



European
Food-STA



Nutrition and Health Claims
Regulation (EC) N° 1924/2006 on Nutrition and Health
Claims made on foods

Ana Oliveira
ana.oliveira@frulact.com
12-10-2017

LEGAL FRAMEWORK

Regulation (EC) N° 1924/2006

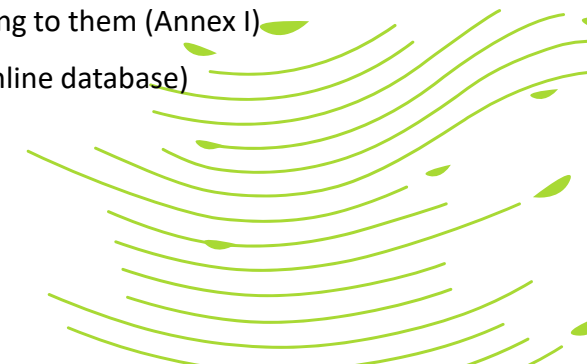
Subject matter and Scope

(article 1)

- harmonizes the provisions laid down in Member States which relate to nutrition and health claims
in order to ensure the effective functioning of the internal market whilst providing a high level of consumer protection.
- shall apply to nutrition and health claims made in commercial communications, whether in the labelling, presentation or advertising of foods to be delivered as such to the final consumer.

Tools

- Community Register (online)
- List of approved Nutrition Claims and conditions applying to them (Annex I)
- List of approved Health Claim and Conditions of use (online database)
- List of rejected Health Claims (online database)



LEGAL FRAMEWORK

Regulation (EC) N° 1924/2006

Definitions

(article 2 - Regulation (EC) No 178/2002)

Food

any substance or product, whether processed, partially processed or unprocessed, intended to be, or reasonably expected to be ingested by humans.

Definitions

(annex I - Regulation (EU) No 1169/2011)

Nutrition labelling

information stating the:

- (a) energy value; or
- (b) energy value and one or more of the following nutrients :
 - fat (saturates, mono-unsaturates, polyunsaturates),
 - carbohydrate (sugars, polyols, starch),
 - salt,
 - fibre,
 - protein,
 - any of the vitamins or minerals listed in Annex XIII and present in significant amounts (Part A, 1 and 2)

REFERENCE INTAKES

PART A — DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

1. Vitamins and minerals which may be declared and their nutrient reference values (NRVs)

Vitamin A (µg)	800	Chloride (mg)	800
Vitamin D (µg)	5	Calcium (mg)	800
Vitamin E (mg)	12	Phosphorus (mg)	700
Vitamin K (µg)	75	Magnesium (mg)	375
Vitamin C (mg)	80	Iron (mg)	14
Thiamin (mg)	1,1	Zinc (mg)	10
Riboflavin (mg)	1,4	Copper (mg)	1
Niacin (mg)	16	Manganese (mg)	2
Vitamin B6 (mg)	1,4	Fluoride (mg)	3,5
Folic acid (µg)	200	Selenium(µg)	55
Vitamin B12 (µg)	2,5	Chromium (µg)	40
Biotin (µg)	50	Molybdenum (µg)	50
Pantothenic acid (mg)	6	Iodine (µg)	150
Potassium (mg)	2 000		

2. Significant amount of vitamins and minerals

As a rule, the following values should be taken into consideration in deciding what constitutes a significant amount:

- 15 % of the nutrient reference values specified in point 1 supplied by 100 g or 100 ml in the case of products other than beverages,
- 7,5 % of the nutrient reference values specified in point 1 supplied by 100 ml in the case of beverages, or,
- 15 % of the nutrient reference values specified in point 1 per portion if the package contains only a single portion,

LEGAL FRAMEWORK

Regulation (EC) N° 1924/2006

Definitions

(annex I - Regulation (EU) No 1169/2011)

- **Fat**
total lipids, and includes phospholipids
- **Saturates**
fatty acids without double bond
- **Trans fat**
fatty acids with at least one non-conjugated (namely interrupted by at least one methylene group) carbon-carbon double bond in the trans configuration
- **Mono-unsaturates**
fatty acids with one cis double bond
- **Polyunsaturates**
fatty acids with two or more cis, cis-methylene interrupted double bonds
- **Carbohydrate**
means any carbohydrate which is metabolised by humans, and includes polyols
- **Sugars**
all monosaccharides and disaccharides present in food, but excludes polyols
- **Polyols**
alcohols containing more than two hydroxyl groups



LEGAL FRAMEWORK

Regulation (EC) N° 1924/2006

Definitions

(annex I - Regulation (EU) No 1169/2011)

- **Protein**

the protein content calculated using the formula: protein = total Kjeldahl nitrogen × 6,25

- **Salt**

salt equivalent content calculated using the formula: salt = sodium × 2,5;

- **Fibre**

carbohydrate polymers with three or more monomeric units, which are neither digested nor absorbed in the human small intestine and belong to the following categories:

CONVERSION FACTORS FOR THE CALCULATION OF ENERGY (Annex XIV)

carbohydrate (except polyols),	17 kJ/g — 4 kcal/g
polyols,	10 kJ/g — 2,4 kcal/g
protein,	17 kJ/g — 4 kcal/g
fat,	37 kJ/g — 9 kcal/g
alatrims,	25 kJ/g — 6 kcal/g
alcohol (ethanol),	29 kJ/g — 7 kcal/g
organic acid,	13 kJ/g — 3 kcal/g
fibre,	8 kJ/g — 2 kcal/g
erythritol,	0 kJ/g — 0 kcal/g





LEGAL FRAMEWORK

Regulation (EC) N° 1924/2006

Definitions

(article 2)

Claim

any message or representation, which is not mandatory under Community or national legislation, including pictorial, graphic or symbolic representation, in any form, which states, suggests or implies that a food has particular characteristics

Nutrient

protein, carbohydrate, fat, fibre, sodium, vitamins and minerals and substances which belong to or are components of one of those categories;

Other substance

a substance other than a nutrient that has a nutritional or physiological effect;





LEGAL FRAMEWORK

Regulation (EC) N° 1924/2006

Definitions

(article 2)

Nutrition claim

any claim which states, suggests or implies that a food has particular beneficial nutritional properties due to:

- the energy (calorific value) it
 - provides;
 - provides at a reduced or increased rate; or
 - does not provide;
- the nutrients or other substances it
 - contains;
 - contains in reduced or increased proportions; or
 - does not contain;

Health claim

any claim that states, suggests or implies that a relationship exists between a food category, a food or one of its constituents and health

Reduction of disease risk claim

any health claim that states, suggests or implies that the consumption of a food category, a food or one of its constituents significantly reduces a risk factor in the development of a human disease;

LEGAL FRAMEWORK

Regulation (EC) N° 1924/20086

General principles

(article 3)

Nutrition and Health claims shall not:

- be false, ambiguous or misleading;
- give rise to doubt about the safety and/or the nutritional adequacy of other foods;
- encourage or condone excess consumption of a food;
- state, suggest or imply that a balanced and varied diet cannot provide appropriate quantities of nutrients in general
- refer to changes in bodily functions which could give rise to or exploit fear in the consumer, either textually or through pictorial, graphic or symbolic representations



LEGAL FRAMEWORK

Regulation (EC) N° 1924/2006

Conditions for the use of nutrition and health claims

(article 4)

By 2009

the Commission shall establish

- specific nutrient profiles, which food or certain categories of food must comply with in order to bear nutrition or health claims
- conditions for the use of nutrition or health claims for foods or categories of foods with respect to the nutrient profiles

The nutrient profiles shall be based on scientific knowledge about diet and nutrition, and their relation to health.



aim to avoid a situation where nutrition or health claims mask the overall nutritional status of a food product, which could mislead consumers when trying to make healthy choices in the context of a balanced diet

2017 No nutrient profiles have been set (EU level)

- Beverages containing more than 1,2 % by volume of alcohol shall not bear health claims.



OPEN LETTER

To:
First Vice-President Frans Timmermans
Vice-President Jyrki Katainen
Commissioner Vytenis Andriukaitis
Commissioner Elżbieta Bienkowska

Brussels, 15 May 2017

Subject: Call for EU-wide nutrient profiles for nutrition and health claims

Dear Commissioners,

The undersigned civil society and private sector organisations want to express their support for the urgent adoption of EU-wide nutrient profiles for nutrition and health claims. In the fight against obesity, the EU needs to take action where it has the competences.

