Nutrition and Health Claims
Regulation (EC) Nº 1924/2006 on Nutrition and Health Claims made on foods

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LEGAL FRAMEWORK

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)
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)
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
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:

<table>
<thead>
<tr>
<th>Conversion Factors for the Calculation of Energy (Annex XIV)</th>
</tr>
</thead>
<tbody>
<tr>
<td>carbohydrate (except polyols),</td>
</tr>
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<td>polyols,</td>
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<td>organic acid,</td>
</tr>
<tr>
<td>fibre,</td>
</tr>
<tr>
<td>erythritol,</td>
</tr>
</tbody>
</table>
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;
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;
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
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 contexto 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.
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;
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

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)

Article 13.5
Function Health Claims

New and/or protected data

Article 14.1(a)
Risk Reduction Claims

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

Community register (online)

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

<table>
<thead>
<tr>
<th>Nutrition Claim</th>
<th>Conditions of Use</th>
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<tbody>
<tr>
<td><strong>LOW ENERGY</strong></td>
<td>'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.'</td>
</tr>
<tr>
<td><strong>ENERGY-REDUCED</strong></td>
<td>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.</td>
</tr>
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<td><strong>ENERGY-FREE</strong></td>
<td>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.</td>
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<td><strong>LOW FAT</strong></td>
<td>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).</td>
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<td><strong>FAT-FREE</strong></td>
<td>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.</td>
</tr>
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<td><strong>LOW SATURATED FAT</strong></td>
<td>'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.'</td>
</tr>
<tr>
<td><strong>SATURATED FAT-FREE</strong></td>
<td>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.</td>
</tr>
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<td><strong>LOW SUGARS</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>SUGARS-FREE</strong></td>
<td>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.</td>
</tr>
</tbody>
</table>
| **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'.
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<td>LOW SODIUM/SALT</td>
<td>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.</td>
</tr>
<tr>
<td>VERY LOW SODIUM/SALT</td>
<td>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.</td>
</tr>
<tr>
<td>SODIUM-FREE or SALT-FREE</td>
<td>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.</td>
</tr>
<tr>
<td>NO ADDED SODIUM/SALT</td>
<td>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.</td>
</tr>
<tr>
<td>SOURCE OF FIBRE</td>
<td>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.</td>
</tr>
<tr>
<td>HIGH FIBRE</td>
<td>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.</td>
</tr>
<tr>
<td>SOURCE OF PROTEIN</td>
<td>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.</td>
</tr>
<tr>
<td>HIGH PROTEIN</td>
<td>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.</td>
</tr>
<tr>
<td>SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S]</td>
<td>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.</td>
</tr>
<tr>
<td>HIGH [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S]</td>
<td>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]’.</td>
</tr>
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<td>Nutrition Claim</td>
<td>Conditions of Use</td>
</tr>
<tr>
<td>-----------------</td>
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</tr>
<tr>
<td>CONTAINS [NAME OF THE NUTRIENT OR OTHER SUBSTANCE]</td>
<td>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.</td>
</tr>
<tr>
<td>INCREASED [NAME OF THE NUTRIENT]</td>
<td>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.</td>
</tr>
<tr>
<td>REDUCED [NAME OF THE NUTRIENT]</td>
<td>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. The claim ‘reduced saturated fat’, and any claim likely to have the same meaning for the consumer, may only be made: (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 (b) if the content in trans-fatty acids in the product bearing the claim is equal to or less than in a similar product. 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.</td>
</tr>
<tr>
<td>LIGHT/LITE</td>
<td>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’.</td>
</tr>
<tr>
<td>NATURALLY/NATURAL</td>
<td>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.</td>
</tr>
<tr>
<td>SOURCE OF OMEGA-3 FATTY ACIDS</td>
<td>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.</td>
</tr>
<tr>
<td>HIGH OMEGA-3 FATTY ACIDS</td>
<td>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.</td>
</tr>
</tbody>
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### NUTRITION CLAIMS

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<tr>
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<tr>
<td>HIGH MONOUNSATURATED FAT</td>
<td>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.</td>
</tr>
<tr>
<td>HIGH POLYUNSATURATED FAT</td>
<td>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.</td>
</tr>
<tr>
<td>HIGH UNSATURATED FAT</td>
<td>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.</td>
</tr>
</tbody>
</table>

### Comparative claims

(Annex)

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

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)

