

Voluntary Report – Voluntary - Public Distribution

Date: September 24, 2021

Report Number: UP2021-0037

Report Name: Health and Nutritional Claims for Food Products

Country: Ukraine

Post: Kyiv

Report Category: FAIRS Subject Report

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Report Highlights:

This report lists Ukraine's requirements for health and nutritional claims that are allowed for domestically produced and imported food products. Ukraine maintains positive lists of nutritional claims, health benefits claims, as well as health claims and claims related to children health and development. No deviations from these three approved claim lists are allowed. Some additional general requirements related to truthfulness, clearness and other basic labeling requirements are also applied.

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Executive Summary

The Cabinet of Ministers of Ukraine adopted Order 1145, "[On Approval of Requirements to Statements on Nutritional Value of Foodstuff and Statements on Health Benefit of Foodstuff](#) " on May 5, 2020 (all links are in Ukrainian). The Order went into power on August 21, 2020 and became compulsory for all Ukrainian producers and importers. This regulation covered all food products, including products for children. By this order, Ukraine established positive lists of nutritional statements and their application conditions for food products, list of health claims to be used in advertisement and labeling of food products (with exception of health claims related to disease risk reduction and children health claims), and the list of health claims related to disease risk reduction and health claims for children. All of these claims are listed in Annexes I, II and III respectively of the current FAIRS Report.

Ukraine's regulations related to nutritional value claims significantly overlaps with the European Union's (EU) [Regulation \(EC\) No 1924/2006](#) "On Nutrition and Health Claims Made on Foods" adopted on December 20, 2006, with amendments introduced by [Regulation \(EC\) No 1047/2012](#) with regard to the list of nutrition claims and other related EU regulations. This way, U.S. suppliers compliant with these EU Directives are likely to be fully compliant with Ukrainian requirements listed below. However, official Ukrainian-language claims might differ from direct EU Regulation translation. An exporter is advised to consult with an importer to confirm compliance with claims in Ukrainian.

Attention! Ukraine's List of Health Claims Permitted for Use in Food Labeling and Advertising, other than Disease Risk Reduction Claims and Claims Relating to Development and Health of Children contains only 239 assertions, which is significantly less than the number of authorized claims that the relevant [EU Register](#) contains. Moreover, Ukrainian regulations contains multiple entries rejected by the EU since insufficient evidence was provided to substantiate those claimed effects for the foodstuffs. Selected Ukrainian-language claims also differ from those accepted in EU. Some Ukrainian statements are different in wording, claiming the same health benefits, but some are different in content. Exporters are strongly advised to consult with Ukrainian importers as to legality and specific Ukrainian wordings of intended health claims.

Definitions Used for Nutritional and Health Claim

The following definitions are used by Ukrainian regulators:

- Generally accepted scientific data on the nutritional value or health benefits of food products (generally accepted scientific data) - the results of scientific studies providing reasonable and sufficient confirmation of nutritional or physiological effects of food products and their components (ingredients). Ukraine accepts criteria of the European Food Safety Authority (EFSA) for such confirmation.
- Other substance - a substance other than a nutrient that has a nutritional and/or physiological effect;
- Claim - a mark of any type and shape, including drawings, graphics or symbols, which is not included into food product mandatory labeling list and in which it is stated or indicated that the food product has certain properties;
- Disease Risk Reduction Claim - a health benefit statement that states or indicates that the consumption of a certain category of food, food product, or food ingredient significantly reduces the risk of developing a certain disease;

- Health Claim - a statement that states or indicates that there is a link between a category of food, a food, or one of its components, and the health of the consumer;
- Nutrition Claim - a statement that states or indicates that a food has certain nutritional properties because of:
 - Its energy value (caloric content), which it has; has in reduced or increased amount or not at all;
 - Nutrients or other substances it contains; contains in reduced or increased quantities or does not contain at all.

General Claim Requirements

1. Only statements listed in Annexes I, II and III are allowed for use.
2. Nutrition claims 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 (including through the use of graphics or symbols).
3. It is prohibited to use health claims in labeling, presentation, or advertising of beverages containing more than 1.2 percent of alcohol by volume.
4. The use of nutrition claims and health claims shall be permitted only if the following conditions are met:
 - 1) the presence, absence, or reduced content in a food or category of food of a nutrient or other substance in respect to which the claim is made has been shown to have a beneficial nutritional or physiological effect, as established by generally accepted scientific data;
 - 2) the nutrient or other substance for which the claim is made:
 - is contained in the final product in a significant quantity as defined in the Law of Ukraine "On Consumer Information on Food Products", or in a quantity that will produce the nutritional or physiological effect claimed as established by generally accepted scientific data; 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 data;
 - 3) the nutrient or other substance is in a form that is available to be used by the body;
 - 4) the quantity of the product that can reasonably be expected to be consumed provides a significant quantity of the nutrient or other substance that will produce the nutritional or physiological effect claimed as established by generally accepted scientific data.
5. The use of nutrition and health claims shall only be permitted if a consumer can be expected to understand the beneficial effects as expressed in the claim.
6. Nutrition and health claims shall refer to the food ready for consumption in accordance with the manufacturer's instructions.

General Nutritional Claims Requirements

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. Comparative claim can be made only between food products 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.

General Health Claims Requirements

Health claims shall only be permitted if the following information is included in the labelling, or in the accompanying presentations and advertising:

- 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;
- an appropriate warning for products that are likely to present a health risk if consumed to excess.

Recommendations or approvals by medical associations, nutritionists' associations or other organizations aimed at improving human health may be applied only if there is scientifically substantiated evidence for such recommendations and approvals.

The following health claims are not allowed:

- claims which suggest that health could be affected by not consuming the food;
- statements that directly indicate quantity or percentage of weight loss in the case of food consumption;
- statements that refer to the recommendations of individual doctors or health professionals.

General Disease Risk Reduction and Children Health and Development Claims

Labels of food products bearing statements related to disease risk reduction claims must indicate 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.

Translation Disclaimer: Although every care was taken to assure accurate translation of Health and Nutritional Claims, resulting tables may contain some inevitable deviations from the original Ukrainian text. FAS Kyiv was unable to find EU equivalents for many claims to verify the translation. All claims are current at the time of report preparation but remain subject to future changes by Ukrainian Competent Authorities. U.S. exporters are advised to discuss desirable health claims directly with product importer to ensure compliance.

Annex I: List of Nutritional Value Claims and Conditions for Their Use

№	Nutritional Value Claims	Conditions for Application of Nutrition Claims
1	Low calorie product / Product with low energy value	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 one teaspoon of sucrose), applies.
2	Reduced calorie product / Reduced energy product	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.
3	Calorie-free product (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 one teaspoon of sucrose), applies.
4	Low fat product	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 100ml for liquids (1,8 g of fat per 100 ml for semi-skimmed milk).
5	Fat-Removed Product / 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
6	Low in 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 per100 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.
7	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
8	Low in Sugar	A claim that a food is low in sugar, and any claim likely to have the same meaning for the consumer, may only be made where the product contains

		no more than 5g of sugar per 100 g for solids or 2,5 g of sugar per 100 ml for liquids.
9	Does not Contain Sugar	A claim that a food is sugar-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 sugar per 100 g or 100 ml.
10	Without Added Sugar	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'.
11	Low salt / Low Sodium	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, this value should not exceed 2 mg of sodium per 100 ml.
12	With very low salt content / With very low sodium content	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.
13	Without salt / Without sodium	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.
14	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.'.
15	Source of Dietary Fiber / Source of Fiber	A claim that a food is a source of fiber, 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 fiber per 100 g or at least 1,5 g of fiber per 100 kcal.
16	High in Dietary Fiber / High in Fiber	A claim that a food is high in fiber, 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 fiber per 100 g or at least 3 g of fiber per 100 kcal.
17	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.
18	High in 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.
19	Source [name of vitamin/s] and/or [name of mineral substance(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 of vitamins and/or minerals.
20	High Content [name of vitamin/ s] and/or [name of mineral substance(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)’.
21	Contains [name of 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 document is likely to have the same meaning for the consumer, may only be made in cases when the food product complies with all relevant provisions of these Requirements and other relevant regulations regarding the claim. For vitamins and minerals, the claim should state "Source of [name of vitamin/s] and/or [name of mineral (s)]".
22	Increased Amount [name of 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.
23	Reduced Amount [name of 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, with the exception of sodium, or the equivalent value for salt, where a 25 % difference shall be acceptable.</p> <p>The claim "reduced saturated fat" and another claims that are likely to have the same meaning for the consumer can only be stated in the following manner:</p> <p>1) if the sum of saturated fatty acids and trans fatty acids in a product to which such claim is made is at least 30 percent lower than the sum of saturated fatty acids and trans fatty acids in a similar food product; and</p> <p>2) if the content of trans fatty acids in the food product is the same or lower than in a similar food product.</p> <p>The claim "reduced sugar(s)" and other claims that are likely to have the same meaning for the consumer can only be made if the energy value of such a food product is equal to or less than the energy value of a similar food product.</p>

