blood pressure/contributes to a healthy blood pressure/helps to keep/control blood pressure at healthy levels/Helps to control blood pressure	Non-compliance 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	2009;7(9):1259, 2012;10(6):2715		Non-authorised (expiry of transitional period 02/01/2014)	2891
Art.13(1)	C12-peption	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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)	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)	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)	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-authorised	1163

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 plantarum* 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)	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
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)	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)	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)	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
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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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)	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)	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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	Probiotic strain: *Lactobacillus casei* 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
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 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)	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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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)	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)	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)	Brassica olaracea 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)	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
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)	Standardized tomato extract [Oleoresin extracted from ripe fruits of Licopersicum aesculentum, 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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
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
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)	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)	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
Art.13(1)	EPA and DHA fatty acids	Helps to regulate the blood sugar leve	Non-compliance 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
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)	*Lactobacillus rhamnosus* GR 1 (ATCC 55826) and Lactobacilus reuteri 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)	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 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)	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
Art.13(1)	Probiotic strain: Bifidobacterium lactis BI-04 (Formerly known as Bifidobacterium lactis BL-01 and *Bifidobacterium longum* 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 acidophilus 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: Lactobacillus salivarius 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 rhamnosus* 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
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
Art.13(1)	Lactobacillus johnsonii BFE 6128	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)	*Lactobacillus plantarum* 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)	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)	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
Art.13(1)	Probiotic strain: *Lactobacillus casei* 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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: 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)	milk phospholipids milk fat globule membrane	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. 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 gastro-intestinal tract. Helps to reduce gastro-intestinal 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)	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
Art.13(1)	Flax (Linum usitatissimum)	Helps to support mood. Contributes to emotionnal 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 emotionnal 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)	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)	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

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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; *Lactobacillus casei* F19, Bifidobacterium lactis Bb12, Lactobacillus acidophilus 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
Art.13(1)	Peptides (milk products fermented with L. Helveticus lactic acid bacteria)	Helps/help to control 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	2009;7(9):1259, 2012;10(6):2715		Non-authorised (expiry of transitional period 02/01/2014)	1831
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)	Natural mineral water: Hydrogencarbonates as Na- , Mg-, Ca-, salts: NaHCO3, Mg(HCO3)2,Ca(HCO3)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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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
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	Immunox Probiotic and Antioxidant supports digestive health and immunity. Immunox Probiotic supports immunity and resistance to infection. Immunox Probiotic and Antioxidant strengthens the body's natural defences Immunox is a probiotic and antioxidant	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, 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)	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)	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
Art.13(1)	Dimetilsolfone	Importante sorgenti di zolfo biodisponibile, utile per una corretta sintesi della cheratina,la principale proteina costutuente 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.	contribution to normal collagen formation	2010;8(10):1746		Non-authorised	1695
Art.13(1)	Dimetilsolfone	Importante sorgenti di zolfo biodisponibile, utile per una corretta sintesi della cheratina,la principale proteina costutuente 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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.)	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)	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
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)	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)	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)	Hydrolised 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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. 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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)	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)	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)	Brewer`s Yeast	Improves skin, hair and nail condition	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect has not been linked to a function of the body, as required by Article 13 of the Regulation.	Maintenance of normal structure and appearance of hair and nails	2011;9(6):2228		Non-authorised (expiry of transitional period 02/01/2014)	1385
Art.13(1)	Brewer`s Yeast	Improves skin, hair and nail condition	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect has not been linked to a function of the body, as required by Article 13 of the Regulation.	Maintenance of structure and elasticity of the skin	2011;9(6):2228		Non-authorised (expiry of transitional period 02/01/2014)	1385
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)	Probiotic strain: Lactobacillus acidophilus 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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. Strenghten 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
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. Strenghten 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)	Phospolipids	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)	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)	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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
Art.13(1)	Palm/oat 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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)	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)	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-authorised	4330

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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)	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)	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)	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)	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
Art.13(1)	Potato protein isolate	Increases the sense of satiety Elicit 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 natural solution when it concerns your digestive health. Wheat dextrin helps to supplement your daily diet with fiber that is essential to keep your bowel healthy. Wheat dextrin helps restore your digestive system's natural 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.	decreasing potentially pathogenic gastro-intestinal microorganisms	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	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 natural solution when it concerns your digestive health. Wheat dextrin helps to supplement your daily diet with fiber that is essential to keep your bowel healthy. Wheat dextrin helps restore your digestive system's natural 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 bowel function	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)	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
Art.13(1)	Indole-3-carbinol	Indole-3-carbinol supports the regular fenotype 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)	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)	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 glycemic 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/arginine	Interferes in the ureogenesis, helping the elimination of ammonia.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, no conditions of use to accompany this claim could be defined.	Maintenance of normal ammonia clearance	2011;9(4):2051		Non-authorised (expiry of transitional period 02/01/2014)	4683

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 trofismo 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 fron 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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
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)	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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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
Art.13(1)	Teanine	It heps relaz status without reducing the "alert status"; It hepls 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)	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)	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)	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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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)	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)	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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 source of carotanoids. Carotanoids 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
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)	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-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
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)	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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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)	*Lactobacillus delbrueckii* P18805	La miscela aiuta a modulare la naturale risposta immunitaria.	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 in numbers of circulating CD34+ cells	2009;7(9):1247, 2012;10(8):2855		Non-authorised (expiry of transitional period 02/01/2014)	2952
Art.13(1)	Lactobacillus acidophilus P 18806	La miscela aiuta a rinforzare le naturali difese immunitarie.	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 in numbers of circulating CD34+ cells	2009;7(9):1247, 2012;10(8):2855		Non-authorised (expiry of transitional period 02/01/2014)	2947
Art.13(1)	*Streptococcus thermophilus* P18807	La miscela coadiuva la maturazione del sistema immunitario, soprattutto nei soggetti sensibili a reazioni allergiche.	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 in numbers of circulating CD34+ cells	2010;8(2):1470, 2012;10(8):2855		Non-authorised (expiry of transitional period 02/01/2014)	2975

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 P 18806	La miscela favorisce l'equilibrio dell'ecosistema intestinale. La miscela regola la funzionalità intestinale, ripristinando la normale microflora. La miscela influisce positivamente sul benessere dell'organismo. La miscela ripristina la naturale microflora dopo trattamento antibiotico/antimicotico. La miscela è utili nella digestione del lattosio.	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	2009;7(9):1247, 2012;10(8):2855		Non-authorised (expiry of transitional period 02/01/2014)	2946

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 P 18806	La miscela favorisce l'equilibrio dell'ecosistema intestinale. La miscela regola la funzionalità intestinale, ripristinando la normale microflora. La miscela influisce positivamente sul benessere dell'organismo. La miscela ripristina la naturale microflora dopo trattamento antibiotico/antimicotico. La miscela è utili nella digestione del lattosio.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.	Improved lactose digestion	2009;7(9):1247, 2012;10(8):2855		Non-authorised (expiry of transitional period 02/01/2014)	2946

