

LIST OF HEALTH CLAIMS - CORRIGENDUM OCTOBER 2007

(See accompanying note for clarification)

| No | Food or Food component | Health Relationship | Conditions of use (if any) | Nature of evidence | References | Example of wording |
|------|---|--|--|---|---|---|
| N/A | Antioxidants: i.e. all the entries from the list with the health relationship on antioxidation and entries 399, 400, 422, 559, 663 | -antioxidative effect or -antioxidative activity; or -antioxidative/ antioxidant properties; or -antioxidant; or -protection [of body tissues, cells and lipids, etc] from oxidative damage. | As per individual conditions of use | See each individual claim | See each individual claim | -Contains antioxidant/s; -Is a source of antioxidant/s. -With antioxidant/s. |
| N/A | Probiotics, i.e. all the entries from the list with probiotic function | probiotic function | As per individual conditions of use | See each individual claim | See each individual claim | -Contains probiotics; -Is a source of probiotics; -With probiotic/-s; -With (probiotic)/(name of the probiotic). |
| N/A | Prebiotics, i.e. 155, 157, 158, 166, 170, 171, 176, 329 | prebiotic function (329 is an exception - skin health) | As per individual conditions of use | See each individual claim | See each individual claim | -Contains prebiotics; -Is a source of prebiotics; -With prebiotics. |
| 106A | Carbonate/Bicarbonate as salts of Ca, Mg, Na, K | Acid/ base balance and bone health | See the general condition of use for minerals and vitamins | -Self Regulatory Bodies -Textbook -Reviews -Individual studies | See: Carbonates/ bicarbonates and acid-base and bone health | -Bicarbonates/ Carbonates help maintain acid base-balance; -Bicarbonates / Carbonates help to maintain strong bones. |
| 148A | Omega-3 fatty acids, DHA/EPA, Marine oils such as fish oil, cod liver oil containing DHA and EPA | Joint health | 2.8-5.8 g DHA and/or EPA per day / up to 20 g fish oil daily | RCTs | See: Lipid 9A | Helps maintain mobility and flexibility of joints/helps diminish morning stiffness in joints/ helps maintain healthy, flexible, mobile and supple joints |
| 311 | Sugar-free chewing gum with Fluoride | Increases resistance of enamel to acid attacks and rate of remineralisation | Use of X pellets/sticks/tabs of gum /day delivers 0.75 mg of fluoride Not recommended for children under the age of 6 | Scientific Body Reviews Individual Studies | See: Sugar free chewing gum with Fluoride | -helps to strengthen teeth; -neutralises acid attacks and reinforces the tooth's enamel; -enhances tooth remineralisation; -helps rebuild the enamel. |
| 329 | Arabinogalactan (extract from larch tree) | Intestinal health | Min. 3 g/day | authoritative body, reviews and different individual human and animal studies | See: Arabinogalactan and Intestinal health | Supports gut regularity/helps maintain gut regularity/contributes to gut regularity/increases the production of short-chain fatty acids (SCFA) in the intestinal tract/prebiotic effects/bifodogenic/stimulates the growth of the intestinal Bifidobacteria/stimulates the growth of the intestinal Lactobacillii/selectively stimulates the growth of beneficial intestinal microflora |

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| 365 | Cocoa flavanols | Antioxidative properties | At least 168 mg per day (as measured by HPLC) | reviews and individual studies | See: Cocoa flavanols and Antioxidative properties | Shows antioxidative effects and help protect the cells against oxidative stress/helps protect you from radicals which cause cell damage/helps strengthen our body's natural defences against oxidative stress |
| 436A | Taurine | Antioxidant properties | 1000 – 3000 mg | Textbooks, Monographs, Reviews | See: Taurine and Antioxidant properties | Supports the protection of the body's cells/ supports the protection from radicals which cause cell damage/ supports the protection of cells and tissues from oxidative damage/ contributes to the total antioxidant capacity of the body |
| 446 | Allium sativum (aged garlic) (Common Name : Aged garlic) | Antioxidant activity | Bulb, leaf / The equivalent of 50 mg per day | human studies, in vitro studies | See: Allium sativum (aged garlic) and Antioxidant activity | Helps increase the antioxidative capacity of the body |
| 447 | Allium sativum (aged garlic) (Common Name : Aged garlic) | Stress | Bulb, leaf / The equivalent of 10 mg per day | textbooks, human studies, animal studies | See: Allium sativum (aged garlic) and Stress | Contributes to the resistance against stress |