24	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'.
25	Naturally	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.
26	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 100g and per 100kcal, or at least 40mg of the sum of eicosapentaenoic acid and docosahexaenoic acid per 100g and per 100kcal.
27	High in 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.
28	High content of Monounsaturated fats	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.
29	High Content of Polyunsaturated Fats	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.
30	High Content of Unsaturated fats	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

Annex II: List of Health Claims Permitted for Use in Food Labeling and Advertising, other than Disease Risk Reduction Claims and Claims Relating to Development and Health of Children

№ s / n	Nutrient, substance, food or category of food	Claim	Claim Use Conditions ** Additional Conditions and/or Restrictions on the Use of Foods and/or Additional Statement or Warning
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.
2	Alpha-cyclodextrin	Consumption of alpha-cyclodextrin as a part of food containing starch helps to reduce the rise in blood glucose levels after eating such food	The claim may be used for a food product that contains at least 5 g of alpha-cyclodextrin per 50 g of starch per portion. In order to bear the claim, the consumer must be informed that a positive effect can be obtained by taking alpha-cyclodextrin directly with food.
3	Alpha-linolenic acid (ALA)	ALA contributes to 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. Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of ALA.
4	Arabinoxylan derived from wheat endosperm	Consumption of arabinoxylan with food helps to reduce the increase of blood glucose levels after meal	The claim may be used only for a food product that contains at least 8 g of arabinoxylan (AX) - enriched fiber derived from wheat endosperm (at least 60 percent AX by weight) per 100 g of foot carbohydrates per portion. In order to bear the claim, the consumer must be informed that a positive effect can be obtained by consuming arabinoxylan (AH) - enriched fiber derived from wheat endosperm, directly with food.
5	Dietary fiber (fiber) of barley	Barley grain fiber contributes to an increase in fecal bulk	The claim may be used only for a food product that has such a high content of dietary fiber (fiber), as stated in the terms of use of nutritional value statement "High in Dietary Fiber/Fiber".
6	Beta-glucans	Beta-glucans contribute to the maintenance of normal blood cholesterol levels	The claim may be used only for food which contains at least 1 g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these sources per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans.

7	Beta-glucans derived from oats and barley	Consumption of beta-glucans derived from oats or barley with food helps to reduce the increase of blood glucose levels after meal	The claim may be used only for a food product that contains at least 4 g of beta-glucans from oats or barley for every 30 g of available carbohydrates per portion. In order to bear the claim, the consumer must be provided with information that a positive effect can be obtained by eating beta-glucans from oats or barley directly with food.
8	Betaine	Betaine contributes to normal homocysteine metabolism	The claim may be used only for food which contains at least 500 mg of betaine per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 1,5 g of betaine. ** In order to bear the claim information shall be given to the consumer that a daily intake in excess of 4 g may significantly increase blood cholesterol levels.
9	Biotin	Biotin contributes to normal energy-yielding metabolism	The claim may be used only for a food product that is at least a source of biotin, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]" .
10	Biotin	Biotin contributes to the normal functioning of the nervous system	The claim may be used only for a food product that is at least a source of biotin, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]" .
11	Biotin	Biotin contributes to the normal absorption of macronutrients	The claim may be used only for a food product that is at least a source of biotin, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]" .
12	Biotin	Biotin contributes to maintenance of normal mental activity	The claim may be used only for a food product that is at least a source of biotin y, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]" .
13	Biotin	Biotin contributes to maintenance of normal hair condition	The claim may be used only for a food product that is at least a source of biotin, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]" .
14	Biotin	Biotin contributes to maintenance of normal mucous membranes	The claim may be used only for a food product that is at least a source of biotin, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]" .
15	Biotin	Biotin contributes to maintenance of normal skin condition	The claim may be used only for a food product that is at least a source of biotin, as referred to in the nutritional claim " Source [Name of Vitamin/s] and/or

			[Name of Mineral Substance/s]".
16	Calcium	Calcium contributes to normal blood clotting	The claim may be used only for a food product that is at least a source of calcium, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
17	Calcium	Calcium contributes to normal energy metabolism	The claim may be used only for a food product that is at least a source of calcium, as indicated in the terms of the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
18	Calcium	Calcium contributes to normal muscle function	The claim may only be used for a food product which is at least a source of calcium, as specified in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
19	Calcium	Calcium contributes to the normal transmission of nerve impulses	The claim may be used only for a food product that is at least a source of calcium, as stated in the terms of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
20	Calcium	Calcium contributes to the normal action of digestive enzymes	The claim may be used only for a food product that is at least a source of calcium, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
21	Calcium	Calcium has a role in the process of cell division and specialization	The claim may be used only for a food product that is at least a source of calcium, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
22	Calcium	Calcium is needed for the maintenance of normal bones	The claim may be used only for a food product that is at least a source of calcium, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
23	Calcium	Calcium is needed to maintain the normal condition of the teeth	The claim may only be used for a food product which is at least a source of calcium, as specified in the terms of the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
24	Carbohydrates	Carbohydrates contributes to maintenance of normal brain function	In order to bear the claim, the consumer must be provided with information that a positive effect can be obtained by consuming 130 g of carbohydrates daily from all sources. The claim may be used only for a food product that contains at least 20 g of carbohydrates that are metabolized in the human body, with the exception of polyols, per specific portion, and corresponds to the nutritional value claim "Low Sugar"

			<p>or the nutritional value claim "No Added Sugar".</p> <p>** This statement cannot be used for a food that is 100 percent sugar.</p>
25	Carbohydrates	Carbohydrates help to restore normal muscle function (contraction) after high-intensity and/or prolonged exercise, which leads to muscle fatigue and reduced glycogen reserves in skeletal muscles.	<p>The claim may be used only for food containing carbohydrates that are metabolized in the human body, with the exception of polyols. In order to bear the claim, the consumer must be informed that a positive effect can be obtained by consuming carbohydrates from all possible sources at the rate of 4 g per kg of body weight during the first 4 hours and no later than 6 hours after high-intensity and/or or prolonged exercise, leading to muscle fatigue and reduced glycogen reserves in skeletal muscles.</p> <p>** The claim may be used only for food consumed by adults who have high- intensity and/or prolonged exercise, leading to muscle fatigue and reduced glycogen reserves in skeletal muscle.</p>
26	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions contribute to the maintenance of endurance performance during prolonged endurance exercise	In order to bear the claim carbohydrate-electrolyte solutions should contain 80-350 kcal/L from carbohydrates, and at least 75 % of the energy should be derived from carbohydrates which induce a high glycaemic response, such as glucose, glucose polymers and sucrose. In addition, these beverages should contain between 20 mmol/L (460 mg/L) and 50 mmol/L (1,150 mg/L) of sodium, and have an osmolality between 200-330 mOsm/kg water.
27	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	In order to bear the claim carbohydrate-electrolyte solutions should contain 80-350 kcal/L from carbohydrates, and at least 75 % of the energy should be derived from carbohydrates which induce a high glycaemic response, such as glucose, glucose polymers and sucrose. In addition, these beverages should contain between 20 mmol/L (460 mg/L) and 50 mmol/L (1,150 mg/L) of sodium, and have an osmolality between 200-330 mOsm/kg water.
28	Chitosan	Chitosan contributes to maintenance of normal blood cholesterol levels	The claim may be used only for food which provides a daily intake of 3 g of chitosan. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of chitosan.
29	Chloride	Chloride contributes to normal digestion by production of hydrochloric	The claim may be used only for a food product that is at least a source of chloride, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or

		acid in the stomach	[Name of Mineral Substance/s]". **The statement cannot be used in respect to chloride derived from sodium chloride
30	Choline	Choline contributes to normal homocysteine metabolism	The claim may be used for a food product containing at least 82.5 mg of choline per 100 g or 100 ml or one portion of the food product
31	Choline	Choline contributes to normal lipid metabolism	The claim may be used for a food product containing at least 82.5 mg of choline per 100 g or 100 ml or one portion of the food product
32	Choline	Choline contributes to maintenance of normal liver function	The claim may be used only for food which contains at least 82,5 mg of choline per 100 g or 100 ml or per single portion of food.
33	Chromium	Chromium contributes to normal macronutrient metabolism	The claim may only be used for a food product which is at least a source of trivalent chromium, as indicated in the conditions for application of the nutrition claim "Source of [Name of Vitamin/s] and/or [Name of Mineral Substance/s].
34	Chromium	Chromium contributes to maintenance of normal blood glucose levels	The claim may be used only for a food product that is at least a source of trivalent chromium, as stated in the conditions for application of the nutritional claim "Source [Name of Vitamin/s] and/or because [Name of Mineral Substance/s].
35	Cocoa flavanols	Cocoa flavanols contributes to maintenance of elasticity of blood vessels, which contributes to normal blood flow	To use this claim on a food product, the consumer should be informed that a positive effect can be obtained by consuming 200 mg of cocoa flavanols daily. The claim may be used only for cocoa drinks (with cocoa powder) or dark chocolate, which provide a daily consumption of at least 200 mg of cocoa flavonols with a degree of polymerization of 1 to 10. The claim may be used only for capsules or pills containing flavanol extract cocoa, which provide a daily consumption of at least 200 mg of cocoa flavonols with a degree of polymerization of 1-10.
36	Copper	Copper contributes to maintenance of normal connective tissue	The claim may be used only for a food product that is at least a source of copper, as stated in the terms of the nutrition claim "Source [Name of Vitamin/s] and/or o [Name of Mineral Substance/s]".
37	Copper	Copper contributes to normal energy metabolism	The claim may only be used for a food product which is at least a source of copper, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".

