

## LIST OF HEALTH CLAIMS - ADDENDUM OCTOBER 2007

(See accompanying note for clarification)

	Food or Food Component	Health Relationship	Conditions of use	Nature of evidence	References	Example of wording
1	<b>Vitamin B2 (Riboflavin)</b>	Mental performance (where mental performance stands for those aspects of brain and nerve functions which determine aspects like concentration, learning, memory and reasoning, as well as resistance to stress)	MUST AT LEAST BE A SOURCE OF VITAMIN/S AS PER ANNEX TO REGULATION 1924/2006	-Textbooks	See: Vitamin B2 and Mental performance	Riboflavin is essential for mental function and performance
2	<b>Pantothenic Acid (Vitamin B5)</b>	Mental performance (where mental performance stands for those aspects of brain and nerve functions which determine aspects like concentration, learning, memory and reasoning, as well as resistance to stress)	Idem	-Textbooks	See: Pantothenic Acid and Mental performance	Pantothenic acid is essential for mental function and performance
3	<b>Folate/ Folic acid (Vitamin B9)</b>	Mental performance (where mental performance stands for those aspects of brain and nerve functions which determine aspects like concentration, learning, memory and reasoning, as well as resistance to stress)	Idem	-Textbooks	See: Folate and Mental performance	Folic acid is essential for mental function and performance
4	<b>Zinc</b>	Mental performance (where mental performance stands for those aspects of brain and nerve functions which determine aspects like concentration, learning, memory and reasoning, as well as resistance to stress)	Idem	-Textbooks	See: Zinc and Mental performance	Zinc is essential for mental function and performance
5	<b>Coffea arabica L. and other spp (Common Name: Coffee)</b>	Mental and physical stimulant effect	Seeds, On the average 15 g of dried seeds a day	-Textbooks, -human studies	See: Coffea arabica and Mental and physical stimulant effect	-Cognitive and physical performance

6	<b>Ready-to-eat breakfast cereals</b>	Body weight management	<p>-Ready-to-eat breakfast cereals consumed in a program for a minimum of 2 weeks.</p> <p>-Ready to eat breakfast cereals with (semi) skimmed milk at breakfast and one additional portion at either lunch or dinner.</p> <p>-One typical serving of 30 or 40g breakfast cereal consumed with (semi-) skimmed milk or yoghurt should provide less than 3g fat.</p> <p>-The breakfast cereal should provide at least 25% of the RDA for folic acid, vit B12, Vit B6 and iron.</p> <p>-Accompanying consumer advice on the need to follow a healthy diet and physical activity to help further body weight management.</p> <p>-At least 1 clinical study showing the effectiveness of the specific breakfast cereal in the X (minimum 2) week program.</p>	<p>-Meta-analysis on the role of low-fat diets in body weight control.</p> <p>-Meta-analysis on 10 human intervention trials (of which 5 are published in peer reviewed journals) which studied the impact of 2 week programs on body weight.</p>	See: Ready to eat breakfast cereals and Weight management	<p>-Ready-to-eat breakfast cereals consumed in this 2 week program helps to reduce body weight.</p> <p>-The 2 week program with ready-to-eat breakfast cereal (X) can help you loose weight [With the claim, the 2 week program needs to be explained].</p>
7	<b>Ready-to-eat breakfast cereals</b>	Reduction or maintenance of body fat	<p>-Ready-to-eat breakfast cereals consumed in a program for a minimum of 2 weeks;</p> <p>-Ready to eat breakfast cereals with (semi) skimmed milk at breakfast and one additional portion at either lunch or dinner;</p> <p>-One typical serving of 30 or 40g breakfast cereal consumed with (semi-) skimmed milk or yoghurt should provide less than 3g fat;</p> <p>-The breakfast cereal should provide at least 25% of the RDA for folic acid, vit B12, Vit B6 and iron;</p> <p>-Accompanying consumer advice on the need to follow a healthy diet and physical activity to help further body weight management;</p> <p>-At least 1 clinical study showing the effectiveness of the specific breakfast cereal in the X (minimum 2) week program.</p>	<p>-Meta-analysis on the role of low-fat diets in body weight control'</p> <p>-Meta-analysis on 10 human intervention trials (of which 4 are published in peer reviewed journals) which studied the impact of 2 week programs on body fat.</p>	See: Ready to eat breakfast cereals and Reduction or maintainance of body fat	<p>-Ready-to-eat breakfast cereals consumed in this 2 week program helps to reduce body fat;</p> <p>-The 2 week program with ready-to-eat breakfast cereal (X) can help you to loose body fat.[With the claim, the 2 week program needs to be explained]</p>

