

FVM 962

**Annex**  
**List of permitted health claims**

| Nutrient, substance, food or food category | Claim  |
|--|--|
| Activated charcoal                         | Activated charcoal contributes to reducing excessive flatulence after eating   |
| Alpha-linolenic acid (ALA)                 | Alpha-linolenic acid contributes to the maintenance of normal blood cholesterol levels   |
| 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                       |
| Barley grain fibre                         | Barley grain fibre contributes to an increase in faecal bulk   |
| Beta-glucans                               | Beta-glucans contribute to the maintenance of normal blood cholesterol levels  |
| 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 |
| Betaine                                    | Betaine contributes to normal homocysteine metabolism  |
| Biotin                                     | Biotin contributes to normal energy-yielding metabolism  |
| Biotin                                     | Biotin contributes to normal functioning of the nervous system   |
| Biotin                                     | Biotin contributes to normal macronutrient metabolism  |
| Biotin                                     | Biotin contributes to normal psychological function  |
| Biotin                                     | Biotin contributes to the maintenance of normal hair   |
| Biotin                                     | Biotin contributes to the maintenance of normal mucous membranes   |
| Biotin                                     | Biotin contributes to the maintenance of normal skin   |
| Calcium                                    | Calcium contributes to normal blood clotting   |
| Calcium                                    | Calcium contributes to normal energy-yielding metabolism   |
| Calcium                                    | Calcium contributes to normal muscle function  |
| Calcium                                    | Calcium contributes to normal muscle function and neurotransmission  |
| Calcium                                    | Calcium contributes to normal neurotransmission  |
| Calcium                                    | Calcium contributes to the normal function of digestive enzymes  |
| Calcium                                    | Calcium has a role in the process of cell division and differentiation.  |
| Calcium                                    | Calcium is needed for the maintenance of normal bones  |
| Calcium                                    | Calcium is needed for the maintenance of normal teeth  |
| Carbohydrate-electrolyte solutions         | Carbohydrate-electrolyte solutions contribute to the maintenance of endurance performance during prolonged endurance exercise            |
| Carbohydrate-electrolyte solutions         | Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise  |
| Chitosan                                   | Chitosan contributes to the maintenance of normal blood cholesterol levels   |
| Chloride                                   | Chloride contributes to normal digestion by production of hydrochloric acid in the stomach   |
| Choline                                    | Choline contributes to normal homocysteine metabolism  |
| Choline                                    | Choline contributes to normal lipid metabolism   |
| Choline                                    | Choline contributes to the maintenance of normal liver function  |
| Chromium                                   | Chromium contributes to normal macronutrient metabolism  |
| Chromium                                   | Chromium contributes to the maintenance of normal blood glucose levels   |
| Copper                                     | Copper contributes to maintenance of normal connective tissues   |
| Copper                                     | Copper contributes to normal energy-yielding metabolism  |
| Copper                                     | Copper contributes to normal functioning of the nervous system   |
| Copper                                     | Copper contributes to normal hair pigmentation   |
| Copper                                     | Copper contributes to normal iron transport in the body  |

| Nutrient, substance, food or food category        | Claim  |
|---|--|
| Copper  | Copper contributes to normal skin pigmentation   |
| Copper  | Copper contributes to the normal function of the immune system   |
| Copper  | Copper contributes to the protection of cells from oxidative stress  |
| Creatine  | Creatine increases physical performance in successive bursts of short-term, high intensity exercise                                  |
| Docosahexanoic acid (DHA)                         | DHA contributes to maintenance of normal brain function  |
| Docosahexanoic acid (DHA)                         | DHA contributes to the maintenance of normal vision  |