38	Copper	Copper contributes to the normal functioning of the nervous system	The claim may only be used for a food product which is at least a source of copper, as stated in the conditions for application of the nutrition declaration "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
39	Copper	Copper contributes to normal hair pigmentation	The claim may be used only for a food product that is at least a source of copper, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
40	Copper	Copper contributes to the normal transport of iron in the body	The statement may be used exclusively for a food product which is at least a source of copper, as specified in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
41	Copper	Copper contributes to normal skin pigmentation	The claim may be used only for a food product that is at least a source of copper, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
42	Copper	Copper contributes to the normal functioning of the immune system	The claim may be used only for a food product that is at least a source of copper, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
43	Copper	Copper contributes to cells protection from oxidative stress	The claim may be used only for a food product that is at least a source of copper, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
44	Creatine	Creatine increases physical performance in successive bursts of short-term, high intensity exercise	<p>The claim may be used only for a food product that ensures daily consumption of 3 g of creatine. In order to bear the claim, the consumer must be informed that a positive effect can be obtained with daily consumption of 3 g of creatine.</p> <p>** The statement can be used exclusively for food intended for consumption by adults performing high-intensity exercise.</p>
45	Creatine	Daily creatine intake can increase muscle endurance in adults over 55 years of age	In order to bear the claim, the consumer must be provided with the following information: the statement applies only to persons over 55 years of age engaged in high-intensity strength training; a positive effect is achieved with daily use of 3 g of creatine before high-intensity strength training, with an increase in load during training, and such loads should be carried out at least 3 times a week for several

			<p>weeks with an intensity of at least 65 -75 percent of one maximum load during repetition. exercises *.</p> <p>** The statement can only be used for food intended for consumption by adults over the age of 55 engaged in high-intensity strength training.</p>
46	Docosahexaenoic acid (DHA)	DHA contributes to maintenance of normal brain function	The claim may be used only for a food product containing at least 40 mg of DHA per 100 g of product and per 100 kcal. In order to bear the claim, the consumer should be informed that a positive effect can be obtained with daily use of 250 mg of DHA.
47	Docosahexaenoic acid (DHA)	DHA contributes to maintenance of normal vision	The claim may be used only for a food product containing at least 40 mg of DHA per 100 g of product and per 100 kcal. In order to bear the claim, the consumer should be informed that a positive effect can be obtained with daily use of 250 mg of DHA.
48	Docosahexaenoic acid (DHA)	DHA contributes to the maintenance of normal blood triglyceride levels	<p>The claim may be used only for food which provides a daily intake of 2 g of DHA and which contains DHA in combination with eicosapentaenoic acid (EPA). In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of DHA. When the claim is used on food supplements and/or fortified foods information shall also be given to consumers not to exceed a supplemental daily intake of 5 g of EPA and DHA combined.</p> <p>** The claim shall not be used for foods targeting children.</p>
49	Docosahexaenoic acid and eicosapentaenoic acid (DHA / EPA)	Docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA) contributes to the maintenance of normal blood pressure	<p>The claim may be used only for food which provides a daily intake of 3 g of DHA and which contains DHA in combination with eicosapentaenoic acid (EPA). In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of DHA. When the claim is used on food supplements and/or fortified foods information shall also be given to consumers not to exceed a supplemental daily intake of 5 g of EPA and DHA combined.</p> <p>** The claim shall not be used for foods targeting children.</p>
50	Docosahexaenoic acid and eicosapentaenoic acid (DHA / EPA)	Docosahexaenoic acid (DHCT) and eicosapentaenoic acid (EPA) contributes to the maintenance of normal blood	The claim may be used only for food which provides a daily intake of 2 g of DHA and which contains DHA in combination with eicosapentaenoic acid (EPA). In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with

	EPA)	triglyceride levels	a daily intake of 2 g of DHA. When the claim is used on food supplements and/or fortified foods information shall also be given to consumers not to exceed a supplemental daily intake of 5 g of EPA and DHA combined. ** The claim shall not be used for foods targeting children.
51	Dried plums / prunes (<i>Prunus domestica</i> L.)	Dried plums / prunes contribute to normal bowel function	The claim may be used only for food which provides a daily intake of 100 g of dried plums (prunes). In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 100 g of dried plums (prunes).
52	Eicosapentaenoic acid and docosahexaenoic acid (EPA / DHA)	EPA and DHA promote normal heart function	The claim may be used only for a food product that is at least a source of EPA and DHA, as stated in the conditions for application of the statement on the nutritional value of "Source of Omega - 3 Fatty Acids". In order to bear the claim, the consumer should be informed that a positive effect can be obtained with daily consumption of 250 g of EPA and DHA.
53	Fluoride	Fluoride contributes to the maintenance of tooth mineralization	The claim may only be used for a food product which is at least a source of fluoride, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
54	Folate (folic acid)	Folate contributes to maternal tissue growth during pregnancy	The claim may be used only for a food product that is at least a source of folate, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]."
55	Folate	Folate contributes to normal amino acid synthesis	The claim may be used only for a food product that is at least a source of folate, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
56	Folate	Folate contributes to normal blood formation	The claim may be used only for a food product that is at least a source of folate, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
57	Folate	Folate contributes to normal homocysteine metabolism	The claim may be used only for a food product that is at least a source of folate, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
58	Folate	Folate contributes to normal mental activity	The claim may be used only for a food product that is at least a source of folate, as stated in the conditions for application of the nutrition claim "Source [Name of

			Vitamin/s] and/or [Name of Mineral Substance/s]".
59	Folate	Folate contributes to the normal functioning of the immune system	The statement cannot be used exclusively for a food product that is at least a source of folate, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
60	Folate	Folate contributes to reduction of fatigue and tiredness	The claim may be used only for a food product that is at least a source of folate, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
61	Folate	Folate plays a role in cell division	The claim may be used only for a food product that is at least a source of folate, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
62	Products with low or reduced content of saturated fatty acids	Reducing the consumption of saturated fats contributes to maintenance of normal blood cholesterol levels	The claim may be used exclusively for a food product with a low content of saturated fatty acids, as specified in the conditions for application of the nutritional value claim "Low in Saturated Fat", or with a reduced amount of saturated fatty acids, as stated in the conditions of application of the statement of value "Reduced Amount [Name Of Nutrient]".
63	Products with low or low sodium content	Reducing sodium intake contributes to maintenance of normal blood pressure	The claim may only be used for a food product with a low sodium / salt content, as specified in the conditions of application of the nutritional value claim "Low in Sodium/Salt", or with a reduced sodium / salt content, as specified in the terms of the nutrition statement. values "Reduced Amount [Name Of Nutrient]".
64	Fructose	Consumption of foods containing fructose causes a lower rise in blood glucose compared to foods containing sucrose or glucose	In order to bear the claim, glucose and/or sucrose in sweetened foods or beverages must be replaced by fructose so that the reduction in glucose and/or sucrose in these foods or beverages is at least 30 percent.
65	Glucomannan (konjac mannan)	Glucomannan contributes to the maintenance of normal blood cholesterol levels	The claim may be used exclusively for a food product that provides a daily intake of 4 g of glucomannan. In order to bear the claim, the consumer should be informed that a positive effect can be obtained with daily consumption of 4 g of glucomannan. ** Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.

66	Glucomannan (Mannan Cognac)	Glucomannan in the context of an energy restricted diet contributes to weight loss	<p>The claim may be used only for food which contains 1 g of glucomannan per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of glucomannan in three doses of 1 g each, together with 1-2 glasses of water, before meals and in the context of an energy-restricted diet.</p> <p>** Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.</p>
67	Guar Gum	Guar gum contributes to maintenance of normal blood cholesterol levels	<p>The claim may be used only for food which provides a daily intake of 10 g of guar gum. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 10 g of guar gum.</p> <p>** Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.</p>
68	Hydroxypropyl methyl cellulose (HPMC)	Consumption of hydroxypropyl methyl cellulose with food intake reduces the increase in blood glucose levels after meals	<p>The claim may be used only for food that provides daily consumption of 4 g of HPMC. In order to bear the claim, the consumer should be informed that a positive effect can be obtained by daily consumption of 4 g of guar gum with food.</p> <p>** Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.</p>
69	Hydroxypropyl methyl cellulose (HPMC)	Hydroxypropyl methyl cellulose contributes to maintenance of normal blood cholesterol levels	<p>The claim may be used only for food that provides daily consumption of 5 g of HPMC. In order to bear the claim, the consumer must be provided with information that a positive effect can be obtained with daily consumption of 5 g of HPMC.</p> <p>** Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.</p>
70	Iodine	Iodine contributes to normal cognitive function of the	The claim may be used only for a food product that is at least a source of iodine, as stated in the conditions