Without the underpinning of nutrient profiles, the EU's legal framework for nutrition and health claims made on foods (Regulation EC 1924/2006) has been incomplete for the past ten years. We believe that this situation is unsustainable and needs to be rectified as soon as possible:

- The lack of nutrient profiles to underpin the ability to make claims risks misleading consumers about the healthfulness and nutritional attributes of products.
- The absence of EU-wide nutrient profiles undermines the level playing field that industry needs to compete fairly and to innovate for health.



crispy treat
MILKSHAKE



LEGAL FRAMEWORK

Regulation (EC) N° 1924/2006



General Conditions

(article 3)

The use of nutrition and health claims shall only be permitted if :

- the presence, absence or reduced content in a food or category of food of a nutrient or other substance in respect of which the claim is made has been shown to have a beneficial nutritional or physiological effect, as established by generally accepted scientific evidence
- the nutrient or other substance for which the claim is made:
 - is contained in the final product in a significant quantity (if defined) or, in a quantity that will produce the nutritional or physiological effect claimed as established by generally accepted scientific evidence; or
 - is not present or is present in a reduced quantity that will produce the nutritional or physiological effect claimed as established by generally accepted scientific evidence;





LEGAL FRAMEWORK

Regulation (EC) N° 1924/2006

General Conditions

(article 3)



The use of nutrition and health claims shall only be permitted if :

- the nutrient or other substance for which the claim is made is in a form that is available to be used by the body;
- the quantity of the product that can reasonably be expected to be consumed provides a significant quantity of the nutrient or other substance to which the claim relates, or, where such rules do not exist, a significant quantity that will produce the nutritional or physiological effect claimed as established by generally accepted scientific evidence
- compliance with the specific conditions set out for each claim

The use of nutrition and health claims shall only be permitted if the average consumer can be expected to understand the beneficial effects as expressed in the claim.

Nutrition and health claims shall refer to the food ready for consumption in accordance with the manufacturer's instructions.



Nutrition Claims

Health Claims

Article 13.1
Function Health Claims

Article 13.5
Function Health Claims

Article 14.1(a)
Risk Reduction Claims

Article 14.1(b)
Health Claims referring to children's development

Growth, development & Functions of the body (13.1a)

Physiological and behavioural functions (13.1b)

Slimming/weight control/ hunger / satiety / available energy from de diet (13.1c)

New and/or protected data

Community register
(online)
= List in Annex of
Regulation (EC)
1924/2006

Community register of accepted and rejected health claims (online)

Article 13.1 – positive list in Regulation (EU)No 432/2012

crispy treat MILKSHAKE



LEGAL FRAMEWORK

Regulation (EC) N° 1924/2006



NUTRITION CLAIMS

(Chapter III)

The use of nutrition and health claims shall only be permitted if :

- they are listed and in conformity with the conditions set out in this Regulation

nutrition claim

any claim which states, suggests or implies that a food has particular beneficial nutritional properties due to:

- the energy (calorific value) it
 - provides
 - provides at a reduced or increased rate
 - does not provide;
- the nutrients or other substances it
 - contains
 - contains in reduced or increased proportions
 - does not contain;



NUTRITION CLAIMS
(Annex)

Nutrition Claim	Conditions of Use
LOW ENERGY	‘A claim that a food is low in energy, and any claim likely to have the same meaning for the consumer, may only be made where the product does not contain more than 40 kcal (170 kJ)/100 g for solids or more than 20 kcal (80 kJ)/100 ml for liquids. For table-top sweeteners the limit of 4 kcal (17 kJ)/portion, with equivalent sweetening properties to 6 g of sucrose (approximately 1 teaspoon of sucrose), applies.
ENERGY-REDUCED	A claim that a food is energy-reduced, and any claim likely to have the same meaning for the consumer, may only be made where the energy value is reduced by at least 30 %, with an indication of the characteristic(s) which make(s) the food reduced in its total energy value.
ENERGY-FREE	A claim that a food is energy-free, and any claim likely to have the same meaning for the consumer, may only be made where the product does not contain more than 4 kcal (17 kJ)/100 ml. For table-top sweeteners the limit of 0,4 kcal (1,7 kJ)/portion, with equivalent sweetening properties to 6 g of sucrose (approximately 1 teaspoon of sucrose), applies.
LOW FAT	A claim that a food is low in fat, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 3 g of fat per 100 g for solids or 1,5 g of fat per 100 ml for liquids (1,8 g of fat per 100 ml for semi-skimmed milk).
FAT-FREE	A claim that a food is fat-free, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 0,5 g of fat per 100 g or 100 ml. However, claims expressed as ‘X % fat-free’ shall be prohibited.
LOW SATURATED FAT	‘A claim that a food is low in saturated fat, and any claim likely to have the same meaning for the consumer, may only be made if the sum of saturated fatty acids and trans-fatty acids in the product does not exceed 1,5 g per 100 g for solids or 0,75 g/100 ml for liquids and in either case the sum of saturated fatty acids and trans-fatty acids must not provide more than 10 % of energy.
SATURATED FAT-FREE	A claim that a food does not contain saturated fat, and any claim likely to have the same meaning for the consumer, may only be made where the sum of saturated fat and trans-fatty acids does not exceed 0,1 g of saturated fat per 100 g or 100 ml.
LOW SUGARS	A claim that a food is low in sugars, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 5 g of sugars per 100 g for solids or 2,5 g of sugars per 100 ml for liquids.
SUGARS-FREE	A claim that a food is sugars-free, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 0,5 g of sugars per 100 g or 100 ml.
WITH NO ADDED SUGARS	A claim stating that sugars have not been added to a food, and any claim likely to have the same meaning for the consumer, may only be made where the product does not contain any added mono- or disaccharides or any other food used for its sweetening properties. If sugars are naturally present in the food, the following indication should also appear on the label: ‘CONTAINS NATURALLY OCCURRING SUGARS’.

NUTRITION CLAIMS
(Annex)

Nutrition Claim	Conditions of Use
LOW SODIUM/SALT	<p>A claim that a food is low in sodium/salt, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 0,12 g of sodium, or the equivalent value for salt, per 100 g or per 100 ml. For waters, other than natural mineral waters falling within the scope of Directive 80/777/EEC, this value should not exceed 2 mg of sodium per 100 ml.</p> <p style="text-align: right;">Repealed by Directive 2009/54/EC</p>
VERY LOW SODIUM/SALT	<p>A claim that a food is very low in sodium/salt, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 0,04 g of sodium, or the equivalent value for salt, per 100 g or per 100 ml. This claim shall not be used for natural mineral waters and other waters.</p>
SODIUM-FREE or SALT-FREE	<p>A claim that a food is sodium-free or salt-free, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 0,005 g of sodium, or the equivalent value for salt, per 100 g</p>
NO ADDED SODIUM/SALT	<p>A claim stating that sodium/salt has not been added to a food and any claim likely to have the same meaning for the consumer may only be made where the product does not contain any added sodium/salt or any other ingredient containing added sodium/salt and the product contains no more than 0,12 g sodium, or the equivalent value for salt, per 100 g or 100 ml.</p>
SOURCE OF FIBRE	<p>A claim that a food is a source of fibre, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least 3 g of fibre per 100 g or at least 1,5 g of fibre per 100 kcal.</p>
HIGH FIBRE	<p>A claim that a food is high in fibre, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least 6 g of fibre per 100 g or at least 3 g of fibre per 100 (kcal).</p>
SOURCE OF PROTEIN	<p>A claim that a food is a source of protein, and any claim likely to have the same meaning for the consumer, may only be made where at least 12 % of the energy value of the food is provided by protein.</p>
HIGH PROTEIN	<p>A claim that a food is high in protein, and any claim likely to have the same meaning for the consumer, may only be made where at least 20 % of the energy value of the food is provided by protein.</p> <p style="text-align: right;">Repealed by Regulation(EU) 1169/2011</p>
SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S]	<p>A claim that a food is a source of vitamins and/or minerals, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least a significant amount as defined in the Annex to Directive 90/496/EEC or an amount provided for by derogations granted according to Article 6 of Regulation (EC) No 1925/2006 of the European Parliament and of the Council of 20 December 2006 on the addition of vitamins and minerals and of certain other substances to foods.</p>
HIGH [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S]	<p>A claim that a food is high in vitamins and/or minerals, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least twice the value of 'source of [NAME OF VITAMIN/S] and/or [NAME OF MINERAL/S]'.</p>

NUTRITION CLAIMS
(Annex)

Nutrition Claim	Conditions of Use
CONTAINS [NAME OF THE NUTRIENT OR OTHER SUBSTANCE]	A claim that a food contains a nutrient or another substance, for which specific conditions are not laid down in this Regulation, or any claim likely to have the same meaning for the consumer, may only be made where the product complies with all the applicable provisions of this Regulation, and in particular Article 5. For vitamins and minerals the conditions of the claim 'source of' shall apply.
INCREASED [NAME OF THE NUTRIENT]	A claim stating that the content in one or more nutrients, other than vitamins and minerals, has been increased, and any claim likely to have the same meaning for the consumer, may only be made where the product meets the conditions for the claim 'source of' and the increase in content is at least 30 % compared to a similar product.
REDUCED [NAME OF THE NUTRIENT]	<p>A claim stating that the content in one or more nutrients has been reduced, and any claim likely to have the same meaning for the consumer, may only be made where the reduction in content is at least 30 % compared to a similar product, except for micronutrients, where a 10 % difference in the reference values as set in Directive 90/496/EEC shall be acceptable, and for sodium, or the equivalent value for salt, where a 25 % difference shall be acceptable.</p> <p>The claim 'reduced saturated fat', and any claim likely to have the same meaning for the consumer, may only be made:</p> <p>(a) if the sum of saturated fatty acids and of trans-fatty acids in the product bearing the claim is at least 30 % less than the sum of saturated fatty acids and of trans-fatty acids in a similar product; and</p> <p>(b) if the content in trans-fatty acids in the product bearing the claim is equal to or less than in a similar product.</p> <p>The claim 'reduced sugars', and any claim likely to have the same meaning for the consumer, may only be made if the amount of energy of the product bearing the claim is equal to or less than the amount of energy in a similar product.</p>
LIGHT/LITE	A claim stating that a product is 'light' or 'lite', and any claim likely to have the same meaning for the consumer, shall follow the same conditions as those set for the term 'reduced'; the claim shall also be accompanied by an indication of the characteristic(s) which make(s) the food 'light' or 'lite'.
NATURALLY/NATURAL	Where a food naturally meets the condition(s) laid down in this Annex for the use of a nutritional claim, the term 'naturally/natural' may be used as a prefix to the claim.
SOURCE OF OMEGA-3 FATTY ACIDS	A claim that a food is a source of omega-3 fatty acids, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least 0,3 g alpha-linolenic acid per 100 g and per 100 kcal, or at least 40 mg of the sum of eicosapentaenoic acid and docosahexaenoic acid per 100 g and per 100 kcal.
HIGH OMEGA-3 FATTY ACIDS	A claim that a food is high in omega-3 fatty acids, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least 0,6 g alpha-linolenic acid per 100 g and per 100 kcal, or at least 80 mg of the sum of eicosapentaenoic acid and docosahexaenoic acid per 100 g and per 100 kcal.

