

Industrie aanbieding gezondheidsclaim t.b.v. art. 13 lijst (versie 9 augustus 2007)

| NR | Food Category, Food or Food Component | Health Relationship | Conditions for the claim to be valid | Nature of evidence | References | Example of wording |
|----|---------------------------------------|---|---|---|---|---|
| | VITAMINS | | MUST AT LEAST BE A SOURCE OF VITAMIN/S AS PER ANNEX TO REGULATION 1924/2006 | | Regulation on Nutrition and Health Clams made on Foods 1924/2006 Directive on Nutrition Labelling for Foodstuffs 90/496/EEC | |
| 1 | Vitamins, in general | Development, growth, body maintenance, body metabolism and equilibrium | | Authoritative Body Textbook | JHCI, NHPD, CH | -vitamin(s) help the development of all body structures; -vitamin(s) help to maintain a strong body; -vitamin(s) are essential for your body; -vitamin(s) are needed for body metabolism. |
| | Vitamin A | | 15% RDA of vitamin A is equivalent to 720 micrograms beta-carotene | Scientific Body Textbook | Garrow et al 2000; IOM 2001 | |
| 2 | | Bone growth and development of teeth | | Authoritative Body Textbook | NHPD | -vitamin A is essential for healthy bone and teeth growth. |
| 3 | | Cell differentiation including immune system | | Authoritative Body Scientific Body Textbook | CH, JHCI, WHO See: Vitamin A and Immune function | -vitamin A is essential for the proper functioning of the immune system; -vitamin A is essential for the proper functioning of the cells. |
| 4 | | Structure and function of the skin and mucous membranes (such as in the lung, intestines, nose, eyes and female reproductive tract) | | Authoritative Body Textbook | CH, CEDAP, NHPD, JHCI | -vitamin A helps keep the skin and mucous membranes healthy. |
| 5 | | Vision | | Authoritative Body Textbook | JHCI, CH, CEDAP, FNFC, NHPD | -vitamin A is essential for normal vision. |
| 6 | Vitamin B1 (Thiamin) | Energy and Carbohydrate metabolism | | Authoritative Body Textbook | CH, CEDAP, NHPD, JHCI, FNFC | -vitamin B1 (Thiamin) is needed to release the energy from foods; -vitamin B1 (Thiamin) is needed to release the energy from carbohydrates. |
| 7 | | Cardiac function | | Authoritative Body Scientific Body Textbook | JHCI, IOM 1998 See: Vitamin B1 and cardiac function | -vitamin B1 (Thiamin) is needed to keep the heart working properly. |
| 8 | | Neurological function | | Authoritative Body Textbook | CH, JHCI | -vitamin B1(Thiamin) helps keeping the nervous system working properly. |

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| 9 | Vitamin B2 (Riboflavin) | Energy metabolism | | Authoritative Body Textbook | CH, CEDAP, JHCI, NHPD | -Riboflavin contributes to the normal release of energy from foods. |
| 10 | | Transport and metabolism of iron | | Authoritative Body Textbook | JHCI | -vitamin B2 (Riboflavin) is needed for the normal transport and metabolism of iron in the body; -vitamin B2 (Riboflavin) helps the body to maintain a normal iron level. |
| 11 | | Required for the normal structure of mucous membranes (such as the surface of the tongue, the mouth, eyes and intestines). | | Authoritative Body Textbook | JHCI, CH | -vitamin B2 (Riboflavin) helps keep your skin and mucous membranes healthy. |
| 12 | Niacin (Vitamin B3) | Energy metabolism Nutrient utilisation | | Authoritative Body Textbook | CH, CEDAP, NHPD, JHCI | -Niacin (vitamin B3) helps release the energy from foods. |
| 13 | | Neurological functions | | Authoritative Body Scientific Body Textbook | JHCI, CH, IOM 1998 | -Niacin (vitamin B3) helps keep the nervous system functioning; -Niacin (vitamin B3) is needed for normal mental function. |
| 14 | | Normal structure and function of skin and mucous membranes (such as the intestines) | | Authoritative Body Textbook | JHCI, CH | Niacin helps keep your skin and mucous membranes healthy. |
| 15 | Pantothenic Acid (Vitamin B5) | Fat and carbohydrate metabolism | | Authoritative Body Textbook | JHCI, CH, NHPD | -Pantothenic acid is needed for the body to use fats properly; -Pantothenic acid is needed for the body to release energy from foods. |
| 16 | Vitamin B6 (pyridoxine) | Protein and Glycogen/ stored carbohydrate metabolism | | Authoritative Body, textbook | CEDAP, NHPD, FNFC, JHCI, CH | -vitamin B6 (pyridoxine) is needed for muscle function; -vitamin B6 (pyridoxine) is needed to release energy from carbohydrates stored in muscle; - vitamin B6 (pyridoxine) is necessary for the body to use protein. |
| 17 | | Homocysteine metabolism | | Authoritative Body Meta-analysis Individual Studies | JHCI See: Vitamin B6 and Homocysteine | -vitamin B6 (pyridoxine) contributes to the maintenance of normal blood homocysteine levels. |
| 18 | | Transport and metabolism of iron | | Authoritative Body | JHCI | -vitamin B6 (pyridoxine) helps the body handle iron. |

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| 19 | | Nervous system function | | Authoritative Body Scientific Body Textbook | -Deutsche Gesellschaft für Ernährung (German Society of Nutrition) and Opinion of the Scientific Committee on Food (SCF) on the Tolerable upper Intake Level of Vitamin B6 October 2000. -Biesalski et al. 'Nutritional medicine', 2004 | -vitamin B6 (pyridoxine) is important for the function of the nervous system. |
| 20 | | Immune system function | | Reviews Individual studies | See: Vitamin B6 and Immune function | -vitamin B6 (pyridoxine) is important for the immune system/natural defenses. |
| 21 | Folate/ Folic acid (Vitamin B9) | Foetal neural tube development | | Authoritative Body Textbook | CH, JHCI, ANZFA | -Folate/ Folic acid (Vitamin B9) contributes to the normal growth of the foetus/ unborn baby/ baby in the womb; -Folate/ Folic acid (Vitamin B9) is necessary for foetal development/ the development of the foetus. |
| 22 | | Cell division/ multiplication: Nucleic acids and amino acids synthesis (such as in the gastrointestinal tract) | | Authoritative Body Textbook | JHCI, CEDAP | -Folate/ Folic acid (Vitamin B9) is essential for cell division. |
| 23 | | Blood formation | | Authoritative Body Textbook | CH, JHCI, NHPD | -Folate/ Folic acid (Vitamin B9) is essential for healthy blood; -Folate/ Folic acid (Vitamin B9) is essential for blood formation. |
| 24 | | Homocysteine metabolism | | Authoritative Body Meta-analysis | JHCI See: Vitamin B9 and Homocysteine metabolism | -Folate/ Folic acid (Vitamin B9) helps maintain normal blood homocysteine levels. |
| 25 | | Vascular function / Cardiovascular health | 400 microgram/ day | Authorative bodies Reviews Meta analysis Individual studies | See: Vitamin B9 and (Cardio)vascular health | -helps keep arteries/ blood vessels healthy; -contributes to healthy arteries and vessels; -helps promote heart health. |
| 26 | Vitamin B12 (cyanocobalamin) | Cell division (such as in the gastrointestinal tract) | | Authoritative Body Textbook | JHCI | -vitamin B12 (cyanocobalamin) is essential for cell division. |
| 27 | | Blood formation | | Authoritative Body Textbook | CH, JHCI, NHPD | -vitamin B12 (cyanocobalamin) is needed for blood formation; -vitamin B12 (cyanocobalamin) is needed for healthy blood. |

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| 28 | | Homocysteine metabolism | | Authoritative Body Meta-analysis Individual Studies | JHCI See: Vitamin B12 and Homocysteine Metabolism | -vitamin B12 (cyanocobalamin) helps maintain normal blood homocysteine levels. |
| 29 | | Neurological system: structure and function | | Authoritative Body Scientific Body Textbook | JHCI, IOM 1998 | -vitamin B12 (cyanocobalamin) is needed to keep the nervous system healthy; -vitamin B12 (cyanocobalamin) is needed for normal mental function. |
| 30 | | Cognitive function in ageing | | Authoritative Body Scientific Body Reviews Individual Studies | See: Vitamin B12 and cognitive function in ageing | -vitamin B 12 (cyanocobalamin) helps maintain cognitive performance as you get older. |
| 31 | | Energy metabolism: propionate and amino acids | | Textbook | See: Vitamin B12 and energy metabolism | -vitamin B12 (cyanocobalamin) is essential for energy metabolism / the transformation of food into energy. |
| 32 | Biotin | Protein and amino acid metabolism | | Authoritative Body Scientific Body Textbook | CH See: Biotin | -Biotin is needed for the proper metabolism of proteins; -Biotin helps to build your proteins. |
| 33 | | Fat, carbohydrate, energy metabolism | | Authoritative Body Textbook | JHCI, NHPD See: Biotin | -Biotin helps release energy from fats; -Biotin is needed for the body to control carbohydrate supply. |
| 34 | | Normal structure and function of skin and mucosa | | Textbook | See: Biotin | -Biotin helps to maintain healthy skin and mucosa. |
| 35 | | Neurological system function | | Scientific Body Textbook | IOM 1998 | -Biotin is needed for normal mental function. |
| 36 | Vitamin K | Blood coagulation | | Authoritative Body Textbook | CH, JHCI | -vitamin K is needed for blood clot to stop you bleeding. |
| 37 | | Bone structure | | Authoritative Body Scientific Body Meta-analysis Reviews Individual studies | JHCI, SCF, IOM See: Vitamin K and bone integrity | -vitamin K is needed to build and maintain healthy bones' -vitamin K is required for the normal structure of the bone; -vitamin K contributes to promote bone remineralization' -vitamin K helps to reduce bone loss. |
| 38 | Vitamin K2 | Vascular health | | Authoritative Body Scientific Body Meta-analysis Reviews Individual studies | SCF, IOM See: Vitamin K2 and Vascular Health | -vitamin K2 contributes to vascular health. |
| 39 | Vitamin C | Protection of body tissues and cells from oxidative damage | | Authoritative Body Scientific Body Reviews Individual studies | CH, JHCI, FNFC, SNF See: Vitamin C and Antioxidant action | -vitamin C is an antioxidant that protects the body's cells. |
| 40 | | Structure and function of blood vessels | | Authoritative Body Textbook | JHCI | -vitamin C is necessary for keeping blood vessels healthy. |

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| 41 | | Connective tissue - structure and function: bones, teeth, gums, skin, healing processes | | Authoritative Body Scientific Body Reviews Clinical trials Individual studies | JHCI, CH, NHPD, CEDAP See: Vitamin C and Connective tissue | -vitamin C is necessary to build and maintain healthy bone, teeth, cartilage, gums and skin; -vitamin C is necessary for wound healing. |
| 42 | | Iron absorption | when consumed with iron-containing foods | Authoritative Body | CH, SNF, JHCI, CEDAP | -vitamin C contributes to iron absorption from food. |
| 43 | | Neurological system function | | Authoritative Body Scientific Body | JHCI IOM 2002 | -vitamin C helps the nervous system work; -vitamin C is needed for normal mental function. |
| 44 | | Immune system function | 180mg per day | Textbooks Reviews Meta-analysis | See: Vitamin C and Immune function | -vitamin C is needed as part of the body's defences; -vitamin C helps support the body's immune system. |
| 45 | | Energy metabolism: carnitine biosynthesis | | Textbook | See: Vitamin C and Energy metabolism | -vitamin C is essential for the energy metabolism / the transformation of food into energy. |
| 46 | Vitamin D | Bone health/ bone strength Includes bone structure, bone mineralisation, bone density | | Authoritative Body | CEDAP, CH, NHPD, DK, SNF, JHCI | -vitamin D is essential for the structure of bones/healthy bones; -vitamin D helps build and maintain strong/healthy bones; -vitamin D is necessary for adequate bone density; -vitamin D helps build strong bones. |
| 47 | | Teeth mineralization | | Authoritative Body | CEDAP, CH, NHPD, DK, | -vitamin D is needed for the development of healthy teeth. |
| 48 | | Absorption and utilisation of Calcium, Phosphorus | | Authoritative Body | JHCI, NHPD, CEDAP, CH, DK | -vitamin D is necessary for the absorption and utilisation of calcium and phosphorus; -vitamin D is necessary for Calcium up-take in bones. |
| 49 | | Cell division | | Authoritative Body | JHCI | -vitamin D is needed for cell division. |
| 50 | | Immune system | | Reviews Individual studies | See: Vitamin D and Immune function | -vitamin D is important for the immune system/natural defenses. |
| 51 | | Muscle growth, development and function | | Metanalysis Reviews Individual studies | See: Vitamin D and Muscle growth | -vitamin D helps build and maintain strong muscles; -vitamin D is needed for proper functioning of the muscles; -vitamin D helps maintain muscle function in ageing. |

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| 52 | Vitamin E | Protection of body tissues, cells, membranes and lipids from oxidative damage (such as the oxidation of polyunsaturated fatty acids in red blood cell membranes) | | Authoritative Body | JHCI, SNF, CH, CEDAP, NHPD, FNFC | -vitamin E is an antioxidant that protects the body's cells. |
| 53 | | Normal immune system function | 100-200 IU per day = approx 70-135mg | Textbooks Reviews Individual studies | See: Vitamin E and Immune function | -vitamin E contributes to a normal immune system function; -vitamin E helps to strengthen the body's defences; vitamin E helps to boost cell-mediated immunity in older people. |
| MINERALS | | | | | | |
| | MINERALS | | MUST AT LEAST BE A SOURCE OF MINERAL/S AS PER ANNEX TO REGULATION 1924/2006 | | Regulation on Nutrition and Health Claims made on Foods 1924/2006 Directive on Nutrition Labelling for Foodstuffs 90/496/EEC | |
| 54 | Minerals, in general | Development, growth, body maintenance, conception, reproductive function, equilibrium, co-factor in enzyme systems. | | Authoritative Body Textbook | JHCI, SNF, CH, NHPD | -mineral(s) help the development of all body structures; -mineral(s) help to maintain a strong body; -mineral(s) are essential or your body; -mineral(s) contributes to normal reproduction and conception; -mineral(s) is a factor in the maintenance of good |
| 55 | Calcium | Bone health/ bone strength (includes bone structure, bone mineralisation, bone density), structure of teeth | | Authoritative Body Textbook Reviews | CEDAP, CH, DK, NHPD, NFA, SNF, JHCI See: Calcium and Bone health | -Calcium is essential for the structure of bones/healthy bones; -Calcium is needed to build and maintain strong/healthy bones; -Calcium is necessary for adequate bone density; -Calcium is needed for development of teeth. |
| 56 | | Blood pressure | | Scientific Body Expert Review Meta-analyses | AHA See: Calcium and Blood pressure | -Calcium is beneficial for blood pressure; -Calcium helps to keep a healthy blood pressure. |
| 57 | | Blood coagulation | | Authoritative Body Textbook | JHCI | -Calcium is needed for normal blood clotting. |

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| 58 | | Muscle function | | Authoritative Body Textbook Monograph | CH, JHCI Monograph on water containing calcium, Federal Gazette No. 115, 26.6.1990, p. 3239 | -Calcium is needed for muscle function (including function of heart muscle). |
| 59 | | Nerve transmission/function | | Authoritative Body Textbook Monograph | CH, JHCI Monograph on water containing calcium, Federal Gazette No. 115, 26.6.1990, p. 3239 | -Calcium is needed for normal nerve function. |
| 60 | | Weight management | | Textbook Reviews Individual studies | See: Calcium and Weight management | -Calcium helps manage your weight; - Calcium modulates energy metabolism; Calcium contributes to weight control. |
| 61 | | Colorectal cell protection | | Review Meta-analysis Individual studies (RCT, Intervention study) | See: Calcium and Colorectal cell protection | -Calcium helps protects gut cells; - Calcium helps gut cells to maintain normal regulation of growth and development. |
| 62 | Magnesium | Bone and teeth structure | | Authoritative Body Textbook | JHCI, CH, NHPD See: Magnesium and Bone health | -Magnesium is needed to build healthy bones and teeth. |
| 63 | | Energy metabolism | | Authoritative Body | CH, NHPD, JHCI | -Magnesium is essential for use of energy by the body. |
| 64 | | Electrolyte balance | | Authoritative Body | JHCI | -Magnesium is necessary for electrolyte balance. |
| 65 | | Muscle function | | Authoritative Body | JHCI, CEDAP, CH Monograph on water containing magnesium, Federal Gazette No. 37, 23.2.1994, p. 1618 | -Magnesium is necessary for muscle function (including function of heart muscle). |
| 66 | | Nerve transmission/function | | Authoritative Body | CEDAP, CH, JHCI Monograph on water containing magnesium, Federal Gazette No. 37, 23.2.1994, p. 1618 | -Magnesium is necessary for nerve/nervous system function. |
| 67 | Iron | Red blood cell and haemoglobin formation | | Authoritative Body Textbook | JHCI, CEDAP, CH, NHPD, SNF | -Iron is needed for blood formation. - Iron is essential for making hemoglobin and red-blood cells. |
| 68 | | Oxygen transport to the tissues | | Authoritative Body Textbook | CEDAP, CH, NHPD, JHCI | -Iron is necessary for the transport of oxygen in the body. |
| 69 | | Energy production | | Authoritative Body Textbook | JHCI | -The body needs Iron for energy production. |
| 70 | | Immune system | | Authoritative Body Textbook Reports Reviews Individual studies | JHCI See: Iron | -Iron is necessary for the function of the immune system. |

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| 71 | | Neurological development in embryos | | Authoritative Body Textbook | JHCI | -Iron is necessary for development of brain and nerves in embryos |
| 72 | | Cognitive development and function | | Authoritative Body Textbook Reports; reviews; individual studies | See: Iron | -Iron is necessary for mental/ cognitive development and function. |
| 73 | | Metabolism of foreign substances | | Authoritative Body Textbook | JHCI | -Iron is needed to allow the body metabolise drugs and other substances. |
| 74 | Copper | Protection of body tissues and cells from oxidative damage | | Authoritative Body Scientific Body Textbook | JHCI, IOM 2001 | -Copper contributes to cell protection from damage caused by free radicals. |
| 75 | | Immune system | | Authoritative Body Scientific Body Textbook | JHCI, IOM 2001 | -Copper is needed for the function of the immune system. |
| 76 | | Connective tissues | | Authoritative Body Scientific Body Textbook | JHCI, IOM 2001 | -Copper helps build connective tissues (such as in bone, lungs and the vascular system). |
| 77 | | Energy production | | Authoritative Body Scientific Body Textbook | JHCI, IOM 2001 | -The body needs copper for energy production. |
| 78 | | Neurological system structure and function | | Authoritative Body Scientific Body Textbook | JHCI, IOM 2001 | -Copper is needed for the nervous system to function. |
| 79 | | Skin and hair pigment | | Authoritative Body Scientific Body Textbook | JHCI, IOM 2001 | -Copper is needed for colour (pigmentation) of skin and hair. |
| 80 | | Transport and metabolism of iron | | Authoritative Body Scientific Body Textbook | JHCI, IOM 2001 | -Copper helps the body use iron; - Copper is needed for blood formation; - Copper contributes to the transport and metabolism of Iron to the body. |
| 81 | Iodine | Neurological/ mental and cognitive development (including in-utero) | | Authoritative Body Scientific Body Textbook Reviews | JHCI, WHO See: Iodine and Cognitive development/ thyroid function | -Iodine is essential for neurological development; -Iodine is essential for mental development; -Iodine plays a role in development of the brain; -Iodine plays a role in mental performance/ activity. |
| 82 | | Thyroid function and production of hormone, energy metabolism | | Authoritative Body Textbook | JHCI, CEDAP, CH, NHP See: Iodine and Cognitive development/ thyroid function | -Iodine is needed for growth and function of the thyroid gland; -Iodine is essential for the production of thyroid hormones; -Iodine is needed for energy metabolism. |
| 83 | Fluoride | Tooth and enamel strength, remineralisation | | Authoritative Body Textbook Monograph | JHCI, CEDAP, Monograph on water containing fluoride, Federal Gazette No. 37, 23.2.1994, p. 1618 | -Fluoride strengthens the teeth/ enamel; -Fluoride helps protect the teeth; -Fluoride helps the teeth recover after meals. |

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| 84 | Selenium | Protection of body tissues and cells from oxidative damage | | Authoritative Body Scientific Body Reviews | JHCI, CH, NHPD, WHO See: Selenium and Antioxidant activity | -Selenium is necessary for cells' protection; -Selenium helps scavenging free radicals. |
| 85 | | Immune system | | Authoritative Body Scientific Body Reviews | JHCI, WHO. See: Selenium and Immune system | -Selenium is necessary for the function of the immune system. |
| 86 | | Iodine utilisation for thyroid hormone production | | Authoritative Body | JHCI See: Selenium and Thyroid function | -Selenium is needed by the body to use iodine in the production of thyroid hormones. |
| 87 | Zinc | Immune system | | Authoritative Body Scientific Body Textbook | JHCI, IOM 2001 See: Zinc and immune function | -Zinc is necessary for the function of the immune system; -Zinc helps to support a healthy immune system. |
| 88 | | DNA synthesis/ cell division | | Authoritative Body Textbook | JHCI, CEDAP | Zinc is needed for cell division. |
| 89 | | Skin and wound healing | | Authoritative Body Textbook | JHCI | -Zinc is needed for healthy skin; -Zinc helps in wound healing. |
| 90 | | Protection of body tissues and cells from oxidative damage | | Textbook, Critical Reviews, Individual Studies | See: Zinc and Antioxidant action | -Zinc is necessary for cells' protection; -Zinc helps scavenging free radicals. |
| 91 | | Bone formation | | Textbook Reviews Individual Studies | See: Zinc and Bone formation | -Zinc helps build and maintain strong bones. |
| 92 | Manganese | Protection of body tissues and cells from oxidative damage | | Authoritative Body Scientific Body | JHCI, WHO See: Manganese and Antioxidant action | -Manganese is necessary for cells' protection; -Manganese helps scavenging free radicals. |
| 93 | | Bone formation | | Authoritative Body | JHCI | -Manganese helps build and maintain strong bones. |
| 94 | | Energy metabolism | | Authoritative Body | JHCI | The body needs manganese to produce energy. |
| 95 | Sodium | Water and electrolyte balance | | Authoritative Body Textbook | JHCI | -Sodium is necessary for water and electrolyte balance throughout the body. |
| 96 | | Rehydration | 20 - 50 mmol/L Na+ and 200-330 mOsm/kg (with readily available carbohydrate providing at least 75% energy which should be 80-350 kcal per litre) | Authoritative Body | SCF Report on composition and specification of food intended to meet the expenditure of intense muscular effort, especially for sportsmen SCF/CS/NUT/SPORT/5 Final (corrected) 28 February 2001 | -For the replenishment of lost salts due to sweating and dehydration. |

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| 97 | | Nutrient absorption | | Authoritative Body | JHCI | -Sodium aids the absorption of nutrients during digestion (such as the active transport of nutrients and water from the gut). |
| 98 | Potassium | Water and electrolyte balance | | Authoritative Body Textbook | JHCI | -Potassium is necessary for water and electrolyte balance throughout the body. |
| 99 | | Signal transduction and muscle contraction | | Textbook | See list of textbook references | -Potassium is needed for muscle function including the heart. |
| 100 | | Blood pressure | | Authoritative Body Meta-analysis | FDA Authoritative Statement FDA Docket No. 00Q-1582 See: Potassium and Blood pressure | -Increasing potassium intake helps maintain healthy blood pressure; - Potassium helps promote healthy blood pressure; -Potassium is important for keeping blood pressure healthy. |
| 101 | Chloride as Na-, K-, Ca-, Mg-salts | Water and electrolyte balance | | Authoritative Body Textbook | JHCI | -Chloride is necessary for water and electrolyte balance throughout the body. |
| 102 | | Stomach acid and digestion | | Authoritative Body Textbook | JHCI | -Chloride is necessary for the production of the hydrochloric acid in the stomach, which is required for digestion. |
| 103 | Phosphorus/Phosphates as Na-, K-, Ca-, Mg- salts | Bone and teeth structure | | Authoritative Body Textbook | JHCI, CH, NHPD | -Phosphorus is necessary for the structure of bone and teeth. |
| 104 | | Cell membrane's structure (in the form of phospholipids) | | Authoritative Body Textbook | JHCI | -Phosphorus is necessary for the structure of cell membranes |
| 105 | | Energy metabolism | | Authoritative Body Textbook | JHCI | -Phosphorus is necessary for normal energy metabolism. |
| 106 | Citrates as Na-, K-, Ca-, Mgsalts | Acid/ base balance and bone health | | Reviews Individual studies | See: Citrates and Acid base/ bone health | -Citrates (e.g. potassium citrate) reduce dietary acid load. -Citrates (e.g. potassium citrate) help maintain acid-base balance and support bone health. - Citrates (e.g. potassium citrate) maintain bone strength. |
| MACRONUTRIENTS | | | | | | |
| PROTEIN | | | | | | |
| | Protein | | MUST AT LEAST BE A SOURCE OF PROTEIN AS PER ANNEX TO REGULATION 1924/2006 | | | |

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| 107 | Protein | Supply of metabolic energy | | Textbook | See list of textbook references | -proteins provide energy to the body |
| 108 | Protein/ essential amino acids | Essential for growth, development and maintenance of the body/body tissues/body function. | | Textbook | See list of textbook references | -protein is essential for normal growth and development; -proteins help to build and maintain a strong body; - essential amino acids are needed for maintenance of muscles; -protein supports body functions; -proteins are needed to transport other nutrients |
| 109 | Protein | Bone health | | Review Individual studies (Intervention studies/clinical trials, Epidemiological studies, Animal studies) | See: Protein and Bone health | -protein contributes to the bone health; -protein has beneficial effects on bone health. |
| 110 | Protein | Satiety / Weight management | Conditions of "high protein" from HC regulation 1924/2006 (i.e.20% E from protein) | Reviews Individual studies | See: Protein and Satiety/ weight management | -foods/ meals/ diets rich in protein help you feel fuller for longer to help manage your weight; -protein promotes satiety. |
| CARBOHYDRATES | | | | | | |
| 111 | Carbohydrates | Supply of metabolic energy | | Scientific Body Textbooks | IOM, See list of textbook references | -carbohydrates provide energy to the body. |
| 112 | Carbohydrates with a low glycaemic index (GI) | Impact on blood glucose / Glycemic control / Glycemic response | Where low GI = GI score of less than or equal to 55, assessed from the incremental area under the blood glucose response curve of a portion of the food/ product providing 50g available carbohydrate (minimum 10g), measured over 2 hours, and expressed as a | Textbook (Encyclopedia) Meta-analyses Reviews Individual studies | See: Carbohydrates - low GI - Blood Glucose | -low GI carbohydrates sustain steady blood sugar levels. |
| 113 | Carbohydrates with a low glycaemic index (GI) | Serum cholesterol | Idem | Textbook (Encyclopedia) Meta-analyses Reviews Individual studies Epidemiological evidence | See: Carbohydrates - low GI - Cholesterol | -a low GI [carbohydrate] diet helps to maintain healthy cholesterol levels. |
| 114 | Carbohydrates with a low glycaemic index (GI) | Satiety | Idem | Reviews Individual studies | See: Carbohydrates - low GI - Satiety | -low GI [carbohydrate] foods help you feel fuller for longer. |

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| 115 | Carbohydrates with a low glycaemic response | Low impact on blood glucose / Low glycaemic response / Improved blood glucose control (= benefits discussed with respect to the dietary management of body weight regulation, insulin sensitivity, obesity, diabetes, metabolic syndrome) | The glycaemic response is not more than half that of glucose.....see Reference list for details | Expert reviews Reviews Meta-analyses Individual studies | See: Carbohydrates with a low glycaemic response | -low 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 carbohydr |
| 116 | Carbohydrates with a reduced glycaemic response | Lower impact on blood glucose/ lower glycaemic response; improved blood glucose control | The glycaemic response is at least 30% reduced compared to a regular food, without increasing the fat content, Assessed from blood glucose response curve (e.g. test food vs traditional food) | Expert reviews Reviews Individual studies Meta-analysis | See: Carbohydrates with a reduced 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; -[graphica |
| 117 | Carbohydrates | Physical endurance | | Authoritative Body | See: Carbohydrates and physical endurance | -carbohydrate-containing foods have a beneficial impact on exercise performance; -carbohydrate is a key energy source prior to exercise. |
| 118 | Carbohydrates | Reconstitution of liver and muscle glycogen stores | | Authoritative Body | See: Carbohydrates and physical endurance | -carbohydrate-containing foods help to rebuild liver and muscle glycogen stores after exercise. |
| 119 | Carbohydrates providing a source of glucose | Cognitive/ mental performance; alertness; attention; memory | | Peer reviewed individual studies PASSCLAIM | See: Carbohydrate/Glucose and cognitive performance | -glucose is the preferred source of energy for the brain and central nervous system; -glucose improves mental performance; -the delivery of glucose has beneficial effects on feelings of alertness, attention and memory. |
| 120 | Carbohydrates - non-cariogenic e.g. isomaltulose; tagatose, polyols, polydextrose. Absence of, or low, fermentable carbohydrates | Dental health | According to US 21CFR§101.80: the food shall not lower plaque pH below 5,7 by bacterial fermentation during consumption and up to 30 min after consumption, as determined by plaque pH telemetry, and other comparable methods. | Authoritative Body | SNF, FDA, FOSHU, CH(LMV), ADA, WHO 2003 See: Carbohydrates Non-cariogenic/absence of fermentable | -food X is kind to teeth; -food/drink X is safe for teeth; -X food helps keep teeth healthy when used between meals in place of [food] made with fermentable sugars; -helps keep teeth healthy; -use of graphic device such as toothfriendly logo. |