		brain	for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
71	Iodine	Iodine contributes to normal energy metabolism	The claim may be used only for a food product that is at least a source of iodine, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
72	Iodine	Iodine contributes to the normal functioning of the nervous system	The claim may be used only for a food product that is at least a source of iodine, as stated in the terms of the nutritional value statement " Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s].
73	Iodine	Iodine contributes to maintenance of normal skin	The claim may be used only for a food product that is at least a source of iodine, as specified in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
74	Iodine	Iodine contributes to normal secretion of thyroid hormones and normal thyroid function	The claim may be used only for a food product that is at least a source of iodine, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
75	Iron	Iron contributes to normal cognitive function of the brain	The claim may be used only for a food product that is at least a source of iron, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
76	Iron	Iron contributes to normal energy metabolism	The claim may be used only for a food product that is at least a source of iron, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
77	Iron	Iron contributes to the normal formation of red blood cells and hemoglobin	The claim may only be used for a food product which is at least a source of iron as specified in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
78	Iron	Iron contributes to the normal transport of oxygen in the body	The claim may be used only for a food product that is at least a source of iron, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
79	Iron	Iron contributes to the normal operation of the immune system	The claim may be used only for a food product that is at least a source of iron, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
80	Iron	Iron contributes to the reduction of tiredness and	The claim may be used only for a food product that is at least a source of iron, as stated in the conditions for application of the nutrition claim "Source [Name of

		fatigue	Vitamin/s] and/or [Name of Mineral Substance/s]".
81	Iron	Iron plays a role in cell division	The claim may be used only for a food product that is at least a source of iron, as stated in the terms of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
82	Lactase enzyme	Lactase enzyme improves lactose digestion in individuals who have difficulty digesting lactose	The claim may be used only for food supplements, with a minimum dose of 4500 FCC (Food Chemicals Codex) units with instructions to the target population to consume with each lactose containing meal. ** Information shall also be given to the target population that tolerance to lactose is variable and they should seek advice as to the role of this substance in their diet.
83	Lactitol	Lactitol contributes to normal bowel function by increasing the frequency of bowel movements	The claim may be used only for a food product that contains 10 g of lactitol per serving. In order to bear the claim, the consumer should be informed that a positive effect can be obtained with a daily single intake of 10 g of lactitol. ** The claim shall not be used for foods targeting children.
84	Lactulose	Lactulose contributes to an acceleration of intestinal transit	The claim may be used only for food which contains 10 g of lactulose in a single quantified portion. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a single serving of 10 g of lactulose per day.
85	Linolenic acid	Linoleic acid contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for a food which provides at least 1,5 g of linoleic acid (LA) per 100 g and per 100 kcal. Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 10 g of LA.
86	Live yogurt cultures	Live cultures in yoghurt or fermented milk improve lactose digestion of the product in individuals who have difficulty digesting lactose	In order to bear the claim, Yoghurt or fermented milk should contain at least 10 ⁸ Colony Forming Units live starter microorganisms (Lactobacillus delbrueckii subsp. bulgaricus and Streptococcus thermophilus) per gram.
87	Magnesium	Magnesium contributes to reduction of fatigue and tiredness	The claim may only be used for a food product which is at least a source of magnesium, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".

88	Magnesium	Magnesium contributes to maintenance of electrolyte balance	The claim may be used only for a food product that is at least a source of magnesium, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
89	Magnesium	Magnesium contributes to normal energy metabolism	The claim may only be used for a food product which is at least a source of magnesium, as specified in the terms of the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
90	Magnesium	Magnesium contributes to the normal functioning of the nervous system	The claim may be used only for a food product that is at least a source of magnesium, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
91	Magnesium	Magnesium contributes to normal muscle function	The claim may be used only for a food product that is at least a source of magnesium, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
92	Magnesium	Magnesium contributes to normal protein synthesis	The claim may be used only for a food product that is at least a source of magnesium, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
93	Magnesium	Magnesium contributes to normal mental activity	The claim may be used only for a food product that is at least a source of magnesium, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
94	Magnesium	Magnesium contributes to maintenance of normal bone health	The claim may be used only for a food product that is at least a source of magnesium, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
95	Magnesium	Magnesium contributes to maintenance of normal teeth	The claim may be used only for a food product that is at least a source of magnesium, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
96	Magnesium	Magnesium plays an important role in cell division	The claim may only be used for a food product which is at least a source of magnesium, as specified in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".

97	Manganese	Manganese contributes to normal energy-yielding metabolism	The claim may be used only for a food product that is at least a source of manganese, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".						
98	Manganese	Manganese contributes to maintenance of normal bones	The claim may only be used for a food product which is at least a source of manganese, as indicated in the conditions of application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".						
99	Manganese	Manganese contributes to normal connective tissue formation	The claim may be used only for a food product that is at least a source of manganese, as stated in the conditions for application of the statement on nutritional value "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".						
100	Manganese	Manganese contributes to protection of cells from oxidative stress	The claim may be used only for a food product that is at least a source of manganese, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".						
101	Meal replacement for weight control	Substituting one daily meal of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss	<p>In order to bear the claim, a food should comply with the following requirements:</p> <p>1. Energy content The energy content shall not be less than 200 kcal (840 kJ) and shall not exceed 250 kcal (1046 KJ) per meal.*</p> <p>2. Fat content and composition The energy derived from fat shall not exceed 30% of total available energy content of the product. The linoleic acid (in the form of glycerides) shall not be less than 1 g.</p> <p>3. Protein content and composition The protein contained in the food shall provide not less than 25 % and not more than 50% of the total energy content of the product. The chemical index of a protein should be equal to the value set by the WHO: <i>The content of amino acids in protein (g / 100 g of protein)</i></p> <table border="1"> <tr> <td>Cysteine + methionine</td> <td>1.7</td> </tr> <tr> <td>Histidine</td> <td>1.6</td> </tr> <tr> <td>Iso leucine</td> <td>1.3</td> </tr> </table>	Cysteine + methionine	1.7	Histidine	1.6	Iso leucine	1.3
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102	Meal replacement for weight control	Substituting two daily meals of an energy restricted diet with meal replacements contributes to weight loss	<p>In order to bear the claim, a food should comply with the following requirements:</p> <ol style="list-style-type: none"> 1. Energy content <p>The energy content shall not be less than 200 kcal (840 kJ) and shall not exceed 250 kcal (1046 KJ) per meal.*</p> <ol style="list-style-type: none"> 2. Fat content and composition 												

		<p>The energy derived from fat shall not exceed 30% of total available energy content of the product.</p> <p>The linoleic acid (in the form of glycerides) shall not be less than 1 g.</p> <p>3. Protein content and composition</p> <p>The protein contained in the food shall provide not less than 25 % and not more than 50% of the total energy content of the product.</p> <p>The chemical index of the protein should be equal to the value set by the WHO:</p> <p><i>The content of amino acids in the protein (g / 100 g of protein)</i></p> <table border="1" data-bbox="824 716 1357 1276"> <tr> <td>Cysteine + methionine, etc.</td> <td>1.7</td> </tr> <tr> <td>Histidine</td> <td>1.6</td> </tr> <tr> <td>Isoleucine</td> <td>1.3</td> </tr> <tr> <td>Leucine</td> <td>1.9</td> </tr> <tr> <td>Lysine</td> <td>1.6</td> </tr> <tr> <td>Phenylalanine + tyrosine</td> <td>1.9</td> </tr> <tr> <td>Threonine</td> <td>0.9</td> </tr> <tr> <td>Tryptophan</td> <td>0.5</td> </tr> <tr> <td>Valine</td> <td>1.3</td> </tr> </table> <p>The ‘chemical index’ shall mean the lowest of the ratios between the quantity of each essential amino acid of the test protein in and the quantity of each corresponding amino acid of the reference protein.</p> <p>If the chemical index is lower than 100 % of the reference protein, the minimum protein levels shall be correspondingly increased. In any case the chemical index of the protein shall at least be equal to 80 % of that of the reference protein.</p> <p>In all cases, the addition of amino acids is permitted solely for the purpose of improving the nutritional value of the proteins, and only in the proportions necessary for that purpose.</p> <p>4. Vitamins and minerals</p> <p>The food shall provide at least 30% of the amounts of the nutrient reference values of vitamins and minerals</p>	Cysteine + methionine, etc.	1.7	Histidine	1.6	Isoleucine	1.3	Leucine	1.9	Lysine	1.6	Phenylalanine + tyrosine	1.9	Threonine	0.9	Tryptophan	0.5	Valine	1.3
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103	Meat or fish	Meat or fish contributes to the improvement of iron absorption when eaten with other foods containing iron	The claim may be used only for food which contains at least 50 g of meat or fish in a single quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming 50 g of meat or fish together with food(s) containing non-heme iron.
104	Melatonin	Melatonin contributes to the alleviation of subjective feelings of jet lag	The claim may be used only for food which contains at least 0,5 mg of melatonin per quantified portion. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a minimum intake of 0,5 mg to be taken close to bedtime on the first day of travel and on the following few days after arrival at the destination.
105	Melatonin	Melatonin contributes to reduction of the time needed to fall asleep	The claim may be used only for a food product that contains 1 mg of melatonin per portion. In order to bear the claim, the consumer must be informed that a positive effect can be obtained by taking 1 mg of melatonin at bedtime.
106	Molybdenum	Molybdenum contributes to normal metabolism of sulfur amino acids	The claim may only be used for a food product which is at least a source of molybdenum, as specified in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
107	Monascus purpureous (red yeast rice)	Monacolin K contained in red yeast contributes to maintenance of normal blood cholesterol levels	The claim may be used only for food which provides a daily intake of 10 mg of monacolin K from red yeast rice. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 10 mg of monacolin K from fermented red yeast rice preparations.
108	Monounsaturated and/or polyunsaturated	Replacing saturated fats with unsaturated fats contributes to maintenance of normal	The claim may be used only for a food product with a high content of unsaturated fatty acids, as indicated in the conditions of application of the nutritional value