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 P 18806	La miscela favorisce l'equilibrio dell'ecosistema intestinale. La miscela regola la funzionalità intestinale, ripristinando la normale microflora. La miscela influisce positivamente sul benessere dell'organismo. La miscela ripristina la naturale microflora dopo trattamento antibiotico/antimicotico. La miscela è utili nella digestione del lattosio.	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	2009;7(9):1247, 2012;10(8):2855		Non-authorised (expiry of transitional period 02/01/2014)	2946

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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* P18805	La miscela favorisce l'equilibrio dell'ecosistema intestinale. La miscela regola la funzionalità intestinale, ripristinando la normale microflora. La miscela influisce positivamente sul benessere dell'organismo. La miscela ripristina la naturale microflora dopo trattamento antibiotico/antimicotico. La miscela è utili nella digestione del lattosio.	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	2009;7(9):1247, 2012;10(8):2855		Non-authorised (expiry of transitional period 02/01/2014)	2951

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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* P18805	La miscela favorisce l'equilibrio dell'ecosistema intestinale. La miscela regola la funzionalità intestinale, ripristinando la normale microflora. La miscela influisce positivamente sul benessere dell'organismo. La miscela ripristina la naturale microflora dopo trattamento antibiotico/antimicotico. La miscela è utili nella digestione del lattosio.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.	Improved lactose digestion	2009;7(9):1247, 2012;10(8):2855		Non-authorised (expiry of transitional period 02/01/2014)	2951

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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* P18805	La miscela favorisce l'equilibrio dell'ecosistema intestinale. La miscela regola la funzionalità intestinale, ripristinando la normale microflora. La miscela influisce positivamente sul benessere dell'organismo. La miscela ripristina la naturale microflora dopo trattamento antibiotico/antimicotico. La miscela è utili nella digestione del lattosio.	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	2009;7(9):1247, 2012;10(8):2855		Non-authorised (expiry of transitional period 02/01/2014)	2951

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 thermophilus* P18807	La miscela favorisce l'equilibrio dell'ecosistema intestinale. La miscela regola la funzionalità intestinale, ripristinando la normale microflora. La miscela influisce positivamente sul benessere dell'organismo. La miscela ripristina la naturale microflora dopo trattamento antibiotico/antimicotico. La miscela è utili nella digestione del lattosio.	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(2):1470, 2012;10(8):2855		Non-authorised (expiry of transitional period 02/01/2014)	2974

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 thermophilus* P18807	La miscela favorisce l'equilibrio dell'ecosistema intestinale. La miscela regola la funzionalità intestinale, ripristinando la normale microflora. La miscela influisce positivamente sul benessere dell'organismo. La miscela ripristina la naturale microflora dopo trattamento antibiotico/antimicotico. La miscela è utili nella digestione del lattosio.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.	Improved lactose digestion	2010;8(2):1470, 2012;10(8):2855		Non-authorised (expiry of transitional period 02/01/2014)	2974

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 thermophilus* P18807	La miscela favorisce l'equilibrio dell'ecosistema intestinale. La miscela regola la funzionalità intestinale, ripristinando la normale microflora. La miscela influisce positivamente sul benessere dell'organismo. La miscela ripristina la naturale microflora dopo trattamento antibiotico/antimicotico. La miscela è utili nella digestione del lattosio.	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	2010;8(2):1470, 2012;10(8):2855		Non-authorised (expiry of transitional period 02/01/2014)	2974
Art.13(1)	Lactoferrin	Lactoferin 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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)	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)	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)	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)	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	Lecithin helps to maintain normal function of cardo-vascular 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)	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)	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)	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)	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
Art.13(1)	Rye fibre	Long-lasting energy. Levels out the blood sugar increase after meals. Low glycemic 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)	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 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 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)	Very low calorie diet (VLCD) Programme	Low glycaemic index formula food Low glycamic 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)	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.	contribution to the maintenance or achievement of a normal body weight	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)	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
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)	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	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 protect the retina against oxidation / from	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
		oxidative stress. Lutein und 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)	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)	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
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)	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
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)	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)	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)	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 - 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
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	Lactobacillus johnsonii BFE 6128	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
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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	Maintenance of healty bones /(natural) /support to bone health /contributes to the maintenance of normal bone strength in post-menopausal women	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 bone mineral density	2009;7(9):1270, 2012;10(8):2847		Non-authorised (expiry of transitional period 02/01/2014)	1655
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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
Art.13(1)	Phospolipids	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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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-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-authorised	514
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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)	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)	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)	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	May improve memory in the elderly May improve cognitive performance in the elderly. May improve memory and cognitive performance in the elderly 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	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)	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)	Zeolite - clinoptilolit	Might help to protect the body tissues and cells from oxidative damage, viruses, heavy metals, toxines and free radicals, alergenes and radionuclids. Might helps 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)	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)	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)	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)	Bonito protein peptide	Natural Blood Pressure Support" "Provides peptides isolated from bonito to support healthy blood pressure levels." "Provides effective levels of well-researched, specific peptides for healthy blood pressure support." "Formulated to promote healthy blood pressure levels already within the normal range" "A natural approach for blood pressure support" "Bioactive peptides isolated from bonito fish support blood pressure health naturally." "Testing for LKPNM assures efficacy to help maintain blood pressure already within the 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 pressure	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)	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
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

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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);	Naturally occuring 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)	Water-ethanol extract of *Caralluma fimbriata*	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 Caralluma fimbriata and reduction in waist circumference	2011;9(6):2203		Non-authorised	4191
Art.13(1)	Water-ethanol extract of *Caralluma fimbriata*	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 Caralluma fimbriata and reduction of appetite	2011;9(6):2203		Non-authorised	4193
Art.13(1)	Water-ethanol extract of *Caralluma fimbriata*	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 Caralluma fimbriata and reduction of body weight	2011;9(6):2203		Non-authorised	4192
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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 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
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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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-authorised	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-authorised	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-authorised	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-authorised	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-authorised	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 hair	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 nails	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 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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 nails	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 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)	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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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)	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 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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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 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 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)	Niacin (nicotinic acid)	Niacin (nicotinic acid) may help to control blood lipid profiles/cholesterol/ triglycerides	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the proposed conditions of use would encourage excess consumption of this food, which is contrary to the criteria laid down in the Regulation.	Maintenance of normal LDL-cholesterol, HDL cholesterol and triglyceride concentrations	2009;7(9):1224		Non-authorised (expiry of transitional period 02/01/2014)	46

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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)	*Lactobacillus rhamnosus* 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.	Digestive health	2010;8(2):1487		Non-authorised (expiry of transitional period 02/01/2014)	1064
Art.13(1)	*Lactobacillus plantarum* 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 plantarum* 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
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)	*Lactobacillus rhamnosus* 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 rhamnosus* 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)	Streptococcus oralis 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)	Streptococcus oralis 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)	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)	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
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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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-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)	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	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)	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)	Omega-3 fatty acids (Hi-EPA) with Glucosamine	Omega-3 fatty acids (Hi-EPA) with Glucosamine help to maintain joint 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 joints	2011;9(6):2247		Non-authorised (expiry of transitional period 02/01/2014)	1627