NUTRITION CLAIMS
(Annex)

Nutrition Claim	Conditions of Use
HIGH MONOUNSATURATED FAT	A claim that a food is high in monounsaturated fat, and any claim likely to have the same meaning for the consumer, may only be made where at least 45 % of the fatty acids present in the product derive from monounsaturated fat under the condition that monounsaturated fat provides more than 20 % of energy of the product.
HIGH POLYUNSATURATED FAT	A claim that a food is high in polyunsaturated fat, and any claim likely to have the same meaning for the consumer, may only be made where at least 45 % of the fatty acids present in the product derive from polyunsaturated fat under the condition that polyunsaturated fat provides more than 20 % of energy of the product.
HIGH UNSATURATED FAT	A claim that a food is high in unsaturated fat, and any claim likely to have the same meaning for the consumer may only be made where at least 70 % of the fatty acids present in the product derive from unsaturated fat under the condition that unsaturated fat provides more than 20 % of energy of the product.

Comparative claims
(article 9)

1. A comparison may only be made between foods of the same category, taking into consideration a range of foods of that category. The difference in the quantity of a nutrient and/or the energy value shall be stated and the comparison shall relate to the same quantity of food.
2. Comparative nutrition claims shall compare the composition of the food in question with a range of foods of the same category, which do not have a composition which allows them to bear a claim, including foods of other brands.

LEGAL FRAMEWORK

Regulation (EC) N° 1924/2006

NUTRITION CLAIMS

(Annex)

HIGH PROTEIN A claim that a food is high in protein, and any claim likely to have the same meaning for the consumer, may only be made where at least 20 % of the energy value of the food is provided by protein.

LOW FAT A claim that a food is low in fat, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 3 g of fat per 100 g for solids or 1,5 g of fat per 100 ml for liquids (1,8 g of fat per 100 ml for semi-skimmed milk).

CONVERSION FACTORS FOR THE CALCULATION OF ENERGY (Annex XIV)

carbohydrate (except polyols),	17 kJ/g — 4 kcal/g
polyols,	10 kJ/g — 2,4 kcal/g
protein,	17 kJ/g — 4 kcal/g
fat,	37 kJ/g — 9 kcal/g
alatrims,	25 kJ/g — 6 kcal/g
alcohol (ethanol),	29 kJ/g — 7 kcal/g
organic acid,	13 kJ/g — 3 kcal/g
fibre,	8 kJ/g — 2 kcal/g
erythritol,	0 kJ/g — 0 kcal/g

Source: Mintel



High protein yogurt with a layer of mixed berry and açaí compote.

Nutrition	100g as sold	Each pot (150g)	150g e
Typical values			
Energy	295kJ 70kcal	442kJ 104kcal	For site code see lid
Fat	0.5g	0.8g	UK UW 020 = B EC
of which saturates	0.2g	0.3g	
Carbohydrate	7.5g	11.3g	UK SG 014 = C EC
of which sugars	6.0g	9.0g	
Fibre	0.3g	0.5g	
Protein	8.6g	12.9g	
Salt	0.2g	0.3g	

POT - CARD - Widely recycled
FILM - PLASTIC -

This pack contains 1 serving
*Reference intake of an average adult

LEGAL FRAMEWORK

Regulation (EC) N° 1924/2006

NUTRITION CLAIMS

(Annex)

LOW FAT

A claim that a food is low in fat, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 3 g of fat per 100 g for solids or 1,5 g of fat per 100 ml for liquids (1,8 g of fat per 100 ml for semi-skimmed milk).

Source: Mintel



Nutrition		
Typical values	100g contains	Each pot (150g) contains
Energy	319kJ / 75kcal	478kJ / 113kcal
Fat	1.9g	2.9g
of which saturates	1.3g	1.9g
Carbohydrate	11.2g	16.8g
of which sugars	10.7g	16.1g
Fibre	<0.1g	<0.1g
Protein	3.4g	5.1g
Salt	0.1g	0.2g

This pack contains 1 serving. *Reference intake of an average adult (8400kJ / 2000kcal)

Vitamins/Minerals		
Typical values	100g contains	Each pot (150g) contains
Vitamin D	0.9µg (17% NRV)	1.3µg (25% NRV)
Calcium	120.0mg (15% NRV)	180.0mg (23% NRV)

NRV = Nutrient Reference Value



LEGAL FRAMEWORK

Regulation (EC) No 1924/2006

NUTRITION CLAIMS

(Annex)

WITH NO ADDED SUGARS

A claim stating that sugars have not been added to a food, and any claim likely to have the same meaning for the consumer, may only be made where the product does not contain any added mono- or disaccharides or any other food used for its sweetening properties. If sugars are naturally present in the food, the following indication should also appear on the label: 'CONTAINS NATURALLY OCCURRING SUGARS'.

Comparative claims

(article 9)

A comparison may only be made between foods of the same category, taking into consideration a range of foods of that category.

The difference in the quantity of a nutrient and/or the energy value shall be stated and the comparison shall relate to the same quantity of food.

Source: Mintel



LEGAL FRAMEWORK

Regulation (EC) No 1924/2006



NUTRITION CLAIMS

(Annex)

NO ADDED SODIUM/SALT

A claim stating that sodium/salt has not been added to a food and any claim likely to have the same meaning for the consumer may only be made where the product does not contain any added sodium/salt or any other ingredient containing added sodium/salt and the product contains no more than 0,12 g sodium, or the equivalent value for salt, per 100 g or 100 ml.

WITH NO ADDED SUGARS

A claim stating that sugars have not been added to a food, and any claim likely to have the same meaning for the consumer, may only be made where the product does not contain any added mono- or disaccharides or any other food used for its sweetening properties. If sugars are naturally present in the food, the following indication should also appear on the label: 'CONTAINS NATURALLY OCCURRING SUGARS'.

HIGH FIBRE

A claim that a food is high in fibre, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least 6 g of fibre per 100 g or at least 3 g of fibre per 100 kcal.

HIGH [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S]

A claim that a food is high in vitamins and/or minerals, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least twice the value of 'source of [NAME OF VITAMIN/S] and/or [NAME OF MINERAL/S]'.

Repealed by Regulation(EU) 1169/2011

SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S]

A claim that a food is a source of vitamins and/or minerals, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least a significant amount as defined in the Annex to Directive 90/496/EEC or an amount provided for by derogations granted according to Article 6 of Regulation (EC) No 1925/2006 of the European Parliament and of the Council of 20 December 2006 on the addition of vitamins and minerals and of certain other substances to foods

Source: Mintel



LEGAL FRAMEWORK

Regulation (EC) N° 1924/2006

NUTRITION CLAIMS

(Annex)

Repealed by Regulation(EU) 1169/2011

SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S]

A claim that a food is a source of vitamins and/or minerals, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least a significant amount as defined in the Annex to Directive 90/496/EEC or an amount provided for by derogations granted according to Article 6 of Regulation (EC) No 1925/2006 of the European Parliament and of the Council of 20 December 2006 on the addition of vitamins and minerals and of certain other substances to foods (1).

SOURCE OF PROTEIN

A claim that a food is a source of protein, and any claim likely to have the same meaning for the consumer, may only be made where at least 12 % of the energy value of the food is provided by protein.