	fatty acids	blood cholesterol levels (monounsaturated and polyunsaturated fatty acids are unsaturated fats)	claim "High Content of Unsaturated Fats"
109	Native chicory inulin	Native chicory inulin contributes to normal bowel function due to increased bowel movements	In order to bear the claim, the consumer must be informed that a positive effect can be obtained with daily consumption of 12 g of chicory inulin. The claim may be used only for a food product that provides at least a daily intake of 12 grams of native chicory inulin non-fractionated mixture of monosaccharides (<10%), disaccharide, fructi inulin type and inulin extracted from chicory, with average polymerization degree ≥ 9 .
110	Niacin	Niacin contributes to normal energy metabolism	The claim may be used only for a food product that is at least a source of niacin, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
111	Niacin	Niacin contributes to the normal functioning of the nervous system	The claim may be used only for a food product that is at least a source of niacin, as stated in the conditions for application of the nutritional value statement "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
112	Niacin	Niacin contributes to normal mental activity	The claim may be used only for a food product that is at least a source of niacin, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
113	Niacin	Niacin contributes to maintenance of a normal state of mucous membranes	The claim may only be used for a food product which is at least a source of niacin, as specified in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
114	Niacin	Niacin contributes to maintenance of normal skin	The claim may be used only for a food product that is at least a source of niacin, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
115	No acin	Niacin contributes to reduction of fatigue and tiredness	The claim may be used only for a food product that is at least a source of niacin, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
116	Indigestible carbohydrates	Consumption of foods / beverages containing [name of all indigestible carbohydrates] instead of	To use this claim in foods or beverages, sugars must be replaced by indigestible carbohydrates that are not digested and absorbed in the small intestine so that the food or beverage contains less sugar, as stated in the

		sugar reduces the increase in blood glucose levels after their consumption compared to sugary foods / beverages.	terms of the nutrition claim "Reduced Amount [Name of Nutrient] ".
117	Indigestible carbohydrates	Consumption of foods / beverages containing [name of all indigestible carbohydrates] instead of digestible carbohydrates supports teeth mineralization	In order to bear the claim, digestible carbohydrates should be replaced by indigestible carbohydrates in such quantities that the consumption of such foods or beverages does not lower the pH of teeth plaque below 5.7 within 30 minutes after consumption. Digestible carbohydrates are carbohydrates or carbohydrate mixtures that are consumed with food or beverages and that reduce teeth plaque pH below 5.7, determined in vivo or in situ by telemetric testing of plaque pH by bacterial fermentation during and during 30 minutes after consumption. Indigestible carbohydrates are carbohydrates or carbohydrate mixtures consumed with food or beverages that do not reduce teeth plaque pH below 5.7, as determined in vivo or in situ by telemetric testing of plaque pH by bacterial fermentation during and for 30 minutes after consumption.
118	Dietary fiber (fiber) of oats	Dietary fiber (fiber) oats helps to increase fecal bulk	The claim may be used only for a food product that has such a high content of dietary fiber (fiber), as stated in the conditions for application of the nutritional value claim "High Content of Dietary Fiber (Fiber)".
119	Oleic acid	Replacing saturated fats in the diet with unsaturated fats contributes to the maintenance of normal blood cholesterol levels. Oleic acid is an unsaturated fat.	The claim may be used only for food which is high in unsaturated fatty acids, as referred to in the claim "High Content of Unsaturated Fats".
120	Polyphenols of olive oil	Olive oil polyphenols contribute to the protection of blood lipids from oxidative stress	The claim may be used only for olive oil which contains at least 5 mg of hydroxytyrosol and its derivatives (e.g. oleuropein complex and tyrosol) per 20 g of olive oil. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 20 g of olive oil.
121	Pantothenic acid	Pantothenic acid contributes to normal energy metabolism	The claim may be used only for a food product that is at least a source of pantothenic acid, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
122	Pantothenic acid	Pantothenic acid contributes to normal synthesis and absorption of steroid	The claim may be used only for a food product that is at least a source of pantothenic acid, as stated in the conditions for application of the nutritional claim

		hormones, vitamin D and some neurotransmitters	"Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s].
123	Pantothenic acid	Pantothenic acid contributes to reduction of fatigue and tiredness	The claim may be used only for a food product that is at least a source of pantothenic acid, as stated in the conditions for application of the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s].
124	Pantothenic acid	Pantothenic acid contributes to maintenance of normal mental activity	The claim may be used only for a food product that is at least a source of pantothenic acid, as stated in the conditions for application of the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s].
125	Pectins	Pectins contribute to the maintenance of normal blood cholesterol levels	The claim may be used only for food which provides a daily intake of 6 g of pectins. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 6 g of pectins. ** Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.
126	Pectins	Consumption of pectins with food helps to reduce the rise in blood glucose levels after meals	The claim may be used only for a food product that contains 10 g of pectin per portion. In order to bear the claim, the consumer must be provided with information that a positive effect can be obtained by eating 10 g of pectin. ** Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach.
127	Phosphorus	Phosphorus contributes to normal energy metabolism	The claim may be used only for a food product that is at least a source of phosphorus, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
128	Phosphorus	Phosphorus contributes to the normal functioning of cell membranes	The claim may be used only for a food product that is at least a source of phosphorus, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
129	Phosphorus	Phosphorus contributes to maintenance of normal bones	The claim may be used only for a food product that is at least a source of phosphorus, as referred to in the

			nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
130	Phosphorus	Phosphorus contributes to maintenance of the normal condition of the teeth	The claim may be used only for a food product that is at least a source of phosphorus, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
131	Plant sterols and plant stanols	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol levels	In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of at least 0.8 g of plant sterols/stanols.
132	Potassium	Potassium with normal functioning of the nervous system	The claim may be used only for a food product that is at least a source of potassium, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
133	Potassium	Potassium contributes to normal muscle function	The claim may be used only for a food product that is at least a source of potassium, as stated in the conditions for application of the nutrition claim In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of at least 0.8 g of plant sterols/stanols."
134	Potassium	Potassium contributes to maintenance of normal blood pressure	The claim may be used only for a food product that is at least a source of potassium, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
135	Protein	Protein contributes to muscle growth	The claim may be used only for a food product that is at least a source of protein, as indicated in the conditions for application of the nutritional value claim "Source of Protein".
136	Protein	Protein contributes to maintenance of muscle mass	The claim may be used only for a food product that is at least a source of protein, as indicated in the conditions for application of the nutritional value claim "Source of Protein".
137	Protein	Protein contributes to maintenance of normal bones	The claim may be used only for a food product that is at least a source of protein, as stated in the conditions for application of the statement on the nutritional value of "Source of Protein".
138	Modified non-alcoholic acid drink containing: less than 1 g of	Replacing sugary acidic beverages, such as sweet soft drinks containing approximately 8 to 12 g of	The claim may be used only for a modified acidic beverage, the characteristics of which are defined in this line.

	fermented carbohydrates per 100 ml (sugars and other carbohydrates except polyols), calcium from 0.3 to 0.8 mol per mol of all substances that cause the acidity of the drink, the pH is in the range of 3.7 to 4.0	sugars per 100 ml, with modified beverages contributes to maintenance of tooth mineralization.	
139	Resistant starch	Replacing easily digestible starch with resistant starch in cancer consumes a lower rise in blood glucose after consuming such food.	The claim may be used only for a food product in which easily digestible starch has been replaced by resistant starch so that the content of resistant starch is at least 14 percent of the total starch content.
140	Riboflavin (vitamin B2)	Riboflavin contributes to normal energy metabolism	The claim may be used only for a food product that is at least a source of riboflavin, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or because [Name of Mineral Substance/s]".
141	Riboflavin (vitamin B2)	Riboflavin contributes to the normal functioning of the nervous system	The claim may be used only for a food product that is at least a source of riboflavin, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or because [Name of Mineral Substance/s]".
142	Riboflavin (vitamin B2)	Riboflavin contributes to maintenance of the normal condition of mucous membranes	The claim may be used only for a food product that is at least a source of riboflavin, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or because [Name of Mineral Substance/s]".
143	Riboflavin (vitamin B2)	Riboflavin contributes to maintenance of the normal state of red blood cells	The claim may be used only for a food product that is at least a source of riboflavin, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or because [Name of Mineral Substance/s]".
144	Riboflavin (vitamin B2)	Riboflavin contributes to maintenance of normal skin condition	The claim may be used only for a food product that is at least a source of riboflavin, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or because [Name of Mineral Substance/s]".
145	Riboflavin	Riboflavin contributes to	The claim may be used only for a food product that is