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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-linoleic 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-linoleic 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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 paracasei* LMG P-22043	One of the methods to preserve vegetable is to use lactic acid bacteria. Scientific evidences demonstrate that the product (artichoke) contains Lactobacillus paracasei 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 Lactobacillus paracasei LMG P- 22043. Two artichokes carry at least 1 billion of Lactobacillus paracasei LMG P- 22043 live cells. Artichokes are a natural source of fibers, including inuline and FOS, prebiotic substances able to improve the intestinal microflora 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.	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
		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)	*Lactobacillus paracasei* LMG P-22043	One of the methods to preserve vegetable is to use lactic acid bacteria. Scientific evidences demonstrate that the product (artichoke) contains Lactobacillus paracasei 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 Lactobacillus paracasei LMG P- 22043. Two artichokes carry at least 1 billion of Lactobacillus paracasei LMG P- 22043 live cells. Artichokes are a natural source of fibers, including inuline and FOS, prebiotic substances able to improve the intestinal microflora 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.	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
		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)	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	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
		helpen het behouden van je gewicht doordat het helpt je langer vol te voelen en het hongergevoel te onderdrukken.” “HPMC helpt het behouden van je gewicht doordat het helpt je langer vol te voelen 'voelen en het hongergevoel te onderdrukken.” “Levensmiddelen rijk aan vezels helpen je langer vol te voelen en helpen het behouden van je gewicht.”						

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
Art.13(1)	Polyunsatu-rated 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-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
Art.13(1)	Polyunsatu-rated 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-authorised	675
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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 trigyceride 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
Art.13(1)	PHGG	PHGG contributes to lower cholesterol and trigyceride 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-authorised	793

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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	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(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
		nourish the beneficial 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						
Art.13(1)	PSMIX®, miscela di *Lactobacillus paracasei* I1688 e Lactobacillus salivarius I1794	PSMIX® aiuta a rinforzare le difese naturali. PSMIX® aiuta a modulare la risposta immunitaria. PSMIX® riequilibra la risposta immunitaria nei soggetti sensibili a reazioni allergiche. PSMIX® coadiuva la risposta immunitaria anche nei casi di infezione virale.	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	2009;7(9):1247, 2012;10(8):2856		Non-authorised (expiry of transitional period 02/01/2014)	2972

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
Art.13(1)	PSMIX®, miscela di *Lactobacillus paracasei* I1688 e Lactobacillus salivarius I1794	PSMIX® aiuta a rinforzare le difese naturali. PSMIX® aiuta a modulare la risposta immunitaria. PSMIX® riequilibra la risposta immunitaria nei soggetti sensibili a reazioni allergiche. PSMIX® coadiuva la risposta immunitaria anche nei casi di infezione virale.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.	Improved lactose digestion	2009;7(9):1247, 2012;10(8):2856		Non-authorised (expiry of transitional period 02/01/2014)	2972
Art.13(1)	PSMIX®, miscela di *Lactobacillus paracasei* I1688 e Lactobacillus salivarius I1794	PSMIX® aiuta a rinforzare le difese naturali. PSMIX® aiuta a modulare la risposta immunitaria. PSMIX® riequilibra la risposta immunitaria nei soggetti sensibili a reazioni allergiche. PSMIX® coadiuva la risposta immunitaria anche nei casi di infezione virale.	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	2009;7(9):1247, 2012;10(8):2856		Non-authorised (expiry of transitional period 02/01/2014)	2972

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
Art.13(1)	PSMIX®, miscela di *Lactobacillus paracasei* I1688 e Lactobacillus salivarius I1794	PSMIX® favorisce l'equilibrio dell'ecosistema intestinale. PSMIX® regola la funzionalità intestinale, ripristinando la normale microflora. PSMIX® influisce positivamente sul benessere dell'organismo. PSMIX® ripristina la naturale microflora dopo trattamento antibiotico/antimicotico. PSMIX® è utile nella digestione del lattosio.	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 IL-10 production	2009;7(9):1247, 2012;10(8):2856		Non-authorised (expiry of transitional period 02/01/2014)	2973
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
Art.13(1)	Symbiotic: Probiotics (*Lactobacillus helveticus* CNCM I-1722, Bifidobacterium bifidum CNCM I-3426, Bifidobacterium infantis CNCM I-3424) and fructoligosaccharides from sucrose	Participates in healthy microflora balance essential for body's natural defences Stimulates the specific and non specific immune system Reinforces the barrier effect against 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.	Contribution to immune defence against pathogens	2010;8(2):1470, 2012;10(8):2852		Non-authorised (expiry of transitional period 02/01/2014)	3016
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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)	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
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.	Non-compliance 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	2009;7(9):1259, 2012;10(6):2715		Non-authorised (expiry of transitional period 02/01/2014)	1832

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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)	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-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)	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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 bone	2011;9(6):2259		Non-authorised	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 collagen and connective tissue	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-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.	contribution to normal formation of hair and nails	2011;9(6):2259		Non-authorised	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.	maintenance of normal joints	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-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-Triacontanol, 1-Tetracosanol and 1-Hexacosanol - from sugar cane (Saccharum officinarum).	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-Triacontanol, 1-Tetracosanol and 1-Hexacosanol - from sugar cane (Saccharum officinarum).	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 olive (olive fruit, olive mild waste waters or olive oil)	Polyphenols are absorbed from olive oil in the intestine and metabolized there or in the liver, and have been shown to be able to bind LDL in vivo. They have demonstrated scavenging properties in vitro that ensure olive oil stability and explain their ability to protect LDL against oxidation. Contributes to good HDL cholesterol level. Polyphenols from olive have an antioxidant activity that may help protect LDL cholesterol and lipid oxidation	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 HDL-cholesterol concentrations	012;10(8):2848, 2011;9(4):2033		Non-authorised (expiry of transitional period 02/01/2014)	1639
Art.13(1)	Polyphenols	Polyphenols are antioxidants, which naturally occure in cocoa and therfore 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 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)	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
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	Positive impact on the mood especially in women.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the proposed conditions of use would encourage excess consumption of this food, which is contrary to the criteria laid down in the Regulation.	Mental performance	2009;7(9):1225		Non-authorised (expiry of transitional period 02/01/2014)	185
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 has not been linked to a function of the body, as required by Article 13 of the Regulation.	Maintenance of normal skin tonicity	2011;9(7):2264		Non-authorised (expiry of transitional period 02/01/2014)	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, the evidence provided is insufficient to substantiate this claimed effect for this food.	Reduction of vasomotor symptoms associated with menopause	2011;9(7):2264, 2012;10(8):2847		Non-authorised (expiry of transitional period 02/01/2014)	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.	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)	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