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<tr>
<th>Component</th>
<th>Conversion Factor</th>
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<tr>
<td>Carbohydrate (except polyols)</td>
<td>17 kJ/g — 4 kcal/g</td>
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<td>Polyols</td>
<td>10 kJ/g — 2.4 kcal/g</td>
</tr>
<tr>
<td>Protein</td>
<td>17 kJ/g — 4 kcal/g</td>
</tr>
<tr>
<td>Fat</td>
<td>37 kJ/g — 9 kcal/g</td>
</tr>
<tr>
<td>Alatrim</td>
<td>25 kJ/g — 6 kcal/g</td>
</tr>
<tr>
<td>Alcohol (ethanol)</td>
<td>29 kJ/g — 7 kcal/g</td>
</tr>
<tr>
<td>Organic acid</td>
<td>13 kJ/g — 3 kcal/g</td>
</tr>
<tr>
<td>Fibre</td>
<td>8 kJ/g — 2 kcal/g</td>
</tr>
<tr>
<td>Erythritol</td>
<td>0 kJ/g — 0 kcal/g</td>
</tr>
</tbody>
</table>

Source: Mintel
**LEGAL FRAMEWORK**


**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). |

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**Source:** Mintel
LEGAL FRAMEWORK

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.
### LEGAL FRAMEWORK

**Regulation (EC) Nº 1924/2006**

### NUTRITION CLAIMS

(Annex)

<table>
<thead>
<tr>
<th>Claim Type</th>
<th>Description</th>
</tr>
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<tr>
<td><strong>No added sodium/salt</strong></td>
<td>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.</td>
</tr>
<tr>
<td><strong>With no added sugars</strong></td>
<td>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’.</td>
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<td><strong>High fibre</strong></td>
<td>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.</td>
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<tr>
<td><strong>High [Name of vitamin/s] and/or [Name of mineral/s]</strong></td>
<td>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]’.</td>
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<td><strong>Source of [Name of vitamin/s] and/or [Name of mineral/s]</strong></td>
<td>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.</td>
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*Source: Mintel*
LEGAL FRAMEWORK


NUTRITION CLAIMS
(Annex)

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)

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<tr>
<td>fibre</td>
<td>8 kJ/g — 2 kcal/g</td>
</tr>
<tr>
<td>erythritol</td>
<td>0 kJ/g — 0 kcal/g</td>
</tr>
</tbody>
</table>

Reference: Mintel
Health Claims

Article 13.1 Function Health Claims
- 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)

Article 13.5 Function Health Claims
- New and/or protected data

Article 14.1(a) Risk Reduction Claims
- Health Claims referring to children’s development

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)

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

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))
**LEGAL FRAMEWORK**

**Regulation (EC) No 1924/2006**

**EU Register on nutrition and health claims**

- 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-authorisation
- 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 finalised. 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.
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

LEGAL FRAMEWORK
Regulation (EC) No 1924/2006

Article 13
Function Health Claims

Article 14.1(a)
Risk Reduction Claims

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

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
EU Register on nutrition and health claims

LEGAL FRAMEWORK
Regulation (EC) No 1924/2006

EU Register on nutrition and health claims

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You can also download the complete dataset of nutrition and health claims in the following formats: [+] 1.14 Mb  [zipped] 2.22 Mb

Claim type
Nutrient, 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 osmolality 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 hyposmolar, 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.

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
EU Register on nutrition and health claims

**LEGAL FRAMEWORK**


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

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<table>
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<th>EFSA opinion reference / Journal reference</th>
<th>Commission Regulation</th>
<th>Status</th>
<th>Entry ID</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art.13(1)</td>
<td>Activated charcoal</td>
<td>Activated charcoal contributes to reducing excessive flatulence after eating</td>
<td>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</td>
<td></td>
<td>2011/9(4):2049</td>
<td>432/2012 of 16/05/2012</td>
<td>Authorised</td>
<td>1938</td>
</tr>
</tbody>
</table>
### LEGAL FRAMEWORK