	(in vitamin B2)	maintenance of normal vision	at least a source of riboflavin, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or because [Name of Mineral Substance/s]".
146	Riboflavin (vitamin B2)	Riboflavin contributes to normal iron metabolism	The claim may be used only for a food product that is at least a source of riboflavin, as stated in the conditions for the application of the nutrition claim "Source [Name of Vitamin/s] and/or because [Name of Mineral Substance/s]".
147	Riboflavin (vitamin B2)	Riboflavin contributes to protection of cells from oxidative stress	The claim may be used only for a food product that is at least a source of riboflavin, as stated in the terms of the nutrition claim "Source of [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
148	Riboflavin (vitamin B2)	Riboflavin contributes to reduction of fatigue and tiredness	The claim may only be used for a food product that is at least a source of riboflavin, as indicated in the terms of the nutritional claim "Source [Name of Vitamin/s] and/or [[Name of Mineral Substance/s]".
149	Dietary fiber (fiber) of rye	Dietary fiber (fiber) of rye contributes to the normal functioning of the intestinal tract	The claim may be used only for a food product that has such a high content of dietary fiber (fiber), as stated in the conditions for application of the nutritional value claim "High Content of Dietary Fiber (Fiber)".
150	Selenium	Selenium contributes to normal spermatogenesis	The claim may be used only for a food product that is at least a source of selenium, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
151	Selenium	Selenium contributes to maintenance of normal hair condition	The claim may only be used for a food product which is at least a source of selenium, as specified in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
152	Selenium	Selenium contributes to maintenance of a normal nail condition	The claim may be used only for a food product that is at least a source of selenium, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
153	It's flax	Selenium contributes to the normal functioning of the immune system	The claim may be used only for a food product that is at least a source of selenium, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Mineral Substance/s]".
154	Selenium	Selenium contributes to the normal functioning of the thyroid gland	The claim may be used only for a food product that is at least a source of selenium, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".

155	Selenium	Selenium contributes to protection of cells from oxidative stress	The claim may be used only for a food product that is at least a source of selenium, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
156	Slowly digestible starch	Consumption of products with a high content of slowly digestible starch increases concentration of glucose in the blood after a meal less in comparison to products with a low content of slowly digestible starch	The claim may be used only for a food product in which the digestible carbohydrates provide at least 60% of the total energy and in which at least 55% of these carbohydrates are digestible starch, of which at least 40% is slowly digestible starch.
157	Dietary fiber (fiber) of sugar beet	Dietary fiber (fiber) of sugar beet contributes to an increase in fecal bulk	The claim may be used only for a food product that has such a high content of dietary fiber (fiber), as stated in the conditions for application of the nutritional value claim "High Content of Dietary Fiber (Fiber)".
158	Sugar replacers, i.e. intense sweeteners; xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, sucralose and polydextrose; D-tagatose and isomaltulose	Consumption of foods / beverages containing "sugar substitute name" instead of sugar helps to reduce the rise in blood glucose after eating such foods compared to the consumption of sugary foods and beverages	In order to bear the claim in foods or beverages, sugars must be replaced by sugar substitutes, namely intense sweeteners: xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, sucralose and polydextrose, or a combination thereof so that the food or beverage contained a reduced amount of sugars, as specified in the conditions for application of the nutritional value claim "Reduced Amount [Name Of Nutrient]". In the case of D-tagatose and isomaltulose, they must replace the equivalent amount of other sugars in the same proportion as indicated in the application of the nutrition declaration "Reduced Amount [Name Of Nutrient]".
159	Sugar substitutes, namely intense sweeteners: xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, sucralose and polydextrose; D-tagatose and isomaltulose	Consumption of foods / beverages containing "sugar substitute name" instead of sugar contributes to maintenance of tooth mineralization	In order to bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by sugar replacers, i.e. intense sweeteners, xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, in amounts such that consumption of such foods or drinks does not lower plaque pH below 5.7 during and up to 30 minutes after consumption
160	Chewing gum without sugar	Sugar-free chewing gum contributes to maintenance of tooth mineralization	The claim may be used only for chewing gum, which meets the conditions of application of the nutritional value claim "Does not Contain Sugar". In order to bear the claim each piece of sugar-free chewing gum should contain at least 20 mg carbamide.

			Information shall be given to the consumer that gum should be chewed for at least 20 minutes after eating or drinking.
161	Chewing gum without sugar	Sugar-free chewing gum contributes to the neutralisation of plaque acids	The claim may be used only for chewing gum, which meets the conditions of application of the nutritional value claim "Does not Contain Sugar". Information shall be given to the consumer that the beneficial effect is obtained with chewing, for at least 20 minutes, after eating or drinking.
162	Chewing gum would be sugar free	Sugar-free chewing gum contributes to reduction of dry mouth	The claim may be used only for chewing gum, which meets the conditions of application of the nutritional value claim "Does not Contain Sugar". Information shall be given to the consumer that the beneficial effect is obtained with use of the chewing gum whenever the mouth feels dry
163	Sugar-free chewing gum with urea	Sugar-free chewing gum with urea neutralizes plaque more effectively than sugar-free chewing gum without urea	The claim may be used only for chewing gum, which meets the conditions of application of the nutritional value claim " Does not Contain Sugar". In order to bear the claim, each piece of chewing gum must contain at least 20 mg of urea. In order to bear the claim, the consumer must be informed that a positive effect can be achieved by using chewing gum for at least 20 minutes after eating or drinking.
164	Thiamine	Thiamine contributes to normal energy metabolism	The claim may be used only for a food product that is at least a source of thiamine, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
165	Thiamine	Thiamine contributes to the normal functioning of the nervous system	The claim may be used only for a food product that is at least a source of thiamine, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
166	Thiamine	Thiamine contributes to normal mental activity	The statement may be used exclusively for the food product as it is at least a source of thiamine, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
167	Thiamine	Thiamine contributes to normal heart function	The claim may be used only for a food product that is at least a source of thiamine, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
168	Vitamin A	Vitamin A contributes to normal iron metabolism	The claim may be used only for a food product that is at least a source of vitamin A, as stated in the conditions for application of the nutrition claim

			"Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
169	Vitamin A	Vitamin A contributes to maintenance of the normal condition of mucous membranes	The claim may be used only for a food product that is at least a source of vitamin A, as stated in the terms of the nutritional value statement "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
170	Vitamin A	Vitamin A contributes to maintenance of normal skin condition	The claim may be used only for a food product that is at least a source of vitamin A, as indicated in the terms of the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
171	Vitamin A	Vitamin A contributes to maintenance of normal vision	The claim may be used only for a food product that is at least a source of vitamin A, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or because [Name of Mineral Substance/s]".
172	Vitamin A	Vitamin A contributes to the normal functioning of the immune system	The claim may be used only for a food product that is at least a source of vitamin A, as stated in the conditions for application of the nutritional claim "Source of [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
173	Vitamin A	Vitamin A plays a role in cell specialization	The claim may be used only for a food product that is at least a source of vitamin A, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
174	Vitamin B12	Vitamin B12 contributes to normal energy metabolism	The claim may be used only for a food product that is at least a source of vitamin B12, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
175	Vitamin B12	Vitamin B12 contributes to the normal functioning of the nervous system	The claim may be used only for a food product that is at least a source of vitamin B12, as indicated in the terms of the nutritional claim "" Source of [Name of Vitamin/s] and/or [Name of Mineral Substance/s].
176	Vitamin B12	Vitamin B12 contributes to normal homocysteine metabolism	The claim may be used only for a food product that is at least a source of vitamin B12, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
177	Vitamin B12	Vitamin B12 contributes to normal mental activity	The claim may be used only for a food product that is at least a source of vitamin B12, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or because [Name of

			Mineral Substance/s]".
178	Vitamin B12	Vitamin B12 contributes to the normal functioning of the immune system	The claim may be used only for a food product that is at least a source of vitamin B12, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or because [Name of Mineral Substance/s]".
179	Vitamin B12	Vitamin B12 contributes to the normal formation of red blood cells	The claim may be used only for a food product that is at least a source of vitamin B12, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or because [Name of Mineral Substance/s]".
180	Vitamin B12	Vitamin B12 contributes to reduction of fatigue and tiredness	The claim may be used only for a food product that is at least a source of vitamin B12, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or because [Name of Mineral Substance/s]".
181	Vitamin B12	Vitamin B12 plays a role in cell division	The claim may be used only for a food product that is at least a source of vitamin B12, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
182	Vitamin B6	Vitamin B6 contributes to normal cysteine synthesis	The claim may be used only for a food product that is at least a source of vitamin B6, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
183	Vitamin B6	Vitamin B6 contributes to normal energy metabolism	The claim may be used only for a food product that is at least a source of vitamin B6, as stated in the conditions for application of the nutrition claim ""Source [Name of Vitamin/s] and/or because [Name of Mineral Substance/s]".
184	Vitamin B6	Vitamin B6 contributes to the normal functioning of the nervous system	The claim may only be used for a food product which is at least a source of vitamin B6, as specified in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or because [Name of Mineral Substance/s]".
185	Vitamin B6	Vitamin B6 contributes to normal homocysteine metabolism	The claim may be used only for a food product that is at least a source of vitamin B6, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
186	Vitamin B6	Vitamin B6 contributes to normal metabolism of proteins and glycogen	The claim may be used only for a food product that is at least a source of vitamin B6, as stated in the conditions for application of the nutritional value claim "Source [Name of Vitamin/s] and/or because [Name of Mineral Substance/s]".