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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)	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-authorised	1840
Art.13(1)	Lactic acid bacterium Lactobacillus fermentum ME-3	Probiootiline piimhappebakter Lactobacillus fermentum ME-3 aitab tõsta/suurendab organismi kaitsevõimet. ME-3 toetab seedimist, suurendades kasulike laktobatsillide üldhulka soolestikus, mis kindlustavad toitainete tõhustamist 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 Bacillus mesentericus TO-A, Clostridium butyricum TO-A and Streptococcus faecalis 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)	Lactobacillus acidophilus NCFM ATCC SD5221	Probiotic - helps to strengthen your body's natural defences; helps to strengthen the natural defenses; helps to strengthen the natural defences of your body; contributes to enhance your body's resistance.	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 plantarum* 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
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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
Art.13(1)	Lactobacillus acidophilus (ATCC SD5221) & Bifidobacterium lactis ATCC SD5220	Probiotics; -helps to strenghten 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
Art.13(1)	Gélatine	Promote keratin formation. Strength hair. Hair is more resistant and thick. Increase hair resistance.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect has not been linked to a function of the body, as required by Article 13 of the Regulation.	Maintenance of normal structure and appearance of hair and nails	2011;9(6):2228		Non-authorised (expiry of transitional period 02/01/2014)	4202
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)	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)	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

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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
Art.13(1)	Lactobacillus acidophilus, *Lactobacillus paracasei* , *Lactobacillus rhamnosus* 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)	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)	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)	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)	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)	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)	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)	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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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)	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)	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)	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 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 P 17631	Protegge l'ecosistema intestinale limitando lo sviluppo di microrganismi patogeni. Ripristina la naturale microflora dopo trattamento antibiotico/antimicotico. Influisce positivamente sul benessere dell'organismo.	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	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	1030
Art.13(1)	Lactobacillus crispatus P 17631	Protegge l'ecosistema intestinale limitando lo sviluppo di microrganismi patogeni. Ripristina la naturale microflora dopo trattamento antibiotico/antimicotico. Influisce positivamente sul benessere dell'organismo.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.	Improved lactose digestion	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	1030

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 P 17631	Protegge l'ecosistema intestinale limitando lo sviluppo di microrganismi patogeni. Ripristina la naturale microflora dopo trattamento antibiotico/antimicotico. Influisce positivamente sul benessere dell'organismo.	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	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	1030
Art.13(1)	*Lactobacillus plantarum* P 17630	Protegge l'ecosistema intestinale limitando lo sviluppo di microrganismi patogeni. Ripristina la naturale microflora dopo trattamento antibiotico/antimicotico. Influisce positivamente sul benessere dell'organismo. E' utile nella digestione del lattosio.	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	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2966

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 plantarum* P 17630	Protegge l'ecosistema intestinale limitando lo sviluppo di microrganismi patogeni. Ripristina la naturale microflora dopo trattamento antibiotico/antimicotico. Influisce positivamente sul benessere dell'organismo. E' utile nella digestione del lattosio.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.	Improved lactose digestion	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2966
Art.13(1)	*Lactobacillus plantarum* P 17630	Protegge l'ecosistema intestinale limitando lo sviluppo di microrganismi patogeni. Ripristina la naturale microflora dopo trattamento antibiotico/antimicotico. Influisce positivamente sul benessere dell'organismo. E' utile nella digestione del lattosio.	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	2009;7(9):1247, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	2966
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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)	A combination of three probiotic strains: -Lactobacillus gasseri 57C -Lactobacillus fermentum 57A -*Lactobacillus plantarum* 57B Trade name of the food supplement: prOVag	Provag contributes to re-balance the physiological bacterial flora and to maintain a proper vaginal pH. Provag shows an antagonistic effect on the most common pathogenic bacteria and fungi in the urogenital system Oral probiotics of a vaginal effect are used during and after taking antibacterial, antitrichomonal and antimycotic antibiotics. Provag contains living lactobacilli, which due to their strong probiotic properties demonstrate a beneficial effect on the urogenital system microflora in women Provag helps to bring back the physiological flora of the urogenital system and maintains a balanced pH in the vagina, which inhibits the growth of pathogenic	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	2009;7(9):1247, 2012;10(6):2719		Non-authorised (expiry of transitional period 02/01/2014)	934

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
		microorganisms Provag may be used during and after the intake of metronidazole and cotrimoxazole Oral probiotics of a vaginal effect are recommended during the perimenopausal period (climacteric) Oral probiotics of a vaginal effect are recommended to women during and after menstruation Oral probiotics of a vaginal effect are recommended to women before and after the urogenital system surgery Oral probiotics of a vaginal effect are good for women who attend swimming pools, travel frequently, use a jacuzzi or sunbed Provag facilitates reinstating the physiological bacterial flora and a correct						

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
		vaginal pH and lessens the growth of pathogenic microorganisms						
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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 UCC35624	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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
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)	Melon extract (containing SOD) /Wheat Gliadin	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
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)	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

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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)	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)	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)	Lacprodan PL-20; Milk protein concentrate with a high content of phospholipids. (Effective component: Phosphatidyl serine)	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)	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
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-authorised	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-authorised	4693

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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
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)	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)	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)	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)	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)	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
Art.13(1)	Honey	Reminalizing 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
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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
Art.13(1)	Monounsatu-rated 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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-authorised	783
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)	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)	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)	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)	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-authorised	1839
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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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)	Silicon (as stabilized 0ligomeric 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 0ligomeric 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 0ligomeric 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 and Silicon (as stabilized 0ligomeric 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 has not been linked to a function of the body, as required by Article 13 of the Regulation.	Maintenance of normal appearance and elasticity of the skin	2011;9(6):2259		Non-authorised (expiry of transitional period 02/01/2014)	288
Art.13(1)	Silicon and Silicon (as stabilized 0ligomeric 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 in glutamine stores -enhances glutamine levels -restores blood glutamine levels post exercise -helps maintain optimal health after training -helps keep 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 restoration of muscle glycogen stores after strenuous exercise	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 intense exercise /reduced glutamine	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
		levels decreases the adaptive response to intense exercise/helps enhance glycogen storage/helps increase carbohydrate storage						
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
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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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-authorised	810
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
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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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
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)	*Ribes nigrum* 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
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)	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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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)	Saumon	Soutient la circulation Aide à maîtriser le cholestérol Harmonise les fonctions cardio-vasculaires	Non-compliance 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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.	Non-compliance 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):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	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	Non-compliance 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	2618
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 Glycine max	Soy helps maintain well-being during menopause Soy can positively affect the well-being during menopause	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 vasomotor symptoms associated with menopause	2011;9(7):2264, 2012;10(8):2847		Non-authorised (expiry of transitional period 02/01/2014)	2140
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
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)	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, the evidence provided is insufficient to substantiate this claimed effect for this food.	Reduction of vasomotor symptoms associated with menopause	2011;9(7):2264, 2012;10(8):2847		Non-authorised (expiry of transitional period 02/01/2014)	3093
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)	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)	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)	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
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)	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)	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)	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
Art.13(1)	Oenothera biennis-eveninig 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)	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
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)	Bacterial lysate	Strenghtens 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
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
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	Strengthens the immune systen. Strengthens the body's natural defenses. -Strengthens the body's natural defenses. Helps maintain the immune system, the body's natural defenses. Contains a high amount of naturally occurring antioxidants -Antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells, tissues and organs from oxidative damage 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.	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):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)	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)	*Lactobacillus paracasei* ssp. paracasei CRL-431 (=L. casei 431)and Lactobacillus acidophilus	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)	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
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-authorised	564