CONVERSION FACTORS FOR THE CALCULATION OF ENERGY (Annex XIV)

carbohydrate (except polyols),	17 kJ/g — 4 kcal/g
polyols,	10 kJ/g — 2,4 kcal/g
protein,	17 kJ/g — 4 kcal/g
fat,	37 kJ/g — 9 kcal/g
alatrims,	25 kJ/g — 6 kcal/g
alcohol (ethanol),	29 kJ/g — 7 kcal/g
organic acid,	13 kJ/g — 3 kcal/g
fibre,	8 kJ/g — 2 kcal/g
erythritol,	0 kJ/g — 0 kcal/g



Source: Mintel

NUTRITION INFORMATION²

TYPICAL VALUES	PER 100g	PER SERVING 80g	% RI PER PORTION ³
Energy	408 kJ 97kcal	244 kJ 58 kcal	3%
Fat	2.6g	1.6g	2%
of which: saturates	1.7g	1.0g	5%
Carbohydrate	13.1g	7.9g	5%
of which: sugars	12.4g	7.4g	8%
Protein	5.3g	3.2g	6%
Salt	0.1g	0.0g	0%

Calcium (%NRV ⁴)	200mg (25% NRV)	120mg (15% NRV)	
------------------------------	-----------------	-----------------	--

Reference Intake
Annex XIII -
Regulation(EU)
1169/2011

Nutrition Claims

Health Claims

Article 13.1
Function Health Claims

Article 13.5
Function Health Claims

Article 14.1(a)
Risk Reduction Claims

Article 14.1(b)
Health Claims referring to children's development

Growth, development & Functions of the body (13.1a)

Physiological and behavioural functions (13.1b)

Slimming/weight control/ hunger / satiety / available energy from de diet (13.1c)

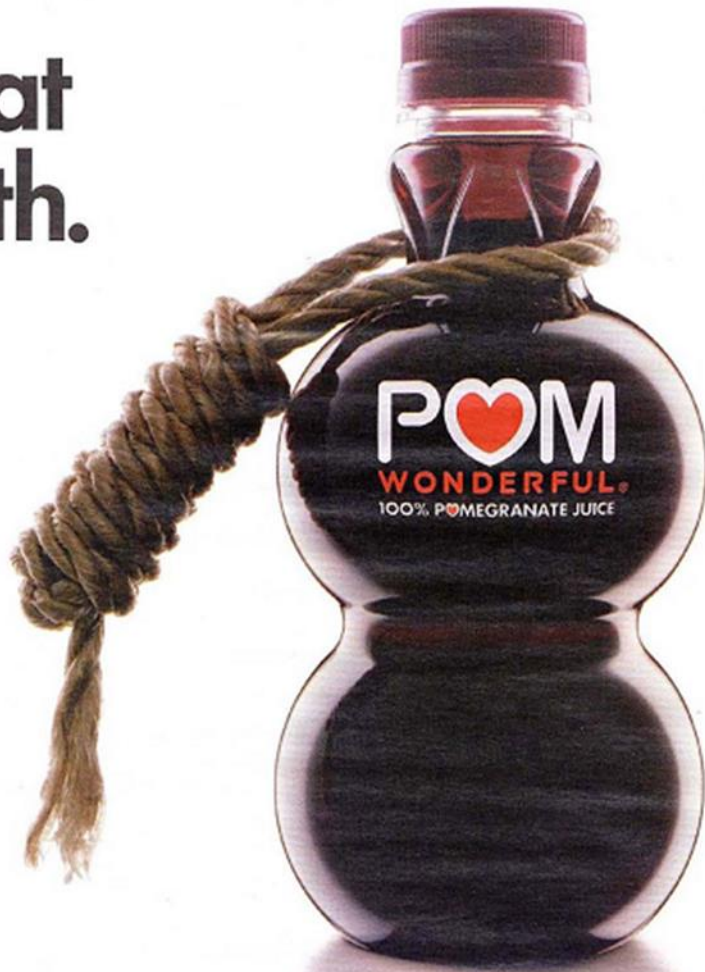
New and/or protected data

Community register
(online)
= List in Annex of
Regulation (EC)
1924/2006

Community register of accepted and rejected health claims (online)

Article 13.1 – positive list in Regulation (EU)No432/2012

Cheat death.



Dying is so dead. Drink to life with POM Wonderful Pomegranate Juice, the world's most powerful antioxidant. It has more antioxidants than any other drink and can help prevent premature aging, heart disease, stroke, Alzheimer's, even cancer. Eight ounces a day is all you need. The sooner you drink it, the longer you will enjoy it.

POM Wonderful Pomegranate Juice. The Antioxidant Superpower.™



LEGAL FRAMEWORK

Regulation (EC) N° 1924/2006

HEALTH CLAIMS

(article 10)

Health claim

any claim that states, suggests or implies that a relationship exists between a food category, a food or one of its constituents and health

Health claims shall only be permitted if the following information is included :

- a statement indicating the importance of a varied and balanced diet and a healthy lifestyle;
- the quantity of the food and pattern of consumption required to obtain the claimed beneficial effect;
- a statement addressed to persons who should avoid using the food (where appropriate)
- appropriate warning for products that are likely to present a health risk if consumed to excess.

Reference to general, non-specific benefits of the nutrient or food for overall good health or health-related well-being may only be made if accompanied by a specific health claim

Restrictions

(article 12)

The following health claims shall not be allowed:

- claims which suggest that health could be affected by not consuming the food;
- claims which make reference to the rate or amount of weight loss;
- claims which make reference to recommendations of individual doctors or health professionals and other associations not referred to in Article 11.



LEGAL FRAMEWORK

Regulation (EC) N° 1924/2006

HEALTH CLAIMS

(article 10)

Types of Health Claims

- **Function Health Claims** (Article 13)
 - Relating to the growth, development and functions of the body
 - Referring to psychological and behavioural functions
 - On slimming or weight-control
- **Risk Reduction Claims** (Article 14(1)(a))
 - reducing a risk factor in the development of a disease.
- **Health Claims referring to children's development** (Article 14(1)(b))

Along with **B VITAMINS** which can help the normal functioning of the nervous system,

Plant stanol ester has been shown to lower cholesterol. High cholesterol is a risk factor in the development of coronary heart disease. A daily intake of 1.5-2.4g plant stanols lowers

**Calcium is needed for normal growth and development of bone in children.

***20% less

EU Register on nutrition and health claims

The search tool only allows searches for health claims*, and not nutrition claims.

* Health claims for which protection of proprietary data is granted (and for which the right of use of the claim is restricted to the benefit of the applicant) are only listed here.

You can also download the complete dataset of nutrition and health claims in the following formats: [XLSX \(1.14 Mb\)](#) [PDF \(2.22 Mb\)](#)

EU Register Search

Showing 1 to 10 of 229 entries (filtered from 2,319 total entries) 10 records per page

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorization	Health relationship	EFSA opinion reference / Journal reference	Commission Regulation	Status	Entry ID
Art.13(1)	Activated charcoal	Activated charcoal contributes to reducing excessive flatulence after eating	The claim may be used only for food which contains 1 g of activated charcoal per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with 1 g which should be taken at least 30 minutes before and 1 g shortly after the meal.	reduction of excessive intestinal gas accumulation	2011:9(4):2049	Commission Regulation (EU) 432/2012 of 16/05/2012	Authorised	1938
Art.13(1)	Alpha-cyclodextrin	Consumption of alpha-cyclodextrin as part of a starch-containing meal contributes to the reduction of the blood glucose rise after that meal	The claim may be used for food which contains at least 5 g of alpha-cyclodextrin per 50 g of starch in a quantified portion as part of the meal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming the	Reduction of post-prandial glycaemic responses	2010:8(2):1479, 2012:10(6):2713	Commission Regulation (EU) 536/2013 of 11/06/2013	Authorised	2926

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorization	Health relationship	EFSA opinion reference / Journal reference	Commission Regulation	Status	Entry ID
Art.13(5)	Non-digestible carbohydrates	Consumption of foods/drinks containing <name of all used non-digestible carbohydrates> instead of sugars induces a lower blood glucose rise after their consumption compared to sugar-containing foods/drinks.	In order to bear the claim, sugars should be replaced in foods or drinks by non-digestible carbohydrates, which are carbohydrates neither digested nor absorbed in the small intestine, so that foods or drinks contain reduced amounts of sugars by at least the amount referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation (EC) No 1924/2006.		Q-2013-00615, Q-2014-00044, Q-2014-00073	Commission Regulation (EU) 2016/854 of 30/05/2016	Authorised	N/A
Art.13(5)	Carbohydrates	Carbohydrates contribute to the recovery of normal muscle function (contraction) after highly intensive and/or long-	The claim may be used only for food which provides carbohydrates which are metabolised by humans		Q-2013-00234	Commission Regulation (EU) 2013/2016	Authorised	N/A

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

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorization	Health relationship	EFSA opinion reference / Journal reference	Commission Regulation	Status	Entry ID
Art.14(1)(b)	o-linolenic acid (ALA) & linoleic acid (LA), essential fatty acids	Essential fatty acids are needed for normal growth and development of children.	Information to the consumer that the beneficial effect is obtained with a daily intake of 2 g of o-linolenic acid (ALA) and a daily intake of 10 g of linoleic acid (LA).		Q-2008-079	Commission Regulation (EC) 983/2009 of 21/10/2009, Amended by Commission Regulation (EC) 376/2010 of 03/05/2010	Authorised	N/A
Art.14(1)(b)	Calcium	Calcium is needed for normal growth and development of bone in children.	The claim can be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN(S)] AND/OR [NAME OF MINERAL(S)] as listed in the Annex to Regulation 1924/2006.		Q-2008-322	Commission Regulation (EC) 983/2009 of	Authorised	N/A

LEGAL FRAMEWORK

Regulation (EC) N° 1924/2006

EU Register on nutrition and health claims

(online)

- Permitted nutrition claims and their conditions of use
- Authorised health claims, their conditions of use and applicable restrictions
- Non-authorised health claims and the reasons for their non-authorization
- EU legal acts for the specific health claims
- National measures mentioned in Art. 23(3) of Regulation EC 1924/2006

A number of submitted health claims do not appear in this EU Register:

- Health claims submitted as Article 13(1) 'function claims' but that do not qualify as such
- Health claims not related to human health which cannot consequently be used on foods
- Health claims for combinations of substances where health claims are already authorised for some of the individual substances
- Some 'function claims', for which the assessment by EFSA or the consideration by the Commission is not finalized. Include:
 - Referring to botanical substances;
 - Under further consideration by the Commission and EU countries.
- Some health claims subject to the individual authorisation procedure pending a decision.