187	Vitamin B6	Vitamin B6 contributes to normal mental activity	The claim may be used only for a food product that is at least a source of vitamin B6, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
188	Vitamin B6	Vitamin B6 contributes to the normal formation of red blood cells	The claim may only be used for a food product which is at least a source of vitamin B 6, as stated in the conditions for application of the nutrition claim "Source of [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
189	Vitamin B6	Vitamin B6 contributes to the normal functioning of the immune system	The claim may be used only for a food product that is at least a source of vitamin B6, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
190	Vitamin B6	Vitamin B6 contributes to reduction of fatigue and tiredness	The claim may be used only for a food product that is at least a source of vitamin B6, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
191	Vitamin B6	Vitamin B6 helps to regulate hormonal activity	The claim may be used only for a food product that is at least a source of vitamin B6, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
192	Vitamin C	Vitamin C contributes to maintain the normal function of the immune system during and after intense physical exercise	The claim may be used only for a food product that provides a daily intake of 200 mg of vitamin C. In order to bear the claim, the consumer must be informed that a positive effect can be obtained with a daily intake of 200 mg of vitamin C in addition to the recommended daily dose of vitamin C. C.
193	Vitamin C	Vitamin C contributes to the normal formation of collagen for the normal functioning of blood vessels	The claim may be used only for a food product that is at least a source of vitamin C, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
194	Vitamin C	Vitamin C contributes to the normal formation of collagen for normal bone function	The claim may be used only for a food product that is at least a source of vitamin C, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
195	Vitamin C	Vitamin C contributes to the normal formation of collagen for the normal functioning of cartilage	The claim may be used only for a food product that is at least a source of vitamin C, as referred to in the nutritional claim ""Source [Name of Vitamin/s] and/or because [Name of Mineral Substance/s]".

196	Vitamin C	Vitamin C contributes to the normal formation of collagen for the normal functioning of the gums	The claim may only be used for a food product which is at least a source of vitamin C, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
197	Vitamin C	Vitamin C contributes to the normal formation of collagen for the normal functioning of the skin	The claim may be used only for a food product that is at least a source of vitamin C, as referred to in the nutritional claim " Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
198	Vitamin C	Vitamin C contributes to the normal formation of collagen for the normal functioning of the teeth	The claim may be used only for a food product that is at least a source of vitamin C, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
199	Vitamin C	Vitamin C contributes to normal energy metabolism	The statement may be used only for a food product which is at least a source of vitamin C, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or because [Name of Mineral Substance/s]".
200	Vitamin C	Vitamin C contributes to the normal functioning of the nervous system	The claim may be used only for a food product that is at least a source of vitamin C, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
201	Vitamin C	Vitamin C contributes to normal mental activity	The claim may be used only for a food product that is at least a source of vitamin C, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
202	Vitamin C	Vitamin C contributes to the normal functioning of the immune system	The claim may be used only for a food product that is at least a source of vitamin C, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
203	Vitamin C	Vitamin C contributes to protection of cells from oxidative stress	The claim may be used only for a food product that is at least a source of vitamin C, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or because [Name of Mineral Substance/s]".
204	Vitamin C	Vitamin C contributes to reduction of fatigue and tiredness	The claim may be used only for a food product that is at least a source of vitamin C, as referred to in the nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".

205	Vitamin C	Vitamin C contributes to the regeneration of the reduced form of vitamin E	The claim may be used only for a food product that is at least a source of vitamin C, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or o [Name of Mineral Substance/s]".
206	Vitamin C	Vitamin C increases the absorption of iron	The claim may be used only for a food product that is at least a source of vitamin C, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
207	Vitamin D	Vitamin D contributes to normal absorption/utilization of calcium and phosphorus	The claim may be used only for a food product that is at least a source of vitamin D, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
208	Vitamin D	Vitamin D contributes to normal blood calcium levels	The claim may only be used for a food product that is at least a source of vitamin D, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
209	Vitamin D	Vitamin D contributes to maintenance of normal bones	The claim may be used only for a food product that is at least a source of vitamin D, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
210	Vitamin D	Vitamin D contributes to maintenance of normal muscle function	The claim may be used only for a food product that is at least a source of vitamin D, as stated in the conditions for application of the nutritional claim "Source of [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
211	Vitamin D	Vitamin D contributes to maintenance of normal teeth	The claim may be used only for a food product that is at least a source of vitamin D , as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
212	Vitamin D	Vitamin D contributes to the normal functioning of the immune system	The claim may be used only for a food product that is at least a source of vitamin D, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
213	Vitamin D	Vitamin D plays a role in cell division	The claim may be used only for a food product that is at least a source of vitamin D, as stated in the conditions for application of the nutrition claim

			"Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
21 4	Vitamin E	Vitamin E contributes to protection of cells from oxidative stress	The claim may be used only for a food product that is at least a source of vitamin E, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
215	Vitamin K	Vitamin K contributes to normal blood clotting	The claim may be used only for a food product that is at least a source of vitamin K, as stated in the conditions for application of the nutritional claim "Source of [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
216	Vitamin K	Vitamin K contributes to maintenance of normal bone health	The claim may be used only for a food product that is at least a source of vitamin K, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
217	Walnut	Walnut helps to improve the elasticity and blood vessels	The claim may be used only for a food product that provides a daily consumption of 30 g of walnuts. In order to bear the claim, the consumer must be informed that a positive effect can be obtained by daily consumption of 30 g of walnuts.
218	Water	Water contributes to maintenance of normal physical and cognitive functions	In order to bear the claim, the consumer must be informed that the claimed effect can be achieved by consuming at least 2 liters of water daily from any food or beverage.
219	Water	Water contributes to maintenance of normal body temperature regulation	In order to bear the claim, the consumer must be provided with information that the claimed effect can be achieved by consuming at least 2 liters of water daily from any food or beverage.
220	Dietary fiber (fiber) of wheat bran	Dietary fiber (fiber) of wheat bran helps to accelerate intestinal transit	The claim may be used only for a food product that has such a high content of dietary fiber (fiber), as stated in the conditions for application of the nutritional value claim "High Content of Dietary Fiber (Fiber)". In order to bear the claim, the consumer should be informed that a positive effect can be obtained by daily consumption of at least 10 g of dietary fiber (fiber) of wheat bran.
221	Dietary fiber (fiber) of wheat bran	Dietary fiber (fiber) of wheat bran contributes to an increase in fecal bulk	The claim may be used only for a food product that has such a high content of dietary fiber (fiber), as indicated in the conditions for application of the statement about the nutritional value of " High Content of Dietary Fiber (Fiber)".

222	Zinc	Zinc contributes to normal acid-base metabolism	The claim may only be used for a food product which is at least a source of zinc, as specified in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
223	Zinc	Zinc contributes to normal carbohydrate metabolism	The claim may be used only for a food product that is at least a source of zinc, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
224	Zinc	Zinc contributes to normal cognitive function of the brain	The claim may only be used for a food product which is at least a source of zinc, as specified in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
225	Zinc	Zinc contributes to normal DNA synthesis	The claim may be used only for a food product that is at least a source of zinc, as stated in the terms of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
226	Zinc	Zinc contributes to normal fertility and reproductive function	The claim may be used only for a food product that is at least a source of zinc, as stated in the conditions for application of the nutrition claim " Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]."
227	Zinc	Zinc contributes to the normal absorption of macronutrients	The claim may only be used for a food product which is at least a source of zinc, as specified in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
228	Zinc	Zinc contributes to the normal metabolism of fatty acids	The claim may only be used for a food product which is at least a source of zinc, as specified in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
229	Zinc	Zinc contributes to normal metabolism of vitamin A.	The claim may only be used for a food product which is at least a source of zinc, as specified in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
230	Zinc	Zinc contributes to normal protein synthesis	The claim may only be used for a food product which is at least a source of zinc, as specified in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".

231	Zinc	Zinc contributes to maintenance of the normal condition of bones	The claim may only be used for a food product which is at least a source of zinc, as specified in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
232	Zinc	Zinc contributes to maintenance of normal hair condition	The claim may only be used for a food product which is at least a source of zinc, as specified in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
233	Zinc	Zinc contributes to maintenance of the normal condition of the nails	The claim may only be used for a food product which is at least a source of zinc, as specified in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
234	Zinc	Zinc contributes to maintenance of normal skin condition	The claim may only be used for a food product which is at least a source of zinc, as specified in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
235	Zinc	Zinc contributes to maintenance of normal blood testosterone levels	The claim may be used only for a food product that is at least a source of zinc, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
236	Zinc	Zinc contributes to maintenance of normal vision	The claim may be used only for a food product that is at least a source of zinc, as stated in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
237	Zinc	Zinc contributes to the normal functioning of the immune system	The claim may only be used for a food product which is at least a source of zinc, as specified in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
238	Zinc	Zinc contributes to protection of cells from oxidative stress	The claim may only be used for a food product which is at least a source of zinc, as specified in the conditions for application of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".
239	Zinc	Zinc plays an important role in cell division	The claim may be used only for a food product that is at least a source of zinc, as indicated in the terms of the nutrition claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]".