Industrie aanbieding lijst art. 13 claims

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| 121 | Isomaltulose | Reduced speed of digestion and absorption results in lower glycemic and insulinemic response | | Critical reviews Individual studies | See: Isomaltulose and Low glycaemic response | -isomaltulose is fully yet slowly digested and absorbed; -isomaltulose is slowly released; -isomaltulose is a slow release form of energy; -isomaltulose has a low glycemic and low insulinemic response; -isomaltulose provides energy in form of blood glucos |
| 122 | Lactose | Calcium absorption | | Reviews Individual studies | See: Lactose and Calcium absorption | -lactose supports calcium absorption. |
| 123 | Polyols | Remineralisation of teeth | | Authoritative bodies Reviews Individual studies | See: Polyols and Remineralisation of teeth | -promotes remineralisation of teeth when used after meals |
| 124 | Polyols | Low glycemic properties | | Authoritative bodies Reviews Individual studies | See: Polyols and Low glycaemic properties | -polyols induce a low glycemic and low insulinemic response - polyols induce a low blood sugar rise (+ explanation + simplified figure of blood glucose response curves) - polyols help controlling blood sugar and insulin levels - polyols help to maintain b |
| FATS | | | | | | |
| 125 | Fats | Supply of metabolic energy | | Scientific Body Textbook | IOM 2002 | -fats are a source of energy for the body |
| 126 | Fats | Cell growth/cell functioning and structure | | Scientific Body Textbook | IOM 2002 | -fats are essential to the body. |
| 127 | Fats (fatty acids higher than c-10) | Absorption of fat soluble vitamins | | Scientific Body Textbook | IOM 2002 | -fats are needed to absorb fat soluble-vitamins |
| 128 | Fats (containing EFA) | Essential fatty acids (EFA) supply | | Scientific Body Textbook | IOM 2002 | -this product provides you with essential fatty acids, which cannot be produced by your own body. |
| 129 | Saturated fats/fatty acids (decrease) | Blood cholesterol and artery/heart health | | Authoritative Body Scientific Body | JHCI, SNF, NFA, IOM 2002; WHO 2003 | -decreasing saturated fatty acids helps lowering cholesterol and maintaining a healthy heart; -controls your cholesterol; -lowering LDL cholesterol helps result in more elastic and reactive vessels. |

Industrie aanbieding lijst art. 13 claims

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| 130 | Unsaturated fats/ fatty acids (poly and/or mono unsaturates) | Blood cholesterol and artery/heart health | | Authoritative Body Metanalysis Reviews | See: Lipid 1 | -decreasing saturated fats and increasing unsaturated fats helps lowering cholesterol and maintaining a healthy heart; -lowering LDL cholesterol helps result in more elastic and reactive vessels. |
| 131 | Unsaturated fats/fatty acids | Function of the cell membrane | | Scientific Body Textbook | IOM 2002 | -help to maintain the function and fluidity of the cellular membranes. |
| 132 | Essential fatty acid Linoleic Acid (LA - omega 6) | Growth and development and maintenance of body functions | | Scientific Body Textbook | IOM 2002 | -linoleic acid (omega 6) is essential for growth and development. |
| 133 | Essential fatty acid Linoleic Acid (LA - omega 6) | Brain development and maturation of neurosensorial functions | | Textbook | See list of textbook references | -LA acid contributes to mental and cognitive development. |
| 134 | Essential fatty acid Linoleic Acid (LA - omega 6) | Molecule precursors regulating cell functions (prostaglandins, leucotrienes) | | Scientific Body Expert Reviews Textbook | IOM 2002 WHO/FAO Fats and oils in human nutrition Report of a joint expert consultation. Rome, 1926 October 1993 British Nutrition Foundation (1999) Briefing Paper: n-3 Fatty Acids and Health. | -Linoleic acid (omega 6) is important for healthy vascular function and the immune system. |
| 135 | Essential fatty acid Linoleic Acid (LA - omega 6) | Blood cholesterol | | Scientific Body Reviews | WHO 2003; IOM 2002 See: Lipid 1 | -Linoleic acid (omega 6) lowers blood cholesterol. |
| 136 | Essential fatty acid Linoleic Acid (LA - omega 6) | Artery/ Heart health | | Scientific Body Reviews | WHO 2003; IOM 2002 See: Lipid 1 and Lipid 2 | -eating Linoleic acid (omega 6) promotes/ contributes to artery and heart health; -eating Linoleic acid (omega 6) promotes/ contributes to blood flow/ circulation. |
| 137 | Essential fatty acid Alpha-linolenic acid (LNA -omega 3) | Growth and development and maintenance | | Scientific Body Textbook | IOM 2002 | -Alpha-linolenic acid (omega 3) is essential for normal growth and development. |
| 138 | Essential fatty acid Alpha-linolenic acid (LNA -omega 3) | Brain development and maturation of neurosensorial functions | | Textbook | See list of textbook references | -Alpha-linolenic acid (omega 3) contributes to mental and cognitive development; -LNA helps to keep your nervous system healthy. |

Industrie aanbieding lijst art. 13 claims

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| 139 | Essential fatty acid Alpha-linolenic acid (LNA -omega 3) | Molecule precursors regulating cell functions (prostaglandins, leucotrienes) | | Scientific Body Expert Reviews Textbook | IOM 2002 WHO/FAO Fats and oils in human nutrition Report of a joint expert consultation. Rome, 1926 October 1993 British Nutrition Foundation (1999) Briefing Paper: n-3 Fatty Acids and Health. | -Alpha-linolenic acid (omega 3) is important for healthy vascular function and immune system and blood clotting. |
| 140 | Essential fatty acid Alpha-linolenic acid (LNA -omega 3) | Blood cholesterol | | Scientific Body Reviews | WHO 2003; IOM 2002 See: Lipid 1 | -Alpha-linolenic acid (omega 3) lowers blood cholesterol. |
| 141 | Essential fatty acid Alpha-linolenic acid (LNA -omega 3) | Artery/Heart health | | Scientific Body Reviews | WHO 2003; IOM 2002 See: Lipid 1 and Lipid 2 | -eating Alpha-linolenic acid (omega 3) promotes/ contributes heart health. |
| 142 | Essential fatty acid Alpha-linolenic acid (LNA -omega 3) | A high LNA to LA ratio has positive effects on eicosanoïds and thus protects against inflammatory and thrombotic reactions | | Authoritative Body Reviews Observational studies | See: Lipid 3 | -LNA contributes to the good balance in essential fatty acids in the diet and as such improves your health. |
| 143 | Long chain Omega 3 fatty acids | Brain development, cognitive development and cognitive function | | Textbook | See: Lipid 4 | -long chain omega-3 fatty acids play a role in normal brain and mental development. |
| 144 | Long chain Omega 3 fatty acids | Cardiovascular/ heart health | 0.43g per day (serving - 1/3 to 1/4 of this) | Authoritative Body Reviews | SNF/FDA/JHCI WHO 2003; AHA 2006 See: Lipid 5 | -a diet rich in long chain omega 3 fatty acids keeps the arteries healthy; -a diet rich in long chain omega 3 fatty acids promotes a healthy heart. |
| 145 | Long chain Omega 3 fatty acids | Blood pressure - n-3 LC-PUFA cause relaxation in the neighbouring blood vessel to dilate influencing blood pressure | 3 to 4 g per day | Meta-analyses Human intervention Animal studies | See: Lipid 6 | -n-3 LC-PUFA help maintain a healthy blood pressure. |
| 146 | Long chain Omega 3 fatty acids | Lowering of both fasting and postprandial levels of blood triglycerides | >1.5g per day (BNF CVD 2005 p.217) | Human intervention Animal studies | See: Lipid 7 | -contributes to heart health; -helps control levels of triglycerides (type of blood fat). |
| 147 | Long chain Omega 3 fatty acids | Endothelial function/arterial function | >1.5g per day (BNF CVD 2005 p.217) | Human intervention Animal studies | See: Lipid 8 | -n-3 LC-PUFA have a beneficial effect on the function of the arteries |

Industrie aanbieding lijst art. 13 claims

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| 148 | Long chain Omega 3 fatty acids | Normal immune system function | | Reviews | See: Lipid 9 | -long chain Omega 3 fatty acids are important for a healthy immune system; -LC n3 PUFA help reduce inflammation. |
| 149 | Cholesterol | Blood cholesterol and heart health | | Textbook Meta-analysis | See: Lipid 10 | -foods low in cholesterol help manage blood cholesterol. |
| FIBRE | | | | | | |
| | FIBRE | | Where a daily value is indicated the amount per serving is typically 25% unless otherwise stated | | | |
| 150 | Dietary fibre | Bowel function | Conditions of "source of" from HC regulation 1924/2006, specific conditions of use are listed in the list of references | Authoritative Body | SNF, NHPD, JHCI, NFA See: Dietary Fibre and Bowel Function | -dietary fibre helps to maintain normal bowel/colonic function; -dietary fibre promotes regularity; -ensures a healthy digestive system/function; |
| 151 | Dietary fibre | Satiety | Condition of use to meet the definition of "high fibre" (6g/100g) and provide at least 5g of total dietary fibre per serving of food which can reasonably be consumed in one day | Textbooks Individual studies | See: Dietary Fibre and Satiety | -foods high in fibre help you to feel full for longer to help maintain your body weight. |
| 152 | Dietary fibre | Reduction of glycemic response | Conditions of "source of" from HC regulation 1924/2006, specific conditions of use are listed in the list of references | Authoritative Body Individual human studies | See: Dietary fibre and Glycemic response | -dietary fibre as part of diet low in sugars; -dietary fibre is suitable for diabetics; -dietary fibre induces a low glycemic response; -dietary fibre helps to control/ balance blood insulin/glucose level. |
| 153 | Oats/ Oat beta-glucan | Blood cholesterol | 1. Whole oats,/rolled oats/whole oat flour (min 4% beta-glucan), oat bran (min 5.5% beta glucan) 2. 3g beta glucan/ day - a portion or in an amount that is customarily consumed in a day should contain at least 0,75g of beta-glucan. | Authoritative body Meta-analyses Randomized controlled trials | US FDA, UK JHCI , SE SNF, CH BAG, NL-Nutrition Center See: Dietary fibre - Oat beta-glucan and Cholesterol | -oats help reduce cholesterol. |
| 154 | Barley/ barley beta-glucan | Blood cholesterol levels | 3g/day | Authoritative Body Barley (FDA) | See: Dietary fibre - Barley beta-glucan and Cholesterol | -barley helps reduce cholesterol. |

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| 155 | Acacia gum (gum arabic) | Prebiotic action: increase in beneficial bacteria in the colon | 6g/day | Authoritative Body Individual studies | See: Dietary fibre - Acacia gum and prebiotic action | -acacia gum is a bifidogenic fibre; -acacia gum has a prebiotic effect; -acacia gum stimulates the growth of beneficial bacteria in the colon; -acacia gum beneficially modulates the intestinal flora. |
| 156 | Acacia gum (gum arabic) | Improved intestinal conditions (pH, SCFA production) and intestinal functions | 10g/day | Authoritative Body Individual studies | See: Dietary fibre - Acacia gum and Improved intestinal conditions | -acacia gum promotes good intestinal health; -acacia gum improves bowel functions & gut comfort; -acacia gum stimulates metabolic activity. |
| 157 | Inulin/ oligofructose/ Oligofructose-enriched inulin (specific selection of short & long chains) from chicory | Prebiotic / Bifidogenic | 5g/ day | Authoritative Body Human Intervention Trials In-vitro trials Expert opinions | See: Dietary fibre - Inulin from chicory 1 | -inulin/oligofructose/ oligofructose enriched inulin from chicory stimulates the growth of Bifidobacteria in the colon; -inulin/oligofructose/ oligofructose enriched inulin from chicory beneficially affects the intestinal flora; -inulin/oligofructose/ oli |
| 158 | Inulin/ FOS (β2→1 linked fructans) | Prebiotic/ Bifidogenic; Digestive Health | 5g/ day | Books and Review Papers Human Studies Animal Studies In-Vitro Studies Chemistry References | See: Dietary Fibre - Inulin / FOS (β 2→1 linked fructans) | -Inulin (or FOS) promotes healthy gut bacteria or microflora; -Inulin (or FOS) is a prebiotic; -Inulin (or FOS) is bifidogenic; -Inulin (or FOS) promotes good digestive health; -Inulin (or FOS) promotes gastrointestinal /bowel/ gut/ colonic health; -Inulin |
| 159 | Inulin/oligofructose from chicory | Improved intestinal conditions (pH, SCFA production) and intestinal functions | 5g/day | Authoritative Body Individual studies | See: Dietary fibre - Inulin from chicory 2 | -inulin/oligofructose from chicory improves intestinal conditions; -inulin/oligofructose from chicory promotes intestinal health. |
| 160 | Inulin/ oligofructose/ oligofructose-enriched inulin (specific selection of short & long chains) from chicory | Improves digestive/ bowel function | 8g/day | Human Intervention Trials Expert opinions | See: Dietary fibre - Inulin from chicory 3 | -promotes/ supports digestive health; -improves regularity; -improves digestive/ bowel function. |
| 161 | Inulin/ oligofructose from chicory | Cholesterol lowering | 9g/ day | Individual and animal studies | See: Dietary fibre - Inulin from chicory 4 | -inulin/ oligofructose from chicory helps to reduce cholesterol |
| 162 | Inulin/oligofructose from chicory | Improved Calcium absorption | 8g/ day | Human studies Animal studies | See: Dietary fibre - Inulin from chicory 5 | -inulin/ oligofructose enhances calcium absorption |

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|-----|---|--|-----------|---|--|---|
| 163 | Oligofructose-enriched inulin (specific selection of short & long chains) from chicory | Increased Calcium absorption | 8 g/ day | Human Intervention trials Animal studies Review and Expert opinions | See: Dietary fibre - Inulin from chicory 6 | -increases/ promotes/ enhances Calcium absorption. |
| 164 | Oligofructose-enriched inulin (specific selection of short & long chains) from chicory | Increased bone mineral density | 8 g/ day | Human Intervention trials Animal studies Review and Expert opinions | See: Dietary fibre - Inulin from chicory 7 | -increased bone mineral density; - increased bone strength. |
| 165 | Chicory oligofructose | Increased inner protection/ resistance | 12g/ day | Human intervention trials Supporting animal trial Expert opinions | See: Dietary fibre - Inulin from chicory 8 | -contributes to your body's natural defences; -supports/ increases your internal protection/ resistance. |
| 166 | Fructooligosaccharides from sucrose | Prebiotic / Bifidogenic | 2.5g/ day | Authoritative Body Reviews Individual studies | See: Dietary fibre - Fructooligosaccharides from sucrose 1 | -fructooligosaccharides from sucrose / oligofructose stimulates the growth of Bifidobacteria in the colon; - fructooligosaccharides/ oligofructose beneficially affects the intestinal flora; - fructooligosaccharides/ oligofructose are prebiotics; -fructooligosac |
| 167 | Fructooligosaccharides from sucrose | Improved intestinal conditions (pH, SCFA production) and intestinal functions | 5g/ day | Authoritative Body Individual studies | See: Dietary fibre - Fructooligosaccharides from sucrose 2 | -fructooligosaccharides from sucrose/ oligofructose promote healthy conditions in the colon; - fructooligosaccharides/ oligofructose improve bowel function; - fructooligosaccharides/ oligofructose improve gut comfort. |
| 168 | Fructooligosaccharides from sucrose | Increase mineral (Ca/ Mg) absorption | 10g/ day | Individual studies Animal studies | See: Dietary fibre - Fructooligosaccharides from sucrose 3 | -fructooligosaccharides/ oligofructose enhance/ promote/ increase magnesium absorption; - fructooligosaccharides/ oligofructose enhance/ promote/ increase calcium absorption; -fructooligosaccharides/ oligofructose support isoflavone activity on bone hea |
| 169 | Fructooligosaccharides from sucrose | Reduction in blood plasma lipids | 8g/ day | Individual studies Animal studies | See: Dietary fibre - Fructooligosaccharides from sucrose 4 | Fructooligosaccharide/ oligofructose: - improve blood lipids -combined to a balanced diet lower blood cholesterol |

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| 170 | Galacto-oligosaccharides | Prebiotic/ Bifidogenic | 2,5 g/ day | Reviews Individual studies (adults and infants) | See: Dietary fibre -Galacto-oligosaccharides and Prebiotic action | -GOS stimulates the growth of Bifidobacteria in the colon; -GOS beneficially affects the intestinal flora; -GOS are prebiotics/bifidogenic; -GOS improve healthy intestinal condition. |
| 171 | Xylo-oligosaccharides | Prebiotic/ Bifidogenic | 2,6g/ day | Individual studies Animal and in vitro studies | See: Dietary fibre - Xylooligosaccharides and prebiotic action | -stimulates a healthy intestinal flora; -stimulates the growth of bifidobacteria |
| 172 | Resistant starch | Favours a normal colon metabolism | 17g/ day | Animal studies Human studies In vitro studies | See: Dietary fibre -Resistant starch 1 | -Resistant starch helps favour a normal colon metabolism; -Resistant starch is a butyrogenic fiber, butyrate participates to a normal colonic function and metabolism. |
| 173 | Sugar beet fibre | Blood glucose control | 10g/ day | Human studies | See: Dietary fibre - Sugar beet fibre 1 | -sugar beet fibre helps to balance blood sugar levels. |
| 174 | Sugar beet fibre | Contributes to lower cholesterol levels | 25-40g/ day | Human studies Animal studies | See: Dietary fibre - Sugar beet fibre 2 | -sugar beet fibre helps to lower blood LDL cholesterol; -sugar beet fibre improves your cholesterol profile. |
| 175 | Polydextrose | Improves the bowel function | 4g/ day | Authoritative bodies Reviews Human studies Animal studies | See: Dietary fibre -Polydextrose and Bowel function | - polydextrose promotes good intestinal health; -polydextrose improves bowel function and gut comfort; -polydextrose stimulates metabolic activity. |
| 176 | Polydextrose | Prebiotic / Bifidogenic | 4g/ day | Human studies In vitro studies | See: Dietary fibre -Polydextrose and Prebiotic action | - polydextrose stimulate the growth of beneficial bacteria in the gut; - polydextrose stimulates the growth of Bifidobacteria in the colon; - polydextrose stimulate the growth of Lactobacilli bacteria in the gut; - prebiotics promote healthy /well-balance |
| 177 | Pectins | Blood cholesterol lowering | 6g/ day | Reviews Meta-analysis Individual studies (human) | See: Dietary fibre -Pectins 1 | -pectins help to reduce blood cholesterol to promote heart health |
| 178 | Pectins | Reduces the postprandial levels of glucose | 10g/ day | Reviews Individual studies (human) | See: Dietary fibre -Pectins 2 | -helps to manage your blood glucose and insulin levels after (carbohydrate rich) meals |
| PROBIOTIC INGREDIENTS | | | | | | |

Industrie aanbieder lijst art. 13 claims

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|-----|---|-------------------------------|---|---|------------------|---|
| 179 | Bacillus subtilis BP6 | Intestinal / digestive health | at least 107 cfu/day | Review Textbook Animal & In Vitro Studies | See: Probiotic 1 | - for good intestinal health; - promotes and maintains intestinal health; - promotes and maintains intestinal function; - promotes intestinal health during travel; - promotes intestinal health during treatment with antibiotics; - supports healthy gastroin |
| 180 | Bifidobacterium animalis Lafti B94 (CBS118.529) | Intestinal flora | at least 1011cfu/day | Human studies Supportive in vitro and in vivo animal evidence | See: Probiotic 2 | -enhances levels of beneficial microflora; -balances your intestinal microflora; -beneficially affects the intestinal flora; - supports a balanced beneficial gastro-intestinal micro flora. |
| 181 | Bifidobacterium animalis ssp. lactis Bb-12® | Intestinal flora | at least 109 cfu/day | individual human studies | See: Probiotic 3 | -boosts the level of natural good bacteria in your body, which can aid digestion; -supports a healthy digestive system; -beneficially affects the intestinal flora. |
| 182 | Bifidobacterium animalis ssp. lactis BB-12® and Lactobacillus LA-5® | Digestive system | at least 109 cfu/day | Human study Animal study In vitro study | See: Probiotic 4 | -improves the microflora in elderly; -beneficially affects the microflora; -helps to keep your digestive system in balance; -helps maintain a healthy digestive system; -helps maintain a healthy gut flora. |
| 183 | Bifidobacterium animalis ssp. lactis BB-12® and Lactobacillus paracasei ssp. paracasei CRL-431® | Digestive system | at least 108cfu/day | Human study Animal study In vitro study | See: Probiotic 5 | -helps against slow transit; -improves the gastrointestinal flora. |
| 184 | Bifidobacterium animalis ssp. lactis BB-12®, Lactobacillus acidophilus LA-5®, Lactobacillus bulgaricus LBY-27® and Streptococcus thermophilus STY-31® | Gut flora | at least 109 cfu/day | Human study Animal study In vitro study | See: Probiotic 6 | -helps maintain a healthy gut flora. |
| 185 | Bifidobacterium animalis ssp. lactis CNCM I-2494 / DN-173 010 | Intestinal transit | at least 1010 cfu/ day fermented milk product daily consumption | Authoritative bodies Critical reviews Individual studies | See: Probiotic 7 | -helps to improve your natural digestive transit; -helps slow transit; -helps your natural regularity; -helps to naturally regulate digestion; -helps to regulate your intestinal flora; -helps your intestinal rhythm. |

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| 186 | Bifidobacterium bifidum CNCM I-373 | Digestive Health | at least 109 cfu/day daily intake | Textbook Critical reviews | See: Probiotic 8 | -helps maintain a healthy gut flora. |
| 187 | Bifidobacterium bifidum I3426 | Digestive health | at least 1x10 ⁹ cfu/day | Human studies Review articles | See: Probiotic 9 | -helps maintain a healthy gut flora; - helps to recover after antibiotics or chemotherapeutics medication. |
| 188 | Bifidobacterium breve I3425 | Digestive health | at least 1x10 ⁹ cfu/day | Human study | See: Probiotic 10 | -helps balance the intestinal flora; -helps maintain digestive health. |
| 189 | Bifidobacterium breve Yakult (BbY) | Digestive system / Intestinal flora | at least 109 cfu/day | Human study Animal study In vitro study | See: Probiotic 11 | -contributes to a healthy digestive system by supporting a well-balanced gut flora through an increased number of (beneficial) bifidobacteria in the large intestine/large bowel. |
| 190 | Bifidobacterium infantis I3424 | Digestive health | at least 1x10 ⁹ cfu/day | Review | See: Probiotic 12 | -helps maintain digestive health. |
| 191 | Bifidobacterium longum I3470 | Digestive health | at least 1x10 ⁹ cfu/day | Human studies | See: Probiotic 13 | -helps balance the intestinal flora; -helps maintain digestive health. |
| 192 | Lactobacillus acidophilus CNCM I-1722 | Digestive health | at least 109 cfu/day daily intake | Textbook Critical reviews | See: Probiotic 14 | -helps maintain a healthy gut flora. |
| 193 | Lactobacillus acidophilus CUL21 NCIMB 30156 Lactobacillus acidophilus CUL 60 NCIMB 30157 Bifidobacterium adolescentis CUL 17 NCIMB 30153 Bifidobacterium lactis (animalis ssp. lactis) CUL 34 NCIMB 30172 | Gut flora | at least 2.4x10 ¹⁰ cfu/day | Human Studies (Double blind placebo controlled randomised studies), in vitro studies | See: Probiotic 15 | -improves intestinal environment and functionality; -maintains healthy digestive system; -supports good digestive function; -maintains balance of healthy microflora; -influences composition of gut flora after taking antibiotics; -stimulates the proportion |
| 194 | Lactobacillus acidophilus Lafti L10 (CBS 116.411) | Digestive Health | at least 5x10 ⁹ cfu/day | Human studies Animal studies In vitro studies | See: Probiotic 16 | -helps to reduce GI discomfort; - improves your feeling of (intestinal) comfort; -helps you feel better; -reduces overall severity of gastro-intestinal complaints; -helps to reduce GI complaints. |
| 195 | Lactobacillus acidophilus Lafti L10 (CBS 116.411) | Intestinal flora | at least 5x10 ⁹ cfu/day | Human studies Supportive in vitro and in vivo animal evidence | See: Probiotic 17 | -enhances levels of beneficial microflora; -balances your intestinal flora; - beneficially affects the intestinal flora; - supports a balanced beneficial gastro-intestinal micro flora. |

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| 196 | Lactobacillus acidophilus NCFM ATCC SD5221 | Gut health | at least 109 cfu/day | Individual studies (human intervention and animal studies) Review article | See: Probiotic 18 | -helps to improve the level of natural good bacteria in your body; -helps to aid digestion and well-being; -helps to reduce gastro-intestinal discomfort; - maintains the balance of healthy microflora; -beneficially affects the intestinal flora; -reduces la |
| 197 | Lactobacillus helveticus I1722 | Digestive health | at least 1x10 ⁹ cfu/day | Human studies Review article | See: Probiotic 19 | - Helps balance the intestinal flora - Helps maintain digestive health - Helps to reduce gastro-intestinal discomfort - Maintains the balance of healthy microflora |
| 198 | Lactobacillus casei Lafti L26 (CBS 116.412) | Intestinal flora | at least 5x10 ⁹ CFU | Human studies Animal & in vitro studies | See: Probiotic 20 | -enhance levels of beneficial microflora; - balance your intestinal microflora; - beneficially affect the intestinal flora; - supports a balanced beneficial gastro-intestinal micro flora. |
| 199 | Lactobacillus casei I-3429 | Digestive health | at least 1x10 ⁹ cfu/day | Human study | See: Probiotic 21 | -helps balance the intestinal flora; -helps maintain digestive health; -contributes to the gut health by increasing number of beneficial bacteria and decreasing of harmful substances in the gut. |
| 200 | Lactobacillus casei Shirota (LcS) | Gut health | at least 109 cfu/day | Authoritative Bodies Human study Animal study In vitro study | See: Probiotic 22 | contribute to the gut health by: - supporting a well-balanced gut flora through an increased number of beneficial bacteria; - decreasing harmful substances in the gut; - improving intestinal environment; - improving the metabolic activity of the gut flora |
| 201 | Lactobacillus casei Shirota (LcS) | Digestive system / bowel habit | at least 109 cfu/day | Authoritative Bodies Human study Animal study In vitro study | See: Probiotic 23 | helps maintain a healthy digestive system by: - improving sub-optimal bowel habits; - modulating bowel activity; - improving stool frequency; - contributing to healthy bowel habits. |

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| 202 | Lactobacillus gasseri PA 16/8 and Bifidobacterium bifidum MF 20/5 | Intestinal flora / digestive health | at least 108 cfu/day | Individual human studies Animal studies In-vitro study | See: Probiotic 24 | -helps to maintain a healthy gut flora; - beneficial for maintaining a healthy intestinal flora; -contributes to a healthy digestive system by supporting a well-balanced gut flora through an increased number of beneficial bacteria and decreasing harmful su |
| 203 | Lactobacillus gasseri CECT5714 and Lactobacillus coryniformis CECT5711 | Intestinal flora and intestinal transit | at least 108 cfu/day dairy fermented product periods of 3-4 weeks daily consumption | Individual human studies: adults and children | See: Probiotic 25 | -balances your healthy intestinal flora; - protects the intestinal tract; -improves your intestinal transit. |
| 204 | Lactobacillus helveticus CNCM I-1722 and Bifidobacterium longum CNCM I-3470 | Digestive system | at least 3x10 ⁹ cfu/ day | Individual human studies Animal and in vitro studies (supporting) | See: Probiotic 26 | -reduces stress-induced gastro-intestinal discomfort. |
| 205 | Lactobacillus helveticus CNCM I-1722 and Lactobacillus rhamnosus | Digestive system | at least 3x10 ⁹ cfu/ day | Individual human studies Animal and in vitro studies (supporting) | See: Probiotic 27 | -helps gastro-intestinal comfort/ transit. |
| 206 | Lactobacillus johnsonii La19/CLbA5 and Bifidobacterium animalis ssp. lactis Bf-6/Bif-6/CB111 (Biogarde®/Bioghurt®/Big arde®/Bighurt®-Cultures) | Intestinal flora / digestive health | at least 108 cfu/day | Scientific / Authoritative bodies Text book Reviews Human studies Animal & in vitro studies | See: Probiotic 28 | - 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 defences. |
| 207 | Lactobacillus johnsonii NCC 533 (La1) (Pasteur culture collection CNCM I1225) | Gut health | at least 108 cfu/day Fermented milk | individual human studies | See: Probiotic 29 | -regulates your intestinal transit; - balances your intestinal flora; -supports healthy digestive system. |
| 208 | Lactobacillus paracasei NCC 2461 (ST11) (Pasteur culture collection CNCM I2116) | Gut health | at least 10 ⁹ cfu/day Fermented milk | individual human studies | See: Probiotic 30 | -balances your intestinal flora; - supports/protects digestive system; - improves digestive comfort; -reduces/relieves gut discomfort; -reduces bowel disturbances; -reduces/relieves common digestive complaints; - reduces/ relieves bloating. |
| 209 | Lactobacillus plantarum Rosell-1012 | Digestive health | at least 1x10 ⁹ cfu/day | Human studies In vitro study | See: Probiotic 31 | -helps balance the intestinal flora; -helps maintain digestive health. |