| EPA/DHA   | EPA and DHA contribute to the normal function of the heart   |
| Fluoride  | Fluoride contributes to the maintenance of tooth mineralisation  |
| Folate  | Folate contributes to maternal tissue growth during pregnancy  |
| Folate  | Folate contributes to normal amino acid synthesis  |
| Folate  | Folate contributes to normal blood formation   |
| Folate  | Folate contributes to normal homocysteine metabolism   |
| Folate  | Folate contributes to normal psychological function  |
| Folate  | Folate contributes to the normal function of the immune system   |
| Folate  | Folate contributes to the reduction of tiredness and fatigue   |
| Folate  | Folate has a role in the process of cell division  |
| Foods with a low content of saturated fatty acids | Reducing consumption of saturated fat contributes to the maintenance of normal blood cholesterol levels                              |
| Foods with a low content of sodium                | Reducing consumption of sodium contributes to the maintenance of normal blood pressure   |
| Fructose  | Consumption of fructose containing foods leads to a lower blood glucose rise than consumption of sucrose or glucose containing foods |
| Glucomannan                                       | Glucomannan contributes to the maintenance of normal blood cholesterol levels  |
| Glycaemic carbohydrates                           | Glycaemic carbohydrates contribute to the maintenance of normal brain function   |
| Guar Gum  | Guar gum contributes to the maintenance of normal blood cholesterol levels   |
| Hydroxypropyl methylcellulose (HPMC)              | Consumption of Hydroxypropyl methylcellulose with meals contributes to a reduction in the blood glucose rise after those meals       |
| Hydroxypropyl methylcellulose (HPMC)              | Hydroxypropyl methylcellulose contributes to the maintenance of normal blood cholesterol levels                                      |
| Iodine  | Iodine contributes to normal cognitive function  |
| Iodine  | Iodine contributes to normal energy-yielding metabolism  |
| Iodine  | Iodine contributes to normal functioning of the nervous system   |
| Iodine  | Iodine contributes to the maintenance of normal skin   |
| Iodine  | Iodine contributes to the normal production of thyroid hormones and normal thyroid function  |
| Iron  | Iron contributes to normal cognitive function  |
| Iron  | Iron contributes to normal energy-yielding metabolism  |
| Iron  | Iron contributes to normal formation of red blood cells and haemoglobin  |
| Iron  | Iron contributes to normal oxygen transport in the body  |
| Iron  | Iron contributes to the normal function of the immune system   |
| Iron  | Iron contributes to the reduction of tiredness and fatigue   |
| Iron  | Iron has a role in the process of cell division  |
| Konjac mannan (glucomannan)                       | Glucomannan in the context of an energy restricted diet contributes to weight loss   |
| Lactase enzyme                                    | Lactase enzyme improves lactose digestion in individuals who have difficulty digesting lactose                                       |
| Lactulose   | Lactulose contributes to an acceleration of intestinal transit   |
| Linoleic acid                                     | Linoleic acid contributes to the maintenance of normal blood cholesterol levels  |

| Nutrient, substance, food or food category         | Claim  |
|--|--|
| Live yoghurt cultures                              | Live cultures in yoghurt or fermented milk improve lactose digestion of the product in individuals who have difficulty digesting lactose                           |
| Magnesium  | Magnesium contributes to a reduction of tiredness and fatigue  |
| Magnesium  | Magnesium contributes to electrolyte balance   |
| Magnesium  | Magnesium contributes to normal energy-yielding metabolism   |
| Magnesium  | Magnesium contributes to normal functioning of the nervous system  |
| Magnesium  | Magnesium contributes to normal muscle function  |
| Magnesium  | Magnesium contributes to normal protein synthesis  |
| Magnesium  | Magnesium contributes to normal psychological function   |
| Magnesium  | Magnesium contributes to the maintenance of normal bones   |
| Magnesium  | Magnesium contributes to the maintenance of normal teeth   |
| Magnesium  | Magnesium has a role in the process of cell division   |
| Manganese  | Manganese contributes to normal energy-yielding metabolism   |
| Manganese  | Manganese contributes to the maintenance of normal bones   |
| Manganese  | Manganese contributes to the normal formation of connective tissue   |
| Manganese  | Manganese contributes to the protection of cells from oxidative stress   |
| 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                        |
| Meal replacement for weight control                | Substituting two daily meals of an energy restricted diet with meal replacements contributes to weight loss  |