LEGAL FRAMEWORK

Regulation (EC) N° 1924/2006

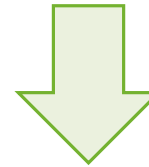
HEALTH CLAIMS

other than those referring to the reduction of disease risk and to children's development and health (article 13)

'Function Health Claims'

Health claims describing or referring to:

- the role of a nutrient or other substance in growth, development and the functions of the body
- psychological and behavioural functions
- slimming or weight-control or a reduction in the sense of hunger or an increase in the sense of satiety or to the reduction of the available energy from the diet



Article 13.1 – positive list in Regulation (EU)No 432/2012
Community register of accepted and rejected health claims (online)

Article 13.5 - Community register of accepted and rejected health claims (online)
Health claims for which protection of proprietary data has been granted

Health Claims

Article 13
Function Health Claims

Article 14.1(a)
Risk Reduction Claims



Article 14.1(b)
Health Claims referring to children's
development



EU Register on nutrition and health claims

The search tool only allows searches for health claims*, and not nutrition claims.










* **Health claims for which protection of proprietary data is granted** (and for which the right of use of the claim is restricted to the benefit of the applicant) are **only** listed [here](#).

You can also download the complete dataset of nutrition and health claims in the following formats:  (1.14 Mb)  (2.22 Mb)

[EU Register](#) [Search](#)

Showing 1 to 10 of 2,319 entries records per page

< 1 2 3 4 5 ... 232 >

Claim type 	Nutrient, substance, food or food category 	Claim 	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation 	Health relationship 	EFSA opinion reference / Journal reference 	Commission Regulation 	Status 	Entry ID 
Art.13(1)	""Dietary food for special medical purposes - oral rehydrating solution with decreased osmolarity composed according to WHO/UNICEF recommendations - ORSALIT. ORSALIT is available in following versions: - ORSALIT without flavor, - ORSALIT with banana flavor	1. ORSALIT is used in all cases when dehydration may occur 2. ORSALIT is hypoosmolar, oral rehydrating solution composed according to WHO and UNICEF recommendations 3. ORSALIT helps to avoid dehydration which may occur in case of diarrhea and/or vomiting 4. ORSALIT uses mechanism of collective adsorption of water, sodium and glucose which is not damaged even during diarrhea 5. ORSALIT is used in order to supplement current losses of water and electrolytes 6.	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect attributes to this food the property of preventing, treating or curing a human disease, or refers to such properties which is prohibited for foods.	Treatment of diarrhoea and/or vomiting	2011;9(6):2228		Non-authorised	3087

Select criteria ⚙️ ✕

Claim status ➤

Type of claim ➤

 Art.13(1)

EFSA Opinion reference ➤

Legislation ➤

Search ➤

Match entire phrase ➤

[Reset filter](#)

[Help and tips](#) | [Cookies](#) | [Legal notice](#) | [Contact](#) | [Search](#) | English (EN) ▾



FOOD

European Commission > Food Safety > Food > Labelling and nutrition > Health and nutrition claims

🏠
HEALTH
FOOD
ANIMALS
PLANTS
AMR
📱 **A** **A** Follow us on Twitter

EU Register on nutrition and health claims

The search tool only allows searches for health claims*, and not nutrition claims.

* **Health claims for which protection of proprietary data is granted** (and for which the right of use of the claim is restricted to the benefit of the applicant) are **only** listed here.

You can also download the complete dataset of nutrition and health claims in the following formats: [📄 \(1.14 Mb\)](#) [📄 \(2.22 Mb\)](#)

🏠 EU Register
⚙️ Search

Showing 1 to 10 of 229 entries (filtered from 2,319 total entries) < 1 2 3 4 5 ... 23 >

10 records per page

Claim type ?	Nutrient, substance, food or food category ?	Claim ?	Conditions of use of the claim / Restrictions of use / Reasons for non- authorisation ?	Health relationship ?	EFSA opinion reference / Journal reference ?	Commission Regulation ?	Status ?	Entry ID ?
Art.13(1)	Activated charcoal	Activated charcoal contributes to reducing excessive flatulence after eating	The claim may be used only for food which contains 1 g of activated charcoal per quantified portion. In order to bear the claim information shall be given to the consumer that the	reduction of excessive intestinal gas accumulation	2011;9(4):2049	Commission Regulation (EU) 432/2012 of 16/05/2012	Authorised	1938










LEGAL FRAMEWORK

Regulation (EC) N° 1924/2006

EU Register on nutrition and health claims










Showing 1 to 10 of 229 entries (filtered from 2,319 total entries) records per page

< 1 2 3 4 5 ... 23 >

Claim type 	Nutrient, substance, food or food category 	Claim 	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation 	Health relationship 	EFSA opinion reference / Journal reference 	Commission Regulation 	Status 	Entry ID 
Art.13(1)	Activated charcoal	Activated charcoal contributes to reducing excessive flatulence after eating	The claim may be used only for food which contains 1 g of activated charcoal per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with 1 g which should be taken at least 30 minutes before and 1 g shortly after the meal.	reduction of excessive intestinal gas accumulation	2011;9(4):2049	Commission Regulation (EU) 432/2012 of 16/05/2012	Authorised	1938
Art.13(1)	Alpha-cyclodextrin	Consumption of alpha-cyclodextrin as part of a starch-containing meal contributes to the reduction of the blood glucose rise after that meal	The claim may be used for food which contains at least 5 g of alpha-cyclodextrin per 50 g of starch in a quantified portion as part of the meal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming the alpha-cyclodextrin as part of the meal.	Reduction of post-prandial glycaemic responses	2010;8(2):1479, 2012;10(6):2713	Commission Regulation (EU) 536/2013 of 11/06/2013	Authorised	2926
Art.13(1)	Alpha-linolenic acid (ALA)	ALA contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which is at least a source of ALA as referred to in the claim SOURCE OF OMEGA 3 FATTY ACIDS as listed in the Annex to Regulation (EC) No 1924/2006. Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of ALA.	maintenance of normal blood cholesterol concentrations	2009;7(9):1252, 2011;9(6):2203	Commission Regulation (EU) 432/2012 of 16/05/2012	Authorised	493, 568
Art.13(1)	Arabinoxylan produced from wheat endosperm	Consumption of arabinoxylan as part of a meal contributes to a reduction of the blood glucose rise after that meal	The claim may be used only for food which contains at least 8 g of arabinoxylan (AX)-rich fibre produced from wheat endosperm (at least 60 % AX by weight) per 100 g of available carbohydrates in a quantified portion as part of the meal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming the arabinoxylan (AX)-rich fibre produced from wheat endosperm as part of the meal.	reduction of post-prandial glycaemic responses	2011;9(6):2205	Commission Regulation (EU) 432/2012 of 16/05/2012	Authorised	830



Showing 1 to 6 of 6 entries (filtered from 2,319 total entries) records per page

Claim type 	Nutrient, substance, food or food category 	Claim 	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation 	Health relationship 	EFSA opinion reference / Journal reference 	Commission Regulation 	Status 	Entry ID 
Art.13(5)	Non-digestible carbohydrates	Consumption of foods/drinks containing <name of all used non-digestible carbohydrates> instead of sugars induces a lower blood glucose rise after their consumption compared to sugar-containing foods/drinks.	In order to bear the claim, sugars should be replaced in foods or drinks by non-digestible carbohydrates, which are carbohydrates neither digested nor absorbed in the small intestine, so that foods or drinks contain reduced amounts of sugars by at least the amount referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation (EC) No 1924/2006.		Q-2013-00615, Q-2014-00044, Q-2014-00073	Commission Regulation (EU) 2016/854 of 30/05/2016	Authorised	N/A
Art.13(5)	Carbohydrates	Carbohydrates contribute to the recovery of normal muscle function (contraction) after highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle	The claim may be used only for food which provides carbohydrates which are metabolised by humans (excluding polyols). Information shall be given to the consumer that the beneficial effect is obtained with the consumption of carbohydrates, from all sources, at a total intake of 4 g per kg body weight, at doses, within the first 4 hours and no later than 6 hours, following highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle. The claim may be used only for foods intended for adults who have performed highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle.		Q-2013-00234	Commission Regulation (EU) 2015/7 of 06/01/2015	Authorised	N/A
Art.13(5)	Creatine	Daily creatine consumption can enhance the effect of resistance training on muscle strength in adults over the age of 55.	Information shall be provided to the consumer that: the claim is targeting adults over the age of 55, who are engaged in regular resistance training, the beneficial effect is obtained with a daily intake of 3 g of creatine in conjunction with resistance training, which allows an increase in the muscle mass and which should be		Q-2015-00437	Commission Regulation (EU) 2017/672 of 07/04/2017	Authorised	N/A