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| 210 | Lactobacillus plantarum 299v | Digestive system | at least 20x10 ⁹ cfu/ day | Authoritative body Individual human studies Animal and in vitro studies (supporting) | See: Probiotic 32 | -reduces flatulences/ bloating. |
| 211 | Lactobacillus reuteri ATCC 55730 | Intestinal flora | at least 1x10 ⁸ cfu/day daily consumption | Individual human studies | See: Probiotic 33 | -beneficially affects the intestinal flora; - supports a healthy intestinal flora; - balances the intestinal flora. |
| 212 | Lactobacillus rhamnosus ATCC53103 (LGG®) | Gastro-intestinal health | Food matrix: at least 10 ⁸ cfu/day Capsules, tablets etc: at least 10 ⁹ cfu/day | Authoritative bodies Meta-analyses Critical review articles Individual human studies Animal studies In vitro studies | See: Probiotic 34 | -LGG® acts as a part of the natural, beneficial intestinal microbiota; -LGG® supports beneficial microbiota and healthy intestinal metabolism; -LGG® supports a healthy digestive tract and mucosal barrier function; -LGG® balances intestinal activity. |
| 213 | Lactobacillus rhamnosus I1720 | Digestive health | at least 1x10 ⁹ cfu/day | Human studies Review article | See: Probiotic 35 | -beneficially affects the intestinal flora; - supports a healthy intestinal flora. |
| 214 | Propionibacterium freudenreichii SI 41 and Propionibacterium freudenreichii SI 26 Propio-Fidus® | Intestinal flora | at least 10 ¹⁰ cfu/day daily consumption | Individual human studies | See: Probiotic 36 | -is viable and active during intestinal transit and beneficially affects the intestinal flora by increasing bifidobacteria. |
| 215 | Saccharomyces boulardii (trade name PXN68) | Digestive health | at least 2x10 ⁹ cfu/day | Human studies Meta-analysis | See: Probiotic 37 | -suitable for travelling; -maintains the fine balance of the intestinal microflora; - helps to stimulate the body's natural defences; -reduces symptoms of travelling addicted diarrhoea. |
| 216 | Sacharomyces cerevisiae var boulardii | Digestive system | at least 4x10 ⁹ cfu/ day | Meta analysis + in vitro studies (supporting) | See: Probiotic 38 | -helps maintain intestinal flora/ comfort. |
| 217 | Streptococcus thermophilus I-3428 | Digestive health | at least 1x10 ⁹ cfu/day | Human studies | See: Probiotic 39 | -helps balance the intestinal flora; -helps maintain digestive health. |
| 218 | Bifidobacterium animalis ssp. lactis Bb-12 ® | Natural defence / immune system | at least 10 ⁹ cfu/day yoghurt daily consumption | Individual human studies | See: Probiotic 40 | -support your natural defences; - strengthen the natural defense. |
| 219 | Bifidobacterium animalis ssp. lactis BB-12, Lactobacillus acidophilus LA-5, Lactobacillus bulgaricus LBY-27 and Streptococcus thermophilus STY-31 | Natural defence / immune system | at least 10 ⁹ cfu/day | Human study Animal study In vitro study | See: Probiotic 41 | -enhances/supports your bodys natural defence. |

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| 220 | Bifidobacterium animalis ssp. lactis BB-12® and Lactobacillus acidophilus La-5® | Natural defence / immune system | at least 4,6x10 ⁹ cfu/day | Human study Animal study In vitro study | See: Probiotic 42 | -helps to support your natural defences; helps to strengthen the natural defense; - helps to stimulate the immune system. |
| 221 | Bifidobacterium bifidum I3426 | Immune defenses / support of immunity | at least 1x10 ⁹ cfu/day | Human studies Review articles | See: Probiotic 43 | -helps to strengthen your body's natural defences; -stimulates the specific and non specific immune system; - strengthens immune system in case of allergy; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens im |
| 222 | Bifidobacterium breve I3425 | Immune defenses / support of immunity | at least 1x10 ⁹ cfu/day | Human study | See: Probiotic 44 | -helps body's natural defences; - stimulates the specific and non specific immune system; -strengthens immune system in case of allergy; -healthy functional flora is preventing before potentially pathogenic microorganism; - strengthens immune system and res |
| 223 | Bifidobacterium infantis I3424 | Immune defenses / support of immunity | at least 1x10 ⁹ cfu/day | Human study Review article | See: Probiotic 45 | -helps body's natural defences; - stimulates the specific and non specific immune system; -strengthens immune system in case of allergy; -healthy functional flora is preventing before potentially pathogenic microorganism; - strengthens immune system and res |
| 224 | Bifidobacterium lactis HNO19 AGAL NM97/09513 | Natural defence/immune system | at least 10 ⁹ cfu/day | Individual studies (human intervention animal studies and in vitro studies) review articles | See: Probiotic 46 | -helps to strengthen your body's natural defences; -helps to strengthen the natural defenses of elderly; -contributes to enhance your body's resistance; - helps to positively influence a healthy immune system. |

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| 225 | Bifidobacterium longum I3470 | Immune defenses / support of immunity | at least 1x10 ⁹ cfu/day | Human studies | See: Probiotic 47 | -helps body's natural defences; -stimulates the specific and non specific immune system; -strengthens immune system in case of allergy; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens immune system and res |
| 226 | Lactobacillus acidophilus CUL21 NCIMB 30156 Lactobacillus acidophilus CUL 60 NCIMB 30157 Bifidobacterium adolescentis CUL 17 NCIMB 30153 Bifidobacterium lactis (animalis ssp. lactis) CUL 34 NCIMB 30172 | Natural defence and support of the immune system | at least 2.4x10 ¹⁰ cfu/day | Human Studies (Double blind placebo controlled randomised studies) | See: Probiotic 48 | -helps to improve the body's natural defences; -helps to strengthen the immune system; -helps to regulate the body's immune response; -helps to maintain a dominance of friendly bacteria particularly in the elderly receiving antibiotics in hospital environ |
| 227 | Lactobacillus acidophilus Lafti L10 (CBS 116.411) | Natural defence / immune system | at least 2x10 ¹⁰ cfu/day | Human studies Animal studies In vitro studies | See: Probiotic 49 | -strenghtens the natural defences; -helps to restore the immune balance. |
| 228 | Lactobacillus acidophilus NCFM ATCC SD5221 | Natural resistance/defence | at least 10 ⁹ cfu/day | Individual studies (human intervention and animal studies) Review article | See: Probiotic 50 | -helps to strenghten your body's natural defences; -helps to strengthen the natural defences; -helps to strenghten the natural defences of your body; -contributes to enhance your body's resistance. |
| 229 | Lactobacillus helveticus I1722 | Immune defenses / support of immunity | at least 1x10 ⁹ cfu/day | Human studies Review articles Animal study | See: Probiotic 51 | -enhances the body's natural defences; -stimulates the specific and non specific immune system; -strengthens immune system in case of allergy; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens the immune sys |
| 230 | Lactobacillus casei CNCM I-1518 / DN-114 001 | Natural defence | at least 10 ¹⁰ cfu/day fermented milk product daily consumption all population | Authoritative bodies Critical reviews Individual studies | See: Probiotic 52 | -helps to strengthen natural defences; -helps to support body's defences; -activates natural defense; -helps to support body's defences; -helps tp strengthen body's defences; -helps you to be more resistant. |

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| 231 | Lactobacillus casei I-3429 | Immune defenses / support of immunity | at least 1x10 ⁹ cfu/ day | Human studies | See: Probiotic 53 | -helps body's natural defences; -stimulates the specific and non specific immune system; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens immune system and resistance of organism against bacterial contamination |
| 232 | Lactobacillus casei Shirota (LcS) | Natural resistance / defence | at least 10 ⁹ cfu/day | Human study Animal study In vitro study | See: Probiotic 54 | contributes to/supports the body's natural resistance/ defence by: - supporting a well-balanced gut flora through an increased number of beneficial bacteria; -decreasing harmful substances in the gut; -improving intestinal environment; -improving the metabo |
| 233 | Lactobacillus casei Shirota (LcS) | Natural resistance / defence (enhance NK cell activity) | at least 10 ⁹ cfu/day | Human study Animal study In vitro study | See: Probiotic 55 | -contributes to/ supports the body's natural resistance/ defence. |
| 234 | Lactobacillus casei Shirota (LcS) | Natural defence (regulation of cell development) | at least 10 ⁹ cfu/day | Human study Animal study In vitro study | See: Probiotic 56 | contributes to/ supports the body's natural resistance/ defence by: - protecting from irregular cell development; -contributing to healthy cell development. |
| 235 | Lactobacillus fermentum CECT5716 | Natural defence / immune system | at least 10 ⁹ -10 ¹⁰ cfu/day powder culture (pills) daily intake period of 3-4 weeks | Human and animal trials | See: Probiotic 57 | -help/ contribute/ participate in increasing the natural defenses; -help/ contribute/ participate to strengthen the immune system; -help/ contribute/ participate to equilibrate the immune response. |
| 236 | Lactobacillus gasseri CECT5714 and Lactobacillus coryniformis CECT5711 | Natural defence / immune system | at least 10 ⁸ cfu/day dairy fermented product period of 3-4 weeks daily consumption | Human trials: adults and children | See: Probiotic 58 | -help/ contribute/ participate in increasing the natural defenses; -help/ contribute/ participate to strengthen the immune system; -help/ contribute/ participate to equilibrate the immune response. |
| 237 | Lactobacillus gasseri PA 16/8, Bifidobacterium bifidum MF 20/5 and Bifidobacterium longum SP 07/3 | Natural defence / immune system | at least 10 ⁷ cfu/day | Human studies Animal studies | See: Probiotic 59 | -strengthens the immune system; -enhances the body's natural defences. |

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| 238 | Lactobacillus johnsonii La19/CLbA5 and Bifidobacterium animalis ssp. lactis Bf-6/Bif-6/CB111 (Biogarde®/Bioghurt®/Bigarde®/Bighurt®-Cultures) | Natural / immune defences | at least 108 cfu/day | Scientific / Authoritative bodies Text book Reviews Human studies Animal & in vitro studies | See: Probiotic 60 | - Biogarde®/ Bioghurt®/ Bigarde®/ Bighurt®-Cultures activate/ stimulate the body's natural (immune) defences. |
| 239 | Lactobacillus johnsonii NCC 533 (La1) (Pasteur culture collection CNCM I1225) | Natural defence/immune system | at least 109 cfu/day Fermented milk and spray-dried | individual human studies | See: Probiotic 61 | -increases your natural defences; -actively supports your immune system; -strengthens your immune defences. |
| 240 | Lactobacillus paracasei NCC 2461 (ST11) (Pasteur culture collection CNCM I2116) | Natural defence/immune system | at least 109 cfu/day Fermented milk and spray-dried | individual human studies | See: Probiotic 62 | -increases your natural defences; -actively supports your immune system; -strengthens your immune defences; -supports your immune system during the pollen season; -reinforces your immune system to cope with airborne allergens; -strengthens your immune sys |
| 241 | Lactobacillus paracasei ssp. paracasei CRL-431 | Natural defence / immune system | at least 1010 cfu/day | Human study Animal study In vitro study | See: Probiotic 63 | -strengthen/ support your body's natural defence; -strengthen/ support the immune system. |
| 242 | Lactobacillus plantarum Rosell-1012 | Immune defenses / support of immunity | at least 1x10 ⁹ cfu/day | Human study In vitro study | See: Probiotic 64 | -helps body's natural defences; -stimulates the specific and non specific immune system; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens immune system and resistance of organism against bacterial contamina |
| 243 | Lactobacillus reuteri ATCC 55730 | Natural defence | at least 108 cfu/day daily consumption | Individual human studies | See: Probiotic 65 | -helps to strengthen the natural defences; -helps to support the natural defences; -helps to support the body's defences; -helps to strengthen the body's defences. |
| 244 | Lactobacillus rhamnosus ATCC53103 (LGG®) | Natural defence, immune response | Food matrix: at least 108 cfu/day, Capsules, tablets: at least 109 cfu/day | Critical reviews Individual studies Animal and in vitro studies | See: Probiotic 66 | -LGG® support/enhances body's natural defence systems; -LGG® supports/enhances natural immune response; -LGG® - Natural defence. |

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| 245 | Lactobacillus rhamnosus HN001 AGAL NM97/09514 | Natural defence/immune system | at least 109 cfu/day | Individual studies (human intervention animal studies and in vitro studies) | See: Probiotic 67 | -helps to strenghten your body's natural defences; -helps to strengthen the natural defenses of elderly; -contributes to enhance your body's resistance; - helps to positively influence a healthy immune system. |
| 246 | Lactobacillus rhamnosus II720 | Immune defenses / support of immunity | at least 1x10 ⁹ cfu/day | Human studies | See: Probiotic 68 | -helps body's natural defences; - stimulates the specific and non specific immune system; -strengthens immune system in case of allergy; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens immune system and res |
| 247 | Streptococcus thermophilus I-3428 | Immune defenses / support of immunity | at least 1x10 ⁹ cfu/day | Human studies | See: Probiotic 69 | -helps body's natural defences; - stimulates the specific and non specific immune system; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens immune system and resistance of organism against bacterial contamina |
| 248 | Lactobacillus rhamnosus GR 1 (ATCC 55826) and Lactobacillus reuteri RC14 (ATCC 55845) | Vaginal health/flora | at least 109 cfu/day | Peer-reviewed publications Human intervention studies Supporting data: animal, in vitro, cellular and molecular studies of genotype | See: Probiotic 70 | -supports/ promotes/ helps maintain a healthy vaginal microflora; -helps to restore and maintain a normal vaginal microflora; -maintain/ support/ promote vaginal health. |
| 249 | Lactobacillus acidophilus LA14 | Urogenital tract /Natural vaginal defence | at least 1x10 ⁹ cfu/day | Human study Review article | See: Probiotic 71 | -helps during the treatment of urogenital disorders; -suitable during and after the use of antibiotics; -helps to restore and maintain normal vaginal microflora; -supports epithelial immunity. |

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| 250 | Lactobacillus rhamnosus LR(3) | Urogenital tract /Natural vaginal defence | at least 1x10 ⁹ cfu/ day | Human studies Review article | See: Probiotic 72 | -helps during the treatment of urogenital disorders; -suitable during and after the use of antibiotics; -helps to restore and maintain normal vaginal microflora; -supports epithelial immunity. |
| 251 | Lactobacillus johnsonii NCC 533 (La1) (Pasteur culture collection CNCM I1225) | Skin health | at least 5x10 ⁹ cfu/ day Powder | individual human studies | See: Probiotic 73 | -La1 helps to fight against UV damages; La1 reinforces skin defences altered by UV; -La1 helps to preserve skin health. |
| 252 | Lactobacillus paracasei NCC 2461 (ST11) (Pasteur culture collection CNCM I2116) | Skin health | at least 10 ⁹ cfu/ day Powder | individual human studies | See: Probiotic 74 | -ST11 helps to reinforce skin barrier function; -ST11 helps to reduce the reactivity of skin; -ST11 helps to reduce the sensitivity of skin; -ST11 helps to preserve skin health. |
| FOODS AND | | | | | | |
| 253 | Water | Basic requirement of all living things. Without water, biological processes necessary to life would cease in a matter of days. Solvent for minerals, vitamins, amino acids, glucose, and many other small molecules so that they can participate in metabolic a | | Textbooks | See: Water | -water is an essential nutrient for life; -water helps all body functions to work properly; -water facilitates other nutrients to work properly; -water carries nutrients throughout the whole body; -water helps remove waste products from the body; -water i |
| 254 | Water | Regulation of normal body temperature | | Textbooks | See: Water and Body temperature | -water acts as the body cooling system; -water is necessary to remove excess heat from the body; -recommended water intake is typically 1 to 1.5 litres/ day (sedentary/ temperate conditions) in addition to water contained in food. |

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| 255 | Water | Hydration, eg. body function, physical and cognitive performance | | Textbooks Authoritative statements Human intervention and observational studies | See: Water and Hydration | -water keeps you hydrated; -good hydration ensures optimal mental and physical performance; -recommended water intake is typically 1 to 1.5 litres/ day (sedentary/ temperate conditions) in addition to water contained in food. |
| 256 | Water-based products (includes tea, coffee, soft drinks, fruit juices, soups etc.) | Hydration, eg. body function, physical and cognitive performance | | Textbooks Authoritative statements Human intervention and observational studies | See: Water based products and Hydration | -water based products contribute to maintain your fluid balance; -good hydration ensures optimal mental and physical performance; -coffee contributes to maintain your fluid balance; -tea is an important source of fluid in the diet; -soft drinks/ juices co |
| 257 | Coffee | Protection of body tissues, lipids, cells and DNA from oxidative damage | 1 or 2 cups per day | Critical review Individual studies | See: Coffee and Protection from oxidative damage | coffee is a major dietary source of antioxidants. Antioxidants from dietary sources: -protect you from free radicals which cause cell damage; -protect your cells and tissues from oxidative damage. -antioxidants help strengthen our body's natural defences |
| 258 | Coffee | Glucose homeostasis | 3 cups per day | Epidemiology studies Animal & In vitro studies | See: Coffee and Glucose homeostasis | -coffee contributes to keep normal blood glucose levels; -coffee has a beneficial effect on glucose metabolism/ insulin metabolism. |
| 259 | Cranberry (Lingonberry) juice, (Vaccinium vitisidaea, Vaccinium macrocarpon) | Urinary tract | Product ready-to-drink (diluted juice, nectar or syrup) containing 9,2 g of juice concentrate; used daily over 12 month. | Authoritative body Reviews RCTs | AFSSA 2003-SA-0352 and 2003-SA-0214, See: Cranberry and Urinary tract | -Cranberry juice helps to keep the urinary system in a healthy condition; -Lingonberry juice has a positive effect on the urinary tract; -Cranberry juice has a beneficial effect on the urinary system. |
| 260 | Fruits (fresh, frozen, canned, bottled, dried, juiced) | General health/ contribution to a balanced diet | | Authoritative Body Scientific Body | WHO 2003/ National Recommendations National dietary guidelines e.g. 5 a day | -fruits are an important part of a balanced/ healthy diet; -consuming (e.g.) 5 fruit (and veg) portions per day helps keep you healthy. fruit juice can count as one of those portions. |

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| 261 | Fruits (fresh, frozen, canned, bottled, dried, juiced) | Protection of body tissues and cells from oxidative damage | | Authoritative Body Epidemiological evidence Individual studies | See: Fruits and Vegetables and protective effects | -fruit protects the body's cells; -protects you from radicals which cause cell damage; -protects your cells and tissues from oxidative damage; -antioxidants help strengthen our body's natural defences against oxidative stress. |
| 262 | Fruits (fresh, frozen, canned, bottled, dried, juiced) | Heart Health | | Scientific Body | WHO 2003 | -diets rich in fruit promote heart health. |
| 263 | Fruits (fresh, frozen, canned, bottled, dried, juiced) | Weight management via fibre | | Scientific Body | WHO 2003 | -a diet rich in fruits helps to manage body weight. |
| 264 | Fruits (fresh, frozen, canned, bottled, dried, juiced) | Modulation of glycemic response | | Scientific Body | WHO 2003 | -a diet rich in fruits helps to control blood glucose level. |
| 265 | Vegetables (fresh, frozen, canned, bottled, dried, juiced) | General health/ contribution to a balanced diet | | Authoritative Body Epidemiological evidence | WHO 2003/ National Recommendations Encyclopedia of Human Nutrition 1999 page 906 National dietary guidelines e.g five a day | -vegetables are an important part of a balanced/ healthy diet; -consuming (e.g.) 5 veg (and fruit) portions per day helps keep you healthy; vegetable juice can count as one of those portions. - consuming vegetables in a wide variety, choosing among the col |
| 266 | Vegetables (fresh, frozen, canned, bottled, dried, juiced) | Protection of body tissues and cells from oxidative damage | | Authoritative Body Reviews | DGE (German Society of Nutrition) See: Fruits and Vegetables and Protective effects | -vegetables help protect the body's cells; -protect you from radicals which cause cell damage; -protect your cells and tissues from oxidative damage; - antioxidants help strengthen our body's natural defences against oxidative stress; -people should consume |
| 267 | Vegetables (fresh, frozen, canned, bottled, dried, juiced) | Heart Health | | Scientific Body | WHO 2003 | -a diet rich in vegetables promotes heart health. |
| 268 | Vegetables (fresh, frozen, canned, bottled, dried, juiced) | Weight management via fibre | | Scientific Body | WHO 2003 | -a diet rich in vegetables helps to manage body weight. |
| 269 | Vegetables (fresh, frozen, canned, bottled, dried, juiced) | Modulation of glycemic response | | Scientific Body | WHO 2003 | -a diet rich in vegetables helps to control blood glucose level. |
| 270 | Wholegrain foods | Heart health | | Authoritative Body | JHCI, FDA | -people who have a healthy heart tend to eat more wholegrains. |

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| 271 | Wholegrain foods | Weight management | At least 3 servings per day | Scientific body Individual studies | See: Wholegrain and Weight management | -people who eat more whole grain foods tend to have a healthier body weight and gain less weight over time (as part of a low fat diet & healthy lifestyle). |
| 272 | Fish (fresh/ frozen) | Heart health | Two portions per week, at least one oily | Authoritative Body Scientific Body | JHCI, SNF WHO 2003, COMA 1994, SACN 2004, AHA 2006. | -eating fish promotes heart health. Fish is an important part of a balanced/ healthy diet. |
| 273 | Nuts - peanuts and tree nuts (almonds, hazelnuts, pecans, pistachios and walnuts), excludes brazil, macadamia and cashew | Heart health | See allowed nuts; 30g per day | Authoritative Body Reviews Epidemiological studies Individual human studies | FDA See: Nuts and Heart health | -eating 30g of nuts per day as part of a balanced diet helps maintain heart health. |
| 274 | Nuts - peanuts and tree nuts (almonds, hazelnuts, pecans, pistachios and walnuts); excludes brazil, macadamia and cashew | Weight management via satieaty (by proteins and fibre) | See allowed nuts; 30g per day; In an energy restricted diet. | Reviews Individual human studies | See: Nuts and Weight management | -eating 30g of nuts per day as part of an energy restricted diet helps maintain a healthy weight. |
| 275 | Almonds | Reduces blood total and LDL cholesterol and heart health | 28g raw or roasted almonds with skin per day | Meta-analysis RCTs | See: Almonds and Cholesterol and heart health | -consuming a handful (28 grams) of almonds a day as part of a diet low in saturated fat, helps to lower blood cholesterol and promotes a healthy heart. |
| 276 | Soups | Body weight management | Low in energy density and high in volume | Individual studies | See: Soup and Weight management | -soups fit in a weight maintenance programme; -soups help to control your body weight; -soups, which are low in energy density and high in volume, are useful as part of a weight management diet; -the inclusion of soups into the daily diet are effective in |
| 277 | Soups | Satiety/ satiation | Low in energy density and high in volume | Individual studies | See: Soup and Satiation | -this soup gives you a feeling of satiety; -this soup will help to fill you up; -this soup can delay the onset of hunger; -soups consumed as a starter that are low in energy density and high in volume have an affect on satiety/ satiation. |

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| 278 | Soy / soy foods | Reduced total and LDL cholesterol and heart health | 25 g soy protein per day | Authoritative Body Scientific Body | -FDA (1999) Food labelling, Health Claims; Soy Protein and Coronary Heart Disease - Final rule. Federal Register 64, 57699-57733. -JHCI - www.jhci.co.uk : 27/07/02 Generic health claim for soya protein and blood cholesterol | -the inclusion of at least 25g soya protein per day as part of a diet low in saturated fat promotes heart health and helps reduce blood cholesterol. |
| 279 | Soy / soy foods | Vascular effects including protection from oxidative damage | 1-2 servings per day (40mg of isoflavones) | Individual studies | See: Soy and Vascular effects including protection from oxidative damage | -soy offers specific vascular benefits; -soy helps keep the arteries healthy and helps keep a healthy heart; -soy helps protect the body tissues and cells from oxidative damage. |
| 280 | Table top sweeteners and foods, beverages containing intense sweeteners | Dental health/ sweeteners can not be fermented by oral bacteria, they are non-cariogenic | Food or beverage shall not lower plaque pH below 5,7 by bacterial fermentation during, and up to 30 min after consumption, as determined by plaque pH telemetry (US 21CFR§101.80) or other comparable methods | Authoritative body Clinical studies In vitro studies Animal studies | FDA See: Table top sweeteners/ intense sweeteners and Dental health | -intense sweeteners are non-cariogenic; -intense sweeteners do not promote tooth decay; -this table top sweetener is safe for teeth. |
| 281 | Table top sweeteners and foods beverages containing intense sweeteners | Blood glucose control | Food has no significant impact on blood glucose or insulin. | Authoritative/ Scientific body Clinical studies Animal studies | See: Table top sweeteners/ intense sweeteners and Blood glucose control | -intense sweeteners have no effect on carbohydrate metabolism, short or long-term blood glucose control or insulin secretion; -product [x] assists in blood glucose control. |
| 282 | Table top sweeteners and foods beverages containing intense sweeteners | Weight management | In an energy restricted diet | Scientific body Meta-analysis Review Clinical studies | See: Table top sweeteners/ intense sweeteners and Weight management | -intense sweeteners help to maintain a healthy body weight; -intense sweeteners help to control calorie intake. |
| 283 | Water soluble tomato concentrate (WSTC) | Suppression of blood platelet activity, circulatory and heart health | Daily consumption of 3g of WSTC I (or 85mg of the sugar-free WSTC II) | RCTs In vitro studies | See: Water soluble tomato concentrate and Heart health | -WSTC helps to maintain a healthy heart and benefits circulation; -maintains a healthy circulation; -maintains healthy blood flow. |
| 284 | Dairy | Bone health | Excluding butter | Authoritative Bodies Reviews Human intervention studies | See: Dairy and Bone health | -dairy is good for bones; -dairy contributes to bone health; -dairy helps to reduce the risk of bone loss. |
| 295 | Dairy | Weight loss | 3 servings a day, in an energy restricted diet. | Review Individual human intervention study | See: Dairy and Weight Loss | -dairy in an energy restricted diet helps loose weight. |

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| 296 | Dairy | Blood pressure | | Reviews, Individual human studies | See: Dairy and Blood Pressure | A diet rich in low-fat dairy products has beneficial effect on blood pressure. |
| 297 | Milk | Dental health | To which no sugars are added | Scientific bodies Individual human studies | See: Milk and Dental health | -milk/ yoghurt plays a role in dental health; -milk/ yoghurt contributes to dental health; -milk/ yoghurt reduces the risk for dental erosion. |
| 298 | Hard cheese (Ca-rich) | Dental health | | Scientific bodies, individual human studies | See: Hard cheese and Dental health | -hard cheese plays a role in dental health; -hard cheese chewed after meals helps to minimize dental erosion; -hard cheese chewed after meals and snacks helps to maintain healthy teeth; -hard cheese chewed after meals and snacks helps reducing the risk of |
| 299 | Yoghurt cultures (live) | Lactose digestion | Lactobacilli delbruekii subsp. bulgaricus and Streptococcus thermophilus, with "yoghurt" as defined by Codex Standard for Fermented Milks (codex stan 243-2003) | Authoritative bodies Critical reviews Individual studies | See: Yoghurt cultures and Lactose digestion | -live cultures of yoghurt improve lactose digestion; -fermented milks containing live cultures of yoghurt improve lactose digestion. |
| 300 | Food reduced/ low/ free of energy | Body weight management | Meet the relevant annex requirements in HC Regulation | Authoritative Body | SNF | -[X] helps maintain your body weight (as part of a calorie controlled diet) |
| 301 | Food reduced/ low in/ free of sodium/salt and/ or increased potassium | Blood pressure, heart health | Meet the relevant annex requirements in HC Regulation | Authoritative Body | SNF, NHPD, JHCI, NFA | -diet low in sodium and increased potassium helps maintain blood pressure; -[X] can be part of a low sodium/ salt diet to help maintain blood pressure, thereby promoting artery and heart health. |
| 302 | Foods in general, particularly chewing gum, candies, chocolate-type products and other confectionery; soft drinks and sports drinks, flavored water and table top sweeteners | Dental health | The food shall, under usual conditions of consumption (a) not lower the pH of the dental plaque below 5.7 (pH measurement in vivo in the interproximal space by means of an indwelling electrode) and (b) not expose the plaque-free tooth surface to more than | Authoritative body Textbooks Reviews Individual Studies | FDA, CH (LMV), D (ALÜ) See: Food and Dental health | Toothfriendly |