| 448 | Allium sativum (aged garlic) (Common Name : Aged garlic) | Liver health | Bulb, leaf / The equivalent of 1 g per day | reviews, animal studies, in vitro studies | See: Allium sativum (aged garlic) and Liver health | Helps to maintain a healthy liver function |
| 449 | Allium sativum (aged garlic) (Common Name : Aged garlic) | Immune health | Bulb, leaf / The equivalent of 2 g per day | text books, reviews, human studies, animal studies, in vitro studies | See: Allium sativum (aged garlic) and Immune health | Contributes to normal immune function |
| 450 | Allium sativum (aged garlic) (Common Name : Aged garlic) | Heart Health | Bulb, leaf / The equivalent of 10 mg per day | monographs, meta-analysis, reviews, patents, human studies, animal studies, in vitro studies | See: Allium sativum (aged garlic) and Heart Health | Maintenance of heart health/maintenance of normal cholesterol levels /maintenance of normal homocystein levels |
| 453 | Aloe vera, ferox, barbadensis, hybrids or vera or spicata (Common Name : Aloe) | Gastrointestinal health | Leaf / Aloe vera / barbadensis: Usual consumption as traditional foodstuff in a normal diet / The equivalent of 9-15 mg of total anthracenes, expressed as barbaloin, per day | monograph and individual papers | See: Aloe vera, ferox, barbadensis, hybrids or vera or spicata and Gastrointestinal health | Support gastrointestinal health/helps to support the digestion/maintenance of the intestinal functions/contributes to physical well-being/helps to promote regularity/helps the function of the intestines/supports better bowel performance/contributes to bowel movements/supports regular bowel movement/supports the functioning of the intestine/for a regular bowel motion |
| 454 | Aloe vera (Common Name : Aloe) | Glucose metabolism | Leaf juice / Aloe vera/barbadensis: Usual consumption as traditional foodstuff in a normal diet | review, textbook | See: Aloe vera and Glucose metabolism | Help to maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose - insulin metabolism |
| 455 | Aloe vera (Common Name : Aloe) | Immune health | Leaf juice / Aloe vera / barbadensis: Usual consumption as traditional foodstuff in a normal diet / The equivalent of 30-60 ml gel | review, textbook | See: Aloe vera and Immune health | Contributes to the natural defences against microorganism//contributes to physical well-being/maintenance of the normal immune system |
| 456 | Aloe vera (Common Name : Aloe) | Skin health | Leaf, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 9-15 mg hydroxyanthracene derivates, calculated as barbaloin, per day / The equivalent of 30-60 ml gel | review, studies | See: Aloe vera and Skin health | Helps maintain healthy skin/ epithelial layer |

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| 457 | Althaea officinalis (Common Name : Marsh mallow) | Pharyngeal and respiratory health | Leaf, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g root per day | monographs, textbooks | See: Althea officinalis and Pharyngeal and respiratory health | Soothing for throat/supportive and soothing in case of dry cough, tickle in the throat/mild and softening for the throat/helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being |
| 458 | Althaea officinalis (Common Name : Marsh mallow) | Digestive health | Leaf, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 2-10 g root per day | textbook, monograph | See: Althea officinalis and Digestive health | Helps to support the digestion/maintains the function of intestinal tract/Stomach friendly |
| 462 | Arctostaphylos uva ursi (Common Name : Bearberry) | Bladder health/ Health of urinary tract | Leaf / The equivalent of 400-800 mg arbutin per day | monographs, textbooks and individual studies | See: Arctostaphylos uva ursi and Bladder health/ Health of urinary tract | Support of normal bladder function |
| 464 | Aronia melanocarpa (Common Name : Chokeberry) | Vein health/Vascular health/ Hearth health | Fruit / The equivalence of anthocyanins content of 9-15 g of fresh fruits per day (45 – 60 mg anthocyanins calculated as cyanidin-3-O-galactoside per day) | reviews, textbook, human, animal, in vitro studies | See: Aronia melanocarpa and Vein health/Vascular health/ Hearth health | Maintenance of blood vessel and coronary arteries walls strenght |