EU Register on nutrition and health claims

Health claims for which protection of proprietary data has been granted

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	EFSA opinion reference	Commission regulation	Status	Restriction of use for the benefit of	Expiry date of the restriction of use
Art.13(5)	Slowly digestible starch	Consumption of products high in slowly digestible starch (SDS) raises blood glucose concentration less after a meal compared to products low in SDS	The claim may be used only on food where the digestible carbohydrates provide at least 60 % of the total energy and where at least 55 % of those carbohydrates is digestible starch, of which at least 40 % is SDS	Q-2010-00966	Commission Regulation (EU) No 851/2013 of 03/09/2013	Authorised	Mondelez International group, Three Parkway North Deerfield, IL, 60015, UNITED STATES	23/09/2018
Art.13(5)	Reformulated, non-alcoholic, acidic drink with: — less than 1 g fermentable carbohydrate per 100 ml (sugars and other carbohydrates except polyols), — calcium in a range from 0,3 to 0,8 mol per mol acidulant, — display of pH between 3,7-4,0.	Replacing sugar-containing, acidic drinks, such as soft drinks (typically 8-12 g sugars/100 ml), with reformulated drinks contributes to the maintenance of tooth mineralisation	In order to bear the claim, reformulated acidic drinks shall comply with the description of the food subject to the claim	Q-2010-00784	Commission Regulation (EU) No 851/2013 of 03/09/2013	Authorised	Lucozade Ribena Sundry Limited and its affiliates (See footnote 1) 2 Longwalk Road Stockley Park Uxbridge UB11 1BA UNITED KINGDOM	23/09/2018
Art.13(5)	Water-Soluble Tomato Concentrate (WSTC) I and II	Water-Soluble Tomato Concentrate (WSTC) I and II helps maintain normal platelet aggregation, which contributes to healthy blood flow	Information to the consumer that the beneficial effect is obtained with a daily consumption of 3g WSTC I or 150 mg WSTC II in up to 250 ml of either fruit juices, flavoured drinks or yogurt drinks (unless heavily pasteurised) or with a daily consumption of 3 g WSTC I or 150 mg WSTC II in food supplements when taken with a glass of water or other liquid.	Q-2009-00229 , Q-2010-00809	Decision 2009/980/EU of 17/12/2009 , Amended by Decision 2010/770/EU of 13/12/2010	Authorised	Proxavis Natural Products Limited Thames Court 1 Victoria, Street Windsor, Berkshire SL4 1YB UNITED KINGDOM	18/12/2014

LEGAL FRAMEWORK

Regulation (EC) N° 1924/2006

HEALTH CLAIMS

Reduction of disease risk claims and claims referring to children's development and health (article 14)

- reduction of disease risk claims;
- claims referring to children's development and health.

In addition to the general requirements the labelling, presentation or advertising shall also bear:

- a statement indicating that the disease to which the claim is referring has multiple risk factors and that altering one of these risk factors may or may not have a beneficial effect



Article 14a and 14b - Community register of accepted and rejected health claims (online)

Health Claims

Article 13
Function Health Claims

Article 14.1(a)
Risk Reduction Claims

Article 14.1(b)
Health Claims referring to children's
development



Select criteria ⚙️ ✕

Claim status > Authorised ▾

Type of claim > Art.14(1)(a) ▾


EFSA Opinion reference > All ▾

Legislation > All ▾

Search >

Match entire phrase >

Reset filter



FOOD



European Commission > Food Safety > Food > Labelling and nutrition > Health and nutrition claims

🏠
HEALTH
FOOD
ANIMALS
PLANTS
AMR
📺
📺
📺
Follow us on Twitter

EU Register on nutrition and health claims

The search tool only allows searches for health claims*, and not nutrition claims.

* **Health claims for which protection of proprietary data is granted** (and for which the right of use of the claim is restricted to the benefit of the applicant) are **only** listed here.










You can also download the complete dataset of nutrition and health claims in the following formats:  (1.14 Mb)  (2.22 Mb)










🏠 | EU Register
⚙️ | Search

Showing 1 to 10 of 14 entries (filtered from 2,319 total entries)

<
1
2
>

10 ▾ records per page

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

Claim type 	Nutrient, substance, food or food category 	Claim 	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation 	Health relationship 	EFSA opinion reference / Journal reference 	Commission Regulation 	Status 	Entry ID 
Art.14(1) (a)	Barley beta-glucans	Barley beta-glucans has been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease.	Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of barley beta-glucan. The claim can be used for foods which provide at least 1 g of barley beta-glucan per quantified portion.		Q-2011-00798	Commission Regulation (EU) 1048/2012 of 08/11/2012	Authorised	N/A
Art.14(1) (a)	Barley beta-glucans	Barley beta-glucans has been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease	Information shall be given to the consumer that the beneficial effect is obtained with daily intake of 3 g of barley beta-glucan. The claim can be used for foods which provide at least 1 g of barley beta-glucan per quantified portion.		Q-2011-00799	Commission Regulation (EU) 1048/2012 of 08/11/2012	Authorised	N/A
Art.14(1) (a)	Calcium	Calcium helps to reduce the loss of bone mineral in post-menopausal women. Low bone mineral density is a risk factor for osteoporotic bone fractures	The claim may be used only for food which provides at least 400 mg of calcium per quantified portion. Information shall be given to the consumer that the claim is specifically intended for women 50 years and older and the beneficial effect is obtained with a daily intake of at least 1 200 mg of calcium from all sources. For foods with added calcium the claim may be used only for those targeting women 50 years and older		Q-2008-721, Q-2009-00940	Commission Regulation (EU) No 1228/2014 of 17/11/2014	Authorised	N/A
Art.14(1) (a)	Calcium and vitamin D	Calcium and vitamin D help to reduce the loss of bone mineral in post-menopausal women. Low bone mineral density is a risk factor for osteoporotic bone fractures	The claim may be used only for food supplements which provide at least 400 mg of calcium and 15 µg of vitamin D per daily portion. Information shall be given to the consumer that the claim is specifically intended for women 50 years and older and the beneficial effect is obtained with a daily intake of at least 1 200 mg of calcium and 20 µg of vitamin D from all sources. For food supplements with added calcium and vitamin D the claim may be used only for those targeting women 50 years and older		Q-2008-721, Q-2009-00940	Commission Regulation (EU) No 1228/2014 of 17/11/2014	Authorised	N/A



Select criteria ✕

Claim status > All

Type of claim > Art.14(1)(b)

EFSA Opinion reference > All

Legislation > All

Search >




Match entire phrase >

Reset filter

European Commission

European Commission > Food Safety > Food > Labelling and nutrition > Health and nutrition claims



HEALTH
FOOD
ANIMALS
PLANTS
AMR




[Follow us on Twitter](#)

EU Register on nutrition and health claims

The search tool only allows searches for health claims*, and not nutrition claims.

* **Health claims for which protection of proprietary data is granted** (and for which the right of use of the claim is restricted to the benefit of the applicant) are **only** listed here.

You can also download the complete dataset of nutrition and health claims in the following formats:  (1.14 Mb)  (2.22 Mb)

EU Register
Search

Showing 1 to 10 of 56 entries (filtered from 2,319 total entries)

1
2
3
4
5
6










10 records per page

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non- authorisation	Health relationship	EFSA opinion reference / Journal reference	Commission Regulation	Status	Entry ID
Art.14(1)(b)	α-linolenic acid (ALA) & linoleic acid (LA), essential fatty acids	Essential fatty acids are needed for normal growth and development of children.	Information to the consumer that the beneficial effect is obtained with a daily intake of 2 g of α-linolenic acid (ALA) and a daily intake of 10 g of linoleic acid (LA).		Q-2008-079	Commission Regulation (EC) 983/2009 of 21/10/2009, Amended by Commission Regulation (EC) 376/2010 of 03/05/2010	Authorised	N/A
Art.14(1)(b)	<i>Lactobacillus delbrueckii</i> subsp.	Maintaining the gut health by normalizing the intestinal	Non-compliance with the Regulation because on the		Q-2008-273	Commission Regulation	Non-authorised	N/A

LEGAL FRAMEWORK

Regulation (EC) N° 1924/2006

EU Register on nutrition and health claims

Claim type 	Nutrient, substance, food or food category 	Claim 	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation 	Health relationship 	EFSA opinion reference / Journal reference 	Commission Regulation 	Status 	Entry ID 
Art.14(1) (b)	α -linolenic acid (ALA) & linoleic acid (LA), essential fatty acids	Essential fatty acids are needed for normal growth and development of children.	Information to the consumer that the beneficial effect is obtained with a daily intake of 2 g of α -linolenic acid (ALA) and a daily intake of 10 g of linoleic acid (LA).		Q-2008-079	Commission Regulation (EC) 983/2009 of 21/10/2009, Amended by Commission Regulation (EC) 376/2010 of 03/05/2010	Authorised	N/A
Art.14(1) (b)	<i>Lactobacillus delbrueckii</i> subsp. <i>bulgaricus</i> strain AY/CSL (LMG P-17224) and <i>Streptococcus thermophilus</i> strain 9Y/CSL (LMG P-17225)	Maintaining the gut health by normalizing the intestinal flora	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated		Q-2008-273	Commission Regulation (EU) No 378/2012 of 03/05/2012	Non-authorised	N/A
Art.14(1) (b)	Non-digestible oligo- and polysaccharides including galacto-oligosaccharides, oligofructose, polyfructose and inulin	With non-digestible oligo- and/ or polysaccharides to stimulate calcium absorption	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.		Q-2008-140	Commission Regulation (EU) 2015/1886 of 20/10/2015	Non-authorised	N/A
Art.14(1) (b)	Beta-galactosidase from <i>Streptococcus thermophilus</i>	Lactase for comfortable digestion	Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.		Q-2008-148	Commission Regulation (EU) 2015/1886 of 20/10/2015	Non-authorised	N/A