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| 303 | Sugar-free chewing gum | Dental health/ Oral health, Gum and tooth protection/ strength | Use after eating or drinking | Authoritative Body Monograph Review Individual Studies | See: Sugar free chewing gum and Dental health | -beneficial to dental health; -safe for teeth; -promotes healthy teeth and gums; -helps protect teeth and gums; - helps to strengthen teeth and gums. |
| 304 | Sugar-free chewing gum | Plaque acid neutralisation | Use after eating or drinking | Authoritative Body Monograph Review Individual Studies | See: Sugar free chewing gum and Plaque acid neutralisation | -helps stop plaque acid attacks; - neutralises plaque acids; -restores optimum pH levels in the mouth; -pH curve. |
| 305 | Sugar-free chewing gum | Localised tooth mineralisation (non-systemic) | Use after eating or drinking | Scientific Body Monograph Review Individual Studies | See: Sugar free chewing gum and Localised tooth mineralisation | -helps increase tooth surface hardness; - helps rebuild the enamel; -helps protect against early damage to tooth enamel; - increases saliva flow to help remineralise tooth enamel. |
| 306 | Sugar-free chewing gum | Plaque reduction | Use after eating or drinking | Scientific Body Review Individual Studies | See: Sugar free chewing gum and Plaque reduction | -helps remove plaque; -helps inhibit plaque; -reduces formation of plaques. |
| 307 | Sugar-free chewing gum containing polyols | Beneficial for weight management | Use after eating or between meals Use in place of snacking Use before eating | Authoritative Body Individual Studies | See: Sugar free chewing gum and Weight management | -sugar-free chewing gum may be useful in weight management; -sugar-free chewing gum helps maintain your body weight (as part of a calorie controlled diet); -chewing gum helps to reduce appetite or hunger. |
| 308 | Sugar-free chewing gum | Dry Mouth (Reduces/ Improves Dry Mouth) | | Authoritative Body Reviews Monograph Individual Studies | See: Sugar free chewing gum and Dry mouth | -reduces dry mouth; -moistens the mouth; -reduces oral dryness. |
| 309 | Sugar-free chewing gum with Xylitol | Plaque reduction (Xylitol is not metabolised by bacteria that can lead to plaque growth) | Use after eating or drinking | Scientific Body Review Individual Studies | See: Sugar-free chewing gum with Xylitol | -reduces the formation of plaque; - inhibits the formation of plaque and tartar. |
| 310 | Sugar-free chewing gum with Carbamide | Improved plaque acid neutralisation | Use sugar after eating or drinking | Scientific Body Review Individual Studies | See: Sugar free chewing gum with Carbamide | -help to neutralise plaque acids; - improved acid neutralisation when compared to other chewing gums. |
| 311 | Sugar-free chewing gum with Fluoride | Increases resistance of enamel to acid attacks and rate of remineralisation | Use of X pellets/sticks/tabs of gum /day delivers 0.75 mg of fluoride Not recommended for children under the age of 6 | Scientific Body Reviews Individual Studies | See: Sugar free chewing gum with Fluoride | -helps to strengthen teeth; -neutralises acid attacks and reinforces the tooth's enamel; -enhances tooth remineralisation; |
| DIETS | | | | | | |

Industrie aanbieding lijst art. 13 claims

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|-----|--|--|---|--|-------------------------------|--|
| 312 | Reduced or low in energy | Body weight management | | Authoritative Body | SNF | -a nutritionally balanced diet with a well-adapted energy content is a key factor in maintaining one's weight. |
| 313 | Low or reduced saturated fat (hard fat) or replacement of saturated fat with MUFA PUFA (soft fat) low cholesterol | Lowers LDL cholesterol Arterial/ heart Health | | Authoritative Body Scientific Body | JHCLSNF, NFA WHO 2003 | -a diet low or reduced in saturated fat lowers (LDL) cholesterol; -replacing hard fat with soft fat helps control blood cholesterol; -a diet low in saturated fat helps keep the arteries healthy. |
| 314 | Fruit-rich diet | Heart health | | Scientific Body | WHO 2003 | -a diet rich in fruit promotes heart health. |
| 315 | Fruit-rich diet | Weight management via fibre | | Scientific Body | WHO 2003 | -a diet rich in fruits can help to control body weight. |
| 316 | Fruit-rich diet | Modulation of glycemic response | | Scientific Body | WHO 2003 | -a diet rich in fruits helps to control blood glucose level. |
| 317 | Vegetable-rich diet | Heart health | | Scientific Body | WHO 2003 | -diets rich in vegetables promote heart health. |
| 318 | Vegetable-rich diet | Weight management via fibre | | Scientific Body | WHO 2003 | -a diet rich in vegetables helps controlling body weight. |
| 319 | Vegetable-rich diet | Modulation of glycemic response | | Scientific Body | WHO 2003 | -a diet rich in vegetables helps controlling blood glucose level. |
| 320 | Diet rich in calcium-rich, low-fat dairy and fruit and vegetables (DASH) | Blood pressure | | Scientific research group, Review, Individual human intervention studies | See: DASH and Blood pressure | -low-fat dairy products in a diet rich in fruits and vegetables reduce blood pressure. |
| 321 | Rich in whole grain | Heart health | | Authoritative Body | FDA, JHCI, SNF | -diets rich in whole grain foods promote heart health. |
| 322 | Rich in dietary fibre | Bowel health and function | | Authoritative Body | SNF, NHPD | -a nutritionally balanced diet high in dietary fibre is important for maintaining bowel regularity. |
| 323 | Rich in dietary fibre | Weight management | | Scientific Body | WHO 2003 | -diets high in fibre help control your weight. |
| 324 | Low sodium/ salt and/ or increased potassium | Blood pressure, heart health | | Authoritative Body Scientific Body | SNF, NHPD, JHCI, NFA WHO 2003 | -diet low in sodium and increased potassium helps maintain blood pressure; -a nutritionally balanced diet with a low sodium/ salt content maintains blood pressure, thereby promoting artery and heart health. |
| 325 | Mediterranean diet | Related to cardiovascular health | See reference section for dietary characteristics | Epidemiological studies Intervention studies. | See: Mediterranean Diet | - 'X' fits in a Mediterranean diet. A Mediterranean style diet helps maintain heart health. |

Industrie aanbieding lijst art. 13 claims

| OTHER SUBSTANCES | | | | | | |
|------------------|--|-----------------------------|---|---|---|---|
| 326 | Alpha-lipoic-acid | Antioxidant properties | 200-600 mg per day | official references for dietary reference intakes in France, monograph, review, critical studies, epidemiological studies, clinical studies, case control studies/RCT and reviews | See: Alpha-lipoic-acid and Antioxidant properties | Is an antioxidant/acts as an antioxidant/helps to reduce oxidative stress/helps to contrast the free radicals action/helps to restore intracellular antioxidants (e.i. glutathione) |
| 327 | Alpha-lipoic-acid | Metabolism of carbohydrates | Min 600 mg per day | human study, review, animal study, in vitro study | See: Alpha-lipoic-acid and Metabolism of carbohydrates | Contributes to glucose metabolism/improves blood glucose levels/ protects neurons against neuronal damages caused by elevated glucose levels |
| 328 | Antioxidant from processed fruits and vegetables and juices | Antioxidant properties | possible if one of the other claims concerning a specific antioxidant is acceptable | Official references for dietary reference intakes in France, monograph, review, critical studies, epidemiological studies, clinical studies, case control studies | See: Antioxidant from processed fruits and vegetables and juices and antioxidant properties | Antioxidant contained in this product contribute to the anti-oxidative functions of the body/ensure protective effect on the organism |
| 329 | Arabinogalactan (extract from larch tree) | Intestinal health | Min. 3 g/day | authoritative body, reviews and different individual human and animal studies | See: Arabinogalactan and Intestinal health | Supports gut regularity/helps maintain gut regularity/contributes to gut regularity/increases the production of short-chain fatty acids (SCFA) in the intestinal tract/prebiotic effects/bifidogenic/stimulates the growth of the intestinal Bifidobacteria/sti |
| 330 | Arginine | Vascular health | 1500 mg per day | reviews, clinical practice, individual studies | See: Arginine and Vascular health | Support of normal blood circulation |
| 331 | Bacterial lysate | Immune health | 150 mg per day (2x10 days, 14 day pause) | textbook, review, individual studies | See: Bacterial lysate and Immune health | Strengthen the body's natural resistance/supports the immune function |
| 332 | Beta-alanine | Physical performance | 1.6-5.2 g beta alanine per day | Randomised double blind placebo controlled trials | See: Beta-alanine and Physical performance | Supplementation helps improve exercise performance and cycling performance/helps reduce muscle fatigue/helps improve muscle work capacity/contributes to the increase of muscle carnosine stores/contributes to the increase of carnosine stores in fast twitch |

Industrie aanbieding lijst art. 13 claims

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| 333 | Beta-Carotene | Antioxidant properties/Protection of DNA | Min 15% RDA of beta-carotene (as vitamin A, conversion factor 6) | critical reviews/clinical studies/experimental studies | See: Beta-Carotene and Antioxidant properties/Protection of DNA | Is an antioxidant that protects the body's cells/can protect you from radicals which cause cell damage/can protect your cells and tissues from oxidative damage/can contribute to the total antioxidant capacity of the body/helps to maintain intact cell DNA/ |
| 334 | Beta-Carotene | Skin aging/Skin health | Minimum intake of 2 mg per day. Intake should not exceed 10 mg/d long term if ingested supplementary | individual human intervention studies, peer reviewed reviews | See: Beta-Carotene and Skin aging/Skin health | Helps to retard skin aging/contributes to maintain a healthy skin/taken on a regular basis, beta carotene can help to protect your skin from excessive UV-radiation and sunburns (Avoid sunburns by using an effective sun screen. Beta carotene is not a repla |
| 335 | Beta-Carotene | Immune health | Up to 10 mg/day | text books and monographs, individual papers | See: Beta-Carotene and Immune health | Beta-carotene helps support healthy immunity/contributes to the body's defenses/supports non-specific immune function |
| 336 | Beta-Carotene | Immune health in relation to UV-radiation | Up to 10 mg per day (for 4 - 10 weeks) | individual papers | See: Beta-Carotene and Immune health in relation to UV-radiation | Beta-carotene helps to support immunity upon UV-radiation (sun exposure)/helps to maintain healthy immune responses upon UV-radiation (sun exposure)/helps to maintain physiological immune responses of the skin upon UV radiation (sun exposure)/ |
| 337 | Beta-Carotene | Antioxidative properties/protection against UV-induced erythema | Up to 10 mg per day (for 8-10 weeks) | text books, monographs, individual papers | See: Beta-Carotene and Antioxidative properties/protection against UV-induced erythema | Beta-carotene supports the skin's natural defenses against UV-radiation (sun) induced damage/enhances the skin's intrinsic defenses against erythema induced by recreational UV exposure |
| 338 | Beta carotene in combination with vitamin E and vitamin C | Eye health and vision | At least 15% RDA of beta-carotene (as vitamin A, conversion factor 6), vitamin E and vitamin C. | individual human intervention studies (RCTs), supported by epidemiological evidence. | See: Beta carotene in combination with vitamin E and vitamin C and Eye health and vision | Beta carotene in combination with vitamins C and E helps to maintain the health of the eye/helps protect eye lens and retina from oxidative damage/are important nutrients for healthy vision (throughout life) |

Industrie aanbieding lijst art. 13 claims

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| 339 | Beta sitosterol | Cholesterol | 1 g/day | monographs, critical reviews, clinical studies | See: Beta sitosterol and Cholesterol | Reduce plasma LDL and total cholesterol concentration/functions by displacing cholesterol from intestinal micelles, thus reducing cholesterol absorption |
| 340 | Beta sitosterol | Kidney and prostate health | Min 60 mg per day | review, human study, animal study, in vitro study | See: Beta sitosterol and Kidney and prostate health | Helps maintain normal kidney and prostate function |
| 341 | Betaine | Heart health and vascular system | 2-30 g per day | textbooks, peer-reviewed articles | See: Betaine and Heart health and vascular system | Contributes to the maintenance of a healthy heart by its ability to promote healthy levels of homocysteine/ contributes to the normal functioning of the cardiovascular system |
| 342 | Betalains | Antioxidant properties | phytoconstituent's content in fruits and vegetables expressed in comparison with the daily needs and threshold for activity up to 16 mg | authoritative body textbook, reviews, clinical studies | See: Betalains and Antioxidant properties | Betalains containing foods contribute to keep your body healthy/ antioxidant containing foods support of healthy ageing by maintaining intact cell DNA/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's |
| 343 | Bioflavonoids | Vein health | 500 to 1000 mg per day / 100-150 mg in case of flavonoids such as proanthocyanidins from grape seeds or pine bark | Meta-analyses | See: Bioflavonoids and Vein health | Supports normal vascular function |
| 344 | Bioflavonoids from citrus | Vascular health | 700-1500 mg per day | scientific literature, peer-reviewed articles, reviews | See: Bioflavonoids from citrus and Vascular health | Supports normal vascular function |
| 345 | Bovine colostrum | Immune health/source of immunoglobulins | 1-4 g bovine colostrum per day (total quantity is dependent on the concentration of immunoglobulins in the colostrum preparation) | meta-analysis, critical expert reviews, human intervention studies | See: Bovine colostrum and Immune health/source of immunoglobulins | Optimises the natural defense system in healthy persons |
| 346 | Bovine lactoferrin | Antimicrobial / antiviral / innate host defense | 200 mg bLF per day | mechanistic understanding, critical reviews by experts, multiple small human studies | See: Bovine lactoferrin and Antimicrobial / antiviral / innate host defense | Contributes to the natural defences against microorganisms and viruses |
| 347 | Branched chain amino acids (Leucine, Isoleucine, valine) | Muscle metabolism | Min 3g per day, taken during and immediately following the exercise | reviews/peer-reviewed clinical studies | See: Branched chain amino acids (Leucine, Isoleucine, valine) and Muscle metabolism | Helps muscle recovery/supports muscle fatigue recovery |

Industrie aanbieding lijst art. 13 claims

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| 348 | Bromelain | Immune health | daily dosage: ≥ 200 mg (with activity 5 F.I.P./mg). | expert organizations, textbooks, monographs, metaanalysis, review articles, individual trials, experimental work | See: Bromelain and Immune health | Contributes to the normal functioning of the immune system/helps maintain the body's natural defences |
| 349 | Bromelain | Vascular health | daily dosage: ≥ 200 mg (with activity 5 F.I.P./mg). | expert organizations, textbooks, monographs, metaanalysis, review articles, individual trials, experimental work | See: Bromelain and Vascular health | helps to maintain natural blood fluidity and vessel patence |
| 350 | C12-pepton | Vascular health | Product-specific claim. 1-4 g milk protein derived hydrolysate per day | epidemiological and intervention studies with protein hydrolysate + intervention studies | See: C12-pepton and Vascular health | helps to maintain a healthy blood pressure/supports a healthy blood pressure |
| 351 | Caffeine (from tea/coffee/chocolate or added in pure form) | Fat metabolism/Energy expenditure | Minimum of 150 mg per day / 5-15mg/kg bodywt caffeine | Double blind placebo-controlled crossover trials/Placebo-controlled crossover | See: Caffeine (from tea/coffee/chocolate or added in pure form) and Fat metabolism/Energy expenditure | Contributes to the mobilisation of fat stores/contributes 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 |
| 352 | Caffeine (from tea/coffee/chocolate or added in pure form) | Cognitive and mental performance | Min. 32 mg per day | Critical review + individual studies, FUFOSE | See: Caffeine (from tea/coffee/chocolate or added in pure form) and Cognitive and mental performance | Contributes to mental performance/helps maintain and improve alertness/aids concentration/helps make you feel more energetic/helps revive you/helps keep you alert/helps improve how you feel |
| 353 | Caffeine (from tea/coffee/chocolate or added in pure form) | Physical Performance (short term and endurance activities) | 1-5mg/kg/day | authoritative body, individual studies | See: Caffeine (from tea/coffee/chocolate or added in pure form) and Physical Performance (short term and endurance activities) | Improves physical performance. |

Industrie aanbieding lijst art. 13 claims

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|-----|--|---|---|--|---|---|
| 354 | Carnitine | Fat metabolism | Min 200 mg per day | authorative body (Italian Ministry of Health), reviews and different individual human and animal studies, individual studies | See: Carnitine and Fat metabolism | Helps the energy production in the cell by transporting fatty acids in places where they are used and metabolised/contributes to the fat burning during exercise/contributes to increased fat oxidation/is important for the oxidation of fat/helps improve mus |
| 355 | Carnitine | Muscle metabolism / Recovery after exercise | A minimum of 200-500 mg per day | double blind, placebo controlled crossover studies on healthy humans | See: Carnitine and Muscle metabolism / Recovery after exercise | Helps improve muscle recovery after exercise/helps maintain optimal repair of muscle tissue/supports athletes in recovery from weight training/can help recreationally weight-trained in recovery from exercise/contributes to the reduction of muscle soreness |
| 356 | Carnitine | Heart health | Min 200 mg per day | reviews and different individual human and animal studies | See: Carnitine and Heart health | Helps to maintain healthy blood cholesterol and plasma lipid levels in the elderly/helps to provide energy to the heart/helps maintain heart health/supports a healthy heartbeat/can support healthy heart muscle/supports reducing heart rate during exercise |
| 357 | Carnitine | Vegetarism | Min. 200 mg/day | reviews and different individual human and animal studies | See: Carnitine and Vegetarism | Can increase plasma L-Carnitine levels of vegetarians/supports plasma L-Carnitine levels in vegetarians provides extra L-Carnitine when dietary intake is low |
| 358 | Carnitine | Pregnancy | Min. 500 mg/day | reviews and different individual human and animal studies | See: Carnitine and Pregnancy | Can increase L-Carnitine levels during pregnancy and lactation/can help decrease free fatty acids during pregnancy/can maintain normal L-Carnitine plasma levels during pregnancy |
| 359 | Carotenoids from fruits and vegetables juices | Antioxidant properties | 30 % of observed intakes per day : 1.5 mg | Official references for dietary reference intakes in France, review, textbook, epidemiological studies, clinical studies | See: Carotenoids from fruits and vegetables juices and Antioxidant properties | Carotenoids contained in this product ensure antioxidant action/carotenoids contained in this product ensure protective effect on the organism |

Industrie aanbieding lijst art. 13 claims

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|-----|-----------------------------------|--------------------------|--|---|--|--|
| 360 | Casein protein hydrolysate | Physical performance | 10-30 g protein consumption just before, during or directly after exercise per hour. | review, literature and human studies | See: Casein protein hydrolysate and Physical performance | Accelerates recovery from exercise/helps to recover faster/shortens the time to recover completely/helps to enhance endurance performance/helps to perform longer/supports endurance performance/increases endurance performance/increases time to fatigue |
| 361 | Chitosan | Weight Management | 1-6 g per day, 30 minutes before the main meals | Studies and critical reviews (meta analysis) | See: Chitosan and Weight Management | Contributes to management of weight control/can help in the reduction of body weight/can help to the control of weight by reducing the quantity of fat absorbed from the diet |
| 362 | Chlorella | Immune health | 500-1000 mg per day | scientific literature, peer-reviewed articles, peer-reviewed review article | See: Chlorella and Immune health | Enhancement of vitality/energy |
| 363 | Choline | Development | 20 mg per day | textbook | See: Choline and Development | Choline is essential for normal development, particular of brain and nervous system |
| 364 | Chondroitin | Joint Health | 120-800 mg/day | meta-analysis, human intervention studies, recommendations of EULAR | See: Chondroitin and Joint Health | Helps to maintain healthy joints/supports mobility/helps keep joints supple and flexible/an important nutrient for joint health/an important component of the joint metabolism/an important component of the cartilage/contributes to normal joint function/ke |
| 365 | Cocoa flavanols | Antioxidative properties | At least 168 mg per day | reviews and individual studies | See: Cocoa flavanols and Antioxidative properties | Shows antioxidative effects and help protect the cells against oxidative stress/helps protect you from radicals which cause cell damage/helps strengthen our body's natural defences against oxidative stress |

Industrie aanbieding lijst art. 13 claims

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|-----|----------------------------------|------------------------|--|---|---|--|
| 366 | Cocoa flavanols | Vascular health | At least 88 mg of cocoa flavanols per day | human clinical trials, epidemiological studies, reviews | See: Cocoa flavanols and Vascular health | Maintenance and promotion of a normal blood pressure due to the support of healthy and elastic blood vessels/support of cardiovascular health/support of vascular health and function and thereby support of a healthy blood pressure/vascular function is char |
| 367 | Coenzyme Q10 (Ubiquinone) | Energy metabolism | 30-200 mg per day | monographs, textbook, critical reviews | See: Coenzyme Q10 (Ubiquinone) and Energy metabolism | Supports energy production/required for energy production in the cell/contributes to energy conversion/plays a vital role in the ATP production to maintain healthy condition/is essential for the energy metabolism and the transformation of food into physio |
| 368 | Coenzyme Q10 (Ubiquinone) | Heart health | 100-200 mg per day | textbook, meta-analysis, individual human studies | See: Coenzyme Q10 (Ubiquinone) and Heart health | Supports normal blood pressure/maintains and promotes a healthy heart/contributes to a normal blood pressure/helps to maintain a healthy heart |
| 369 | Coenzyme Q10 (Ubiquinone) | Antioxidant properties | 30-200 mg per day | monographs, textbooks, critical reviews, individual human studies | See: Coenzyme Q10 (Ubiquinone) and Antioxidant properties | Naturally occurring lipid soluble antioxidant in the body/helps to protect against lipid peroxidation and oxidative DNA or protein damage in the body/antioxidant/helps to maintain healthy condition/helps to protect against free radicals which are mainly re |
| 370 | Collagen hydrolysate | Joint health | 10g per day (Type I collagen with an average Molecular Weight of up to 3.500 Dalton) | reviews, study | See: Collagen hydrolysate and Joint health | Collagen helps protect and strengthen the salutary effect on cartilage metabolism/contributes to the functioning of cartilage building cells/supports the (natural) regeneration of joint cartilage/stimulates the build-up of joint cartilage/contributes to i |

Industrie aanbieding lijst art. 13 claims

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|-----|--|------------------------|--|--|---|---|
| 371 | Conjugated linoleic acid (CLA) | Weight management | 1.5-3.4 g CLA/day, CLA is a commercial mixture of 50:50 c10t12 and t9c11 isomers | clinical studies | See: Conjugated linoleic acid (CLA) and Weight management | Aids slimming by reducing body fat and preserving lean muscle/helps to reduce muscle protein loss during a diet/increases lean tissue mass/increases feelings of fullness and satiety/helps to reduce yoyo-effect after a diet/improves the burning of fat while |
| 372 | Conjugated linoleic acid (CLA) | Insulin sensitivity | Up to 3,4 g CLA per day | meta-analysis, single large human studies, multiple small studies | See: Conjugated linoleic acid (CLA) and Insulin sensitivity | Contributes to the improvement of insulin sensitivity in overweight subjects/helps maintain normal blood glucose (in subjects with diabetes type 2) |
| 373 | Conjugated linoleic acid (CLA) | Immune health | Up to 3,4 g CLA per day | clinical studies | See: Conjugated linoleic acid (CLA) and Immune health | Support of (HepB) vaccine response/Helps respiratory comfort in asthma |
| 374 | Conjugated linoleic acid (CLA) ((cis-9, trans-11 conjugated linoleic acid, and trans-10, cis-12 conjugated linoleic acid (50:50) triglycerides) | Body Weight management | Product-specific claim: 3.4 g CLA per day | meta-analysis, human studies | See: Conjugated linoleic acid (CLA) ((cis-9, trans-11 conjugated linoleic acid, and trans-10, cis-12 conjugated linoleic acid (50:50) triglycerides) and Body Weight management | Helps to control fat metabolism/influences lipid metabolism and storage/increases lean muscle mass/reduces body fat percentage/helps to reduce body fat mass while increasing lean body mass/helps to reduce body fat mass/helps to reduce the amount of fat yoyo |
| 375 | Creatine | Energy metabolism | A minimum of 6-20g daily | meta-analysis, RCT, text book, monograph, judgement by government-related organisation, clinical study, randomised controlled trials | See: Creatine and Energy metabolism | Support in case of intense physical activity/contributes to increased muscle strength/contributes to increased muscle torque production/contributes to increased training intensity workouts/contributes to increased work capacity/contributes to increased m |
| 376 | Cystein rich protein hydrolysates | Glutathione metabolism | 3.4 g per day (cysteine content of 6%) | generally accepted role, observational and intervention studies (human and animal) | See: Cystein rich protein hydrolysates and Glutathione metabolism | Adequate supply contributes to glutathione homeostasis/restoring glutathione levels with cysteine helps to keep the redox state in balance/building glutathione levels with cysteine support the body's natural defense system/building glutathione levels with |

Industrie aanbieder lijst art. 13 claims

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|-----|--|------------------------------------|--|---|---|---|
| 377 | Docosahexaenoic acid (DHA) | Human Neurodevelopment | 160 - 300 mg per day for pregnant and lactating women | Authoritative bodies/scientific committees, textbooks, critical reviews | See: Docosahexaenoic acid (DHA) and Human Neurodevelopment | Supports human neurodevelopment/plays an important role in the development of brain and nerves/contributes to normal brain, nerve and visual development therefore a regular consumption of DHA by pregnant and lactating mothers is important |
| 378 | Docosahexaenoic acid (DHA) | Optimization of brain maturation | 55 - 160 mg per day | Authoritative bodies/scientific committees, textbooks, critical reviews, individual studies | See: Docosahexaenoic acid (DHA) and Optimization of brain maturation | Helps optimize brain maturation/supports normal brain development/supports cognitive function and mental balance in early life |
| 379 | Docosahexaenoic acid (DHA) | Cognitive function in the elderly. | 720-1720 mg of DHA per day. | epidemiological studies, individual clinical studies | See: Docosahexaenoic acid (DHA) or high DHA fish oil. and Cognitive function in the elderly. | DHA may help maintain working memory and brain performance in aging adults/DHA is a building block of the brain and helps with the transmission of messages between nerves |
| 380 | Docosahexaenoic acid (DHA) | Eye health | 85 mg per day | Textbooks, reviews | See: Docosahexaenoic acid (DHA) and Eye health | DHA is an important part of the structure of the retina and, therefore, plays a role in visual development and normal eye function |
| 381 | Epigallo-catechin-3-gallate (EGCG)/ Green tea extract, rich in EGCG | Weight management | 115-300 mg per day | Intervention studies, backed by epidemiological data, animal studies and in-vitro mechanistic plausibility | See: Epigallo-catechin-3gallate (EGCG) / Green tea extract, rich in EGCG and Weight management | Helps to maintain and control weight/contributes to the reduction of body fat/helps to increase fat oxidation/helps to increase fat oxidation and to reduce body fat/when combined with a healthy diet and exercise, can help to control weight |
| 382 | Epigallo-catechin-3-gallate (EGCG)/ Green tea extract, rich in EGCG | Blood glucose levels | Based on intervention studies a daily intake of 84386 mg EGCG in the field of glucose homeostasis can be regarded as adequate. | Intervention studies, backed by epidemiological data, reviews, animal studies and in-vitro mechanistic plausibility | See: Epigallo-catechin-3gallate (EGCG) / Green tea extract, rich in EGCG and Blood glucose levels | Help to maintain healthy blood glucose levels/helps to protect the insulin producing gland/supports the insulin production at healthy levels |
| 383 | Epigallo-catechin-3-gallate (EGCG)/ Green tea extract, rich in EGCG | Cardio-vascular health | Based on studies with green tea a daily intake of EGCG from green tea ranging from 69 to 657 mg can be regarded as adequate | Intervention study, backed by epidemiological data, animal studies and in-vitro mechanistic plausibility | See: Epigallo-catechin-3gallate (EGCG) / Green tea extract, rich in EGCG and Cardio-vascular health | Contributes to improved blood flow/in combination with physical activity helps to reduce blood pressure/contributes to maintain a healthy cardiovascular system |

Industrie aanbieding lijst art. 13 claims

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| 384 | Ester-C | Antioxidant properties/Immune health | 500-1500 mg per day | Monographs, peer-reviewed publications | See: Ester-C and Antioxidant properties/Immune health | Antioxidant that enhances Vitamin C absorption's and contributes to the functioning of the immune system |
| 385 | Evening primrose oil | Skin Health | Product-specific claim: 3000-6000 mg capsules per day | Meta-analyses and individual study. | See: Evening primrose oil and Skin Health | Helps maintain healthy skin |
| 386 | Evening primrose oil | Menstrual health | Product-specific claim: 3000 mg capsules per day | Individual Clinical Studies | See: Evening primrose oil and Menstrual health | Ensures an intake of polyunsaturated fatty acids that support a normal, healthy attitude during the menstrual cycle |
| 387 | Evening primrose oil and fish oil | Bone health | Product-specific claim: 4-6 g of 80% EPO and 20% FO per day | individual clinical human studies, animal studies | See: Evening primrose oil and fish oil and Bone health | Helps maintain bone strength/helps maintain bone density and strength by increasing intestinal calcium absorption and reducing urinary calcium excretion |
| 388 | Formulated palm and oat oil emulsion | Weight management | 5-12,5 g per day | human studies | See: Formulated palm and oat oil emulsion and Weight management | Helps to eat less/helps to reduce weight regain after dieting |
| 389 | Glucomanan | Weight management | 3 g perday | textbook, monographs and critical reviews | See: Glucomanan and Weight management | Contributes to reduce the appetite/can help in the management of weight control/By expanding in the stomach, glucomannan might be useful for people trying to lose weight, by helping to reduce the appetite |
| 390 | Glucosamine | Joint health | The equivalent of 1200-1500 mg/day as glucosaminesulphate | critical reviews, metaanalysis, human intervention trials (RCT), individual studies | See: Glucosamine and Joint health | Glucosamine alone or in combination with chondroitin sulfate contributes to the maintenance of flexibility and mobility of the joints/helps to maintain healthy joints/supports mobility/helps to keep joints supple and flexible/necessary for the structure o |
| 391 | Glucosinolates | Immune health | Phytoconstituent's content in vegetables expressed in comparison with the daily needs and threshold for activity Up to 20 mg | authorative body, textbook, reviews, clinical studies | See: Glucosinolates and Immune health | Glucosinolates containing foods contribute to keep your body healthy/help strengthen our body's defences |