| 465 | Aronia melanocarpa (Common Name : Chokeberry) | Antioxidant properties/source of anthocyanins and polyphenols with antioxidant activity | Fruit / The equivalence of anthocyanins content of 9-15 g of fresh fruits per day (45 – 60 mg anthocyanins calculated as cyanidin-3-O-galactoside per day) | reviews, textbook, human, animal, in vitro studies | See: Aronia melanocarpa and Antioxidant properties/source of anthocyanins and polyphenols with antioxidant activity | Natural source of beneficial bioactive compounds: polyphenols (anthocyanins, flavonols, tannins), that help maintain optimum antioxidant status of the body |
| 468 | Aspalathus linearis (Common Name : Rooibos/Red bush) | Antioxidant properties | Aerial parts / Leaf : Usual consumption as traditional foodstuff in a normal diet / The equivalent of 2 g per consumption | individual papers | See: Aspalathus linearis and Antioxidant properties | Has antioxidant properties/acts as free radical scavengers/Helps to protect the liver/contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and help strengthen our body's defences |
| 471 | Avena sativa (Common Name : Green oat) | Heart Health | Aerial parts / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph, authoritative Body, human study, animal study | See: Avena sativa and Heart Health | Helps maintaining heart health/helps to support a conscious cardiovascular living |
| 472 | Avena sativa (Common Name : Green oat) | Weight control | Aerial parts / Usual consumption as traditional foodstuff in a normal diet | textbook, human study | See: Avena sativa and Weight control | Helps in weight control/contributes to fat metabolism, which in turn helps weight control/helps to reduce the appetite |
| 474 | Betula pendula / Betula pubescens (Common Name : Birch) | Health of lower urinary tract | Leaf, bark / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4-6 g per day | monograph, individual study | See: Betula pendula and Health of lower urinary tract | Supports the excretory function of the kidneys |

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| 479 | Camellia sinensis (Common Name : Tea) | Protection of body tissues and cells from oxidative damage | Leaf, bud / 300 ml of brewed tea (1.5 cups or a large mug). Sufficient serving of a tea drink to deliver 540 mg of tea solids | In vivo human studies | See: Camellia sinensis (tea) and Protection from oxidative damage | Goodness of tea antioxidants/contains-source of antioxidants/tea consumption helps to reinforce the antioxidant defences of the body/antioxidants help to protect our body by reinforcing the body's natural defence against the harmful effects of free radicals/antioxidants help keep you healthy as they are thought to protect (cells of) your body/antioxidant containing foods and drinks contribute to keeping your body healthy/ in balance |
| 480 | Camellia sinensis (Common Name : Tea) | Physical and mental stimulation (hydration and caffeine) | Leaf, bud / 200ml (1 cup) of black tea (equivalent to 0.4-0.5g/serving tea solids) | In vivo Human clinical studies | See: Camellia sinensis (tea) and Physical and mental performance | Tea helps refresh body and mind/Tea helps to revive you/Tea helps keeping you alert |
| 481 | Camellia sinensis (Common Name : Tea) | Oral health | Leaf, bud / 200ml (1 cup) of tea (equivalent to 0.4-0.5g/serving tea solids) - no added sugar | Individual studies | See: Camellia sinensis (tea) and Oral health | Tea helps reduce plaque in your mouth/Tea helps reduce acid production by plaque bacteria/Tea contains fluoride and tannins that help protect teeth |
| 482 | Camellia sinensis (Common Name : Tea) | Heart health | Leaf, bud / 720 ml of brewed tea/ day with or without milk. Sufficient serving of a tea drink to deliver 1.5-2.0g equivalent amount of tea solids. | Systematic Reviews Clinical Studies Epidemiological studies | See: Camellia sinensis (tea) and Heart health | Regular tea drinking is associated with better heart health maintenance |
| 483 | Camellia sinensis (Common Name : Tea) | Weight management/metabolism of lipids | Leaf, bud / The equivalent of minimum 150 mg caffeine, 115-270 mg EGCG, and 375 mg Catechins / The equivalent of 240 mg of polyphenols per day | authoritative body, monograph, human studies, review | See: Camellia sinensis (tea) and Weight management/metabolism of lipids | Helps with weight control/helps with reduction of body weight/stimulates the lipid degradation/supports lipid metabolism/support of metabolism and fat oxidation/helps to enhance metabolism/contributes to fat oxidation/helps in weight control/contributes to metabolism, which in turn helps weight control/helps to reduce the appetite/support of metabolism and fat oxidation |