Nutrition Claims

Health Claims

Article 13.1

Function Health Claims

Article 13.5

Function Health Claims

Article 14.1(a)

Risk Reduction Claims

Article 14.1(b)

**Health Claims referring to
children's development**

Growth, development & Functions of
the body (13.1a)

Physiological and behavioural
funtions (13.1b)

Slimming/weight control/ hunger /
satiety / available energy from de diet
(13.1c)

New and/or protected data

Community register
(online)
= List in Annex of
Regulation (EC)
1924/2006

Community register of accepted and rejected health claims (online)

Article 13.1 – positive list in Regulation (EU)No432/2012

HEALTH CLAIMS
(article 10)

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non-authorisation	Health relationship	EFSA opinion reference / Journal reference	Commission Regulation	Status	Entry ID
Art.14(1)(a)	Oat beta-glucan	Oat beta-glucan has been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease	Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of oat beta-glucan. The claim can be used for foods which provide at least 1g of oat beta glucan per quantified portion.		Q-2008-681	Commission Regulation (EU) 1160/2011 of 14/11/2011	Authorised	N/A
Art.13(1)	Beta-glucans from oats and barley	Consumption of beta-glucans from oats or barley as part of a meal contributes to the reduction of the blood glucose rise after that meal	The claim may be used only for food which contains at least 4 g of beta-glucans from oats or barley for each 30 g of available carbohydrates in a quantified portion as part of the meal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming the beta-glucans from oats or barley as part of the meal.	reduction of post-prandial glycaemic responses	2011;9(6):2207	Commission Regulation (EU) 432/2012 of 16/05/2012	Authorised	821, 824

Cholesterol

Oat beta-glucan has been shown to reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease.

One serving of Betavivo gives three grams of beta-glucan from oats, which is the daily amount required to reduce cholesterol.

Coronary heart disease has many risk factors. Altering one of these risk factors may or may not have a beneficial effect. A varied and balanced diet and a healthy lifestyle are always important.

Blood Sugar

Consumption of beta-glucan from oats as part of a meal contributes to the reduction of the blood glucose rise after that meal.

Eat a daily serving of Betavivo crispy oat hearts, for example as breakfast with yoghurt.

Product Information

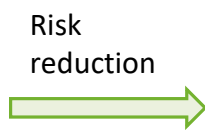
Betavivo contains 28 servings of Oat Hearts. They have a crispy texture and a mild oat flavour ideally suited with yoghurt as an addition to your breakfast.

Enclosed is a scoop for measuring. One full scoop of Betavivo (23 g) gives 3 g of beta-glucan from oats, which is the daily amount required to reduce cholesterol.

Nutrition Information	Typical values per 23 g serving	Per 100 g
Energy (kJ/kcal)	320/77	1390/333
Fat (g)	0.78	3.4
of which		
saturates	0.14	0.6
mono-unsaturates	0.32	1.4
polyunsaturates	0.32	1.4
Carbohydrate (g)	10.8	46.8
of which sugars	1.7	7.5
Fibre (g)	5.8	25.1
Protein (g)	3.7	15.9
Salt (g)	0	0

Ingredients: 60% Oat bran (contains gluten), cornmeal, fructose
One serving: 23 g
Best before: See bottom of pack.

Source: Mintel



Health claims shall include :

- a statement indicating the importance of a varied and balanced diet and a healthy lifestyle;
 - the quantity of the food and pattern of consumption required to obtain the claimed beneficial effect;
 - where appropriate, a statement addressed to persons who should avoid using the food;
 - appropriate warning for products that are likely to present a health risk if consumed to excess.
-
- a statement indicating that the disease to which the claim is referring has multiple risk factors and that altering one of these risk factors may or may not have a beneficial effect



Source: Mintel







LEGAL FRAMEWORK

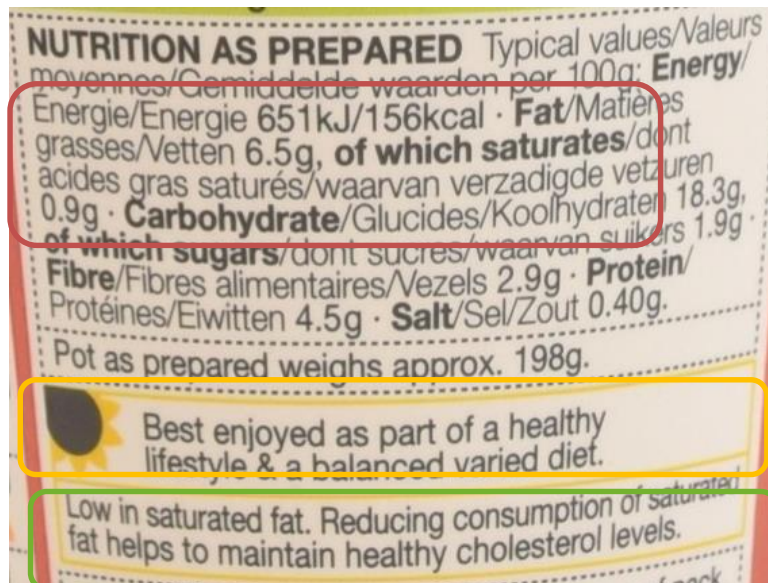
Regulation (EC) N° 1924/2006

NUTRITION AND HEALTH CLAIMS

LOW SATURATED FAT

'A claim that a food is low in saturated fat, and any claim likely to have the same meaning for the consumer, may only be made if the sum of saturated fatty acids and trans-fatty acids in the product does not exceed 1,5 g per 100 g for solids or 0,75 g/100 ml for liquids and in either case the sum of saturated fatty acids and trans-fatty acids must not provide more than 10 % of energy.

Claim type 	Nutrient, substance, food or food category 	Claim 	Conditions of use of the claim / Restrictions of use / Reasons for non-authorization 	Health relationship 	EFSA opinion reference / Journal reference 	Commission Regulation 	Status 	Entry ID 
Art.13(1)	Foods with a low or reduced content of saturated fatty acids	Reducing consumption of saturated fat contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which is at least low in saturated fatty acids, as referred to in the claim LOW SATURATED FAT or reduced in saturated fatty acids as referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Annex to Regulation (EC) No 1924/2006.	maintenance of normal blood LDL-cholesterol concentrations	2011;9(4):2062	Commission Regulation (EU) 432/2012 of 16/05/2012	Authorised	620, 671, 4332



LEGAL FRAMEWORK

Regulation (EC) N° 1924/20086

NUTRITION AND HEALTH CLAIMS



Source: Mintel

Nutrition Information:	Per 100 g	Per 70 g serving
Energy	319 kJ/76 kcal	223 kJ/53 kcal
Fat	2.0 g	1.4 g
of which saturates	0.1 g	0.1 g
Carbohydrate	12 g	8.3 g
of which sugars	11 g	8.0 g
Protein	2.6 g	1.8 g
Salt	0.08 g	0.06 g
Vitamin B1	0.51 mg (46% RI)	0.33 mg (30% RI)
Plant Stanols	3,0 g	2,0 g

LOW SATURATED FAT

'A claim that a food is low in saturated fat, and any claim likely to have the same meaning for the consumer, may only be made if the sum of saturated fatty acids and trans-fatty acids in the product does not exceed 1,5 g per 100 g for solids or 0,75 g/100 ml for liquids and in either case the sum of saturated fatty acids and trans-fatty acids must not provide more than 10 % of energy.

Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non- authorisation	Health relationship	EFSA opinion reference / Journal reference	Commission Regulation	Status	Entry ID
Art.14(1) (a)	Plant sterols/Plant stanol esters	Plant sterols and plant stanol esters have been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease.	Information to the consumer that the beneficial effect is obtained with a daily intake of 1,5-3 g plant sterols/stanols. Reference to the magnitude of the effect may only be made for foods within the following categories: yellow fat spreads, dairy products, mayonnaise and salad dressings. When referring to the magnitude of the effect, the range "7 % to 10 %" for foods that provide a daily intake of 1,5-2,4 g plant sterols/stanols or the range "10 % to 12,5 %" for foods that provide a daily intake of 2,5-3 g plant sterols/stanols and the duration to obtain the effect "in 2 to 3 weeks" must be communicated to the consumer.		Q-2008-779, Q-2009-00530 & Q-2009-00718, Q-2011-01241	Commission Regulation (EU) 384/2010 of 05/05/2010, Amended by Commission Regulation (EU) No 686/2014 of 20/06/2014	Authorised	N/A

Mango-Passionfruit flavoured yogurt drink with added plant stanols and sugars.
 Ingredients: Yogurt (77%) (skimmed milk, yogurt cultures), Sugar, Water, Plant Stanol Ester (plant stanols 3%), Mango puree (2%), Passionfruit juice (2%), Stabiliser (pectin), Flavourings, Vitamin B1*. *Vitamin B1 contributes to the normal function of the heart.