Industrie aanbieding lijst art. 13 claims

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| 392 | Glutamine and glutamin peptide | Metabolic stress/protein synthesis/ gut permeability/ carbohydrate metabolism | min.5 g glutamine per dag | generally accepted roles (6), meta-analyses and critical expert reviews (4) and human intervention studies (5) | See: Glutamine and glutamin peptide and Metabolic stress/ protein synthesis/ gut permeability/ carbohydrate metabolism | Extra dietary supply of glutamine restores plasma glutamine levels after metabolic stress/ contributes to gut protein synthesis/help decrease permeability of gut cells/helps to replenish carbohydrate stores in the muscle and the liver |
| 393 | Glutamine | Immune health | 50-400 mg/kg per day | authoritative medical text regarding the biochemical and physiological properties of glutamine. | See: Glutamine and Immune health | Supports the immune system/is a vital nutrient for those cells requiring rapid renewal such as immune cells (e.g. lymphocytes)/ is an essential fuel for rapidly dividing cells, including those of the immune system/supplementation contributes to immune func |
| 394 | Glutamine | Muscle function | 50-900 mg/kg per day | authoritative medical text: Biochemistry for the medicinal sciences | See: Glutamine and Muscle function | Skeletal muscle represents the greatest store of glutamine in the body/ muscle tissue is an important source of glutamine/high intensity exercise decreases plasma glutamine levels/ anaerobic training can deplete the glutamine pool/ prolonged exercise such as |
| 395 | Glutamine | Mental health | Min 100 mg per day | monographs, peer-reviewed publications, textbooks | See: Glutamine and Mental health | Constituent of glutathione, purines, amino sugars, precursor of GABA (g- amino butyric acid)/ supports concentration and mental performance under conditions of mental or physical exertion/helps to maintain working memory and brain performance in aging adul |
| 396 | Hydrolysate with peptide | Stress | Product specific claim / 150mg/ day | individual studies, Articles, AFSSA, DGCCRF, FDA | See: Hydrolysate with peptide and Stress | Can moderate the tensional response to stress, notably with particularly sensitive subjects |

Industrie aanbieding lijst art. 13 claims

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|-----|-------------------------|-----------------------------|--|---|---|---|
| 397 | Lactotripeptides | Blood pressure | See list of references | reviews, clinical trials, animal studies | See: Lactotripeptides and Blood pressure | Helps to maintain a healthy blood pressure/contributes to a healthy blood pressure/helps to keep/control blood pressure at healthy levels/Helps to control blood pressure/helps to lower blood pressure |
| 398 | Lignans | Phyto-estrogenic properties | 2 mg/serving | Textbooks and expert reports, reviews, biochemical evidence in humans and animals, intake data. | See: Lignans and Phytoestrogenic properties | Phytonutrients that show similar attributes to phytoestrogens in soya. |
| 399 | Lutein | Eye health | Minimum 6 mg/day (regular consumption of lutein via dietary sources or/and supplementation) | Authoritative body: The positive statement issued by the French National Food Safety Agency (AFSSA) that lutein helps to protect the retina and lens from oxidation, and that it is one of the constituents of the retina and the lens, supports this general h | See: Lutein and Eye health | Helps support eye health/helps maintain healthy eyes/nutrition for eyes/promotes healthy eye function/helps maintain macular and retinal health/is one (of the) constituent(s) of the retina and the lens/is deposited naturally in the eye/is a constituent of |
| 400 | Lutein | Skin health | Minimum 10 mg/day (regular consumption of lutein via dietary sources or/and supplementation) | text books, critical reviews, numerous published and peer reviewed articles reporting a wide range of studies by qualified researchers at recognized academic and other institutions, including randomized placebo-controlled human intervention trials (5), ca | See: Lutein and Skin health | Helps support skin health/helps promote healthy skin/helps maintain healthy skin/helps to maintain your skin's healthy look and feel/helps protect the skin against visible light damage/helps protect the skin against harmful effects of light exposure/helps |
| 401 | Lycopene | Skin health | Min. 6 mg/day | review, controlled human studies, uncontrolled human studies, in vitro studies | See: Lycopene and Skin health | Contributes to the maintenance of healthy skin when exposed to sun light. Helps to reduce skin reddening when exposed to sun light. |

Industrie aanbieding lijst art. 13 claims

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|-----|-------------------------------------|--|--|--|--|---|
| 402 | Lycopene | Prostate health | 6-8 mg per day | Individual epidemiological and intervention studies, backed by animal and in-vitro studies, meta-analyses | See: Lycopene and Prostate health | Contributes to the normal functioning of the prostate/helps to maintain a healthy prostate/helps to keep your prostate in shape/helps to reduce oxidative damage of prostate cells and tissue/helps to maintain intact DNA in prostate tissue/helps to maintain |
| 403 | Lycopene | Antioxidant properties | 7-16 mg/day | critical reviews/individual studies | See: Lycopene and Antioxidant properties | Lycopenes contained in this product ensure antioxidant action/ensure protective effect on the organism/contribute to the protection of the cellular membranes from oxidation |
| 404 | Lycopene | Antioxidant properties / protection of DNA | Up to 12 mg/day | Afssa notice No 2004-SA-336 esp pp 2/11, critical reviews, individual clinical studies, experimental studies | See: Lycopene and Antioxidant properties / protection of DNA | Lycopene or a diet rich in lycopene helps to maintain intact cell DNA/contributes to healthy ageing by maintaining intact cell DNA/ lycopene is an antioxidant and helps to protect the body's cells/helps to maintain intact body cells |
| 405 | Lycopene | Heart health | 40-60 mg per day | Individual epidemiological and intervention studies, metaanalysis, backed by in-vitro studies | See: Lycopene and Heart health | Helps to maintain a healthy heart/contributes to maintain a healthy cardiovascular system/contributes to protect the arteries from narrowing and hardening/contributes to keep the arteries healthy/helps to maintain a normal blood flow/helps to reduce blood |
| 406 | Lycopenes from tomato juices | Antioxidant properties | Estimated sufficient intakes: 6 to 10 mg per day | monographs, reviews, critical studies, epidemiological studies, clinical studies, case control studies | See: Lycopenes from tomato juices and Antioxidant properties | Lycopenes contained in this product ensure antioxidant action/lycopenes contained in this product ensure protective effect on the organism |
| 407 | Lysine | Body tissues | groups with insufficient intake of animal proteins | reviews/peer-reviewed clinical studies | See: Lysine and Body tissues | Lysine is an essential amino acid that is necessary for growth, development and maintenance of the body/body tissues/body function/addition of lysine enhances of cereal protein quality |

Industrie aanbieding lijst art. 13 claims

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|-----|--|------------------------------------|--|---|---|---|
| 408 | Medium Chain Triglycerides (MCT) | Weight management | 30-40 g/day short term use. 10 g/d long term use | clinical studies (RCT), textbooks, review articles | See: Medium Chain Triglycerides (MCT) and Weight management | Helps to increase satiety after a meal/helps to increase energy expenditure by increasing the metabolic rate/helps with weight loss by increasing metabolic rate/tends to reduce body weight and fat in overweight persons |
| 409 | Methionine | Lipid metabolism | 2-5 g per day | reviews, clinical studies | See: Methionine and Lipid metabolism | Helps to maintain a healthy cholesterol level |
| 410 | Nucleotides | Immune health | Min 33.5 mg per day | review, animal study, in vitro study | See: Nucleotides and Immune health | Contributes to the normal functioning of the immune system/supports natural defences |
| 411 | Papain | Immune health | > 200 mg (with activity 1,5 FIP/mg) | expert org., textbooks, monographs, meta-analysis review articles, individual trials, experimental work | See: Papain and Immune health | Supports normal immune function/supports body own defence mechanisms |
| 412 | Phenylalanine | Mental health | 750-3000 mg per day | monographs, peer-reviewed publications | See: Phenylalanine and Mental health | Helps to maintain mental health and stimulates mental alertness |
| 413 | Phosphatidyl choline / lecithin | Cholesterol / Heart health | 1.2-6g per day | experts/reviews/monographs/ RCT | See: Phosphatidyl choline / lecithin and Cholesterol / Heart health | Helps to maintain a normal cholesterol level/helps to maintain a healthy heart |
| 414 | Phosphatidyl choline / lecithin | Cognitive function | 1.5-8 g per day | critical reviews, animal and human studies, | See: Phosphatidyl choline / lecithin and Cognitive function | Contributes to the memory function/contributes against memory problems associated with aging |
| 415 | Phosphatidyl serine | Mental health / Cognitive function | 300-400 mg per day | RCTs, endorsement by national experts, clinical reviews, individual human clinical studies | See: Phosphatidyl serine and Mental health / Cognitive function | Support of cognitive functions in young people/contributes to the maintenance of cognitive functions with aging/supports memory and brain performance in aging adults/plays an important role in healthy nerve function through the central nervous system incl |
| 416 | Phospholipids (Phosphatidyl choline, Phosphatidyl ethanolamine, Phosphatidyl inositol, Lysophosphatidyl cholin) | Liver health | Min 1 g per day | human study, review, animal study | See: Phospholipids (Phosphatidyl choline, Phosphatidyl ethanolamine, Phosphatidyl inositol, Lysophosphatidyl cholin) and Liver health | Contributes to the normal functioning of the liver |

Industrie aanbieding lijst art. 13 claims

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|-----|--|------------------------|--|---|---|---|
| 417 | Phytosterols (mixture of Beta-sitosterol, Campesterol, Stigmasterol, Brassicasterol, Stigmastanol, Ergostanol, Campestanol) | Cholesterol metabolism | Min. 1 g per day | human study, review | See: Phytosterols (mixture of Beta-sitosterol, Campesterol, Stigmasterol, Brassicasterol, Stigmastanol, Ergostanol, Campestanol) and Cholesterol metabolism | Contributes to normal cholesterol level in blood |
| 418 | Phytosterols (mixture of Beta-sitosterol, Campesterol, Stigmasterol, Brassicasterol, Stigmastanol, Ergostanol, Campestanol) | Prostate health | 280 mg/day | review, animal study, in vitro study | See: Phytosterols (mixture of Beta-sitosterol, Campesterol, Stigmasterol, Brassicasterol, Stigmastanol, Ergostanol, Campestanol) and Prostate health | Contributes to normal functioning of prostate and urinary tract |
| 419 | Polyphenols from processed fruits and vegetables and juices | Antioxidant properties | 30 % of observed intakes per day : 0.3 g | opinions of the French Food Safety and Security Agency, official references for dietary reference intakes in France, monographs, textbook, reviews, critical studies, epidemiological studies, clinical studies | See: Polyphenols from processed fruits and vegetables and juices and Antioxidant properties | Polyphenols contained in this product ensure antioxidant action/polyphenols contained in this product ensure protective effect on the organism |
| 420 | Polyphenols (general and from grape, olive and cacao in particular) | Antioxidant properties | Min. 30% of intakes per day / Intakes are 3000 to 5000 ORAC unit per day | FUFOSE, critical reviews and individual studies | See: Polyphenols (general and from grape, olive and cacao in particular) and Antioxidant properties | Polyphenols contained in this product ensure antioxidant action/polyphenols contained in this product ensure protective effect on the organism/have an antioxidant effect/help prevent oxidative tissue damage/help mop up free radicals in cells/helps guard a |
| 421 | Polyphenols from olive (olive fruit, olive mild waste waters or olive oil) | Antioxidant properties | 20 g of an olive oil with a polyphenol content of 200 mg/kg / Min 2 mg per day of hydroxytyrosol | reviews, epidemiological studies, clinical trials, in vivo studies, in vitro studies | See: Polyphenols from olive (olive fruit, olive mild waste waters or olive oil) and Antioxidant properties | Polyphenols from olive have an antioxidant activity that may help protect LDL cholesterol and lipid oxidation |
| 422 | Polyphenols from olive (olive fruit, olive mild waste waters or olive oil) | Lipid metabolism | 20 g of an olive oil with a polyphenol content of 200 mg/kg / Min 2 mg per day of hydroxytyrosol | reviews, epidemiological studies, clinical trials, in vivo studies, in vitro studies | See: Polyphenols from olive (olive fruit, olive mild waste waters or olive oil) and Lipid metabolism | polyphenols are absorbed from olive oil in the intestine and metabolized there or in the liver, and have been shown to be able to bind LDL in vivo/they have demonstrated scavenging properties in vitro that ensure olive oil stability and explain their abil |

Industrie aanbieding lijst art. 13 claims

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|-----|---|--|--|---|---|--|
| 423 | Polyphenols from red wine | Antioxidant properties | Min 300 mg per day | reviews, clinical trials, in vivo studies, in vitro studies | See: Polyphenols from red wine and Antioxidant properties | Total red wine polyphenols help vascular functions that contribute to a healthy cardiovascular system |
| 424 | Polyphenols derived from red wine | Lipid metabolism | Min 300 mg per day | reviews, clinical trials, in vivo studies, in vitro studies | See: Polyphenols from red wine and Lipid metabolism | Help to maintain healthy heart by reducing LDL-cholesterol |
| 425 | Polyphenols derived from red wine | Vascular functions | Min 300 mg per day | Reviews/in vivo studies/in vitro studies | See: Polyphenols from red wine and Vascular functions | Total red wine polyphenols help vascular functions that contribute to a healthy cardiovascular system |
| 426 | Polyphenols from tea | Antioxidant properties / Hearth health | 240-540 mg of polyphenols per day | randomised clinical trials | See: Polyphenols from tea and Antioxidant properties / Hearth health | Polyphenols contained in this product ensure antioxidant action/polyphenols contained in this product ensure protective effect on the organism |
| 427 | Protein hydrolysate | Insulin secretion and blood sugar levels | 15-25 g per day | peer-reviewed human intervention studies/product related data from RCT/critical review on mechanism of action | See: Protein hydrolysate and Insulin secretion and blood sugar levels | Help promote healthy blood sugar levels/can lower postprandial blood sugar to normal levels/helps to regulate sugar peaks after a meal/helps improve blood glucose control/helps reduce plasma glucose levels/helps limit the post-prandial glucose rise/helps |
| 428 | Quercetin | Antioxidant properties | phytoconstituent's content in fruits and vegetables expressed in comparison with the daily needs and threshold for activity Up to 40 mg | authoritative body, textbook, reviews, clinical studies | See: Quercetin and Antioxidant properties | Quercetin containing foods contribute to keep your body healthy/antioxidant containing foods support of healthy ageing by maintaining intact cell DNA/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's |
| 429 | Red yeast rice (Monascus Purpureus / Ang-Khak) | Cholesterol | 200 mg red yeast rice (rice fermented by Monascus purpureus) assayed for Monacoline equivalent to 3 mg monacoline per day | monograph, individual studies, animal studies, tradition of use, review, letters | See: Red yeast rice and Cholesterol | Contributes to maintain a healthy cholesterol in the framework of a healthy balanced diet/supports healthy cholesterol |
| 430 | Rye grass pollen extract | Prostate health | Product-specific claim. 720mg water soluble extracts + 36mg fat soluble extracts per day | Cochrane review, Systematic review, Double-blind, placebo-controlled intervention trials and Open trials | See: Rye grass pollen extract and Prostate health | Contains standardised pollen extracts from the rye grass/these plant extracts have been available for over 30 years and taken by men who continue to lead an active and comfortable lifestyle |

Industrie aanbieding lijst art. 13 claims

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|-----|--|--|--|--|--|---|
| 431 | Silica / Silicious earth | Essential part of the connective tissues, skin and hair | Typical intake: 20-500 mg silicon per day | authoritative bodies, reviews, clinical studies, animal studies | See: Silica / Silicious earth and Essential part of the connective tissues, skin and hair | Plays an essential part in the connective tissue/helps maintain healthy hair, skin and nails/helps revitalise photo-damaged skin, hair and nails/helps strengthen skin, hair and nails/helps maintain healthy skin, joints and bone and strong hair and nails/t |
| 432 | Soy Isoflavones | Menopause | 35 to 100 mg of soy isoflavones per day | reviews, meta-analyses, human clinical trials, epidemiological studies | See: Soy Isoflavones and Menopause | Helps to maintain a calm and comfortable menopause/helps women coping with the telltale signs associated with menopause, such as hot flushes, sweating, restlessness and irritability |
| 433 | Soy Isoflavones | Bone health | 40 to 100 mg of soy isoflavones | human clinical trials, epidemiological studies, reviews, meta-analysis | See: Soy Isoflavones and Bone health | Maintenance of healthy bones/(natural)/support to bone health/contributes to the maintenance of normal bone strength in post-menopausal women |
| 434 | Standardised Potato Extract | Satiety/Weight management/Promotion of CCK release | Product-specific claim. 15-30 mg of proteinase inhibitors from the standardized potato extract ingredient, taken one hour before the meal, daily | critical reviews peer-reviewed articles, RCT / critical review on glycemic index/peerreviewed articles, CRT, unpublished CRT, unpublished open label human studies | See: Standardised Potato Extract and Satiety/Weight management/Promotion of CCK release | When taken before a meal, supports the body's natural satiety response/naturally supports feelings of fullness after a meal/helps manage appetite and hunger/promotes feelings of fullness and satiety/satiety aid/helps to feel full sooner/helps to stay full |
| 435 | Stearic acid | Lipid metabolism | Up to 5% daily energy intake as stearic acid | monographs, peer-reviewed publications, WHO technical report | See: Stearic acid and Lipid metabolism | Stearic acid helps to maintain a balanced blood cholesterol |
| 436 | Sterols/ stanols and their esters | Heart health and artery health because of LDL cholesterol lowering | See reference section | Authoritative body, scientific body, expert panel, metaanalysis | JHCl, FDA, SNF, Voedingscentrum, NCEP panel, AHA, IAS. See: Sterols/ stanols and their esters and Heart health and artery health because of LDL cholesterol lowering | Sterols/ stanols and their esters promote heart health/keep your arteries healthy/reduce blood cholesterol/reduce cholesterol absorption/reduce "bad" LDL cholesterol |
| 437 | Troxeutin | Vascular health | 60 mg/day | review, human study, animal study | See: Troxeutin and Vascular health | Contributes to the normal functioning of the veins (rectal, legs, etc) |

Industrie aanbieder lijst art. 13 claims

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| 438 | Zeaxanthin | Eye health and vision | 1-3 mg/day, if taken together with lutein. | individual human intervention studies (in combination with lutein), supported by epidemiological studies, in vitro experiments and animal studies. | See: Zeaxanthin and Eye health and vision | An optimal intake of zeaxanthin contributes to eye health/supports normal vision/absorbs blue light and scavenges reactive oxygen species in the eye (lens, retina) and, therefore, helps to maintain a healthy retina/stabilizes membranes and, therefore, con |
| BOTANICALS | | | | | | |
| | BOTANICALS | | See accompanying note on conditions of use for botanicals | | | |
| 439 | Achillea millefolium (Common Name : Yarrow) | Appetite | Herb, flower / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Achillea millefolium and Appetite | Contributes to appetite/helps to support digestion |
| 440 | Aesculus hippocastanum (Common Name : Horse-chestnut) | Vein health/ Blood circulation | Seed / The equivalent of 50mg (according ESCOP)-150 mg aescin per day | authoritative body, textbook, monographs, meta-analysis, review | See: Aesculus hippocastanum and Vein health/ Blood circulation | Helps maintain healthy blood circulation/promotes circulatory health//helps maintain healthy venous circulation in the legs |
| 441 | Agaricus blazei (Common Name : Agaricus blazei murill (ABM)) | Immune health | Pileus / The equivalent of 2 grams dried Agaricus Blazei Murill per day | individual studies | See: Agaricus blazei and Immune health | Helps the natural defences/contributes to a normal immune response/helps the body to resist biologic insults/support the immune system/supports the human complement system/is rich in beta-glucans that contributes to the immune activity |
| 442 | Agathosma betulina & crenulata (Common Name : Buchu) | Health of lower urinary tract | Leaf / The equivalent of 3 to 6 g of the leaves | monographs, peer-reviewed publications, traditional use | See: Agathosma betulina & crenulata and Health of lower urinary tract | Helps to maintain the health of the urinary system |
| 443 | Allium cepa (Common Name : Onion) | Lipid metabolism | Bulb, leaf / The equivalent of 0.5-1g per day | monographs/peer-reveiwed publications/tradition of use | See: Allium cepa and Lipid metabolism | Helps to maintain a healthy heart |
| 444 | Allium cepa (Common Name : Onion) | Glucose metabolism | Bulb, leaf / The equivalent of 0.5-1g per day | monographs/peer-reveiwed publications/tradition of use | See: Allium cepa and Glucose metabolism | Helps lower glucose levels |
| 445 | Allium cepa (Common Name : Onion) | Antioxidative properties | Bulb, leaf / The equivalent of 0.5-1g per day | monographs/peer-reveiwed publications/tradition of use | See: Allium cepa and Antioxidative properties | Specific antioxidant for smokers |
| 446 | Allium sativum (aged garlic) (Common Name : Aged garlic) | Antioxidant activity | Bulb, leaf / The equivalent of 50 mg per day | 14 references (not categorized) | See: Allium sativum (aged garlic) and Antioxidant activity | Helps increase the antioxidative capacity of the body |
| 447 | Allium sativum (aged garlic) (Common Name : Aged garlic) | Stress | Bulb, leaf / The equivalent of 10 mg per day | 15 references (not categorized) | See: Allium sativum (aged garlic) and Stress | Contributes to the resistance against stress |

Industrie aanbieding lijst art. 13 claims

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|-----|---|--------------------------------|---|---|--|---|
| 448 | Allium sativum (aged garlic) (Common Name : Aged garlic) | Liver health | Bulb, leaf / The equivalent of 1 g per day | 16 references (not categorized) | See: Allium sativum (aged garlic) and Liver health | Helps to maintain a healthy liver function |
| 449 | Allium sativum (aged garlic) (Common Name : Aged garlic) | Immune health | Bulb, leaf / The equivalent of 2 g per day | 16 references (not categorized) | See: Allium sativum (aged garlic) and Immune health | Contributes to normal immune function |
| 450 | Allium sativum (aged garlic) (Common Name : Aged garlic) | Heart Health | Bulb, leaf / The equivalent of 10 mg per day | 16 references (not categorized) | See: Allium sativum (aged garlic) and Heart Health | Maintenance of heart health/maintenance of normal cholesterol levels /maintenance of normal homocystein levels |
| 451 | Allium sativum (Common Name : Garlic) | Heart Health/ Blood lipids | Bulb, leaf / The equivalent of minimum 4 mg of alliin or 2-5 mg of allicin per day | authoritative body, monograph, human studies, meta-analysis | See: Allium sativum and Heart Health/ Blood lipids | Maintenance of heart health/maintenance of normal cholesterol levels/helps to maintain normal blood lipid levels/contributes to vascular health |
| 452 | Allium ursinum (Common Name : Bear's garlic) | Heart health / Vascular system | Bulb, leaf / 1-3g of bulb or leaves macerated in olive oil (1:1) | monographs, peer-reviewed publications, tradition of use | See: Allium ursinum and Heart health / Vascular system | Helps to maintain the healthy functioning of heart and blood vessels |
| 453 | Aloe vera, ferox, bardadensis, hybrids or vera or spicata (Common Name : Bitter aloe) | Gastrointestinal health | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 10-30 mg hydroxyanthracene derivates, calculated as barbaloin, per day | monograph and individual papers | See: Aloe vera, ferox, bardadensis, hybrids or vera or spicata and Gastrointestinal health | Support gastrointestinal health/helps to support the digestion/maintenance of the intestinal functions/contributes to physical well-being/helps to promote regularity/helps the function of the intestines/supports better bowel performance/contributes to bow |
| 454 | Aloe vera (Common Name : Bitter aloe) | Glucose metabolism | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 10-30 mg hydroxyanthracene derivates, calculated as barbaloin, per day | review, textbook | See: Aloe vera and Glucose metabolism | Help to maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose-insulin metabolism |
| 455 | Aloe vera (Common Name : Bitter aloe) | Immune health | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 10-30 mg hydroxyanthracene derivates, calculated as barbaloin, per day | review, textbook | See: Aloe vera and Immune health | Contributes to the natural defences against microorganism//contributes to physical wellbeing/maintenance of the normal immune system |

Industrie aanbieder lijst art. 13 claims

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|-----|---|---|---|--|--|---|
| 456 | Aloe vera (Common Name : Bitter aloe) | Skin health | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 10-30 mg hydroxyanthracene derivatives, calculated as barbaloin, per day | review, studies | See: Aloe vera and Skin health | Helps maintain healthy skin/ epithelial layer |
| 457 | Althea officinalis (Common Name : Marsh mallow) | Pharyngeal and respiratory health | Leaf, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.5 g root per day | monographs, textbooks | See: Althea officinalis and Pharyngeal and respiratory health | Soothing for throat/supportive and soothing in case of dry cough, tickle in the throat/mild and softening for the throat/helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being |
| 458 | Althea officinalis (Common Name : Marsh mallow) | Digestive health | Leaf, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.5 g root per day | textbook, monograph | See: Althea officinalis and Digestive health | Helps to support the digestion/maintains the function of intestinal tract/Stomach friendly |
| 459 | Angelica archangelica (Common Name : Angelica) | Appetite | Root / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph, review | See: Angelica archangelica and Appetite | Contributes to appetite/helps to support the digestion/helps to promote appetite in cases of loss of appetite |
| 460 | Angelica archangelica (Common Name : Angelica) | Digestive health | Root / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph, review | See: Angelica archangelica and Digestive health | Helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/contributes to physical well-being |
| 461 | Angelica sinensis (Common Name : Angelica) | Blood system | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3-15 g of dried root or 3-6 g of powdered root per day | monographs | See: Angelica sinensis and Blood system | Maintenance of normal blood circulation/good for (supports) normal blood flow/supports normal blood flow/supports oxygen transport/maintains oxygen transport by red blood cells |
| 462 | Arctostaphylos uva ursi (Common Name : Bearberry) | Bladder health/ Health of urinary tract | Leaf / The equivalent of 400-800 mg arbutin per day | monographs, textbooks and individual studies | See: Arctostaphylos uva ursi and Bladder health/ Health of urinary tract | Support of normal bladder function |
| 463 | Argania spinosa (Common Name : Argan) | Cardiovascular health | Oil / The equivalent of 25 ml of oil per day | Individual Studies | See: Argania spinosa and Cardiovascular health | Contributes to a healthy cholesterol level and healthy blood vessels |

Industrie aanbieding lijst art. 13 claims

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|-----|---|---|---|---|---|---|
| 464 | Aronia melanocarpa (Common Name : Chokeberry) | Vein health/Vascular health | Fruit / The equivalence of anthocyanins content of 9-15 g of fresh fruits per day (45 – 60 mg anthocyanins calculated as cyanidin-3-Ogalactoside per day) | peer-reviewed publications | See: Aronia melanocarpa and Vein health/Vascular health | Maintenance of blood vessel walls strenght |
| 465 | Aronia melanocarpa (Common Name : Chokeberry) | Antioxidant properties/source of anthocyanins and polyphenols with antioxidant activity | Fruit / The equivalence of anthocyanins content of 9-15 g of fresh fruits per day (45 – 60 mg anthocyanins calculated as cyanidin-3-Ogalactoside per day) | peer reviewed publications | See: Aronia melanocarpa and Antioxidant properties/source of anthocyanins and polyphenols with antioxidant activity | Natural source of beneficial bioactive compounds: polyphenols (anthocyanins, flavonols, tannins), with antioxidant activity |
| 466 | Artemisia absinthium (Common Name : Common wormwood) | Appetite | herb / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Artemisia absinthium and Appetite | Contributes to appetite/helps to support digestion |
| 467 | Artemisia absinthium (Common Name : Common wormwood) | Digestive health | herb / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Artemisia absinthium and Digestive health | Helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow |
| 468 | Aspalathus linearis (Common Name : Rooibos/Red bush) | Antioxidant properties | Leaf / Usual consumption as traditional foodstuff in a normal diet / The eauivalent of 2 g per consumption occasion | individual papers | See: Aspalathus linearis and Antioxidant properties | Has antioxidant properties/acts as free radical scavengers/Helps to protect the liver/contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/ antioxidants help protect your cells and tissues from oxidat |
| 469 | Aspalathus linearis (Common Name : Rooibos/Red bush) | Relaxation | Leaf / Usual consumption as traditional foodstuff in a normal diet | textbook, review, in vitro study | See: Aspalathus linearis and Relaxation | Contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being |
| 470 | Astragalus membranaceus (Common Name : Milk-vetch) | Immune health | Root / The equivalent of 0,6 g of herb per day | monographs, peer-reviewed publication, individual studies, tradition of use | See: Astragalus membranaceus and Immune health | Supports the natural defences |
| 471 | Avena sativa (Common Name : Green oat) | Heart Health | Fruit / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph, authoritative Body, human study, animal study | See: Avena sativa and Heart Health | Helps maintaining heart health/helps to support a conscious cardiovascular living |
| 472 | Avena sativa (Common Name : Green oat) | Weight control | Fruit / Usual consumption as traditional foodstuff in a normal diet | textbook, human study | See: Avena sativa and Weight control | Helps in weight control/contributes to fat metabolism, which in turn helps weight control/helps to reduce the appetite |