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 a beneficial physiological effect as required by the Regulation.	Antioxidant, antioxidant content, and antioxidant properties	2010;8(2):1489		Non-authorised	2832
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)	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)	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-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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 mineral water: Sulphates as Mg-, Na-salts: MgSO4, Na2SO4	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
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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)	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
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)	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)	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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 LDL-cholesterol concentrations	2011;9(6):2255		Non-authorised	1748
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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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-authorised	2217

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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)	Black currant (*Ribes nigrum* 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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-kapa B	2010;8(2):1474		Non-authorised	3133
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)	A combination of the probiotics: *Lactobacillus casei* F19, *Lactobacillus plantarum* 2592, Leuconostoc mesenteroides 77:1, Pediococcus pentosaceus 16:1	Support your natural defence. Helps your body's natural defence. Supports the immune system. Contains the probiotics Lactobacillus casei F19, Lactobacillus plantarum 2592, Leuconostoc mesenteroides 77:1, Pediococcus pentosaceus 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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 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 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)	Lactobacillus parcasei 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 plantarum* 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)	*Lactobacillus plantarum* 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)	*Lactobacillus rhamnosus* 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
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)	Astaxanthin from Haematococcus pluvialis	Supports anti-aging through cellular health. Supports a healthy response to physiologic al 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 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 anti-aging through cellular health. Supports increased energylevels. Helps control excessive free radicals in the body. Supports ahealthy 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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);	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
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)	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)	Combination of millet extract + L-cystine + vitamin B5 (calcium panthothenate)	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)	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)	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)	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 gastro-intestinal discomfort	2011;9(6):2248		Non-authorised	644, 1742
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)	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
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)	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-authorised	658
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 plantarum* 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)	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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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
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)	Lactobacilus acidophilus, *Lactobacillus paracasei* , *Lactobacillus rhamnosus* 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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)	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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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)	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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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)	Beta vulgaris (red beet juice, lactic acid fermented)	Supports the immune system, contains natural antioxidants as betalaine 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 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
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)	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)	Glucosamin 500 mg, chondroitin 440 mg, vit. PP 6 mg, Sodium selenit 4,8 mg.cps	Supports the normal synthesis of the conjunctive tissue 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 (expiry of transitional period 02/01/2014)	4718

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
Art.13(1)	*Lactobacillus plantarum* 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)	*Lactobacillus paracasei* 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
Art.13(1)	*Lactobacillus plantarum* 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)	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)	Methylsulfonylmethane (MSM) in combination with glucosamine HCl	Synergistic combination for joint maintenance	Non-compliance 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 (expiry of transitional period 02/01/2014)	1617
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)	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)	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
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

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

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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)	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-authorised	581

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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. Enahnced 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)	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-authorised	1965
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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-authorised	1966
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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)	Omega-3 fatty acids (incl. DHA)	To protect the cardiovascular system/It 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)	Glutamine	To support the body's defense system. To support immnue 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
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)	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)	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
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
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)	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 functionary 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)	Probiotics as contained in the probiotic formula Travla: Saccharomyces boulardii, Lactobacillus acidophilus (CNCM I-1722), *Lactobacillus rhamnosus* (CNCM I-1720) *Bifidobacterium longum* (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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
Art.13(1)	Whole grain, whole grain flour	Täisteratooteid iseloomustab 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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 functionary 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
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)	Brewer's yeast (Saccharomyces cerevisiae)	Useful in case of fragile nails. Helps to support the hair's vitality. Helps to Improve the structure and appearance of hair and nails. Helps to support hair and nails health.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect has not been linked to a function of the body, as required by Article 13 of the Regulation.	Maintenance of normal structure and appearance of hair and nails	2011;9(6):2228		Non-authorised (expiry of transitional period 02/01/2014)	1233

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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
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)	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	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
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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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 resea	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)	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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	All vitamins and minerals	Vitamins and minerals are essential to sutstain 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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. WPG beta-glucan enhances the production and activity of the macrophages and neutrophiles. Thus, it plays an important role in the adequate function of the immune system. WGP beta-glucan contributes to maitain the normal function of upper respiratoy 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- 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)	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)	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)	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	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).	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):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	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).	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.	short chain fatty acid (SCFA) production in the bowel	2010;8(10):1761		Non-authorised	1681
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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 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
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 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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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.	growth or maintenance of muscle mass	2010;8(10):1818		Non-authorised	423
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)	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

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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-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 gastro-intestinal discomfort	2011;9(6):2248		Non-authorised	3080
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 / sauerkaut 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
Art.13(1)	natürliches Mineralwasser	[In German:] trägt zur sichtbaren Verbesserung der Hautoberflächenstruktur bei. Clarification provided Contributes to visible improvement of the skin surface structure.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect has not been linked to a function of the body, as required by Article 13 of the Regulation.	Maintenance of structure and elasticity of the skin	2011;9(6):2228		Non-authorised (expiry of transitional period 02/01/2014)	1406
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)	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)	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)	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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	[In german :] Wichtig für den Blutfluss der Gefäße Clarification provided Important for vascular blood flow	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, the proposed conditions of use would encourage excess consumption of this food, which is contrary to the criteria laid down in the Regulation.	Maintenance of normal blood flow	2010;8(10):1757		Non-authorised (expiry of transitional period 02/01/2014)	211
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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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.	increase in satiety leading to a reduction in energy intake	2011;9(6):2246		Non-authorised	2870
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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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/ 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)	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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 andioxidatiants 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 mucular 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)	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)	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-authorised	2023
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-authorised	2024
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-authorised	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-authorised	2021
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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-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-authorised	1433
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
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 antioxida	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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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-authorised	2638
Art.13(1)	caroténoïdes	caroténoïdes comme le béta-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)	Coffee	coffee contributes to healthy lood 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
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)	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)	Dietary fibre	dietary fibre as part of diet low in sugars; -dietary fibre induces a low glycemic response; -dietary fibre helps to control/ balance blood insulin/glucose level. -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 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	dietary fibre: - has beneficial effects on the cholesterol level (in the blood) - 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.	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)	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)	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)	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)	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)	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
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-authorised	2900

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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/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 blood LDL-cholesterol concentrations	2011;9(4):2023		Non-authorised	805
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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
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)	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
Art.13(1)	rich in trytophane	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)	*Lactobacillus casei* CNCM -1572 DG	helps balance 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.	Lactobacillus casei DG CNCM I-1572 and decreasing potentially pathogenic gastro-intestinal microorganisms	2009;7(9):1247, 2012;10(6):2723		Non-authorised (expiry of transitional period 02/01/2014)	2949
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 hair and nails	2011;9(6):2259		Non-authorised	1719
Art.13(1)	Black rice (Oriza sativa indica), 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)	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)	Para-aminobenzoic Acid	helps maintain hair, nails and skin in optimum condition	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect has not been linked to a function of the body, as required by Article 13 of the Regulation.	Maintenance of normal structure and appearance of hair and nails	2011;9(6):2228		Non-authorised (expiry of transitional period 02/01/2014)	1746