**Regulation (EC) Nº 1924/2006**

EU Register on nutrition and health claims

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<th>Commission Regulation (EU)</th>
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<td>Art.13(1)</td>
<td>Activated charcoal</td>
<td>Activated charcoal contributes to reducing excessive flatulence after eating</td>
<td>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.</td>
<td>Reduction of excessive intestinal gas accumulation</td>
<td>2011;9(4):2049</td>
<td>Commission Regulation (EU) 432/2012 of 10/05/2012</td>
<td>Authorised</td>
<td>1930</td>
</tr>
<tr>
<td>Art.13(1)</td>
<td>Alpha-cyclodextrin</td>
<td>Consumption of alpha-cyclodextrin as part of a starch-containing meal contributes to the reduction of the blood glucose rise after that meal</td>
<td>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.</td>
<td>Reduction of post-prandial glycaemic responses</td>
<td>2010;8(2):1479, 2012;10(5):2713</td>
<td>Commission Regulation (EU) 530/2013 of 11/06/2013</td>
<td>Authorised</td>
<td>2925</td>
</tr>
<tr>
<td>Art.13(1)</td>
<td>Alpha-linolenic acid (ALA)</td>
<td>ALA contributes to the maintenance of normal blood cholesterol levels</td>
<td>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.</td>
<td>Maintenance of normal blood cholesterol concentrations</td>
<td>2009;7(9):1252, 2011;9(5):2203</td>
<td>Commission Regulation (EU) 432/2012 of 16/05/2012</td>
<td>Authorised</td>
<td>493, 558</td>
</tr>
<tr>
<td>Art.13(1)</td>
<td>Arabinoylxyan produced from wheat endosperm</td>
<td>Consumption of arabinoylxyan as a part of a meal contributes to a reduction of the blood glucose rise after that meal</td>
<td>The claim may be used only for food which contains at least 8 g of arabinoylan (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 arabinoylan (AX)-rich fibre produced from wheat endosperm as part of the meal.</td>
<td>Reduction of post-prandial glycaemic responses</td>
<td>2011;9(6):2205</td>
<td>Commission Regulation (EU) 432/2012 of 16/05/2012</td>
<td>Authorised</td>
<td>830</td>
</tr>
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</table>
### LEGAL FRAMEWORK

**Regulation (EC) Nº 1924/2006**

**EU Register on nutrition and health claims**

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<th>Commission Regulation</th>
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<th>Entry ID</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art.12(5)</td>
<td>Non-digestible carbohydrates</td>
<td></td>
<td>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.</td>
<td></td>
<td></td>
<td>Q-2012-00515, Q-2014-00044, Q-2014-00073</td>
<td>Commission Regulation (EU) 2016/854 of 30/05/2016</td>
<td>Authorised</td>
</tr>
<tr>
<td>Art.13(5)</td>
<td>Carbohydrates</td>
<td></td>
<td>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.</td>
<td></td>
<td></td>
<td>Q-2013-00234</td>
<td>Commission Regulation (EU) 2015/7 of 06/01/2015</td>
<td>Authorised</td>
</tr>
<tr>
<td>Art.13(5)</td>
<td>Creatine</td>
<td></td>
<td>Daily creatine consumption can enhance the effect of resistance training on muscle strength in adults over the age of 55.</td>
<td></td>
<td></td>
<td>Q-2015-00437</td>
<td>Commission Regulation (EU) 2017/672 of 07/04/2017</td>
<td>Authorised</td>
</tr>
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</table>
### EU Register on nutrition and health claims

#### Health claims for which protection of proprietary data has been granted

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<tr>
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<th>Conditions of use of the claim</th>
<th>EFSA opinion reference</th>
<th>Commission regulation</th>
<th>Status</th>
<th>Restriction of use for the benefit of</th>
<th>End date or no limit of use</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1.1(N)</td>
<td>Slowly digestible starch</td>
<td>Consumption of products high in slowly digestible starch (SDS) raises glucose concentration less after a meal compared to products low in SDS</td>
<td>The claim may be used on foods where the digestible carbohydrate provides at least 10 % of the total energy and where at least 50 % of these carbohydrates is digestible starch, of which at least 40 % is SDS</td>
<td>3-0913-09996</td>
<td>Commission Regulation (EC) No. 851/2004</td>
<td>Authorized</td>
<td>Non-alcoholic soft drinks, United States</td>
<td>23/09/2016</td>
</tr>
<tr>
<td>A1.1(N)</td>
<td>Palmitic acid, non-alcoholic, to make with — less than 1 % g fermentable carbohydrate per 100 ml (sugars and other carbohydrates except polyols) — carbon in a range from 1,4 g to 0.1 g per 100 ml extrudate; — in order to boost the claim, reformulated carbonates shall comply with the description of the food subject to the claim</td>
<td>Palmitic acid, non-alcoholic, to make with — less than 1 % g fermentable carbohydrate per 100 ml (sugars and other carbohydrates except polyols) — carbon in a range from 1,4 g to 0.1 g per 100 ml extrudate; — in order to boost the claim, reformulated carbonates shall comply with the description of the food subject to the claim</td>
<td>Palmitic acid, non-alcoholic, to make with — less than 1 % g fermentable carbohydrate per 100 ml (sugars and other carbohydrates except polyols) — carbon in a range from 1,4 g to 0.1 g per 100 ml extrudate; — in order to boost the claim, reformulated carbonates shall comply with the description of the food subject to the claim</td>
<td>3-0913-09764</td>
<td>Commission Regulation (EC) No. 851/2004</td>
<td>Authorized</td>
<td>Non-alcoholic soft drinks, United States</td>
<td>23/09/2016</td>
</tr>
<tr>
<td>A1.1(N)</td>
<td>Water-Extruded Tomato Concentrate (WETC) and 1</td>
<td>In order to boost the claim, reformulated carbonates shall comply with the description of the food subject to the claim</td>
<td>Water-Extruded Tomato Concentrate (WETC) and 1</td>
<td>3-0913-09764</td>
<td>Commission Regulation (EC) No. 851/2004</td>
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**Generated on:** 09/10/2017 06:04 PM
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)
EU Register on nutrition and health claims