| Meat or fish                                       | Meat or fish contributes to the improvement of iron absorption when eaten with other foods containing iron   |
| Melatonin  | Melatonin contributes to the alleviation of subjective feelings of jet lag   |
| Melatonin  | Melatonin contributes to the reduction of time taken to fall asleep  |
| Molybdenum   | Molybdenum contributes to normal sulphur amino acid metabolism   |
| Monascus purpureous (red yeast rice)               | Monacolin K from red yeast rice contributes to the maintenance of normal blood cholesterol levels  |
| 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] |
| Niacin   | Niacin contributes to normal energy-yielding metabolism  |
| Niacin   | Niacin contributes to normal functioning of the nervous system   |
| Niacin   | Niacin contributes to normal psychological function  |
| Niacin   | Niacin contributes to the maintenance of normal mucous membranes   |
| Niacin   | Niacin contributes to the maintenance of normal skin   |
| Niacin   | Niacin contributes to the reduction of tiredness and fatigue   |
| Oat grain fibre                                    | Oat grain fibre contributes to an increase in faecal bulk  |
| 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.    |
| Pantothenic Acid                                   | Pantothenic acid contributes to normal energy-yielding metabolism  |
| Pantothenic Acid                                   | Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters  |
| Pantothenic Acid                                   | Pantothenic acid contributes to the reduction of tiredness and fatigue   |
| Pantothenic Acid                                   | Pantothenic contributes to normal mental performance   |
| Pectins  | Pectins contribute to the maintenance of normal blood cholesterol levels   |
| Pectins  | Consumption of pectins with meals contributes to the reduction of the blood glucose rise after those meals   |
| Phosphorus   | Phosphorus contributes to normal energy-yielding metabolism  |

| Nutrient, substance, food or food category  | Claim  |
|---|--|
| Phosphorus  | Phosphorus contributes to normal function of cell membranes  |
| Phosphorus  | Phosphorus contributes to the maintenance of normal bones  |
| Phosphorus  | Phosphorus contributes to the maintenance of normal teeth  |
| Plant sterols and plant stanols   | Plant sterols/stanols contribute to the maintenance of normal blood cholesterol  |
| Polyphenols in olive oil  | Olive oil polyphenols contribute to the protection of blood lipids from oxidative stress   |
| Potassium   | Potassium contributes to normal functioning of the nervous system  |
| Potassium   | Potassium contributes to normal muscle function  |
| Potassium   | Potassium contributes to the maintenance of normal blood pressure  |
| Protein   | Protein contributes to a growth in muscle mass   |
| Protein   | Protein contributes to the maintenance of muscle mass  |
| Protein   | Protein contributes to the maintenance of normal bones   |
| Resistant starch  | Replacing digestible starches with resistant starch at meals contributes to a reduction in the blood glucose rise after those meals.   |
| Riboflavin (Vitamin B2)   | Riboflavin contributes to normal energy-yielding metabolism  |
| Riboflavin (Vitamin B2)   | Riboflavin contributes to normal functioning of the nervous system   |
| Riboflavin (Vitamin B2)   | Riboflavin contributes to the maintenance of normal mucous membranes   |
| Riboflavin (Vitamin B2)   | Riboflavin contributes to the maintenance of normal red blood cells  |
| Riboflavin (Vitamin B2)   | Riboflavin contributes to the maintenance of normal skin   |
| Riboflavin (Vitamin B2)   | Riboflavin contributes to the maintenance of normal vision   |
| Riboflavin (Vitamin B2)   | Riboflavin contributes to the normal metabolism of iron in the body  |
| Riboflavin (Vitamin B2)   | Riboflavin contributes to the protection of cells from oxidative stress  |
| Riboflavin (Vitamin B2)   | Riboflavin contributes to the reduction of tiredness and fatigue   |
| Rye fibre   | Rye fibre contributes to normal bowel function   |
| Selenium  | Selenium contributes to normal spermatogenesis   |
| Selenium  | Selenium contributes to the maintenance of normal hair   |
| Selenium  | Selenium contributes to the maintenance of normal nails  |
| Selenium  | Selenium contributes to the normal function of the immune system   |
| Selenium  | Selenium contributes to the normal thyroid function  |
| Selenium  | Selenium contributes to the protection of cells from oxidative stress  |
| 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" |
| 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<br>* In the case of D-tagatose and isomaltulose this should read "other sugars"   |
| Sugar-free chewing gum  | Sugar-free chewing gum contributes to the maintenance of tooth mineralization  |