* The maximum load when repeating exercises is the maximum weight or force that a person can apply in one approach.

Annex III: List of Disease Risk Reduction Claims and Claims Related to Development and Health of Children

No	Nutrient	Claim	Conditions for Claim Use
1	Alpha-linolenic acid (ALA) and linoleic acid (LA), essential fatty acids	Essential fatty acids are needed for normal growth and development of children.	The consumer should be informed that a beneficial effect is achieved with a daily intake of 2 g of alpha-linolenic acid and daily intake of 1 g of linoleic acid.
2	Barley beta-glucans	Barley beta-glucans have been shown to lower / lower blood cholesterol. High cholesterol is a risk factor for coronary heart disease.	The consumer should be informed that the beneficial effect is achieved with daily consumption of 3 g of barley beta-glucan. The claim may be used for foods that contain at least 1 g of barley beta-glucan per quantified portion.
3	Protein	Protein is needed for normal bone growth and development in children.	The claim may only be used for foods that are at least a source of protein, as specified in conditions for nutrition claim "Source of Protein" provided in Annex I.
4	Oat beta-glucan	Oat beta-glucan has been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor for coronary heart disease.	The consumer should be informed that the beneficial effect is achieved with daily consumption of 3 g of oat beta-glucan. The claim may be used for foods that contain at least 1 g of oat beta-glucan per quantified portion.
5	Vitamin D	Vitamin D contributes to the normal functioning of the immune system in children.	The claim may only be used for foods that are at least a source of vitamin D, as specified in the conditions to claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]" provided in Annex I.
6	Vitamin D	Vitamin D contributes to reduction of the risk of falls associated with postural instability and muscle weakness. Fall is a risk factor for bone fractures in men and women	The statement can only be applied to dietary supplements that provide at least 15 mcg of vitamin D per day. The consumer is informed that the beneficial effect is achieved by daily consumption of 20 mcg of vitamin

		60 years of age and older.	D from all sources. This statement to dietary supplements with added vitamin D can be applied only to those intended for men and women 60 years and older.
7	Vitamin D	Vitamin D is necessary for normal bone growth and development in children.	The claim may only be used for foodstuffs that are at least a source of vitamin D, as stated in the conditions for nutritional claim "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]" set out in Annex I to these Requirements.
8	Docosahexaenoic acid (DHA)	The use of docosahexaenoic acid (DHA) contributes to the normal development of vision in infants up to 12 months of age.	The consumer should be informed that the beneficial effect is achieved with daily consumption of 100 mg of DHA. When the claim is applied to infant formula for subsequent feeding, the mixture must contain at least 0.3% of the total DHA fatty acids.
9	Docosahexaenoic acid (DHA)	Maternal use of docosahexaenoic acid (DHA) contributes to normal brain development of the fetus and breastfed infants.	Pregnant and breastfeeding women should be informed that a beneficial effect is achieved with daily intake of 200 mg of DHA as a supplement to the recommended daily intake of Omega-3 fatty acids for adults, i.e. up to 250 mg of DHA and EPA. The claim may be used only for foods that provide a daily intake of at least 200 mg of DHA.
10	Docosahexaenoic acid (DHA)	Maternal intake of docosahexaenoic acid (DHA) contributes to the normal development of the eyes of the fetus and breastfed infants.	Pregnant and breastfeeding women should be informed that a beneficial effect is achieved with a daily intake of 200 mg of DHA as a supplement to the recommended daily intake of Omega-3 fatty acids for adults, i.e. up to 250 mg of DHA and EPA. The claim may be used only for foods that provide daily intake of at least 200 mg of DHA.
11	Ethers of plant stanols	Plant stanol esters have been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor for coronary heart disease.	The consumer should be provided with information that the beneficial effect is achieved with daily consumption of 1.5 - 3 g of plant stanols for 2 - 3 weeks. The magnitude of the effect can be indicated only for the following foods: yellow fat spreads, dairy products, mayonnaise and salad dressings. The effect range "from 7% to 10%" is indicated for foods that provide daily consumption of 1.5 to 2.4 g of plant stanols or the range "from 10% to 12.5%" for products that provide daily consumption 2, 5 - 3 g of plant stanols.
12	Chewing gum without sugar	Sugar-free chewing gum contributes to reduction of tooth demineralization. Tooth	The consumer should be informed that a beneficial effect is achieved by chewing 2-3 g of sugar-free chewing gum for 20 minutes at least three times a

		demineralization is a risk factor for dental caries.	day after eating.
13	Chewing gum without sugar	Sugar-free chewing gum helps to neutralize plaque. Plaque is a risk factor for dental caries.	The consumer should be informed that a beneficial effect is achieved by chewing 2-3 g of sugar-free chewing gum for 20 minutes at least three times a day after eating.
14	Chewing gum is sweetened with 100% xylitol	It has been proven that chewing gum sweetened with 100% xylitol reduces plaque. High plaque content/level is a risk factor for caries in children.	The consumer should be informed that a beneficial effect is achieved by chewing 2-3 g of chewing gum sweetened with 100% xylitol at least 3 times a day after eating.
15	Iron	Iron contributes to normal cognitive development in children.	The claim may only be used for foodstuffs that are at least a source of iron, as specified in the terms of the statement "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]" set out in Annex I.
16	Iodine	Iodine contributes to normal growth in children.	The claim may only be used for foodstuffs that are at least a source of iodine, as specified in the terms of the statement "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]" set out in Annex I.
17	Calcium	Calcium contributes to reduction of bone mineral loss in postmenopausal women. Low bone mineral density is a risk factor for osteoporotic bone fractures.	This statement can only be used for foods that provide at least 400 mg of calcium per quantified portion. The consumer is informed that the statement is intended specifically for women 50 years and older, and the beneficial effect is achieved with a daily intake of at least 1200 mg of calcium from all sources.
18	Calcium	Calcium is necessary for normal bone growth and development in children.	The claim may only be used for foodstuffs that are at least a source of calcium, as specified in the terms of the statement "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]" set out in Annex I to these Requirements.
19	Calcium and vitamin D.	Calcium and vitamin D help reduce bone mineral loss in postmenopausal women. Low bone mineral density is a risk factor for osteoporotic bone fractures.	The claim may be used only for dietary supplements that provide at least 400 mg of calcium and 15 mcg of vitamin D per day. The consumer is informed that the statement is intended specifically for women 50 years and older, and the beneficial effect is achieved with daily consumption of at least 1200 mg of calcium and 20

			mcg of vitamin D from all sources. This statement to dietary supplements with added calcium and vitamin D can be applied only to those that are intended for women 50 years and older.
20	Calcium and vitamin D.	Calcium and vitamin D are necessary for normal bone growth and development in children.	The claim may only be used for foodstuffs that are at least a source of calcium and vitamin D, as specified in the terms of the statement "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]" set out in Annex I.
21	Plant sterols: sterols derived from plants, whether or not esterified with food fatty acids	Plant sterols have been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor for coronary heart disease.	The consumer should be informed that the beneficial effect is achieved by daily consumption of 1.5 - 3 g of plant sterols for 2 - 3 weeks. The magnitude of the effect can be indicated only for the following foods: yellow fat spreads, dairy products, mayonnaise and salad dressings. The effect range "from 7% to 10%" is indicated for foods that provide daily consumption of 1.5 - 2.4 g of plant sterols or the range "from 10% to 12.5%" for products that provide daily consumption 2.5 - 3 g of plant sterols.
22	Plant sterols / Esters of stanol esters	Plant sterols and stanol esters have been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor for coronary heart disease.	The consumer should be informed that the beneficial effect is achieved by daily consumption of 1.5 - 3 g of plant sterols / stanols for 2 - 3 weeks. The magnitude of the effect can be indicated only for the following foods: yellow fat spreads, dairy products, mayonnaise and salad dressings. The effect range "from 7% to 10%" is indicated for foods that provide daily consumption of 1.5 - 2.4 g of plant sterols / stanols or the range "from 10% to 12.5%" for products that provide daily consumption 2.5 - 3 g of plant sterols/stanols.
23	Monounsaturated and/or polyunsaturated fatty acids	Replacing saturated fats with unsaturated fats in the diet has been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor for coronary heart disease.	The claim may only be used for foods with a high content of unsaturated fatty acids, as specified in the terms of the statement "High content of unsaturated fats" provided in Annex I. The statement can only be applied to fats and oils.
24	Folic acid	Additional intake of folic acid increases the status of folate in the mother. Low folate status in the	The claim may be used only for dietary supplements that provide at least 400 mcg of folic acid per day. The consumer should be informed that the target

		mother is a risk factor for neural tube defects in the developing fetus.	population is women of childbearing age, and the beneficial effect is achieved with a daily dose of folic acid at a dose of 400 mcg for at least one month before and up to three months after conception.
25	Phosphorus	Phosphorus is necessary for normal bone growth and development in children.	The claim may only be used for foodstuffs that are at least a source of phosphorus, as specified in the terms of the statement "Source [Name of Vitamin/s] and/or [Name of Mineral Substance/s]" provided in Annex I.

Attachments:

No Attachments.