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

Showing 1 to 10 of 14 entries (filtered from 2,319 total entries)
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<th>Health relationship</th>
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<th>Commission Regulation</th>
<th>Status</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Art.14(1) (a)</td>
<td>Barley beta-glucans</td>
<td>Barley beta-glucans has been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease.</td>
<td>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.</td>
<td>Q-2011-00798</td>
<td>Commission Regulation (EU) 1048/2012 of 08/11/2012</td>
<td>Authorised</td>
<td>N/A</td>
<td></td>
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<td>Q-2011-00790</td>
<td>Commission Regulation (EU) 1048/2012 of 08/11/2012</td>
<td>Authorised</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>Art.14(1) (a)</td>
<td>Calcium</td>
<td>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</td>
<td>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.</td>
<td>Q-2008-721, Q-2009-00940</td>
<td>Commission Regulation (EU) No 1228/2014 of 17/11/2014</td>
<td>Authorised</td>
<td>N/A</td>
<td></td>
</tr>
<tr>
<td>Art.14(1) (a)</td>
<td>Calcium and vitamin D</td>
<td>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</td>
<td>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.</td>
<td>Q-2008-721, Q-2009-00940</td>
<td>Commission Regulation (EU) No 1228/2014 of 17/11/2014</td>
<td>Authorised</td>
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LEGAL FRAMEWORK
Regulation (EC) No 1924/2006

EU Register on nutrition and health claims

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</tr>
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<tbody>
<tr>
<td>Art.14(1) (b)</td>
<td>o-linoleic acid (ALA) &amp; linoleic acid (LA), essential fatty acids</td>
<td>Essential fatty acids are needed for normal growth and development of children.</td>
<td>Information to the consumer that the beneficial effect is obtained with a daily intake of 2 g of o-linoleic acid (ALA) and a daily intake of 10 g of linoleic acid (LA).</td>
<td></td>
<td></td>
<td>Commission Regulation (EC) 983/2009 of 27/10/2009, Amended by Commission Regulation (EC) 375/2010 of 03/05/2010</td>
<td>Authorised</td>
<td>N/A</td>
</tr>
<tr>
<td>Art.14(1) (b)</td>
<td>Lactobacillus delbrueckii subsp. bulgarianus strain AV/ICSL (LMG P-17224) and Streptococcus thermophilus strain SY/ICSL (LMG P-17225)</td>
<td>Maintaining the gut health by normalizing the intestinal flora</td>
<td>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated</td>
<td></td>
<td></td>
<td>Commission Regulation (EC) No 378/2012 of 03/05/2012</td>
<td>Non-authorised</td>
<td>N/A</td>
</tr>
<tr>
<td>Art.14(1) (b)</td>
<td>Non-digestible oligo- and polysaccharides including galacto-oligosaccharides, oligofructose, polyfructose and inulin</td>
<td>With non-digestible oligo- and/or polysaccharides to stimulate calcium absorption</td>
<td>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</td>
<td></td>
<td></td>
<td>Commission Regulation (EU) 2015/1886 of 20/10/2015</td>
<td>Non-authorised</td>
<td>N/A</td>
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<tr>
<td>Art.14(1) (b)</td>
<td>Beta-galactosidase from Streptococcus thermophilus</td>
<td>Lactase for comfortable digestion</td>
<td>Non-compliance with the Regulation because on the basis of the scientific evidence assessed, this claimed effect for this food has not been substantiated.</td>
<td></td>
<td></td>
<td>Commission Regulation (EU) 2015/1886 of 20/10/2015</td>
<td>Non-authorised</td>
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Nutrition Claims

Health Claims

Article 13.1
Function Health Claims

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)

Article 13.5
Function Health Claims

New and/or protected data

Article 14.1(a)
Risk Reduction Claims

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

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 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.
LEGAL FRAMEWORK

Regulation (EC) № 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.'