NO COLOURS OR ARTIFICIAL FLAVOURS. NO PRESERVATIVES.

Plant stanol ester has been shown to lower cholesterol. High cholesterol is a risk factor in the development of coronary heart disease. A daily intake of 1.5-2.4g plant stanols lowers cholesterol by 7-10% in 2-3 weeks. Each bottle contains 2g so that's why one bottle a day gives the effect when consumed with a main meal and as part of a healthy diet and lifestyle, including your '5 a day'. The beneficial effect is obtained with a daily intake of 1.5-3g plant stanols. More than 3g of plant stanols per day is not recommended. Check with your doctor if you are taking cholesterol lowering medication. Benecol® foods are not intended for people who do not need to control their blood cholesterol. Benecol foods may not be nutritionally appropriate for pregnant or breast feeding women and children under five years old. Heart disease has multiple risk factors and you may need to change more than one to lower overall risk.



LEGAL FRAMEWORK

Regulation (EC) N° 1924/2006

NUTRITION AND HEALTH CLAIMS

**SOURCE OF
[NAME OF
VITAMIN/S]
AND/OR
[NAME OF
MINERAL/S]**

A claim that a food is a source of vitamins and/or minerals, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least a significant amount as defined in the Annex to Directive 90/496/EEC or an amount provided for by derogations granted according to Article 6 of Regulation (EC) No 1925/2006 of the European Parliament and of the Council of 20 December 2006 on the addition of vitamins and minerals and of certain other substances to foods (1).

Comparative claims

(article 9)

1. A comparison may only be made between foods of the same category, taking into consideration a range of foods of that category.
The difference in the quantity of a nutrient and/or the energy value shall be stated and the comparison shall relate to the same quantity of food.

Source: Mintel



Claim type ?	Nutrient, substance, food or food category ?	Claim ?	Conditions of use of the claim / Restrictions of use / Reasons for non- authorisation ?	Health relationship ?	EFSA opinion reference / Journal reference ?	Commission Regulation ?
Art.14(1) (b)	Calcium	Calcium is needed for normal growth and development of bone in children.	The claim can be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.		Q-2008-322	Commission Regulation (EC) 983/2009 of 21/10/2009



Rich in Calcium for healthy bones. Each Cheestring contains 20% of the NRV for Calcium and 25% of the NRV for Vitamin D. Calcium and Vitamin D are needed for the normal growth and development of bones in children. Consume as part of a healthy lifestyle and balanced diet.

Source: Mintel

Nutrition Information

Typical Values	Per 100g	Per 20g
ENERGY	1264kJ 304kcal	253kJ 61kcal
FAT (of which saturates)	22.5g 14g	4.5g 2.8g
CARBOHYDRATE (of which sugars)	2.5g 1.0g	0.5g <0.5g
PROTEIN	23g	4.6g
SALT	1.9g	0.38g
CALCIUM	780mg (=98% of NRV*)	156mg (=20% of NRV*)
VITAMIN D	0.25µg (=125% of NRV*)	0.05µg (=25% of NRV*)

*NRV = Nutrient Reference Value.

HIGH [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S]

A claim that a food is high in vitamins and/or minerals, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least twice the value of 'source of [NAME OF VITAMIN/S] and/or [NAME OF MINERAL/S]'.

SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S]

A claim that a food is a source of vitamins and/or minerals, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least a significant amount as defined in the Annex to Directive 90/496/EEC or an amount provided for by derogations granted according to Article 6 of Regulation (EC) No 1925/2006 of the European Parliament and of the Council of 20 December 2006 on the addition of vitamins and minerals and of certain other substances to foods (1).



Claim type	Nutrient, substance, food or food category	Claim	Conditions of use of the claim / Restrictions of use / Reasons for non- authorisation	Health relationship
Art.14(1) (b)	Calcium and vitamin D	Calcium and vitamin D are needed for normal growth and development of bone in children	The claim can be used only for food which is at least a source of calcium and vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation 1924/2006.	

REFERENCE INTAKES

PART A — DAILY REFERENCE INTAKES FOR VITAMINS AND MINERALS (ADULTS)

1. Vitamins and minerals which may be declared and their nutrient reference values (NRVs)

Vitamin A (µg)	800	Chloride (mg)	800
Vitamin D (µg)	5	Calcium (mg)	800
Vitamin E (mg)	12	Phosphorus (mg)	700
Vitamin K (µg)	75	Magnesium (mg)	375
Vitamin C (mg)	80	Iron (mg)	14
Thiamin (mg)	1.1	Zinc (mg)	10
Riboflavin (mg)	1.4	Copper (mg)	1
Niacin (mg)	16	Manganese (mg)	2
Vitamin B6 (mg)	1.4	Fluoride (mg)	3.5
Folic acid (µg)	200	Selenium(µg)	55
Vitamin B12 (µg)	2.5	Chromium (µg)	40
Biotin (µg)	50	Molybdenum (µg)	50
Pantothenic acid (mg)	6	Iodine (µg)	150
Potassium (mg)	2 000		

2. Significant amount of vitamins and minerals

As a rule, the following values should be taken into consideration in deciding what constitutes a significant amount:

— 15 % of the nutrient reference values specified in point 1 supplied by 100 g or 100 ml in the case of products other than beverages,

Special K flakes are nutrient rich to help feed your strength

Our delicious 3-grain flakes combine whole-wheat, barley and rice to deliver a crunchy and nourishing breakfast.

Enriched with a blend of 9 essential vitamins and minerals including Vitamin D, B Vitamins, Zinc and Iron, Special K has many of the nutrients you need to help you feel strong from the inside.



Follow us on [Facebook Special K](#) / [Twitter @SpecialK_UK](#) / [Instagram @SpecialK_UK](#) visit www.specialk.co.uk / www.specialk.ie

*Special K Flakes contain a 1% of the nutrient reference value of iron which contributes to normal cognitive function, vitamin B2 and folic acid which contribute to the reduction of tiredness and fatigue, vitamin B12 which contributes to normal functioning of the nervous system, vitamin B6 and zinc which contribute to the normal function of the immune system, vitamin B1 which contributes to the maintenance of normal muscle function and the maintenance of normal bones, vitamin D which contributes to the normal function of the heart and vitamin B3 which contributes to normal energy-yielding metabolism. Enjoy as part of a varied and balanced diet and a healthy lifestyle.

Source: Mintel

NUTRITION AND HEALTH CLAIMS

Art.13(1)	Iron	Iron contributes to normal cognitive function	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.	cognitive function	2009;7(9):1215	Commission Regulation (EU) 432/2012 of 16/05/2012	Authorised	253
Art.13(1)	Vitamin B12	Vitamin B12 contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.	contribution to neurological and psychological function	2010;8(10):4114	Commission Regulation (EU) 432/2012 of 16/05/2012	Authorised	95, 97, 98, 100, 102, 109
Art.13(1)	Riboflavin (Vitamin B2)	Riboflavin contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Annex to Regulation (EC) No 1924/2006.	reduction of tiredness and fatigue	2010;8(10):1814	Commission Regulation (EU) 432/2012 of 16/05/2012	Authorised	41

SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S]

A claim that a food is a source of vitamins and/or minerals, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least a significant amount as defined in the Annex to Directive 90/496/EEC or an amount provided for by derogations granted according to Article 6 of Regulation (EC) No 1925/2006 of the European Parliament and of the Council of 20 December 2006 on the addition of vitamins and minerals and of certain other substances to foods (1).

Eur-Lex EU Law (Regulations, Directives, consolidated legislation,...)

- <http://eur-lex.europa.eu/homepage.html>

Regulation (EC) N° 1924/2006

- <http://eur-lex.europa.eu/legal-content/EN/TXT/PDF/?uri=CELEX:02006R1924-20141213&qid=1507541384594&from=EN>

Regulation (EC) No 1925/2006

- <http://eur-lex.europa.eu/legal-content/en/TXT/PDF/?uri=CELEX:02006R1925-20170726&qid=1507802264635&from=EN>

Database on Health Claim for which protection of proprietary data has been granted

- http://ec.europa.eu/food/safety/labelling_nutrition/claims/register/public/?event=getListOfPropClaims

Database on Health Claims

- http://ec.europa.eu/food/safety/labelling_nutrition/claims/register/public/?event=search

Nutrition Claims

- https://ec.europa.eu/food/safety/labelling_nutrition/claims/nutrition_claims_en

Guidelines

- <https://www.gov.uk/government/publications/nutrition-and-health-claims-guidance-to-compliance-with-regulation-ec-1924-2006-on-nutrition-and-health-claims-made-on-foods>

REFIT - Evaluation of the Regulation on nutrition and health claims

- https://ec.europa.eu/food/safety/labelling_nutrition/claims/refit_en

Codex Alimentarius

- <http://www.fao.org/fao-who-codexalimentarius/standards/list-of-standards/en/>





Obrigada

Thank you