8	<b>Ready to eat breakfast cereals</b>	Healthier body weight	-One typical serving of 30 or 40g breakfast cereal consumed with (semi) skimmed milk or yoghurt should provide less than 3g fat; -The breakfast cereal should provide at least 25% of the RDA for the following nutrients: folic acid, Vit B6, Vit B12 and Iron.	-Systematic review of the evidence	See: Ready to eat breakfast cereals and Healthier body weight	-People who eat breakfast cereals tend to be slimmer than those who do not.
10	<b>Breakfast</b>	Mental performance and wellbeing in the morning	Claim should only be made on foods which encourage a balanced and healthy lifestyle and follow national healthy eating guidelines.	25 years of data, intervention, epidemiological, observation and critical reviews	See: Breakfast and Mental performance	-People who eat breakfast tend to perform better during the morning; -People who eat breakfast are more mentally alert, perform better and have better general well being in the morning.
	<b>Beverages low / free of energy</b>	Body shape management	Meet the relevant annex requirements in Health Claim Regulation 1924/2006/EC	-Authoritative Body, -Individual studies	See: Food low/ free of energy and bodyshape	-Product x is energy free / low in energy..... to help take care of your body shape/take care of your silhouette. -Product X, an ally to your weight management programme. Product X is an energy free beverage that can help control your weight.
11	<b>Caseino-Glycomacropeptide (C-GMP)</b>	Satiety	200 mg per portion	Individual studies, Journal Patent	See: Protein and Satiety	Support of sending satiety signals to the brain./ Helps to feel full / Supports satisfaction
12	<b>Inositol (Common Names: Inositol, myo-inositol)</b>	Cognitive and mental performance	>500 mg/day	-Studies; -critical reviews (meta analysis)	See: Inositol and Cognitive performance	-Contributes to mental performance; -Contributes to mental concentration; -Helps to improve how you feel.
13	<b>Taurine</b>	Cognitive function/Mental health	100-500 mg per day	-Studies and reviews	See: Taurine and Cognitive function	-Helps physical and mental performance in cases of stress
14	<b>Tyrosine</b>	Cognitive function/Mental health	>500 mg/day	-Studies; -critical reviews (meta analysis)	See: Tyrosine and Cognitive function	-Helps maintain physical and mental concentration in cases of stress
15	<b>Tryptophan</b>	Mental and nerve function	100-750 mg per day	-Studies; -critical reviews (meta analysis)	See: Tryptophan and Mental and nerve function	-Helps to a normal sleep/Helps to get a restful sleep/Contributes to maintain nervous balance
16	<b>Bacopa monnieri (Common name: water hyssop, thyme laved gratiola, Brahmi)</b>	Mental health, cognition	Whole plant / the equivalent of 5-10g of dried plant; 225 mg to 450 mg extract/day.	Monographs, peer reviewed publications, tradition of use	See: Bacopa monnieri and Mental health	Enhance memory Helps to improve cognition, attention, verbal memory in elderly persons Enhances acquisition and retention Helps in enhancing learning, memory and concentration

17	<b>Camellia sinensis</b> (Common Name: Tea)	Cognitive Performance: Focussed attention	2 to 3 cups of black tea (providing > 45 mg L-theanine)	-Individual <i>in vivo</i> human studies (including proprietary data to be submitted via claim application dossier)	See: Camellia sinensis and Cognitive Performance	- Tea helps you focus/ concentrate/ be less distracted/ helps you to be sharp/ helps you to be alert - Tea contains theanine..... Theanine stimulates alpha brainwaves which are associated with a relaxed but alert mental state; - Theanine helps relax your mind / helps you to be relaxed; promotes a restful, relaxed state; calms and clears the mind
19	<b>Centella asiatica (L.) Urb.</b> (Common name: Gotu Kola, Brahmi, Asiatic pennywort, Antanan Pegaga)	Mental health, cognitive function	Leaves / The equivalent of 1-2,5 g of dried leaves	-Textbooks, -articles, -human studies, -animal studies	See: Centella asiatica and cognition	-Helps to maintain a good cognitive performance
19	<b>Crocus sativus L.</b> (Common name : Synonym : C. officinalis Martyn)	Mental health	Croci stigma / The equivalent of 0,5 to 1 g powder a day or equivalent extract (30 mg of safranal a day)	-Textbooks, -human studies, -animal studies	See: Crocus sativus and mental health	-Contributes to emotional balance and general wellbeing; -Helps to support the relaxation and mental and physical well-being; -Helps to maintain a positive mood.
20	<b>Garcinia cambogia</b> (Common Names: Malabar Tamarind, Brindleberry Malabar)	Weight management	Fruit/ The equivalent of 750 mg HCA/day	-Studies; -books; -critical reviews	See: Garcinia Cambogia and Weight management	-Helps in weight control; -Contributes to reduce fat storage
21	<b>Fucus vesiculosus</b> (Common Names: Kelp)	Weight Management	Whole thallus / The equivalent to <150 mcg iodine	-Studies; -critical reviews (meta analysis)	See: Fucus Vesiculosus and Weight management	-Aids in weight management; -Helps to increase satiety; -Helps to a normal laxative function by increasing fiber.
22	<b>Lycopodium serratum</b> Thunb. (Common Name: Chinese Club Moss, Hup A, Huperzia serrata, Lycopodium serrata, Qian Ceng Ta, Shuangyiping)	Mental health	Whole plant (moss), an amount of the herb or preparations thereof equivalent to 60-400 µg huperzine A	-In vitro studies, -human studies; -animal studies	See: Lycopodium serratum and Mental Health	-Enhances general mental functioning