<table>
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<tr>
<th>Claim type</th>
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<th>Commission Regulation</th>
<th>Status</th>
<th>Entry ID</th>
</tr>
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<tbody>
<tr>
<td>Art.13(1)</td>
<td>Foods with a low or reduced content of saturated fatty acids</td>
<td>Reducing consumption of saturated fat contributes to the maintenance of normal blood cholesterol levels</td>
<td>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.</td>
<td>maintenance of normal blood LDL-cholesterol concentrations</td>
<td>2011;0(4):2062</td>
<td>Commission Regulation (EU) 432/2012 of 16/05/2012</td>
<td>Authorised</td>
<td>620, 671, 4332</td>
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LEGAL FRAMEWORK
Regulation (EC) Nº 1924/2008

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.'

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<tr>
<td>Art. 14(1) (a)</td>
<td>Plant sterols/Plant stanol esters</td>
<td>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.</td>
<td>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 &quot;7-9% to 10%&quot; for foods that provide a daily intake of 1.5-2.4 g plant sterols/stanols or the range &quot;10% to 12.5%&quot; for foods that provide a daily intake of 2.5-3 g plant sterols/stanols and the duration to obtain the effect &quot;2 to 3 weeks&quot; must be communicated to the consumer.</td>
<td></td>
<td></td>
<td></td>
<td>Authorised</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Source: Mintel
LEGAL FRAMEWORK

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.

<table>
<thead>
<tr>
<th>Nutrient, substance, food or food category</th>
<th>Claim</th>
<th>Conditions of use of the claim / Restrictions of use / Reasons for non- authorisation</th>
<th>Health relationship</th>
<th>EFSA opinion reference / Journal reference</th>
<th>Commission Regulation</th>
</tr>
</thead>
</table>
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]’.

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).

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 |
| Vitamin D (µg) | 5 |
| Vitamin E (mg) | 12 |
| Vitamin K (µg) | 75 |
| Vitamin C (mg) | 100 |
| Thiamin (mg) | 1.1 |
| Riboflavin (mg) | 1.4 |
| Nicotinamide (mg) | 16 |
| Vitamin B6 (mg) | 1.4 |
| Folic acid (µg) | 200 |
| Vitamin B12 (µg) | 2.5 |
| Biotin (µg) | 50 |
| Pantothenic acid (mg) | 6 |
| Calcium (mg) | 800 |
| Zinc (µg) | 10 |
| Iron (µg) | 14 |
| Copper (mg) | 1 |
| Manganese (mg) | 2 |
| Fluoride (mg) | 3.5 |
| Selenium (µg) | 55 |
| Chromium (µg) | 40 |
| Molybdenum (µg) | 50 |
| 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.

Source: Mintel
# NUTRITION AND HEALTH CLAIMS

**Source**: Mintel

<table>
<thead>
<tr>
<th>Article</th>
<th>Vitamin/Mineral</th>
<th>Description</th>
<th>Cognitive Function</th>
<th>Commission Regulation (EU)</th>
<th>Authorised</th>
</tr>
</thead>
<tbody>
<tr>
<td>Art.13(1)</td>
<td>Iron</td>
<td>Iron contributes to normal cognitive function</td>
<td>2009/7(9):1215</td>
<td>432/2012 of 18/05/2012</td>
<td>253</td>
</tr>
<tr>
<td>Art.13(1)</td>
<td>Vitamin B12</td>
<td>Vitamin B12 contributes to normal functioning of the nervous system</td>
<td>2010/8(10):4114</td>
<td>432/2012 of 18/05/2012</td>
<td>95, 97, 98, 100, 102, 109</td>
</tr>
<tr>
<td>Art.13(1)</td>
<td>Riboflavin (Vitamin B2)</td>
<td>Riboflavin contributes to the reduction of tiredness and fatigue</td>
<td>2010/9(10):1814</td>
<td>432/2012 of 18/05/2012</td>
<td>41</td>
</tr>
</tbody>
</table>

**Source of Vitamin/Mineral**

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,...)


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

Database on Health Claims

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

Guidelines

REFIT - Evaluation of the Regulation on nutrition and health claims
- https://ec.europa.eu/food/safety/labelling_nutrition/claims/refit_en

Codex Alimentarius
Obrigada

Thank you