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
Art.13(1)	Para-aminobenzoic Acid	helps maintain hair, nails and skin in optimum condition	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect has not been linked to a function of the body, as required by Article 13 of the Regulation.	Maintenance of structure and elasticity of the skin	2011;9(6):2228		Non-authorised (expiry of transitional period 02/01/2014)	1746
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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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 comfor	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):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)	Conjugated Linoleic acid (cis-9, trans-11 and trans-10, cis-12)	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	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
		(sagittal abdominal diameter) helps to prevent the yoyo-effect after a diet helps to reduce muscle protein loss during a diet helps to increase feelings of fullness and satiety						
Art.13(1)	Hyaluronic Acid	helps to keep good health of skin helps to keep young look of skin	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect has not been linked to a function of the body, as required by Article 13 of the Regulation.	Maintenance of structure and elasticity of the skin	2011;9(6):2228		Non-authorised (expiry of transitional period 02/01/2014)	3131
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 preassure	Non-compliance 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
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)	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)	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)	zeaxantin	helps to maintain normal vision, recomended in dry and irritable eyes, incineration and ephiphora and inflamed eyelids, helps to preserve elasticity and permeability of capilars 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
Art.13(1)	Evening primrose oil (Oenothera biennis) contains gamalinolenic acid	helps to maintain proper appearence of skin, helps to maintain elasticity, tenderness and health of skin	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect has not been linked to a function of the body, as required by Article 13 of the Regulation.	Maintenance of normal structure and appearance of the skin	2011;9(4):2059		Non-authorised (expiry of transitional period 02/01/2014)	2660

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	helps to maintein 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)	isoflavones	helps to reduce untoward effects of climacterium e.g. hot flush, exudation, strong heartbeat	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 vasomotor symptoms associated with menopause	2011;9(7):2264, 2012;10(8):2847		Non-authorised (expiry of transitional period 02/01/2014)	3154
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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 : - 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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)	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 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)	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)	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)	Fermented milk with *Lactobacillus paracasei* lpc 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-authorised	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)	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
Art.13(1)	Cranberry extract powder (Vaccinium macrocarpon)	natural antioxidant, protect organism from oxidative demage, 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)	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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference	Commission regulation	Status	Entry Id
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)	Fermented milk with *Lactobacillus paracasei* lpc 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)	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
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	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
Art.13(1)	Lactobacillus reuteri 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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: fermented dairy products 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	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):1233		Non-authorised	1376
Art.13(1)	*Lactobacillus rhamnosus* 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)	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)	Calcium phosphoryl oligosaccharide	remineralizes/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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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)	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
Art.13(1)	Bifidobacterium animalis ssp. lactis Bf-6/Bif-6/CB111 and Lactobacillus johnsonii La-1/ACD-1/CLbA22 (A/B-61)	support the natural beneficial gut flora ; contribute to healthy intestinal microflora ; contribute 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.	'Intestinal flora/digestive health'	2010;8(2):1470, 2012;10(8):2858		Non-authorised (expiry of transitional period 02/01/2014)	4231
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
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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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/CB111	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 gastro-intestinal microorganisms	2010;8(10):1767		Non-authorised	4228
Art.13(1)	Bifidobacterium animalis ssp. lactis Bf-6/Bif-6/CB111	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/CB111	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)	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)	Vitamin K2	vitamin K2 contributes to 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.	Contribution to the normal function of the heart and blood vessels	2009;7(9):1228, 2012;10(6):2714		Non-authorised (expiry of transitional period 02/01/2014)	125

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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 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)	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)	Dietary fibre	– 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	– 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)	Morinaga *Bifidobacterium longum* 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)	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)	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."	Non-compliance 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
		"HPMC/dietary fibre promotes regularity." "HPMC/dietary fibre ensures a healthy digestive system/function."						
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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	• 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
Art.13(1)	Bacillus subtilis HU58	• 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	• 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 Natto	• 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
Art.13(1)	Bacillus subtilis HU58	• 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	2009;7(9):1247		Non-authorised	1091