| Sugar-free chewing gum  | Sugar-free chewing gum contributes to the neutralisation of plaque acids   |
| Sugar-free chewing gum  | Sugar-free chewing gum contributes to the reduction of oral dryness  |
| Sugar-free chewing gum with carbamide   | Sugar-free chewing gum with carbamide neutralises plaque acids more effectively than sugar-free chewing gums without carbamide   |
| Thiamine  | Thiamine contributes to normal energy-yielding metabolism  |
| Thiamine  | Thiamine contributes to normal functioning of the nervous system   |

| Nutrient, substance, food or food category | Claim   |
|--|---|
| Thiamine                                   | Thiamine contributes to normal psychological function   |
| Thiamine                                   | Thiamine contributes to the normal function of the heart  |
| Vitamin A                                  | Vitamin A contributes to normal iron metabolism   |
| Vitamin A                                  | Vitamin A contributes to the maintenance of normal mucous membranes   |
| Vitamin A                                  | Vitamin A contributes to the maintenance of normal skin   |
| Vitamin A                                  | Vitamin A contributes to the maintenance of normal vision   |
| Vitamin A                                  | Vitamin A contributes to the normal function of the immune system   |
| Vitamin A                                  | Vitamin A has a role in the process of cell specialisation  |
| Vitamin B12                                | Vitamin B12 contributes to normal energy-yielding metabolism  |
| Vitamin B12                                | Vitamin B12 contributes to normal functioning of the nervous system   |
| Vitamin B12                                | Vitamin B12 contributes to normal homocysteine metabolism   |
| Vitamin B12                                | Vitamin B12 contributes to normal psychological function  |
| Vitamin B12                                | Vitamin B12 contributes to normal red blood cell formation  |
| Vitamin B12                                | Vitamin B12 contributes to the normal function of the immune system   |
| Vitamin B12                                | Vitamin B12 contributes to the reduction of tiredness and fatigue   |
| Vitamin B12                                | Vitamin B12 has a role in the process of cell division  |
| Vitamin B6                                 | Vitamin B6 contributes to normal cysteine synthesis   |
| Vitamin B6                                 | Vitamin B6 contributes to normal energy-yielding metabolism   |
| Vitamin B6                                 | Vitamin B6 contributes to normal functioning of the nervous system  |
| Vitamin B6                                 | Vitamin B6 contributes to normal homocysteine metabolism  |
| Vitamin B6                                 | Vitamin B6 contributes to normal protein and glycogen metabolism  |
| Vitamin B6                                 | Vitamin B6 contributes to normal psychological function   |
| Vitamin B6                                 | Vitamin B6 contributes to normal red blood cell formation   |
| Vitamin B6                                 | Vitamin B6 contributes to the normal function of the immune system  |
| Vitamin B6                                 | Vitamin B6 contributes to the reduction of tiredness and fatigue  |
| Vitamin B6                                 | Vitamin B6 contributes to the regulation of hormonal activity   |
| Vitamin C                                  | Vitamin C contributes to maintain the normal function of the immune system during and after intense physical exercise |
| Vitamin C                                  | Vitamin C contributes to normal collagen formation for the normal function of blood vessels                           |
| Vitamin C                                  | Vitamin C contributes to normal collagen formation for the normal function of bones                                   |
| Vitamin C                                  | Vitamin C contributes to normal collagen formation for the normal function of cartilage                               |
| Vitamin C                                  | Vitamin C contributes to normal collagen formation for the normal function of gums                                    |
| Vitamin C                                  | Vitamin C contributes to normal collagen formation for the normal function of skin                                    |
| Vitamin C                                  | Vitamin C contributes to normal collagen formation for the normal function of teeth                                   |
| Vitamin C                                  | Vitamin C contributes to normal energy-yielding metabolism  |
| Vitamin C                                  | Vitamin C contributes to normal functioning of the nervous system   |