Industrie aanbieder lijst art. 13 claims

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|-----|---|--|---|--|---|---|
| 473 | Backhousia citriodora (Common Name : Lemon myrtle) | Immune health | Herb / Usual consumption as traditional foodstuff in a normal diet | In vitro study, human study | See: Backhousia citriodora and Immune health | Contributes to the resistance against health precarious microorganism/ contributes to physical well-being |
| 474 | Betula pendula (Common Name : Birch) | Health of lower urinary tract | Leaf, bark / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4-6 g per day | monograph, individual study | See: Betula pendula and Health of lower urinary tract | Supports the excretory function of the kidneys |
| 475 | | 0 | 0 | 0 | 0 | 0 |
| 476 | Boswellia serrata (Common Name : Frankincense) | Joint health | Resin / The equivalent of 300 to 450 mg boswellic acids per day | monographs, textbook, individual peer-reviewed studies, history of use | See: Boswellia serrata and Joint health | Helps to maintain joint health/supports joint flexibility |
| 477 | Brassicaceae (Cruciferae) (Common Name : Botanical family that include broccoli, couliflower, cabbage, Bruxelles sprouts etc.) | Antioxidant activity | Plant / Consumed as regular food. > 1/2 cup (serving) per day = 3-4 servings per week (see Ada position paper in the references list, p.816). | authoritative body, critical reviews, human study | See: Brassicaceae (Cruciferae) and Antioxidant activity | Are particularly rich of protective compounds that protect cells and DNA from oxidative damage/are particularly rich of compounds that help our body to eliminate toxic substances |
| 478 | Calendula officinalis (Common Name : Marigold) | Intestinal and liver health | Flower, herb / The equivalent of 1-4 g of herb as infusion | monographs from ESCOP, WHO, BP, European Ph., German E Commission, research articles | See: Calendula officinalis and Intestinal and liver health | Helps support normal liver function |
| 479 | Camelia sinensis (Common Name : Tea) | Protection of body tissues and cells from oxidative damage | Leaf / 300 ml of brewed tea (1.5 cups or a large mug). Sufficient serving of a tea drink to deliver 540 mg of tea solids | In vivo human studies | See: Camelia sinsensis (tea) and Protection from oxidative damage | Goodness of tea antioxidants/contains-source of antioxidants/tea consumption helps to reinforce the antioxidant defences of the body/antioxidants help to protect our body by reinforcing the body's natural defence against the harmful effects of free radica |
| 480 | Camelia sinensis (Common Name : Tea) | Physical and mental stimulation (hydration and caffeine) | 200ml (1 cup) of black tea (equivalent to 0.40.5g/serving tea solids) | In vivo Human clinical studies | See: Camelia sinsensis (tea) and Physical and mental performance | Tea helps refresh body and mind/Tea helps to revive you/Tea helps keeping you alert |
| 481 | Camelia sinensis (Common Name : Tea) | Oral health | 200ml (1 cup) of tea (equivalent to 0.40.5g/serving tea solids) - no added sugar | Individual studies | See: Camelia sinsensis (tea) and Oral health | Tea helps reduce plaque in your mouth/Tea helps reduce acid production by plaque bacteria/Tea contains fluoride and tannins that help protect teeth |

Industrie aanbieder lijst art. 13 claims

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|-----|--|--|---|---|--|--|
| 482 | Camelia sinensis (Common Name : Tea) | Heart health | 720 ml of brewed tea/ day with or without milk. Sufficient serving of a tea drink to deliver 1.5-2.0g equivalent amount of tea solids. | Systematic Reviews Clinical Studies Epidemiological studies | See: Camelia sinensis (tea) and Heart health | Regular tea drinking is associated with better heart health maintenance |
| 483 | Camelia sinensis (Common Name : Tea) | Weight management/metabolism of lipids | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of minimum 150 mg caffeine, 115-270 mg EGCG, and 375 mg Catechins / The equivalent of 240 mg of polyphenols per day | authoritative body, monograph, human studies, review | See: Camelia sinensis (tea) and Weight management/metabolism of lipids | Helps with weight control/helps with reduction of body weight/stimulates the lipid degradation/supports lipid metabolism/support of metabolism and fat oxidation/helps to enhance metabolism/contributes to fat oxidation/helps in weight control/contributes to |
| 484 | Camelia sinensis (Common Name : Tea) | Glucose metabolism | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1-3 cups per day delivering 360-1080 mg tea solids | | See: Camelia sinensis (tea) and Glucose metabolism | Help to maintain a normal blood glucose level as part of a healthy lifestyle |
| 485 | Camelia sinensis (Common Name : Tea) | Immune health | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 200 ml tea or minimum 240 mg of polyphenols per day | | See: Camelia sinensis (tea) and Immune health | Contributes to the resistance against health precarious microorganism |
| 486 | Camelia sinensis (Common Name : Tea) | Bone health | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1-3 cups per day delivering 360-1080 mg tea solids | individual studies, review | See: Camelia sinensis (tea) and Bone health | Maintenance of healthy bones/ can help to strengthen the bones |
| 487 | Camelia sinensis (Common Name : Tea) | Skin health | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1-3 cups of tea per day delivering 360-1080 mg tea solids | individual studies, review | See: Camelia sinensis (tea) and Skin health | Helps protect the skin from UV-induced oxidative damage/helps protect against UV-induced erythema/contributes to healthy ageing by maintaining intact cell DNA |
| 488 | Capsicum annum (Common Name : Cayenne pepper) | Weight management | Fruit / The equivalent to 90-360 mg per day | monographs, clinical studies, individual articles | See: Capsicum annum and Weight management | Contributes to weight reduction/support in weight loss programs |

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|-----|---|----------------------|---|--|---|--|
| 489 | Capsicum annuum (Common Name : Capsicum) | Stomach health | Fruit / The equivalent to 90-360 mg per day | clinical trials, individual articles books of reviews, review articles. | See: Capsicum annuum and Stomach health | Helps to protect the stomach in case of intake of irritating substances |
| 490 | Carica papaya (Common Name : Papaya) | Antioxidant activity | Fruit / The equivalent of 1500 mg papain per day | monographs, peer-reviewed publications | See: Carica papaya and Antioxidant activity | Antioxidant activity/Contributes to the protection against oxidative damage |
| 491 | Carum carvi (Common Name : Caraway) | Digestive health | Fruit / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1,5 g caraway fruit per day | monographs and textbooks | See: Carum carvi and Digestive health | supports digestion and digestive functions/stimulates digestion/relieves fullness and windy feelings?contributes to the normal function of intestinal tract/helps support the digestive juice flow |
| 492 | Carum carvi (Common Name : Caraway) | Immune health | Fruit / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1,5 g caraway fruit per day | Textbook | See: Carum carvi and Immune health | Contributes to the resistance against health precarious microorganism/ contributes to physical well-being |
| 493 | Carum carvi (Common Name : Caraway) | Lactation | Fruit / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1,5 g caraway fruit per day | Textbook | See: Carum carvi and Lactation | Supports lactating in breastfeeding women |
| 494 | Cassia senna (cassia angustifolia) (Common Name : Senna) | Intestinal health | Leaf, fruit / The equivalent to 18 mg hydroxyanthracene derivatives, calculated as sennoside B | monographs from ESCOP, WHO, BP, Eur. Ph., German E commission monograph, research articles | See: Cassia senna (cassia angustifolia) and Intestinal health | Natural stool/ helps to maintain optimum digestive comfort/Helps to maintain bowel function/maintains a regular bowel function/supports bowel transit |
| 495 | Centella asiatica (Common Name : Gotu Kola, Asiatic pennywort, Antanan Pegaga) | Vein health | Leaf / 2.5 to 7.0 g per day of dried herb | monographs, textbook, individual peer-reviewed studies | See: Centella asiatica and Vein health | Helps maintain venous circulation/supports peripheral circulation/tired legs/light legs |
| 496 | Cetraria islandica (Common Name : Iceland moss) | Digestive health | Whole plant / Usual consumption as traditional foodstuff in a normal diet | Textbook, monograph | See: Cetraria islandica and Digestive health | Helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow |
| 497 | Cichorium intybus (Common Name : Chicory) | Intestinal health | 600-1000 g per day. | monograph, 5 critical reviews, textbook | See: Cichorium intybus and Intestinal health | Supports digestion/Contributes to the stimulation of the production of the digestif body fluids and of the gastrointestinal movement |
| 498 | Cichorium intybus (Common Name : Chicory) | Liver health | 140 mg per day. | textbook, individual study | See: Cichorium intybus and Liver health | Liver protection |

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|-----|---|---------------------------|---|--|---|--|
| 499 | Cimicifuga racemosa (Actea racemosa) (Common Name : Black Cohosh) | Menopause | Root / The equivalent of 40-140 mg root | authoritative bodies, textbooks, monographs, human studies, in vitro studies | See: Cimicifuga racemosa (Actea racemosa) and Menopause | Helps to maintain a calm and comfortable menopause/helps women coping with the telltale signs associated with menopause, such as hot flushes, sweating, restlessness and irritability |
| 500 | Cinchona pubescens (Common Name : Cinchona / Peruvian bark) | Appetite/Digestive health | Bark / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.6 mg total alkaloids per day | monograph, textbook | See: Cinchona pubescens and Appetite / Digestive health | Contributes to appetite/helps to promote appetite in cases of loss of appetite/ helps to support digestion/helps maintain digestive comfort. |
| 501 | Cinnamomum cassia, zeylanicum (Common Name : Cinnamon) | Glucose metabolism | Bark / Usual consumption as traditional foodstuff in a normal diet / 1 g of cinnamon powder per day | human interventions studies, supporting study (in vitro) | See: Cinnamomum cassia, zeylanicum and Glucose metabolism | Helps to maintenance of a healthy blood sugar level/helps to maintain a normal blood glucose level as part of a healthy lifestyle/ contributes to normal glucose and insulin metabolism |
| 502 | Cinnamomum spp. (Common Name : Cinnamom) | Appetite | Bark / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Cinnamomum spp. and Appetite | Contributes to appetite/helps to support digestion |
| 503 | Cinnamomum spp. (Common Name : Cinnamom) | Digestive health | Bark / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Cinnamomum spp. and Digestive health | Helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/contributes to physical well-being |
| 504 | Cinnamomum spp. (Common Name : Cinnamom) | Immune health | Bark / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Cinnamomum spp. and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 505 | Cistus incanus (Common Name : Hairy rockrose) | Antioxidant activity | Herb / 4-6 g herb (infusion) | peer-reviewed publication, textbook, tradition of use | See: Cistus incanus and Antioxidant activity | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/ antioxidants help protect your cells and tissues from oxidative damage/ antioxidants contribute to the total antioxidant capacity of the body and |

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|-----|--|---|--|---|---|---|
| 506 | Citrus aurantium (Common Name : Bitter orange) | Metabolism of lipids/Weight management | Flower, fruit, leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 15 mg synephrine per day | individual peer-reviewed studies | See: Citrus aurantium and Metabolism of lipids/Weight management | Contributes to weight management?helps to maintain healthy fat tissue/supports the metabolism of lipids and carbohydrates/favours lipid degradation |
| 507 | Citrus aurantium (Common Name : Bitter orange) | Appetite | Peel / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Citrus aurantium and Appetite | Contributes to appetite/helps to support digestion |
| 508 | Citrus aurantium (Common Name : Bitter orange) | Maintenance and promotion of relaxation | Flower / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Citrus aurantium and Maintenance and promotion of relaxation | Contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being/ contributes to a normal helps to maintain a healthy sleep |
| 509 | Citrus limon (Common Name : Lemon) | Digestive health | Peel / Usual consumption as traditional foodstuff in a normal diet | Textbook | See: Citrus limon and Digestive health | helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow |
| 510 | Citrus paradisi (Common Name : Grapefruit) | Antioxidant properties | Fruit / The equivalent of 250 ml of fresh grapefruit juice | authoritative body statements, monographs, textbooks, reviews, individual studies | See: Citrus paradisi and Antioxidant properties | Antioxidative properties/supports the body organs and tissues in case of oxidative damage |
| 511 | Citrus paradise (Common Name : Grapefruit) | Antibacterial and antifungal activities | Fruit / The equivalent of 250 ml of fresh grapefruit juice | authoritative body statements, monographs, textbooks, reviews, individual studies | See: Citrus paradise and Antibacterial and antifungal activities | Flavonoids contained within the Grapefruit contribute to the microbial balance in the body organs and tissues |
| 512 | Cola acuminata/nitida (vera) (Common Name : Cola nut) | Invigoration of the body | Fruit / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Cola acuminata/nitida (vera) and Invigoration of the body | helps to strengthen the body/contributes to physical wellbeing/supports energetic alertness |
| 513 | Commiphora mukul (Common Name : Guggulu) | Cholesterol | Resin / The equivalent of 1500-3000 mg of guggullipid (standardized to 2.5% guggulsterones) | research articles, critical review | See: Commiphora mukul and Cholesterol | Helps to maintain a normal serumlipid levels |
| 514 | Coriandrum sativum (Common Name : Coriander) | Appetite | Fruit / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Coriandrum sativum and Appetite | Contributes to appetite/helps to support digestion |
| 515 | Coriandrum sativum (Common Name : Coriander) | Digestive health | Fruit / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Coriandrum sativum and Digestive health | Helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/contributes to physical well-being |

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|-----|--|---------------------------------|---|--|---|--|
| 516 | Coriandrum sativum (Common Name : Coriander) | Immune health | Fruit / Usual consumption as traditional foodstuff in a normal diet | textbook, in vitro study | See: Coriandrum sativum and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 517 | Coriandrum sativum (Common Name : Coriander) | Heart Health | Fruit / Usual consumption as traditional foodstuff in a normal diet | review | See: Coriandrum sativum and Heart Health | Contributes to vascular health, which in turn helps to maintain a healthy heart/helps maintaining heart health |
| 518 | Crataegus laevigata/ oxyacantha (Common Name : Crataegus) | Heart Health | Leaf, fruit / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph,, review, in vitro/ vivo study | See: Crataegus laevigata/ oxyacantha and Heart Health | Helps maintaining heart health/helps to support a conscious cardiovascular living |
| 519 | Crataegus laevigata/ oxyacantha (Common Name : Crataegus) | Antioxidant properties | Leaf, fruit / Usual consumption as traditional foodstuff in a normal diet | textbook, review, in vitro study, human study | See: Crataegus laevigata/ oxyacantha and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/ antioxidants help protect your cells and tissues from oxidative damage/ antioxidants contribute to the total antioxidant capacity of the body and m |
| 520 | Crataegus laevigata/ oxyacantha (Common Name : Crataegus) | Immune health | Leaf, fruit / Usual consumption as traditional foodstuff in a normal diet | textbook, review, in vitro study, human study | See: Crataegus laevigata/ oxyacantha and Immune health | Support of the body's defence/contributes to the resistance against health precarious microorganism/supports the immune system |
| 521 | Crataegus monogyna (Common Name : Hawthorn) | Heart health / Vascular system | Leaf, flower / The equivalent of 2 g flowers and leaves per day / The equivalent of 2.6 mg flavonoids and 22.5 mg oligomeric procyanidins per day | Monographs Textbooks | See: Crataegus monogyna and Heart health / Vascular system | Supports circulation, relaxing, calming/ to be used in case of nervous tension |
| 522 | Cucurbita pepo (Common Name : Pumpkin) | Health of lower urinary tract | Seed / The Equivalent of 190-600 ml oil or 30-60 g ground seeds per day | monographs/ textbooks/ research articles/tradition of use | See: Cucurbita pepo and Health of lower urinary tract | Maintenance of good bladder function and urinary flow/good for normal prostate function |
| 523 | Curcuma longa (Common Name : Turmeric, kunyit, curcumin) | Intestinal and digestive health | Root / The equivalent of 1.5-3 g of turmeric root per day | scientific bodies (ESCOP, German Commission E at the BfArM, German Commission E, WHO monograph) and literature, reviews, human studies, authoritative bodies, textbook, monographs, tradition of use | See: Curcuma longa and Intestinal and digestive health | Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to normal cholerisis |

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| 524 | Curcuma longa/domestica (Common Name : Turmeric, kunyit, curcumin) | Antioxidant properties | Root, leaf / Usual consumption as traditional foodstuff in a normal diet | textbook, review | See: Curcuma longa/domestica and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and m |
| 525 | Curcuma longa/domestica (Common Name : Turmeric, kunyit, curcumin) | Immune health | Root, leaf / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Curcuma longa/domestica and Immune health | Support of the body's defence/contributes to the resistance against health precarious microorganism/supports the immune system |
| 526 | Curcuma xanthorrhiza (Common Name : Javanese turmeric) | Intestinal and digestive health | Rhizome / The equivalent to 1.7 g rhizome per day | monograph, textbook | See: Curcuma xanthorrhiza and Intestinal and digestive health | Helps to support the digestion/contributes to the normal function of intestinal tract/helps maintain digestive comfort. |
| 527 | Cymbopogon citratus (Common Name : Lemongrass) | Digestive health | Leaf / Usual consumption as traditional foodstuff in a normal diet | textbook, animal study | See: Cymbopogon citratus and Digestive health | Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to physical wellbeing//helps to maintain gastric and intestine to a harmonic balance |
| 528 | Cymbopogon citratus (Common Name : Lemongrass) | Immune health | Leaf / Usual consumption as traditional foodstuff in a normal diet | textbook, in vitro study | See: Cymbopogon citratus and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 529 | Cymbopogon citratus (Common Name : Lemongrass) | Antioxidant properties | Leaf / Usual consumption as traditional foodstuff in a normal diet | textbook, animal study, in vitro study | See: Cymbopogon citratus and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and m |

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|-----|--|-----------------------------|---|---|---|---|
| 530 | Cymbopogon citratus (Common Name : Lemongrass) | Heart Health | Leaf / Usual consumption as traditional foodstuff in a normal diet | textbook, animal study | See: Cymbopogon citratus and Heart Health | Helps maintaining heart health/helps to support a conscious cardiovascular living/contributes to the maintenance of a normal blood pressure |
| 531 | Cynara scolymus (Common Name : Artichoke) | Intestinal and liver health | Leaf, flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g dried artichoke leaf per day | authoritative body, monograph/human study/review | See: Cynara scolymus and Intestinal and liver health | Helps to support digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/maintains a healthy liver/support of detoxication/contributes to intestinal comfort |
| 532 | Cynara scolymus (Common Name : Artichoke) | Antioxidant properties | Leaf, flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g dried artichoke leaf per day | review | See: Cynara scolymus and Antioxidant properties | contains naturally occurring antioxidants; antioxidants can protect you from radicals which cause cell damage; antioxidants can protect your cells and tissues from oxidative damage; antioxidants contribute to the total antioxidant capacity of the body and |
| 533 | Cynara scolymus (Common Name : Artichoke) | Heart Health/ Blood lipids | Leaf, flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g dried artichoke leaf per day | authoritative body, monographs, textbooks | See: Cynara scolymus and Heart Health/ Blood lipids | Contributes to normal blood lipid levels/helps to maintain a healthy heart/Contributes to vascular health |
| 534 | Dioscorea villosa (Common Name : Wild Yam) | Menopause | Root / The equivalent of 2 g root or 12 mg of diosgenin per day | monograph from NIH, review, human study, animal study, in vitro study | See: Dioscorea villosa and Menopause | Helps to maintain a calm and comfortable menopause/helps women coping with the telltale signs associated with menopause, such as hot flushes, sweating, restlessness and irritability |
| 535 | Echinacea angustifolia/pallida (Common Name : Echinacea, pale coneflower) | Immune health | Flower, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of min. 1.5 g dried root | monographs from scientific experts (ESCOP, German Commission E, Cochrane review, WHO) | See: Echinacea angustifolia/pallida and Immune health | Support of the body's defence/contributes to the /supports the immune system |

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|-----|---|---|--|---|---|--|
| 536 | Echinacea angustifolia (Common Name : Echinacea, pale coneflower) | Health of the upper respiratory tract | Flower, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 900 mg root per day | monographs from ESCOP and WHO, NIH, Expanded commission E | See: Echinacea angustifolia and Health of the upper respiratory tract | Contributes to the resistance of the organism/supports the natural defence mechanism, especially at the level of the upper respiratory tract |
| 537 | Echinacea Purpurea (Common Name : Purple coneflower) | Health of the upper respiratory tract / Immune health | Flower, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1,5 g herb per day | monographs | See: Echinacea Purpurea and Health of the upper respiratory tract / Immune health | Supports the natural defense of the body/supportive during common cold and infections/increases the resistance of the organism |
| 538 | Elettaria cardamomum (Common Name : Cardamom) | Appetite and digestive health | Seed / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Elettaria cardamomum and Appetite and digestive health | Contributes to appetite/helps to support digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow |
| 539 | Elettaria cardamomum (Common Name : Cardamom) | Immune health | Seed / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Elettaria cardamomum and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical wellbeing/contributes to the natural defences of the body/supports the natural resistance |
| 540 | Eleutherococcus senticosus = Acanthopanax senticosus (Common Name : Siberian ginseng) | Physical and mental health/Recovery | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.3-2 g root per day | monographs from WHO and ESCOP, textbooks, Herbmed data base, literature | See: Eleutherococcus senticosus = Acanthopanax senticosus and Physical and mental health/Recovery | Tonic for the support of mental and physical capacities in cases of weakness, exhaustion and tiredness, and during convalescence/supports, helps in case of, in the event of recovery, rehabilitation/contributes to more mental and physical energy |
| 541 | Eleutherococcus senticosus = Acanthopanax senticosus (Common Name : Taigaroot, Siberian ginseng) | Invigoration of the body | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.3-2 g root per day | review article, monographs, human studies | See: Eleutherococcus senticosus = Acanthopanax senticosus and Invigoration of the body | helps to strengthen the body/contributes to physical wellbeing/supports energetic alertness/makes you feel more energetic |
| 542 | Eleutherococcus senticosus = Acanthopanax senticosus (Common Name : Taigaroot, Siberian ginseng) | Cognitive and mental performance | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.3-2 g root per day | textbook, monograph | See: Eleutherococcus senticosus = Acanthopanax senticosus and Cognitive and mental performance | Contributes to normal blood circulation, which is associated with brain performance and reactivity/contributes to optimal mental and cognitive activity |

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|-----|--|-------------------------------|---|---|---|---|
| 543 | Eleutherococcus senticosus = Acanthopanax senticosus (Common Name : Taigaroot, Siberian ginseng) | Immune health | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.3-2 g root per day | textbook | See: Eleutherococcus senticosus = Acanthopanax senticosus and Immune health | Support of the body's defence/contributes to the /supports the immune system |
| 544 | Epilobium parviflorum/angustifolium (Chamaenerion angustifolium) (Common Name : Willow herb) | Health of lower urinary tract | Leaf, root / The equivalence of 1,5 g herb per day | monograph and literature | See: Epilobium parviflorum/angustifolium (Chamaenerion angustifolium) and Health of lower urinary tract | Willow herb contributes to the functioning of the urinary tract, especially in men from the age of 45 |
| 545 | Equisetum arvense (Common Name : Horsetail) | Kidneys health | Aerial parts / Usual consumption as traditional foodstuff in a normal diet | monograph, tradition of use, studies | See: Equisetum arvense and Kidneys health | Supports the excretory function of the kidneys |
| 546 | Equisetum arvense (Common Name : Horsetail) | Remineralizing | Leaf / Usual consumption as traditional foodstuff in a normal diet | Textbook, monograph | See: Equisetum arvense and Remineralizing | May help to remineralize the body/ the silica in horsetail helps maintain hair, nails and skin in optimum condition |
| 547 | Erythroxylon catuaba (Common Name : Catuaba) | Invigoration of the body | Bark / Usual consumption as traditional foodstuff in a normal diet | encyclopedia, review | See: Erythroxylon catuaba and Invigoration of the body | helps to strengthen the body/contributes to physical wellbeing/supports energetic alertness |
| 548 | Erythroxylon catuaba (Common Name : Catuaba) | Immune health | Bark / Usual consumption as traditional foodstuff in a normal diet | animal study | See: Erythroxylon catuaba and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 549 | Eschscholtzia californica (Common Name : Californian poppy) | Mental health/Relaxation | Aerial parts / 25-250 mg of dried plant | authoritative body, textbook, scientific literature, peer-reviewed articles | See: Eschscholtzia californica and Mental health/Relaxation | Helps you cope calmly with the stress of a busy lifestyle/contributes to optimal relaxation/helps to support the relaxation and mental and physical wellbeing/improves the quality of natural sleep |
| 550 | Eucalyptus globulus (Common Name : Eucalyptus) | Respiratory health | Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.3-0.6 ml of oil per day / The equivalent of 4 g leaf per day | textbook, monograph | See: Eucalyptus globulus and Respiratory health | helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being/for an appropriate and easy respiration/contributes to normal functioning of the bronchial tubes/lungs |

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|-----|--|-------------------------------|--|--|--|--|
| 551 | Eucalyptus globulus (Common Name : Eucalyptus) | Glucose metabolism | Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.3-0.6 ml of oil per day | textbook, animal study | See: Eucalyptus globulus and Glucose metabolism | Help to maintain a normal blood glucose level as part of a healthy lifestyle/ Contributes to normal glucose-insulin metabolism |
| 552 | Fagopyrum esculentum (Common Name : Buckwheat) | Heart Health | Herb / Usual consumption as traditional foodstuff in a normal diet | textbook, human study, review | See: Fagopyrum esculentum and Heart Health | Contributes to vascular health, which in turn helps to maintain a healthy heart/helps maintaining heart health/contributes to blood vessels health |
| 553 | Filipendula ulmaria (Spiraea ulmaria) (Common Name : Meadowsweet) | Health of lower urinary tract | Flowering tops / The equivalent of 2g of herb per day | textbook/monographs | See: Filipendula ulmaria (Spiraea ulmaria) and Health of lower urinary tract | Supports the excretory function of the kidneys |
| 554 | Filipendula ulmaria (Spiraea ulmaria) (Common Name : meadowsweet) | Respiratory health | Flowering tops / The equivalent of 2g of herb per day | monographs , textbook | See: Filipendula ulmaria (Spiraea ulmaria) and Respiratory health | helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being |
| 555 | Foeniculum vulgare (Common Name : Fennel) | Gastro-intestinal health | Fruit / Usual consumption as traditional foodstuff in a normal diet | evidence accepted by scientific bodies or independent expert bodies (ESCOP) Notice of admission of the BfArM | See: Foeniculum vulgare and Gastro-intestinal health | Helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/contributes to physical well-being |
| 556 | Foeniculum vulgare (Common Name : Fennel) | Respiratory health | Fruit / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Foeniculum vulgare and Respiratory health | helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being |
| 557 | Foeniculum vulgare (Common Name : Fennel) | Lactation | Fruit / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Foeniculum vulgare and Lactation | Supports lactating in breastfeeding women |
| 558 | Fragaria ananassa (Common Name : Strawberry) | Immune health | Herb / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Fragaria ananassa and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 559 | Fragaria vesca (Common Name : Wood strawberry) | Immune health | Herb / Usual consumption as traditional foodstuff in a normal diet | textbook, in vitro study | See: Fragaria vesca and Immune health | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/ antioxidants help protect your cells and tissues from oxidative damage/ antioxidants contribute to the total antioxidant capacity of the body and m |

Industrie aanbieder lijst art. 13 claims

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|-----|---|------------------------------------|---|--|--|---|
| 560 | Fragaria vesca (Common Name : Wood strawberry) | Digestive health | Herb / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Fragaria vesca and Digestive health | Leaves contain tannins which contribute to normal stools, which in turn help maintain physical and mental wellbeing |
| 561 | Fragaria vesca (Common Name : Wood strawberry) | Heart Health | Herb / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Fragaria vesca and Heart Health | Helps maintaining heart health/helps to support a conscious cardiovascular living/ contributes to blood purification |
| 562 | Fragaria virginiana (Common Name : Strawberry) | Antioxidant properties | Herb / Usual consumption as traditional foodstuff in a normal diet | review | See: Fragaria virginiana and Antioxidant properties | Contains naturally occurring antioxidants/ antioxidants help protect you from radicals which cause cell damage/ antioxidants help protect your cells and tissues from oxidative damage/ antioxidants contribute to the total antioxidant capacity of the body and m |
| 563 | Fumaria officinalis (Common Name : Fumitory) | Liver health | Aerial parts / The equivalent of 6 g of herb | scientific data from textbooks and a critical review article | See: Fumaria officinalis and Liver health | Contributes to the maintenance of a healthy liver |
| 564 | Galeopsis segetum (Common Name : Hemp-nettle) | Respiratory health | Herb / The equivalent of 6 g rhizome per day | monograph | See: Galeopsis segetum and Respiratory health | Respiratory comfort/helps to soften coughs, sore throats in a natural way/helps maintain respiratory health |
| 565 | Gentiana lutea (Common Name : Gentian) | Appetite / Gastrointestinal health | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0,3 g root per day | monograph, 8 critical reviews, textbook | See: Gentiana lutea and Appetite / Gastrointestinal health | Contributes to appetite/for a better feeling after an abundant meal/ supports digestion/maintains the function of intestinal tract |
| 566 | Gentiana lutea (Common Name : Gentian) | Invigoration of the body | Root / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Gentiana lutea and Invigoration of the body | helps to strengthen the body/helps you feel more energetic |
| 567 | Gentiana lutea (Common Name : Gentian) | Antioxidant properties | Root / Usual consumption as traditional foodstuff in a normal diet | textbook, in vitro study | See: Gentiana lutea and Antioxidant properties | Contains naturally occurring antioxidants/ antioxidants help protect you from radicals which cause cell damage/ antioxidants help protect your cells and tissues from oxidative damage/ antioxidants contribute to the total antioxidant capacity of the body and m |