Claim type	Nutrient, substance, food or food category	Claim	Conditions of 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	• 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
Art.13(1)	Lactic acid bacteria/ Enterococcus faecium	• 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)	Lactobacillus delbruekii(lactis)	• 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 delbruekii (lactis)	• 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)	Fat-reduced cream powder (rich source of milk phospholipids)	• 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(5)	*OptiEFAX*™	OptiEFAX™ helps to maintain healthy blood levels of LDL 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-2012-00339	Commission Regulation (EU) No 1066/2013 of 30/10/2013	Non-authorised (expiry of transitional period 20/05/2014)	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)	*OptiEFAX*™	OptiEFAX™ helps to maintain healthy blood levels of 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-2012-00340	Commission Regulation (EU) No 1066/2013 of 30/10/2013	Non-authorised (expiry of transitional period 20/05/2014)	N/A
Art.13(5)	*OptiEFAX*™	OptiEFAX™ helps to maintain healthy blood levels of 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		Q-2012-00383	Commission Regulation (EU) No 1066/2013 of 30/10/2013	Non-authorised (expiry of transitional period 20/05/2014)	N/A
Art.13(5)	AppIn® polyphenolic apple extract powder (*Malus domestica*)	AppI'In® contributes to decrease glycaemic response in women	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-2011-00190	Commission Regulation (EU) No 1017/2013 of 23/10/2013	Non-authorised (expiry of transitional period 13/05/2014)	N/A
Art.13(5)	Wheat polar lipid extract	Contributes to improve skin hydration	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-2011-01122	Commission Regulation (EU) No 1066/2013 of 30/10/2013	Non-authorised (expiry of transitional period 20/05/2014)	N/A
Art.13(5)	A combination of flaxseed oil and vitamin E	Contributes to maintain skin permeability barrier 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-2012-00337	Commission Regulation (EU) No 1066/2013 of 30/10/2013	Non-authorised (expiry of transitional period 20/05/2014)	N/A
Art.13(5)	*Vitis vinifera* L. seeds extract	Contributes to promote venous circulation in the legs	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-2012-00387	Commission Regulation (EU) No 155/2014 of 19/02/2014	Non-authorised (expiry of transitional period 12/09/2014)	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)	"Hypo-caloric snacks (KOT products)"	Contributes to reduce the adipocytes size at the abdominal level, in the context of a low-calorie 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		Q-2011-00016	Commission Regulation (EU) No 1017/2013 of 23/10/2013	Non-authorised (expiry of transitional period 13/05/2014)	N/A
Art.13(5)	EffEXT™	Contributes to support joint 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.		Q-2012-00384	Commission Regulation (EU) No 155/2014 of 19/02/2014	Non-authorised (expiry of transitional period 12/09/2014)	N/A
Art.13(5)	Iron	Excessive hair loss in non-menopausal women	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-2012-00059	Commission Regulation (EU) No 155/2014 of 19/02/2014	Non-authorised (expiry of transitional period 12/09/2014)	N/A
Art.13(5)	*Vitis vinifera* L. seeds extract	Helps to decrease swollen legs	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.		Q-2012-00388	Commission Regulation (EU) No 155/2014 of 19/02/2014	Non-authorised (expiry of transitional period 12/09/2014)	N/A
Art.13(5)	*Vitis vinifera* L. seeds extract	Helps to drain the body in case of water accumulation	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-2012-00574	Commission Regulation (EU) No 155/2014 of 19/02/2014	Non-authorised (expiry of transitional period 12/09/2014)	N/A
Art.13(5)	Krill oil	Helps to improve the comfort of sensitive 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.		Q-2012-00385	Commission Regulation (EU) No 155/2014 of 19/02/2014	Non-authorised (expiry of transitional period 12/09/2014)	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)	A combination of thiamin, riboflavin, niacin, pantothenic acid, pyridoxine, D-biotin and pumpkin seed oil (*Cucurbita pepo* L.)	Helps to increase hair number	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-2012-00334, Q-2012-00335	Commission Regulation (EU) No 1066/2013 of 30/10/2013	Non-authorised (expiry of transitional period 20/05/2014)	N/A
Art.13(5)	Hyaluronic Acid	Helps to maintain good skin hydration	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-2012-00382	Commission Regulation (EU) No 1066/2013 of 30/10/2013	Non-authorised (expiry of transitional period 20/05/2014)	N/A
Art.13(5)	KF2BL20	Helps to maintain hair 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		Q-2012-00381	Commission Regulation (EU) No 1066/2013 of 30/10/2013	Non-authorised (expiry of transitional period 20/05/2014)	N/A
Art.13(5)	Combination of lycopene, vitamin E, lutein and selenium	Helps to prepare and activate tanning	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-2012-00593	Commission Regulation (EU) No 155/2014 of 19/02/2014	Non-authorised (expiry of transitional period 12/09/2014)	N/A
Art.13(5)	A combination of lycopene, vitamin E, lutein and selenium	Helps to prepare sensitive skin from the inside to improve their tolerance 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		Q-2012-00592	Commission Regulation (EU) No 1066/2013 of 30/10/2013	Non-authorised (expiry of transitional period 20/05/2014)	N/A
Art.13(5)	*Rhodiola rosea* L. extract	Helps to reduce tiredness in case of 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		Q-2012-00336	Commission Regulation (EU) No 1066/2013 of 30/10/2013	Non-authorised (expiry of transitional period 20/05/2014)	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)	Femilub®	Helps to reduce vaginal 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		Q-2012-00571	Commission Regulation (EU) No 1066/2013 of 30/10/2013	Non-authorised (expiry of transitional period 20/05/2014)	N/A
Art.13(5)	Transitech®	Improve transit and durably regulates it	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-2012-00296	Commission Regulation (EU) No 1066/2013 of 30/10/2013	Non-authorised (expiry of transitional period 20/05/2014)	N/A
Art.13(5)	Citrulline-malate	Maintenance of adenosine triphosphate (ATP) levels through reduction of lactates in excess for recovery from 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.		Q-2011-00931	Commission Regulation (EU) No 155/2014 of 19/02/2014	Non-authorised (expiry of transitional period 12/09/2014)	N/A
Art.13(5)	Isoleucyl-prolyl-proline (IPP) and valyl-prolyl-proline (VPP)	Peptides IPP and VPP help 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		Q-2011-00121	Commission Regulation (EU) No 1017/2013 of 23/10/2013	Non-authorised (expiry of transitional period 13/05/2014)	N/A
Art.13(5)	Monurelle®	Proanthocyanidins from Monurelle® may help to support defence against bacterial pathogens in the lower 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-2012-00737	Commission Regulation (EU) No 175/2014 of 25/02/2014	Non-authorised (expiry of transitional period 18/09/2014)	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)	Coffee C21	Regular consumption of Coffee C21 contributes to the maintenance of DNA integrity in cells 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		Q-2011-00783	Commission Regulation (EU) No 1017/2013 of 23/10/2013	Non-authorised (expiry of transitional period 13/05/2014)	N/A
Art.13(5)	Bimuno® (Bimuno® GOS)	Regular daily consumption of 1.37 g galacto-oligosaccharides from Bimuno® may reduce 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-2011-00401	Commission Regulation (EU) No 1017/2013 of 23/10/2013	Non-authorised (expiry of transitional period 13/05/2014)	N/A
Art.13(5)	Diacylglycerol (DAG) oil	Substituting your usual vegetable oil with DAG oil helps in the management of body weight through weight 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		Q-2011-00751	Commission Regulation (EU) No 1017/2013 of 23/10/2013	Non-authorised (expiry of transitional period 13/05/2014)	N/A
Art.13(5)	Vichy Catalan carbonated natural mineral water	Vichy Catalan, a bicarbonated natural mineral water rich in mineral salts, contributes to reduce blood triglycerides rise during 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.		Q-2012-00872	Commission Regulation (EU) No 175/2014 of 25/02/2014	Non-authorised (expiry of transitional period 18/09/2014)	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)	EFAX™	EFAX™ contributes to maintain a normal menstruation 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		Q-2012-00591	Commission Regulation (EU) No 175/2014 of 25/02/2014	Non-authorised (expiry of transitional period 18/09/2014)	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)	Black tea from Camellia sinensis	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)	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)	Elancyl 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)	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)	Yestimun®, consisting of (1,3)-(1,6)-β-D-glucans of brewers yeast cell wall (100 % Saccharomyces cerevisiae)	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)	Cynatine®	Daily consumption of 500 mg of Cynatine® helps to support joint 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		Q-2012-00570	Commission Regulation (EU) No 155/2014 of 19/02/2014	Non-authorised (expiry of transitional period 12/09/2014)	N/A
Art.13(5)	Live *Lactobacillus casei* strain Shirota	Daily consumption of live Lactobacillus casei 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)	Glucosamine	Glucosamine contributes to the maintenance of normal joint 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		Q-2011-01113	Commission Regulation (EU) No 1066/2013 of 30/10/2013	Non-authorised (expiry of transitional period 20/05/2014)	N/A
Art.13(5)	Glucosamine	Glucosamine contributes to the protection of joint cartilage exposed to excessive motion or loading and helps to improve the range of motion 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		Q-2011-00907	Commission Regulation (EU) No 1066/2013 of 30/10/2013	Non-authorised (expiry of transitional period 20/05/2014)	N/A
Art.13(5)	Gum Periobalance tablets and chewing gum containing *Lactobacilllus reuteri* 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)	Bimuno (BGOS) Prebiotic, a ß-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)	A combination of *Paullinia cupana* Kunth (guarana) and *Camellia sinensis* (L.) Kuntze (green tea) extracts	Helps to burn 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-2012-00590	Commission Regulation (EU) No 155/2014 of 19/02/2014	Non-authorised (expiry of transitional period 12/09/2014)	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 (Ribes nigrum), fish oil, lycopene from tomato (Lycopersicon esculentum) 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)	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)	Prolibra®	Helps to reduce body fat while preserving lean 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		Q-2012-00001	Commission Regulation (EU) No 1066/2013 of 30/10/2013	Non-authorised	N/A
Art.13(5)	EffEXT™	Helps to support joint function by maintaining low levels of plasma C-reactive protein	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,		Q-2012-00386	Commission Regulation (EU) No 1066/2013 of 30/10/2013	Non-authorised (expiry of transitional period 20/05/2014)	N/A
Art.13(5)	A combination of B. *longum* LA 101, L. *helveticus* LA 102, L. *lactis* LA 103 and S. *thermophilus* LA 104	Improves 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-2012-00588	Commission Regulation (EU) No 175/2014 of 25/02/2014	Non-authorised (expiry of transitional period 18/09/2014)	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 is essential for the natural formation of dopamine	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, no quantitative indication of the necessary daily intake, to obtain the beneficial effect, could be provided for this food.		Q-2011-00319	Commission Regulation (EU) No 155/2014 of 19/02/2014	Non-authorised (expiry of transitional period 12/09/2014)	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)	*Lactobacillus rhamnosus* 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)	*Lactobacillus plantarum* 299v (DSM 9843)	Lactobacillus plantarum 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)	Natural Push-Up® Tablets and Natural Push-Up®Capsules containing hops	NPU Tablets imitate female breasts enhancement process by 8-PN (8-Prenylnaringenin)	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)	OXY 280	OXY 280 helps to lose 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-2012-00572	Commission Regulation (EU) No 155/2014 of 19/02/2014	Non-authorised (expiry of transitional period 12/09/2014)	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)	*Lactobacillus plantarum* TENSIA	Regular consumption (at least three weeks) of 50 g/day Südamejuust ('heart cheese') of Harmony brand comprising probiotic Lactobacillus plantarum TENSIA helps to maintain the cardio-vascular 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)	A combination of B. *longum* LA 101, L. *helveticus* LA 102, L. *lactis* LA 103 and S. *thermophilus* LA 104	Regulates 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.		Q-2012-00589	Commission Regulation (EU) No 175/2014 of 25/02/2014	Non-authorised (expiry of transitional period 18/09/2014)	N/A
Art.13(5)	*Saccharomyces cerevisiae* var. *boulardii* CNCM I-3799	Saccharomyces cerevisiae var. boulardii CNCM I-3799 helps maintain intestinal 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		Q-2012-00271	Commission Regulation (EU) No 1066/2013 of 30/10/2013	Non-authorised (expiry of transitional period 20/05/2014)	N/A
Art.13(5)	Slendesta® Potato Extract	Slendesta® contributes to the reduction of body weight in overweight individuals	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-2012-00704	Commission Regulation (EU) No 175/2014 of 25/02/2014	Non-authorised (expiry of transitional period 18/09/2014)	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)	Ethanol-water extract of *Caralluma fimbriata* (Slimaluma®)	Slimaluma® 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
Art.13(5)	Ethanol-water extract of *Caralluma fimbriata* (Slimaluma®)	Slimaluma® 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
Art.13(5)	Ethanol-water extract of *Caralluma fimbriata* (Slimaluma®)	Slimaluma® 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 *Caralluma fimbriata* (Slimaluma®)	Slimaluma® 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 *Caralluma fimbriata* (Slimaluma®)	Slimaluma® 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)	Spermidine	Spermidine prolongs the growing phase (anagen) of the hair cycle	this claimed effect relates to the treatment of a disease which is prohibited for foods Non-compliance with the Regulation because on the basis of the scientific evidence assessed,		Q-2011-00896	Commission Regulation (EU) No 1017/2013 of 23/10/2013	Non-authorised (expiry of transitional period 13/05/2014)	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)	Sugar beet fibre	Sugar beet fibre decreases intestinal transit time	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-2011-00971	Commission Regulation (EU) No 1017/2013 of 23/10/2013	Non-authorised (expiry of transitional period 13/05/2014)	N/A
Art.13(5)	Silymarin BIO-C®, an extract of milk thistle (Silybum marianum (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)	Bimuno (BGOS) Prebiotic, a ß-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
Art.13(5)	Synbio, a combination of two probiotic bacterial strains *Lactobacillus rhamnosus* IMC 501® and *Lactobacillus paracasei* 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)	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