| Vitamin C                                  | Vitamin C contributes to normal psychological function  |
| Vitamin C                                  | Vitamin C contributes to the normal function of the immune system   |
| Vitamin C                                  | Vitamin C contributes to the protection of cells from oxidative stress  |
| Vitamin C                                  | Vitamin C contributes to the reduction of tiredness and fatigue   |
| Vitamin C                                  | Vitamin C contributes to the regeneration of the reduced form of vitamin E  |
| Vitamin C                                  | Vitamin C increases iron absorption   |

| Nutrient, substance, food or food category | Claim   |
|--|---|
| Vitamin D                                  | Vitamin D contributes to normal absorption/utilisation of calcium and phosphorus    |
| Vitamin D                                  | Vitamin D contributes to normal blood calcium levels                                |
| Vitamin D                                  | Vitamin D contributes to the maintenance of normal bones                            |
| Vitamin D                                  | Vitamin D contributes to the maintenance of normal muscle function                  |
| Vitamin D                                  | Vitamin D contributes to the maintenance of normal teeth                            |
| Vitamin D                                  | Vitamin D contributes to the normal function of the immune system                   |
| Vitamin D                                  | Vitamin D has a role in the process of cell division                                |
| Vitamin E                                  | Vitamin E contributes to the protection of cells from oxidative stress              |
| Vitamin K                                  | Vitamin K contributes to normal blood clotting                                      |
| Vitamin K                                  | Vitamin K contributes to the maintenance of normal bones                            |
| Walnuts                                    | Walnuts contribute to the improvement of the elasticity of blood vessels            |
| Water                                      | Water contributes to the maintenance of normal physical and cognitive functions     |
| Water                                      | Water contributes to the maintenance of normal regulation of the body's temperature |
| Wheat bran fibre                           | Wheat bran fibre contributes to an acceleration of intestinal transit               |
| Wheat bran fibre                           | Wheat bran fibre contributes to an increase in faecal bulk                          |
| Zinc                                       | Zinc contributes to normal acid-base metabolism                                     |
| Zinc                                       | Zinc contributes to normal carbohydrate metabolism                                  |
| Zinc                                       | Zinc contributes to normal cognitive function                                       |
| Zinc                                       | Zinc contributes to normal DNA synthesis  |
| Zinc                                       | Zinc contributes to normal fertility and reproduction                               |
| Zinc                                       | Zinc contributes to normal macronutrient metabolism                                 |
| Zinc                                       | Zinc contributes to normal metabolism of vitamin A                                  |
| Zinc                                       | Zinc contributes to normal protein synthesis  |
| Zinc                                       | Zinc contributes to the maintenance of normal bones                                 |
| Zinc                                       | Zinc contributes to the maintenance of normal hair                                  |
| Zinc                                       | Zinc contributes to the maintenance of normal nails                                 |
| Zinc                                       | Zinc contributes to the maintenance of normal skin                                  |
| Zinc                                       | Zinc contributes to the maintenance of normal testosterone levels in the blood      |
| Zinc                                       | Zinc contributes to the maintenance of normal vision                                |
| Zinc                                       | Zinc contributes to the normal function of the immune system                        |
| Zinc                                       | Zinc contributes to the protection of cells from oxidative stress                   |
| Zinc                                       | Zinc has a role in the process of cell division                                     |