Industrie aanbieding lijst art. 13 claims

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|-----|---|--|--|---|---|--|
| 568 | Ginkgo Biloba (Common Name : Ginkgo) | Cognitive function/blood system microcirculation | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4.2-16.1 g crude leaf | authoritative bodies, textbooks, monographs, systematic reviews, metaanalysis | See: Ginkgo Biloba and Cognitive function/blood system microcirculation | Helps the maintenance of good cognitive function/helps to maintain memory with age decline and to preserve cognitive function/helps the peripheral blood micro circulation/contributes to normal blood circulation, which is associated with brain performance |
| 569 | Ginkgo biloba (Common Name : Ginkgo) | Antioxidant properties | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4.2-16.1 g crude leaf | monograph, review | See: Ginkgo biloba and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/ antioxidants help protect your cells and tissues from oxidative damage/ antioxidants contribute to the total antioxidant capacity of the body and m |
| 570 | Glycyrrhiza glabra (Common Name : Liquorice) | Respiratory health | Root / Usual consumption as traditional foodstuff in a normal diet. | textbook, monograph, review | See: Glycyrrhiza glabra and Respiratory health | Helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being |
| 571 | Glycyrrhiza glabra (Common Name : Liquorice) | Antioxidant properties | Root / Usual consumption as traditional foodstuff in a normal diet. | textbook, review, in vitro study | See: Glycyrrhiza glabra and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/ antioxidants help protect your cells and tissues from oxidative damage/ antioxidants contribute to the total antioxidant capacity of the body and m |
| 572 | Glycyrrhiza glabra (Common Name : Liquorice) | Immune health | Root / Usual consumption as traditional foodstuff in a normal diet. | textbook | See: Glycyrrhiza glabra and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 573 | Glycyrrhiza glabra (Common Name : Liquorice) | Digestive health | Root / Usual consumption as traditional foodstuff in a normal diet. | textbook | See: Glycyrrhiza glabra and Digestive health | Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to physical wellbeing/helps to maintain gastric and intestine to a harmonic balance |

Industrie aanbieding lijst art. 13 claims

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|-----|---|---|--|--|--|--|
| 574 | Griffola fondosa (Common Name : Maitake) | Immune health | Mushroom / 0.5 to 1 mg per kg of body weight (35-70 mg) per day | monographs/per-reviewed publications/tradition of use | See: Griffola fondosa and Immune health | Contributes to the natural defences/support of natural resistance |
| 575 | Gymnema Sylvestre (Common Name :) | Weight management/Glucose metabolism/Lipid metabolism | Leaf / The equivalent of 6-60g of dried leaf by infusion or min. 277 mg of gymnemic acid per day | textbook, critical reviews, monography, human study, animal study, in vitro study | See: Gymnema Sylvestre and Weight management/Glucose metabolism/Lipid metabolism | helps in weight control programs by reducing appetite and calorie intake/supports normal glucose level in blood/helps maintain a healthy level of appetite |
| 576 | Gynostemma pentaphyllum (Common Name : Jiaogulan) | Antioxidant properties | Leaf / 6-60g of dried leaf per day (infusion) | peer-reviewed publication, tradition of use | See: Gynostemma pentaphyllum and Antioxidant properties | Can scavenge the activity of oxygen free radicals/protects the body from oxidative injury |
| 577 | Hamamelis virginiana (Common Name : Witch hazel) | Vein health | Bark, leaf / The equivalent of 6 g of leaf or bark per day | monograph WHO, textbooks, herbmed database | See: Hamamelis virginiana and Vein health | Contributes to circulation in the legs/tired legs/light legs/for the preservation of a strong vascular wall/favourable influence on the blood circulation |
| 578 | Harpagophytum procumbens (Common Name : Devil's Claw - root) | Joint health | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1-4.5 g of dried root or 50-100 mg of harpagoside per day | authoritative body, monographs, textbook, clinical trials, in vitro study, animal study" | See: Harpagophytum procumbens and Joint health | Helps strengthen the body's locomotor system/helps maintain joint health/helps to maintain flexible joints and tendons/helps maintain good mobility |
| 579 | Hibiscus sabdariffa (Common Name : Hibiscus) | Heart Health | Flower / Usual consumption as traditional foodstuff in a normal diet | animal study, in vitro study, textbook | See: Hibiscus sabdariffa and Heart Health | Helps maintaining heart health/helps to support a conscious cardiovascular living/contributes to the maintenance of a normal blood pressure |
| 580 | Hibiscus sabdariffa (Common Name : Hibiscus) | Appetite | Flower / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Hibiscus sabdariffa and Appetite | Contributes to appetite/helps to support digestion |
| 581 | Hippophae rhamnoides (Common Name : Seabuckthorn) | Natural defences / immune system | Seed / The equivalent of 6 g of herb per day or 360 mg of omega 7 fatty acids | human study, animal study, review | See: Hippophae rhamnoides and Natural defences / immune system | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 582 | Hippophae rhamnoides (Common Name : Seabuckthorn) | Skin health | Seed / The equivalent of 6 g of herb per day or 360 mg of omega 7 fatty acids | Human study PCDB | See: Hippophae rhamnoides and Skin health | Help in case of dry and inflamed skin/contributes to the mucosal function in dry eye, vagina and mouth/helps maintain healthy skin from within |

Industrie aanbieding lijst art. 13 claims

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|-----|---|------------------------|--|---|---|--|
| 583 | Humulus lupulus (Common Name : Hops) | Relaxation | Grains (Lupuli flos/glandula) / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Humulus lupulus and Relaxation | Contributes to optimal relaxation/helps relaxation and mental and physical well-being/contributes to a healthy sleep |
| 584 | Humulus lupulus (Common Name : Hops) | Antioxidant properties | Grains (Lupuli flos/glandula) / Usual consumption as traditional foodstuff in a normal diet | textbook, review, in vitro study | See: Humulus lupulus and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and m |
| 585 | Humulus lupulus (Common Name : Hops) | Digestive health | Grains (Lupuli flos/glandula) / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Humulus lupulus and Digestive health | helps to support the digestion; contributes to the function of intestinal tract |
| 586 | Humulus lupulus (Common Name : Hops) | Menopause | Flower / The equivalent of 100-250 µg of 8prenylaringenin / Target group: Women during menopause | authoritative bodies and monographs | See: Humulus lupulus and Menopause | Helps to maintain a calm and comfortable menopause/helps women coping with the telltale signs associated with menopause, such as hot flushes, sweating, restlessness and irritability |
| 587 | Humulus lupulus (Common Name : Hops) | Cholesterol | Grains (Lupuli flos/glandula) / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Humulus lupulus and Cholesterol | Contributes to a normal cholesterol |
| 588 | Humulus lupulus (Common Name : Hops) | Immune health | Grains (Lupuli flos/glandula) / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Humulus lupulus and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 589 | Hydrastis canadensis (Common Name : Golden seal) | Immune health | Root / The equivalent of 1500-3000mg of root | monographs, publications tradition of use | See: Hydrastis canadensis and Immune health | Helps against bacteria/contributes to the resistance against health precarious microorganism |
| 590 | Hypericum perforatum (Common Name : St. John's Wort) | Mental health | Herb, Flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0,21 mg hypericine or 0,3-2 g of herb | authoritative body, monograph, review, textbook, meta-analysis, human study | See: Hypericum perforatum and Mental health | Contributes to emotional balance and general wellbeing/contributes to optimal relaxation/helps to support the relaxation and mental and physical wellbeing/helps to maintain a healthy sleep/helps maintain a positive mood |

Industrie aanbieding lijst art. 13 claims

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|-----|---|--|--|---|---|---|
| 591 | Ilex paraguariensis (Common Name : Yerba mate) | Weight management/Metabolism of lipids | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3 g leaves as tea or min. 80 mg of caffeine per day | monograph, human study, review, tekstbook, in vitro study | See: Ilex paraguariensis and Weight management/Metabolism of lipids | Contributes to body weight management/contributes to lipid degradation/helps maintain a healthy body weight |
| 592 | Ilex paraguariensis (Common Name : Yerba mate) | Invigoration of the body | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3 g leaves as tea per day | human studies, textbook, monograph | See: Ilex paraguariensis and Invigoration of the body | helps to strengthen the body/helps you feel more energetic/has stimulating and tonic properties that contribute to the resistance against mental and physical fatigue |
| 593 | Illicium verum (Common Name : Star anise) | Digestive health | Fruit / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3 g per day | textbook, monograph | See: Illicium verum and Digestive health | Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to physical wellbeing |
| 594 | Illicium verum (Common Name : Star anise) | Respiratory health | Fruit / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3 g per day | textbook, monograph | See: Illicium verum and Respiratory health | Helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being |
| 595 | Illicium verum (Common Name : Star anise) | Immune health | Fruit / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3 g per day | textbook, review | See: Illicium verum and Immune health | may help to reduce the level of health precarious microorganism; can protect the body from undesirable microorganism; contributes to a physical well-being; |
| 596 | Juniperus communis (Common Name : Juniper berry) | Digestive health | Fruit / The equivalent of 0.375-1.25 g of dried berries or 2-10 g of berries per day | tradition of use. No clinical studies available. | See: Juniperus communis and Digestive health | Helps maintain healthy digestion |
| 597 | Juniperus communis (Common Name : Juniper berry) | Kidneys health | Fruit / The equivalent of 0.375-1.25 g of dried berries or 2-10 g of berries per day | scientific bodies or independent expert bodies | See: Juniperus communis and Kidneys health | Supports the excretory function of the kidneys |
| 598 | Lavandula angustifolia (Common Name : Lavender) | Relaxation | Flower / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Lavandula angustifolia and Relaxation | Contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being/ contributes to a normal helps to maintain a healthy sleep |
| 599 | Lavandula angustifolia (Common Name : Lavender) | Digestive health | Flower / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Lavandula angustifolia and Digestive health | Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to physical wellbeing |

Industrie aanbieder lijst art. 13 claims

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|-----|---|----------------------------|---|---|--|---|
| 600 | Lentinula edodes (Common Name : Shiitake) | Immune health | Dried mushroom / The equivalent of 6-16 g LEM (Lentinan edodes mycelium extract) | monographs/peer-reviewed publications/tradition of use | See: Lentinula edodes and Immune health | Contributes to natural immunological defences |
| 601 | Lepidium meyenii (Common Name : Maca) | Physical and mental health | Root / The equivalent of 1000 to 3000 mg per day | tradition of use, peer-reviewed publications, different patent applications, clinical studies | See: Lepidium meyenii and Physical and mental health | Source of energy/supports physical and mental performance/helps maintain optimal stamina, feelings and vitality, physical and mental well-being |
| 602 | Lepidium meyenii (Common Name : Maca) | Fertility | Root / The equivalent of 1.5-3 g of root | authoritative body (AFSSA), human studies, clinical trials, textbooks and critical reviews | See: Lepidium meyenii and Fertility | Help to maintain sexual performance and energy/contributes naturally to healthy sexual function |
| 603 | Linum usitatissimum (Common Name : flaxseed linseed) | Gut health | Seed / The equivalent of 15 g of flaxseed | monographs, traditional use, assessment report, individual studies | See: Linum usitatissimum and Gut health | Lignans present in Linum usitatissimum offer benefits in bowel function/helps to maintain normal bowel function/contributes to regularity of bowel function/good for a healthy stomach and digestive system |
| 604 | Linum usitatissimum (Common Name : flaxseed linseed) | Menopause | Seed / The equivalent of 40 g of flaxseed | monographs, traditional use, assessment report, individual studies | See: Linum usitatissimum and Menopause | Lignans present in Linum usitatissimum have oestrogenic properties and therefore may offer benefits for menopausal health |
| 605 | Linum usitatissimum (Common Name : flaxseed linseed) | Breast Health | Seed, husk, meal or fractions thereof / The equivalent of 20 to 650 mg Secoisolariciresinol diglucoside SDG (flax lignan) for adult women | individual studies , monograph assessment report | See: Linum usitatissimum and Breast Health | Lignans present in Linum usitatissimum and their mammalian metabolites enterodiol and enterolactone may protect and support healthy breast tissue in ageing women. |
| 606 | Linum usitatissimum (Common Name : flaxseed linseed) | Prostate health | Seed, husk, meal or fractions thereof / The equivalent of 20 to 650 mg Secoisolariciresinol diglucoside SDG (flax lignan) for adult women | individual studies, monograph assessment report | See: Linum usitatissimum and Prostate health | Lignans present in Linum usitatissimum and their mammalian metabolites may support a healthy prostate in ageing male. |
| 607 | Lippia triphylla (Lippia citriodora) (Common Name : Lemon verbena) | Relaxation | Herb / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Lippia triphylla (Lippia citriodora) and Relaxation | Contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being/contributes to a normal helps to maintain a healthy sleep |

Industrie aanbieder lijst art. 13 claims

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|-----|---|---------------------------------|--|---|--|--|
| 608 | Lippia triphylla (Lippia citriodora) (Common Name : Lemon verbena) | Digestive health | Herb / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Lippia triphylla (Lippia citriodora) and Digestive health | Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to physical wellbeing |
| 609 | Lycium Barbarum (Common Name : Wolfberry) | Antioxidant properties | Whole fruits including seeds and flesh / The equivalent of 10 to 50 g of the whole fruit per day | individual in vitro and animal studies as described in scientific publications/textbooks/traditional knowledge in country of origin (China) | See: Lycium Barbarum and Antioxidant properties | Contributes to the protection against free radicals which can cause cell damage/ can protect your cells and tissues from oxidative damage/can contribute to the total antioxidant capacity of the body/helps protect your body from the effect of free radicals/ |
| 610 | Marsdenia condurango (Common Name : Kondurgango shrub) | Gastric health/Digestive health | Bark / The equivalent 2-4g of the bark | monograph | See: Marsdenia condurango and Gastric health/Digestive health | Good for a healthy stomach and digestive system |
| 611 | Marrubium vulgare (Common Name : Horehound (white)) | Appetite | Herb / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Marrubium vulgare and Appetite | Contributes to appetite/helps to support digestion/Contributes to the normal functioning of the intestinal tract |
| 612 | Marrubium vulgare (Common Name : Horehound (white)) | Digestive health | Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4.5 g per day | textbook, monograph | See: Marrubium vulgare and Digestive health | Helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/contributes to physical well-being |
| 613 | Marrubium vulgare (Common Name : Horehound (white)) | Respiratory health | Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4.5 g per day | textbook, monograph | See: Marrubium vulgare and Respiratory health | Helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being |
| 614 | Matricaria recutita (Common Name : Chamomile) | Relaxation | Flower / The equivalent of 6 g chamomile flower per day | review, human study, monograph, textbook | See: Matricaria recutita and Relaxation | Contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being/contributes to a normal helps to maintain a healthy sleep |
| 615 | Matricaria recutita (Common Name : Chamomile) | Digestive health | Flower / The equivalent of 6 g chamomile flower per day | authoritative body, monograph, textbook, monograph | See: Matricaria recutita and Digestive health | Supports the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/contributes to physical well-being |

Industrie aanbieding lijst art. 13 claims

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|-----|---|-----------------------------|---|---|--|--|
| 616 | Matricaria recutita (Common Name : Chamomile) | Immune health | Flower / The equivalent of 6 g chamomile flower per day | textbook | See: Matricaria recutita and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 617 | Matricaria recutita (Common Name : Chamomile Camomile) | Antioxidant properties | Flower/Usual consumption as traditional foodstuff in a normal diet | textbook | See: Matricaria recutita and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and m |
| 618 | Melaleuca alternifolia (Common Name : Tea tree) | Immune health | Leaf, herb oil / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Melaleuca alternifolia and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 619 | Melilotus officinale (Common Name : Melilot, sweet clover) | Vein health | Aerial parts / The equivalent of 4-9 g crude leaf per day / The equivalent of 3 mg coumarin daily | monographs/textbooks | See: Melilotus officinale and Vein health | Contributes to circulatory health/tired legs/light legs |
| 620 | Melissa officinalis (Common Name : Lemon Balm) | Cognitive and mental health | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1,5-9 g leaves per day | authoritative bodies, textbooks, monographs, internet based sources | See: Melissa officinalis and Cognitive and mental health | Helps maintain positive mood and good cognitive functioning/contributes to optimal relaxation/helps to support the relaxation and mental and physical wellbeing/contributes to a normal helps to maintain a healthy sleep |
| 621 | Melissa officinalis (Common Name : Lemon Balm) | Antioxidant properties | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1,5-4,5 g leaves per day | ESCOP monograph and individual papers | See: Melissa officinalis and Antioxidant properties | Acts as an antioxidant/helps preventing oxidative damage/contributes to a good and calm rest |
| 622 | Melissa officinalis (Common Name : Lemon Balm Balm mint) | Digestive health | Leaf / Usual consumption as traditional foodstuff in a normal diet | human study, textbook | See: Melissa officinalis and Digestive health | Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to physical wellbeing |

Industrie aanbieding lijst art. 13 claims

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|-----|--|--|--|---|--|--|
| 623 | Mentha piperita (Common Name : Mint) | Intestinal and digestive health | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 450 ml of an infusion of the dried leaves (10-20 g/L) | monographs, individual studies, reviews, textbooks | See: Mentha piperita and Intestinal and digestive health | Helps to supports a healthy digestion/has a positive influence on intestinal health/contributes to digestive functions/contributes to the normal function of intestinal tract/helps keep the stomach healthy |
| 624 | Mentha piperita (Common Name : Mint) | Immune health | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 450 ml of an infusion of the dried leaves (10-20 g/L) | textbook | See: Mentha piperita and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 625 | Mentha piperita (Common Name : Mint) | Relaxation | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 450 ml of an infusion of the dried leaves (10-20 g/L) | textbook | See: Mentha piperita and Relaxation | Contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being/ contributes to a normal helps to maintain a healthy sleep |
| 626 | Momordica charantia (Common Name : balsam pear, bitter melon, bitter gourd, ampalaya, karela (karolla), fu kwa) | Glucose metabolism | Fruit / The eauivalent of 2.500 mg dried fruit | reviews, non-randomized controlled trials, textbook, tradition of use | See: Momordica charantia and Glucose metabolism | Helps to maintain a normal blood glucose |
| 627 | Ocimum sanctum (Common Name : Tulsi) | Invigoration of the body | Herb / Usual consumption as traditional foodstuff in a normal diet | review | See: Ocimum sanctum and Invigoration of the body | helps to strengthen the body/ contributes to physical wellbeing/supports energetic alertness/helps to make you feel more energetic |
| 628 | Ocimum sanctum (Common Name : Tulsi) | Metabolism of fat, cholesterol and blood glucose | Herb / Usual consumption as traditional foodstuff in a normal diet | textbook, review | See: Ocimum sanctum and Metabolism of fat, cholesterol and blood glucose | Contributes to the metabolism/contributes to physical wellbeing |
| 629 | Oenothera biennis (Common Name : Evening Primrose) | Regulation of metabolic function | Aerial parts, seed, root / 0.5g GLA per day / 1.53.0 g of seeds oil | critical reviews | See: Oenothera biennis and Regulation of metabolic function | Precursor of prostaglandins wich are regulators associated with many of the body's metabolic functions. |
| 630 | Oenothera biennis (Common Name : Evening Primrose) | Joint health | Aerial parts, seed, root / 1.4g GLA per day / 1.53.0 g of seeds oil | systematic and critical reviews | See: Oenothera biennis and Joint health | Helps maintain supple and flexible joints |

Industrie aanbieding lijst art. 13 claims

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|-----|---|---|--|--|--|---|
| 631 | Oenothera paradoxa (Common Name : Evening Primrose) | Skin health | Seed / The equivalent of 1.5 - 3.0 g of seeds oil per day | monograph, reviews, human studies, in vitro studies, authoritative and scientific bodies | See: Oenothera paradoxa and Skin health | Supplies polyunsaturated fatty acids (PUFA) needed for important physiological processes including normal skin and hair growth/important for healthy, problem-free skin |
| 632 | Oenothera paradoxa (Common Name : Evening Primrose) | Heart Health | Seed / The equivalent of 1.5 - 3.0 g of seeds oil per day | monograph, reviews, human studies, in vitro studies, authoritative and scientific bodies | See: Oenothera paradoxa and Heart Health | supplies polyunsaturated fatty acids needed for important physiological processes including cholesterol metabolism/helps maintain heart and vessel health |
| 633 | Oenothera paradoxa (Common Name : Evening Primrose) | Immune health | Seed / The equivalent of 1.5 - 3.0 g of seeds oil per day | monograph, reviews, human studies, in vitro studies, authoritative and scientific bodies | See: Oenothera paradoxa and Immune health | supplies polyunsaturated fatty acids needed to support natural immunity |
| 634 | Oenothera paradoxa (Common Name : Evening Primrose) | Menstrual health | Seed / The equivalent of 1.5 - 3.0 g of seeds oil per day | monograph, reviews, human studies, in vitro studies, authoritative and scientific bodies | See: Oenothera paradoxa and Menstrual health | Supplies polyunsaturated fatty acids (PUFA), that help maintain optimum comfort during menstruation |
| 635 | Olea europea (Common Name : Olive) | Glucose metabolism | Leaf / Usual consumption as traditional foodstuff in a normal diet | textbook, animal study | See: Olea europea and Glucose metabolism | Help to maintain a normal blood glucose level as part of a healthy lifestyle |
| 636 | Olea europea (Common Name : Olive) | Heart Health | Leaf / Usual consumption as traditional foodstuff in a normal diet | textbook, review, animal study | See: Olea europea and Heart Health | Helps maintaining heart health/helps to support a conscious cardiovascular living/contributes to the maintenace of a normal blood pressure |
| 637 | Ortosiphon stamineus, anistatus, spicatus (Common Name : Java tea) | Health of bladder and lower urinary tract | Leaf, top of stems / The equivalent of 6-9 g per day of dried plant | monographs/textbook, critical reviews, individual | See: Ortosiphon stamineus, anistatus, spicatus and Health of bladder and lower urinary tract | Supports the excretory function of the kidneys/contributes to urinary flow |
| 638 | Panax ginseng (Common Name : Asean, Korean ginseng) | Cognitive performance | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.6 - 2g dry root | peer-reviewed articles textbook, monograph | See: Panax ginseng and Cognitive performance | Helps to maintain good cognitive performance/supports memory performance/contributes to good cognitive performance/contributes to normal blood circulation, which is associated with brain performance and reactivity/contributes to optimal mental and cogniti |

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|-----|--|--------------------------|--|--|---|--|
| 639 | Panax Ginseng (Common Name : Asean, Korean ginseng) | Invigoration of the body | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.5 - 2g dry root | authoritative body, monographs, peer-reviewed publications, tradition of use | See: Panax Ginseng and Invigoration of the body | Helps to maintain optimal stamina, feelings of energy and vitality, physical and mental well-being/helps to support the body's vitality/contributes to the body's resistance to stress/helps to make you feel more energetic |
| 640 | Panax ginseng (Common Name : Ginseng) | Glucose metabolism | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.6 - 2g dry root | textbook, animal study | See: Panax ginseng and Glucose metabolism | Help to maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose-insulin metabolism |
| 641 | Panax ginseng (Common Name :) | Immune health | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.6 - 2g dry root | studies | See: Panax ginseng and Immune health | Ginseng contributes to the natural defences and proper functioning of the immune system |
| 642 | Panax ginseng (Common Name : Ginseng) | Sexual health | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.6 - 2g dry root | textbook, animal study | See: Panax ginseng and Sexual health | Help to maintain good sexual relations |
| 643 | Panax ginseng (Common Name : Ginseng) | Antioxidant properties | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.6 - 2g dry root | textbook,study | See: Panax ginseng and Antioxidant properties | Contributes to cell protection |
| 644 | Passiflora incarnata (Common Name : Passion flower) | Relaxation | Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1.5-8 g of herb | authoritative bodies, textbooks, systematic reviews, and monographs. | See: Passiflora incarnata and Relaxation | Contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being/contributes to a normal sleep/helps to maintain a healthy sleep/Supports in periods of mental and nervous tension and anxiousness |
| 645 | Paulinia cupana (Common Name : Guarana) | Cognitive performance | Fruit, seed, stem / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 10 mg of caffeine or the equivalent of 75 mg of herb | multiple small human studies, textboool, critical review, animal studies | See: Paulinia cupana and Cognitive performance | Supports alertness/helps reduce mental fatigue/helps to strengthen the body/helps to make you feel more energetic/supports energetic alertness/stimulating |

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|-----|--|-------------------------------|---|--|---|---|
| 646 | Pelargonium reniforme/sidoids (Common Name : Geranium) | Respiratory health | Root / The equivalent of 450-1200 mg of root per day | book monographs and reviews/clinical trials/experimental studie | See: Pelargonium reniforme/sidoids and Respiratory health | Respiratory comfort/helps to soften respiratory troubles like coughs, sore throats in a natural way |
| 647 | Petroselinum crispum (Common Name : Parsley) | Kidneys health | Leaf, root / / The equivalent of 0.9-3 grams of dried parsley per day | scientific bodies or independent expert bodies German Commission E at BfArM and/or German Commission E for traditional drugs | See: Petroselinum crispum and Kidneys health | Supports the excretory function of the kidneys |
| 648 | Peumus boldus (Common Name : Boldo) | Digestive health | The equivalent of 0.2-0.6 g crude herb or 2-5 g as an infusion | monographs | See: Peumus boldus and Digestive health | contributes to digestive comfort/supports liver and biliary function |
| 649 | Phaseolus vulgaris (Common Name : White bean) | Glucose metabolism | Fruit / 1000 to 1500mg taken just before eating a starch-rich meal or snack | monograph/peer-reviewed publication/FDA evaluation | See: Phaseolus vulgaris and Glucose metabolism | Support of normal blood glucose levels/ delays the digestion and absorption of carbohydrates |
| 650 | Phaseolus vulgaris (Common Name : White bean) | Weight control | Fruit / 1000 to 1500mg taken just before eating a starch-rich meal or snack | FDA evaluation/intervention studies | See: Phaseolus vulgaris and Weight control | Shown to reduce weight in 2 recent human weight loss studies |
| 651 | | | | | | |
| 652 | | | | | | |
| 653 | Pimpinella anisum (Common Name : Anise) | Appetite and Digestive health | Fruit / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Pimpinella anisum and Appetite and Digestive health | Contributes to appetite/helps to support the digestion/helps to promote appetite in cases of loss of appetite/helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/contributes to physi |
| 654 | Pimpinella anisum (Common Name : Anise) | Lactation | Fruit / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Pimpinella anisum and Lactation | Supports lactating in breastfeeding women |
| 655 | Pimpinella anisum (Common Name : Anise) | Immune health | Fruit / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Pimpinella anisum and Immune health | Contributes to the natural defences against precarious microorganism/supports the body's resistance against microorganisms/contributes to a physical well-being |
| 656 | Plantago ovata/ispaghula (Common Name : Psyllium Husk) | Intestinal health | Testa / The equivalent of 7-11 g testa per day | monographs, text book | See: Plantago ovata/ispaghula and Intestinal health | Contributes to intestinal transit and intestinal function |

Industrie aanbieder lijst art. 13 claims

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|-----|---|---|---|---|---|---|
| 657 | Plantago ovata/ispaghula (Common Name : Psyllium Husk) | Cholesterol | Seed / the equivalent of 6 g per day | authoritative body (FDA), meta-analyses | See: Plantago ovata/ispaghula and Cholesterol | It helps to control blood levels of cholesterol |
| 658 | Plantago lanceolata (Common Name : Ribwort plantain) | Respiratory health | Seed / The equivalent of 3-6 g per day of cut herb | monographs | See: Plantago lanceolata and Respiratory health | Soothing for throat and chest (airways)/beneficial effect on the chest and throat/supportive and soothing in case of cough or tickle in the throat/softening for the throat/relaxing for the throat |
| 659 | Polygonum aviculare (Common Name : Knotweed) | Respiratory health | Herb / Equivalent of 5 g herb | monographm, textbook | See: Polygonum aviculare and Respiratory health | Respiratory comfort/helps to soften respiratory troubles like coughs, sore throats in a natural way/helps maintain respiratory health |
| 660 | Potentilla erecta (Tormentillae radix) (Common Name : Bloodroot) | Intestinal health | Root / the equivalent of 4 to 6 g root per day | monographs, peer-reviewed publications, tradition of use | See: Potentilla erecta (Tormentillae radix) and Intestinal health | Contributes to intestinal comfort |
| 661 | Primula veris (Common Name : Cowslip) | Health of the upper respiratory tract | Root / The equivalent of 0.5-1.5 g of root | textbooks | See: Primula veris and Health of the upper respiratory tract | Promotes upper respiratory tract health. |
| 662 | Prunus africana (Pygeum africanum) (Common Name : Pygeum africanum) | Health of bladder and lower urinary tract | Bark / The equivalent of 7-13 mg phytosterols per day | monographs, review, human study | See: Prunus africana (Pygeum africanum) and Health of bladder and lower urinary tract | Support of normal urinary function in men/ good for normal prostate function/maintains a healthy prostate |
| 663 | Punica granatum (Common Name : Pomgranade) | Cardiovascular health | Fruit / The equivalent of 50-240 ml pomegranate juice or 78 - 330 mg punicalagin | randomized double-blind controlled trials, authoritative body, textbook, tradition of use | See: Punica granatum and Cardiovascular health | Contributes to a healthy cholesterol level and healthy blood vessels/antioxidants of pomegranate can be helpful for a healthy heart and arteries/ antioxidants of pomegranate can help cells and arteries in their physiological function |
| 664 | Raphanus sativus var niger (Common Name : Radish, Black radish, Japanese radish, Daikon) | Liver health | Root / The equivalenty of 45-100 ml pressed root juice | authoritative body AFSSAPS/ 3 Textbooks/Commission E Monograph | See: Raphanus sativus var niger and Liver health | Contributes to the elimination fonction of the gastrointestinal tract/contributes to bile flow fonction/supports healthy liver activity/contributes to healthy digestion/digestive well-being/liver well-being |
| 665 | Rhamnus frangula (Common Name : Buckthorn) | Intestinal health | Bark / The equivalent of 20-30 mg hydroxyanthracene derivatives, calculated as glycofrangulin | monographs | See: Rhamnus frangula and Intestinal health | Contributes to soft stools/supports bowel movement/contributes to the working of the intestines and regular bowel movement. |