Claim type	Nutrient, substance, food or food category	Claim	Conditions 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)	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.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)	*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

Claim type	Nutrient, substance, food or food category	Claim	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® *Lactobacillus casei* DN-114 001 plus yoghurt symbiosis	Fermented milk containing the probiotic Lactobacillus casei DN-114 001 and yoghurt symbiosis decreases presence of Clostridium difficile toxins in the gut (of susceptible ageing people). Presence of Clostridium difficile 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-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)	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

Claim type	Nutrient, substance, food or food category	Claim	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)	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 (Vitis vinifera) 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
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 SclgA on mucous membranes. Decreased or insufficient level of SclgA 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)	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

Claim type	Nutrient, substance, food or food category	Claim	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)	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
Art.14(1)(a)	Bimuno (BGOS) Prebiotic, a ß-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
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-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)	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)	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)(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)	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)	I 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

Claim type	Nutrient, substance, food or food category	Claim	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) 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)	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)	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
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

Claim type	Nutrient, substance, food or food category	Claim	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 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
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 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
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

Claim type	Nutrient, substance, food or food category	Claim	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)	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)	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, 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)	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)	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
Art.14(1)(b)	I 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)	I 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

Claim type	Nutrient, substance, food or food category	Claim	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)	I 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)	I 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
Art.14(1)(b)	I 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)	Immunofortis®, a mixture of short-chain galacto-oligosaccharides and long-chain fructo-oligosaccharides	Immunofortis® to naturally strengthen your babys 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)	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

Claim type	Nutrient, substance, food or food category	Claim	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 *Lactobacillus plantarum*, *Lactobacillus rhamnosus* and *Bifidobacterium longum*	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)	LACTORAL, food supplement containing *Lactobacillus plantarum*, *Lactobacillus rhamnosus* and *Bifidobacterium longum*	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
Art.14(1)(b)	LACTORAL, food supplement containing *Lactobacillus plantarum*, *Lactobacillus rhamnosus* and *Bifidobacterium longum*	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 *Lactobacillus plantarum*, *Lactobacillus rhamnosus* and *Bifidobacterium longum*	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 *Lactobacillus plantarum*, *Lactobacillus rhamnosus* and *Bifidobacterium longum*	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)	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)	*Lactobacillus delbrueckii* subsp. *bulgaricus* strain AY/CSL (LMG P-17224) and *Streptococcus thermophilus* 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

Claim type	Nutrient, substance, food or food category	Claim	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)	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)	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)	I 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)	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

Claim type	Nutrient, substance, food or food category	Claim	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)	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

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