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|-----|--|----------------------------------|---|--------------------------------|--|--|
| 666 | Rhamnus purshiana (Common Name : Cascara sagrada) | Intestinal health | Bark / The equivalent of 20-30 mg hydroxyanthracene derivatives, calculated as cascarioside A, per day | monographs | See: Rhamnus purshiana and Intestinal health | Helps softening the stool/Contributes to improved bowel movement/Contributes to the working of the intestines and helps to ensure regular bowel movement |
| 667 | Rheum officinalis (Common Name : Rhubarb) | Intestinal health | Root / The equivalent of 15-50 mg of hydroxyanthracene derivatives, calculated as rhein / The equivalent of 0,5-1,5 g of dried plant | monographs/authoritative body | See: Rheum officinalis and Intestinal health | Contributes to intestinal transit and intestinal function/helps to have a good intestinal functioning/intestinal well-being |
| 668 | Rhodeola rosea (Common Name : Rhodiola) | Invigoration of the body | Root / Usual consumption as traditional foodstuff in a normal diet | textbook, review | See: Rhodeola rosea and Invigoration of the body | Helps to support the body's vitality/contributes to the body's resistance to stress/helps to make you feel more energetic |
| 669 | Rhodeola rosea (Common Name : Rhodiola) | Cognitive and mental performance | Root / Usual consumption as traditional foodstuff in a normal diet | textbook, review | See: Rhodeola rosea and Cognitive and mental performance | Contributes to normal blood circulation, which is associated with brain performance and reactivity/contributes to optimal mental and cognitive activity |
| 670 | Ribes nigrum (Common Name : Blackcurrant) | Muscles and joint health | Leaf / The equivalent of dried leaf as an infusion (20-50 g/litre) | monograph , individual studies | See: Ribes nigrum and Muscles and joint health | Contributes to the proper functioning of muscles and joints/for supple joints |
| 671 | Rosa canina (Common Name : Rose Hip) | Antioxidant properties | Fruit, spurious fruit, fruit peels, root / Usual consumption as traditional foodstuff in a normal diet/ The equivalent of min. 200 mg of preparations standardised to 3% rosavin and 1% salidroside | studies | See: Rosa canina and Antioxidant properties | Good source of antioxidants/contains naturally occurring antioxidants; antioxidants can protect you from radicals which cause cell damage; antioxidants can protect your cells and tissues from oxidative damage; antioxidants contribute to the total antioxidant |
| 672 | Rosa canina (Common Name : Rose Hip) | Respiratory health | Fruit, spurious fruit, fruit peels, root / Usual consumption as traditional foodstuff in a normal diet/ The equivalent of min. 200 mg of preparations standardised to 3% rosavin and 1% salidroside | textbook, monograph | See: Rosa canina and Respiratory health | helps to soothe common cold/contributes to physical wellbeing/contributes to the body's defences |

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|-----|--|---------------------------------------|---|-----------------------|---|--|
| 673 | Rosa canina (Common Name : Rose Hip) | Digestive health | Fruit, spurious fruit, fruit peels, root / Usual consumption as traditional foodstuff in a normal diet/ The equivalent of min. 200 mg of preparations standardised to 3% rosavin and 1% salidroside | textbook, monograph | See: Rosa canina and Digestive health | Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to physical wellbeing |
| 674 | Rosa canina (Common Name : Rose Hip) | Immune health | Fruit, spurious fruit, fruit peels, root / Usual consumption as traditional foodstuff in a normal diet/ The equivalent of min. 200 mg of preparations standardised to 3% rosavin and 1% salidroside | textbook, monograph | See: Rosa canina and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 675 | Rosa canina (Common Name : Rose Hip) | Bladder and Kidney Health | Fruit, spurious fruit, fruit peels, root / Usual consumption as traditional foodstuff in a normal diet/ The equivalent of min. 200 mg of preparations standardised to 3% rosavin and 1% salidroside | textbook, monograph | See: Rosa canina and Bladder and Kidney Health | Contributes to kidney and bladder function |
| 676 | Rosmarinus officinalis (Common Name : Rosemary) | Digestive, Hepatic and biliary health | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 2 g of herb per day | monographs / textbook | See: Rosmarinus officinalis and Digestive, Hepatic and biliary health | Helps maintain natural digestion/Supports normal liver and biliary functioning/helps to support the digestion/contributes to the normal function of intestinal tract |
| 677 | Rosmarinus officinalis (Common Name : Rosemary) | Immune health | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 2 g of herb per day | textbook | See: Rosmarinus officinalis and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |

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|-----|--|--------------------------|--|---|--|--|
| 678 | Rosmarinus officinalis (Common Name : Rosemary) | Antioxidant properties | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 2 g of herb per day | textbook, human study, in vitro study, review | See: Rosmarinus officinalis and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and m |
| 679 | Rosmarinus officinalis (Common Name : Rosemary) | Invigoration of the body | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 2 g of herb per day | Monograph | See: Rosmarinus officinalis and Invigoration of the body | helps to strengthen the body/helps you feel more energetic |
| 680 | Rubus fruticosus (Common Name : Blackberry) | Immune health | Fruit, leaf / Usual consumption as traditional foodstuff in a normal die | textbook | See: Rubus fruticosus and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 681 | Rubus fruticosus (Common Name : Blackberry) | Antioxidant properties | Fruit, leaf / Usual consumption as traditional foodstuff in a normal die | review | See: Rubus fruticosus and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and m |
| 682 | Rubus fruticosus (Common Name : Blackberry) | Digestive health | Fruit, leaf / Usual consumption as traditional foodstuff in a normal die | textbook, monograph | See: Rubus fruticosus and Digestive health | Contain tannins which help to maintain regular bowel function, which in turn help maintain physical and mental well-being |
| 683 | Rubus fruticosus (Common Name : Blackberry) | Mucosal cells | Fruit, leaf / Usual consumption as traditional foodstuff in a normal die | textbook, monograph | See: Rubus fruticosus and Mucosal cells | helps to support healthy mucosa cells; helps to maintain the positive bio-functionality of mucosa cells |
| 684 | Rubus idaeus (Common Name : Raspberry) | Antioxidant properties | Leaf / Usual consumption as traditional foodstuff in a normal die | review | See: Rubus idaeus and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and m |

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|-----|--|--------------------|--|---|--|---|
| 685 | Rubus idaeus (Common Name : Raspberry) | Immune health | Leaf / Usual consumption as traditional foodstuff in a normal die | review | See: Rubus idaeus and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 686 | Ruscus aculeatus (Common Name : Butcher's Broom) | Vein health | Rhizoma / The equivalent of 7-11 mg total ruscogenins per day | monograph/human study/meta-analysis | See: Ruscus aculeatus and Vein health | Support of venous circulation/tired and heavy legs/contributes to the circulation in the legs |
| 687 | Salix alba (Common Name : Willow) | Joint health | Equivalent to 120-240 mg salicin or 3-9 g dried bark | monographs, clinical studies | See: Salix alba and Joint health | For healthy joints/contributes to healthy muscles and joints |
| 688 | Salvia officinalis (Common Name : Sage) | Menopause | Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 370 mg of herb per day | monograph, human study | See: Salvia officinalis and Menopause | Contributes gto menopausal comfort/hyperhidrosis |
| 689 | Salvia officinalis (Common Name : Sage) | Stomach health | Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3-9 g of leaves per day | clinical studies, textbooks, monographs | See: Salvia officinalis and Stomach health | Contributes to normal stomach function |
| 690 | Salvia officinalis (Common Name : Sage) | Digestive health | Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1-1.5 g of dried leaves | textbook, monograph | See: Salvia officinalis and Digestive health | Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to normal stomach function/contributes to physical well-being |
| 691 | Salvia officinalis (Common Name : Sage) | Immune health | Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1-1.5 g of dried leaves | textbook, monograph | See: Salvia officinalis and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 692 | Salvia officinalis (Common Name : Sage) | Respiratory health | Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1-1.5 g of dried leaves | textbook | See: Salvia officinalis and Respiratory health | Helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being |

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|-----|--|---------------------------|---|---|--|--|
| 693 | Salvia officinalis (Common Name : Sage) | Antioxidant properties | Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1-1.5 g of dried leaves | review, human study | See: Salvia officinalis and Antioxidant properties | Contains naturally occurring antioxidants/ antioxidants help protect you from radicals which cause cell damage/ antioxidants help protect your cells and tissues from oxidative damage/ antioxidants contribute to the total antioxidant capacity of the body and m |
| 694 | Sambucus nigra (Common Name : Elderberry) | Antioxidative properties. | Fruit, flowers / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 gram flowers or berries per day. | reviews, individual studies, textbook | See: Sambucus nigra and Antioxidative properties. | show antioxidative activity and help protect against oxidative stress/ contains naturally occurring antioxidants/ antioxidants help protect you from radicals which cause cell damage/ antioxidants help protect your cells and tissues from oxidative damage/ antio |
| 695 | Sambucus nigra (Common Name : Elderberry) | Respiratory health | Fruit, flowers / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 gram flowers or berries per day. | textbook, human study | See: Sambucus nigra and Respiratory health | helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being |
| 696 | Sambucus nigra (Common Name : Elderberry) | Purification | Fruit, flowers / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 gram flowers or berries per day. | textbook | See: Sambucus nigra and Purification | Contributes to the blood purification/supports sweating/contributes to a physical well-being |
| 697 | Sambucus nigra (Common Name : Elderberry) | Immune health | Fruit, flowers / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 gram flowers or berries per day. | authoritative bodies, monographs, textbooks, in vitro study | See: Sambucus nigra and Immune health | Support of the body's defence/Helps to support the immune system |
| 698 | Sambucus nigra (Common Name : Elderberry) | Glucose metabolism | Fruit, flowers / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 gram flowers or berries per day. | textbook, in vitro study | See: Sambucus nigra and Glucose metabolism | Help to maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose-insulin metabolism |
| 699 | Sanicula europaea (Common Name : Sanicle) | Respiratory health | Herb / The equivalent of 4-6 g herb | monograph, textbook | See: Sanicula europaea and Respiratory health | Respiratory comfort/helps to soften respiratory troubles like coughs, sore throats in a natural way/helps maintain respiratory health |

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| 700 | Schisandra chinensis (Common Name : Magnolia) | Physical and mental health | Fruit, leaf / Usual consumption as traditional foodstuff in a normal diet | monographs, peer-reviewed publications, individual studies, tradition of use, textbook | See: Schisandra chinensis and Physical and mental health | helps to improve physical and mental performance/helps to improve physical and mental performance |
| 701 | Schisandra chinensis (Common Name : Magnolia) | Liver health | Fruit, leaf / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Schisandra chinensis and Liver health | Contributes to liver health/maintenance of normal liver function and additionally supports the digestion and the body's purification/contributes to physical well-being |
| 702 | Serenoa repens, serrulata (Common Name : Saw Palmetto) | Health of urinary function | Fruit / The equivalent of 1-2 g fruit per day | authoritative bodies, textbooks, monographs | See: Serenoa repens, serrulata and Health of urinary function | For the maintenance of normal urinary function for men from the age of 45/support of peak urinary flow |
| 703 | Sinapis alba (Common Name : White mustard) | Appetite/Digestion | Semen / 15 g per day | textbooks, tradition of use | See: Sinapis alba and Appetite/Digestion | Contributes to appetite/helps to support the digestion/helps to support the digestive juice flow/contributes to the gastro-intestinal movement |
| 704 | Solidago virgaurea (Common Name : Golden herb) | Health of bladder and lower urinary tract | Aerial parts, root / The equivalent of 6-12 g of herb daily | monographs, clinical studies, reviews, textbook | See: Solidago virgaurea and Health of bladder and lower urinary tract | Contributes to normal urinary elimination functions |
| 705 | Sylibum marianum (Common Name : Milk thistle) | Liver health | Fruits / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 12-15 g of crude plant material or of 200-400 mg of silymarin | authoritative bodies, textbooks, monographs, clinical trials, review, in vitro study, animal study | See: Sylibum marianum and Liver health | Supports liver health/contributes to liver protection/contributes to the detoxifying potential of the liver/helps to protect the liver which in turn maintain the liver function and additionally promote the digestion and the body's purification |
| 706 | Swertia chirata (Common Name : Chiretta) | Appetite and Digestive health | Herb / Usual consumption as traditional foodstuff in a normal diet | textbook, review | See: Swertia chirata and Appetite and Digestive health | Contributes to appetite/helps to support digestion/helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/contributes to physical well-being |
| 707 | Swertia chirata (Common Name : Chiretta) | Glucose metabolism | Herb / Usual consumption as traditional foodstuff in a normal diet | textbook, review | See: Swertia chirata and Glucose metabolism | Help to maintain a normal blood glucose level as part of a healthy lifestyle/ Contributes to normal glucose insulin metabolism |

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| 708 | Tabebuia impetiginosa (Common Name : Lapacho) | Immune health | Bark / Usual consumption as traditional foodstuff in a normal diet | Textbook | See: Tabebuia impetiginosa and Immune health | Support of the body's defence/contributes to the /supports the immune system |
| 709 | Tabebuia impetiginosa (Common Name : Lapacho) | Antioxidant properties | Bark / Usual consumption as traditional foodstuff in a normal diet | Textbook | See: Tabebuia impetiginosa and Antioxidant properties | Contains naturally occurring antioxidants/ antioxidants help protect you from radicals which cause cell damage/ antioxidants help protect your cells and tissues from oxidative damage/ antioxidants contribute to the total antioxidant capacity of the body and m |
| 710 | Tanacetum parthenium (Common Name : Feverfew) | Relaxation | Aerial parts / The equivalent of 50 mg of powdered plant per day | Authoritative bodies, textbooks, and monographs | See: Tanacetum parthenium and Relaxation | Contributes to a clear head/ helps to keep the head clear/relaxing/supports relaxing the head |
| 711 | Taraxacum officinale (Common Name : Dandelion) | Appetite and Digestive health | Root, herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent to 1012 g of leaf | monograph, 8 critical reviews, textbook, individual study | See: Taraxacum officinale and Appetite and Digestive health | Contributes to appetite/helps to support digestion/helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/contributes to physical well-being |
| 712 | Taraxacum officinale (Common Name : Dandelion) | Urinary health | Root, herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent to 4-30 g of leaf | authoritative body, monograph, textbooks | See: Taraxacum officinale and Urinary health | Helps maintain urinary tract function/helps maintain normal urinary flow |
| 713 | Taraxacum officinale (Common Name : Dandelion) | Digestive health/Liver health | Root, herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent to 3-5 g of root per day | monograph, critical reviews, textbook, individual study | See: Taraxacum officinale and Digestive health/Liver health | Supports digestion/helps to maintain normal appetite/for the stimulation of the production of the digestive body fluids and of the gastro-intestinal movement/helps to maintain a normal liver function |
| 714 | Tilia ssp./ Tilia cordata / Tilia platyphyllos (Common Name : Linden) | Respiratory health | Flower / Equivalent to 10 g of leaf | textbook, monograph | See: Tilia ssp. / Tilia cordata / Tilia platyphyllos and Respiratory health | helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being |
| 715 | Tilia ssp./ Tilia cordata / Tilia platyphyllos (Common Name : Linden) | Relaxation | Flower / Equivalent to 10 g of leaf | textbook | See: Tilia ssp. / Tilia cordata / Tilia platyphyllos and Relaxation | helps to maintain an optimal relaxation; helps to support the relaxation and mental/ physical well-being; helps to maintain a healthy sleep |

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| 716 | Tilia ssp./ Tilia cordata / Tilia platyphyllos (Common Name : Linden) | Immune health | Flower / Equivalent to 10 g of leaf | textbook, review, animal study | See: Tilia ssp. / Tilia cordata / Tilia platyphyllos and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 717 | Tilia ssp./ Tilia cordata / Tilia platyphyllos (Common Name : Linden) | Antioxidant properties | Flower / Equivalent to 10 g of leaf | textbook, review, animal study | See: Tilia ssp. / Tilia cordata / Tilia platyphyllos and Antioxidant properties | Contains naturally occurring antioxidants/ antioxidants help protect you from radicals which cause cell damage/ antioxidants help protect your cells and tissues from oxidative damage/ antioxidants contribute to the total antioxidant capacity of the body and m |
| 718 | Tilia ssp./ Tilia cordata / Tilia platyphyllos (Common Name : Linden) | Blood health | Flower / Equivalent to 10 g of leaf | textbook, review, animal study | See: Tilia ssp. / Tilia cordata / Tilia platyphyllos and Blood health | Purifying |
| 719 | Thymus vulgaris/zygis (Common Name : Thyme) | Health of the upper respiratory tract | Flower, leaf / Equivalent to 10 g of leaf / The equivalent of 3-6 g herb per day | monographs/textbook/critical review | See: Thymus vulgaris/ zygis and Health of the upper respiratory tract | Soothing for throat and chest/contributes to wellbeing of chest and throat/contributes to a fresh breath/helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being |
| 720 | Thymus vulgaris (Common Name : Thyme) | Immune health | Flower, leaf / Equivalent to 10 g of leaf / The equivalent of 3-6 g herb per day | textbook | See: Thymus vulgaris and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 721 | Thymus vulgaris (Common Name : Thyme) | Antioxidant properties | Flower, leaf / Equivalent to 10 g of leaf / The equivalent of 3-6 g herb per day | textbook, in vitro study | See: Thymus vulgaris and Antioxidant properties | Contains naturally occurring antioxidants/ antioxidants help protect you from radicals which cause cell damage/ antioxidants help protect your cells and tissues from oxidative damage/ antioxidants contribute to the total antioxidant capacity of the body and m |
| 722 | Trifolium pratense (Common Name : Red Clover) | Menopause | Aerial parts / The equivalent of 40-80 mg isoflavones per day | individual papers | See: Trifolium pratense and Menopause | Helps to maintain a calm and comfortable menopause/helps women coping with the telltale signs associated with menopause, such as hot flushes, sweating, restlessness and irritability |

Industrie aanbieder lijst art. 13 claims

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| 723 | Trigonella foenumgraecum (Common Name : Fenugreek) | Glucose metabolism | Seed / Usual consumption as traditional foodstuff in a normal diet / The equivalent of min. 90 mg of total saponins per day | monograph, human studie | See: Trigonella foenumgraecum and Glucose metabolism | Supports maintenance of normal glucose in blood/help to maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose and insulin metabolism |
| 724 | Trigonella foenumgraecum (Common Name : Fenugreek) | Appetite | Seed / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Trigonella foenumgraecum and Appetite | Contributes to appetite/helps to support digestion |
| 725 | Trigonella foenumgraecum (Common Name : Fenugreek) | Heart health | Seed / Usual consumption as traditional foodstuff in a normal diet | review | See: Trigonella foenumgraecum and Heart health | Contributes to vascular health, which in turn helps to maintain a healthy heart/helps maintaining heart health |
| 726 | Turnera diffusa (Common Name : Damiana) | Sexual health | Aerial parts / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 2-4 gram dried leaves | scientific literature, peer-reviewed articles, peer-reviewed review article | See: Turnera diffusa and Sexual health | Contributes to a good sexual appetite |
| 727 | Turnera diffusa (Common Name : Damiana) | Invigoration of the body | Aerial parts / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Turnera diffusa and Invigoration of the body | helps to strengthen the body/contributes to physical wellbeing/supports energetic alertness |
| 728 | Ulmus fulva (Common Name : Sippery elm) | Intestinal health | Bark / The equivalent of 150 mg of dried bark | textbooks, peer reviewed publications | See: Ulmus fulva and Intestinal health | Soothes the digestive tract/helps make milk more digestible/helps support the digestive system/a source of mucilage which support the mucous membranes |
| 729 | Uncaria tomentosa (Common Name : cat's claw) | immune health | Leaf, flowers, thorns, bark / The equivalent of minimum 350 mg dried plant materials per day | authoritative body, monographs, textbooks | See: Uncaria tomentosa and immune health | Contributes to the immune system |
| 730 | Uncaria tomentosa (Common Name : cat's claw) | joint health | Leaf, flowers, thorns, bark / The equivalent of minimum 350 mg dried plant materials per day | authoritative body, monographs, textbooks | See: Uncaria tomentosa and joint health | Helps to maintain flexible joints |
| 731 | Urtica dioica (Common Name : Nettle) | Kidneys and prostate health | Aerial parts, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 8 g nettle aerial parts per day | monographs, scientific summaries, individual peer reviewed studies, history of use peer reviewed studies, history of use | See: Urtica dioica and Kidneys and prostate health | Helps to maintain prostate health/supports the excretory function of the kidneys/helps maintain normal urinary function |

Industrie aanbieder lijst art. 13 claims

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| 732 | Urtica dioica (Common Name : Nettle) | Heart health | Aerial parts, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4 g nettle root per day | textbook | See: Urtica dioica and Heart health | Helps maintaining heart health/helps to support a conscious cardiovascular living |
| 733 | Urtica dioica (Common Name : Nettle) | Joint health | Aerial parts, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 8 g nettle aerial parts per day | authoritive body, monographs, textbook | See: Urtica dioica and Joint health | Supports the locomotor system/helps strengtheningg the body´s locomotor system/positive for joint health/helps to maintain flexible joints, muscles and tendons |
| 734 | Urtica dioica (Common Name : Nettle) | Antioxidant properties/Skin health | Aerial parts, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 8 g nettle aerial parts per day | authoritive body, monographs, textbook | See: Urtica dioica and Antioxidant properties/Skin health | Contains naturally occurring antioxidants/antioxidants help to protect from radicals which cause cell damage/antioxidants help protect cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may hel |
| 735 | Urtica dioica (Common Name : Nettle) | Invigoration of the body | Aerial parts, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4 g nettle root per day | authoritive body, monographs, textbook | See: Urtica dioica and Invigoration of the body | Support the body´s vitality/helps to make you feel more energetic |
| 736 | Urtica dioica (Common Name : Nettle) | Immune health | Aerial parts, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 8 g nettle aerial parts per day | authoritive body, monographs, textbook | See: Urtica dioica and Immune health | Support of the body´s defence/supports the immune system |
| 737 | Urtica dioica (Common Name : Nettle) | Blood health | Aerial parts, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4 g nettle root per day | textbook | See: Urtica dioica and Blood health | Purifying |
| 738 | Usnea barbata (Common Name : Old Men's Beard) | Health of the upper respiratory tract | Herb / The equivalent to 100mg herb | monograph/peer-reviewed publications | See: Usnea barbata and Health of the upper respiratory tract | Contributes to comfort of troath/Moistens the membranes of the mouth and throat |

Industrie aanbieding lijst art. 13 claims

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| 739 | Vaccinium macrocarpon, oxycoccus (Common Name : Cranberry) | Health of the lower urinary tract | Fruit / The equivalent of 36 mg of proanthocyanidines per day | authoritative statement/metaanalysis/ reviews /individual studies | AFSSA 2003-SA-0352 and 2003-SA-0214 / See: Vaccinium macrocarpon, oxycoccus and Health of the lower urinary tract | Helps to maintain the health of the urinary system/contributes to urinary tract health/has a beneficial effect on the urinary system/helps to eliminate pathogenic bacteria from urinary tract/contributes to decrease the fixing of certain E. coli bacteria o |
| 740 | Vaccinium macrocarpon (Common Name : Cranberry) | Antioxidant properties | Fruit. The equivalent of minimum 15 ml of cranberry juice or 800 mg of cranberry solids per day | textbook,, human study, review, in vitro study | See: Vaccinium macrocarpon and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/ antioxidants help protect your cells and tissues from oxidative damage/ antioxidants contribute to the total antioxidant capacity of the body and m |
| 741 | Vaccinium macrocarpon (Common Name : Cranberry) | Immune health | Fruit. The equivalent of minimum 15 ml of cranberry juice or 800 mg of cranberry solids per day | textbook, human study, review, in vitro study | See: Vaccinium macrocarpon and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 742 | Vaccinium macrocarpon (Common Name : Cranberry) | Heart health | Fruit. The equivalent of minimum 15 ml of cranberry juice or 800 mg of cranberry solids per day | textbook, paper presentation, review | See: Vaccinium macrocarpon and Heart health | Contributes to vascular health, which in turn helps to maintain a healthy heart/helps maintaining heart health |
| 743 | Vaccinium myrtillis (Common Name : Blueberry, billberry) | Antioxidant properties | Fruit, leaf / Usual consumption as traditional foodstuff in a normal diet | textbook, in vitro study, review | See: Vaccinium myrtillis and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/ antioxidants help protect your cells and tissues from oxidative damage/ antioxidants contribute to the total antioxidant capacity of the body and m |
| 744 | Vaccinium myrtillis (Common Name : Blueberry, billberry) | Digestive health | Fruit, leaf / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Vaccinium myrtillis and Digestive health | Contain tannins, anthocyanins and flavonoid glycosides which contribute to normal stools, which in turn help maintain physical and mental well-being |
| 745 | Vaccinium myrtillis (Common Name : Blueberry, billberry) | Vascular health | Fruit, leaf / Usual consumption as traditional foodstuff in a normal diet | textbook, review, animal study | See: Vaccinium myrtillis and Vascular health | Contributes to vascular health, which in turn helps to maintain a healthy heart/helps maintaining heart health |

Industrie aanbieding lijst art. 13 claims

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| 746 | Vaccinium myrtillus (Common Name : Blueberry, billberry) | Immune health | Fruit, leaf / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Vaccinium myrtillus and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 747 | Vaccinium myrtillus (Common Name : Blueberry, billberry) | Glucose metabolism | Fruit, leaf / Usual consumption as traditional foodstuff in a normal diet | textbook,, review | See: Vaccinium myrtillus and Glucose metabolism | Help to maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose-insulin metabolism |
| 748 | Valeriana officinalis (Common Name : Valerian) | Mental health | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1-10 g of root per day | textbook, monographs, individual studies | See: Valeriana officinalis and Mental health | Helps to maintain a natural sleep/helps maintain normal quality of sleep/helps you cope calmly with the stress of a busy lifestyle/support of mental wellbeing in cases of tension and stress/contributes to optimal relaxation/helps to support the relaxation |
| 749 | Verbena officinalis (Common Name : Vervein) | Lactation | Areal parts / The equivalent of 6-12 dried herb as infusion | monographs, individual articles, books of reviews | See: Verbena officinalis and Lactation | Supports lactation |
| 750 | | | | | | |
| 751 | Vitex agnus-castus (Common Name : Chasteberry, Chaste fruit, Monk's pepper) | Menstruation | Fruit / The equivalent of 30 mg fruit per day | monographs/books | See: Vitex agnus-castus and Menstruation | Helps to maintain good comfort before and during menstrual cycle |
| 752 | Vitis vinifera (Common Name : Grape) | Antioxidant properties | Fruit, leaf, seed / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g of leaf per day | monographs, peer-reviewed publications | See: Vitis vinifera and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/ antioxidants help protect your cells and tissues from oxidative damage/ antioxidants contribute to the total antioxidant capacity of the body and m |
| 753 | Vitis vinifera (Common Name : Grape) | Vein health | Fruit, leaf, seed / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g of leaf per day | authoritative bodies, textbook, critical reviews, individual studies | See: Vitis vinifera and Vein health | Red vine leaf contributes to a good blood flow in the legs/can reduce the feeling of tired and heavy legs/traditionally used to support skin capillary function/helps to maintain healthy leg-vein functions/heavy legs |

Industrie aanbieding lijst art. 13 claims

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|-----|---|--------------------------------------|---|---|--|---|
| 754 | Vitis vinifera (Common Name : Grape) | Skin health/Antioxidative properties | Fruit, leaf, seed / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g of leaf per day | human, animal and in vitro studies | See: Vitis vinifera and Skin health/Antioxidative properties | Helps improve the overall health and appearance of the skin |
| 755 | Vitis vinifera (Common Name : Grape) | Heart health | Fruit, leaf, seed / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g of leaf per day | review, in vitro study | See: Vitis vinifera and Heart health | Supports metabolism/helps maintaining heart health/contributes to a beneficial effect on blood pressure |
| 756 | Zingiber officinale (Common Name : Ginger) | Digestive health | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.5-2 g of root per day | authoritative body, monographs from scientific experts/textbook | See: Zingiber officinale and Digestive health | Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to physical wellbeing/contributes to the normal functioning of the stomach in case of early pregnancy |
| 757 | Zingiber officinale (Common Name : Ginger) | Wellbeing during travelling | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.5-2 g of root per day | authoritative body, monographs from scientific experts/textbook | See: Zingiber officinale and Wellbeing during travelling | Contributes to comfort in travel sickness/Helps the normal functioning of the stomach during travelling |
| 758 | Zingiber officinale (Common Name : Ginger) | Immune health | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1 g of root per day | textbook | See: Zingiber officinale and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 759 | Zingiber officinale (Common Name : Ginger) | Heart health | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1 g of root per day | review | See: Zingiber officinale and Heart health | Contributes to vascular health, which in turn helps to maintain a healthy heart/helps maintaining heart health |