| 484 | Camellia sinensis (Common Name : Tea) | Glucose metabolism | Leaf, bud / The equivalent of 1-3 cups per day delivering 360-1080 mg tea solids | | See: Camellia sinensis (tea) and Glucose metabolism | Help to maintain a normal blood glucose level as part of a healthy lifestyle |
| 485 | Camellia sinensis (Common Name : Tea) | Immune health | Leaf, bud / The equivalent of 200 ml tea or minimum 240 mg of polyphenols per day | | See: Camellia sinensis (tea) and Immune health | Contributes to the resistance against health precarious microorganism |
| 486 | Camellia sinensis (Common Name : Tea) | Bone health | Leaf, bud / The equivalent of 1-3 cups per day delivering 360-1080 mg tea solids | individual studies, review | See: Camellia sinensis (tea) and Bone health | Maintenance of healthy bones/ can help to strengthen the bones |
| 487 | Camellia sinensis (Common Name : Tea) | Skin health | Leaf, bud / The equivalent of 1-3 cups of tea per day delivering 360-1080 mg tea solids | individual studies, review | See: Camellia sinensis (tea) and Skin health | Helps protect the skin from UV-induced oxidative damage/helps protect against UV-induced erythema/contributes to healthy ageing by maintaining intact cell DNA |
| 487A | Camellia sinensis (Common Name : Tea) | Mental and cognitive health | Leaf, bud / The equivalent of 3-6 cups of tea or 45-200 mg of L-theanine per day | authoritative body, review, individual studies | See: Camellia sinensis (tea) and Mental and cognitive health | Supports natural sleep/relaxing/promotes concentration/theanine from thea helps to enhance well-being and contributes to soothing effect |

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| 491 | Carum carvi (Common Name : Caraway) | Digestive health | Fruit / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1,5-6 g caraway fruit per day | monographs and textbooks | See: Carum carvi and Digestive health | supports digestion and digestive functions/stimulates digestion/relieves fullness and windy feelings?contributes to the normal function of intestinal tract/helps support the digestive juice flow |
| 492 | Carum carvi (Common Name : Caraway) | Immune health | Fruit / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5-15 g caraway fruit per day | Textbook | See: Carum carvi and Immune health | Contributes to the resistance against health precarious microorganism/ contributes to physical well-being |
| 493 | Carum carvi (Common Name : Caraway) | Lactation | Fruit / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5-15 g caraway fruit per day | Textbook | See: Carum carvi and Lactation | Supports lactating in breastfeeding women |
| 497 | Cichorium intybus (Common Name : Chicory) | Intestinal health | Root / The equivalent of 600-1000 mg per day | monograph, 5 critical reviews, textbook | See: Cichorium intybus and Intestinal health | Supports digestion/Contributes to the stimulation of the production of the digestive body fluids and of the gastro-intestinal movement |
| 498 | Cichorium intybus (Common Name : Chicory) | Liver health | Root / The equivalent of 140 mg per day | textbook, individual study | See: Cichorium intybus and Liver health | Liver protection |
| 506 | Citrus aurantium (Common Name : Bitter orange) | Metabolism of lipids/Weight management | Flower, fruit, cortex / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 15-20 mg synephrine per day | individual peer-reviewed studies | See: Citrus aurantium and Metabolism of lipids/Weight management | Contributes to weight management?helps to maintain healthy fat tissue/supports the metabolism of lipids and carbohydrates/favours lipid degradation |
| 518 | Crataegus laevigata/ oxyacantha (Common Name : Crataegus) | Heart Health | Leaf, fruit, flower / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph,, review, in vitro/vivo study | See: Crataegus laevigata/ oxyacantha and Heart Health | Helps maintaining heart health/helps to support a conscious cardiovascular living |
| 519 | Crataegus laevigata/ oxyacantha (Common Name : Crataegus) | Antioxidant properties | Leaf, fruit, flower / Usual consumption as traditional foodstuff in a normal diet | textbook, review, in vitro study, human study | See: Crataegus laevigata/ oxyacantha and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences |
| 520 | Crataegus laevigata/ oxyacantha (Common Name : Crataegus) | Immune health | Leaf, fruit, flower / Usual consumption as traditional foodstuff in a normal diet | textbook, review, in vitro study, human study | See: Crataegus laevigata/ oxyacantha and Immune health | Support of the body's defence/contributes to the resistance against health precarious microorganism/supports the immune system |
| 522 | Cucurbita pepo (Common Name : Pumpkin) | Health of lower urinary tract | Seed / The Equivalent of 190-600 mg oil or 30-60 g ground seeds per day | monographs/textbooks/research articles/tradition of use | See: Cucurbita pepo and Health of lower urinary tract | Maintenance of good bladder function and urinary flow/good for normal prostate function |
| 523 | Curcuma longa (Common Name : Turmeric, kunyit, curcumin) | Intestinal and digestive health | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1.5-3 g of turmeric root per day | scientific bodies (ESCP, German Commission E at the BfArM, German Commission E, WHO monograph) and literature, reviews, human studies, authoritative bodies, textbook, monographs, tradition of use | See: Curcuma longa and Intestinal and digestive health | Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to normal choleresis |

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| 524 | Curcuma longa/domestica (Common Name : Turmeric, kunyit, curcumin) | Antioxidant properties | Root / Usual consumption as traditional foodstuff in a normal diet | textbook, review | See: Curcuma longa/domestica and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences |
| 525 | Curcuma longa/domestica (Common Name : Turmeric, kunyit, curcumin) | Immune health | Root / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Curcuma longa/domestica and Immune health | Support of the body's defence/contributes to the resistance against health precarious microorganism/supports the immune system |
| 532 | Cynara scolymus (Common Name : Artichoke) | Antioxidant properties | Leaf, flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 20-50 g dried artichoke leaf per day | review | See: Cynara scolymus and Antioxidant properties | contains naturally occurring antioxidants; antioxidants can protect you from radicals which cause cell damage; antioxidants can protect your cells and tissues from oxidative damage; antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences |
| 535 | Echinacea angustifolia/pallida (Common Name : Echinacea, pale coneflower) | Immune health | Herb root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of min. 1.5 g dried root | monographs from scientific experts (ESCOP, German Commission E, Cochrane review, WHO) | See: Echinacea angustifolia/pallida and Immune health | Support of the body's defence/contributes to the /supports the immune system |
| 536 | Echinacea angustifolia (Common Name : Echinacea, pale coneflower) | Health of the upper respiratory tract | Herb, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 900 mg root per day | monographs from ESCOP and WHO, NIH, Expanded commission E | See: Echinacea angustifolia and Health of the upper respiratory tract | Contributes to the resistance of the organism/supports the natural defence mechanism, especially at the level of the upper respiratory tract |
| 537 | Echinacea Purpurea (Common Name : Purple coneflower) | Health of the upper respiratory tract / Immune health | Root, aerial parts / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1,5 g herb per day | monographs | See: Echinacea Purpurea and Health of the upper respiratory tract / Immune health | Supports the natural defense of the body/supportive during common cold and infections/increases the resistance of the organism |
| 540 | Eleutherococcus senticosus = Acanthopanax senticosus (Common Name : Taiga root, Siberian ginseng) | Physical and mental health/Recovery | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.9-6 g root per day | monographs from WHO and ESCOP, textbooks, Hermed data base, literature | See: Eleutherococcus senticosus = Acanthopanax senticosus and Physical and mental health/Recovery | Tonic for the support of mental and physical capacities in cases of weakness, exhaustion and tiredness, and during convalescence/supports, helps in case of, in the event of recovery, rehabilitation/contributes to more mental and physical energy |
| 541 | Eleutherococcus senticosus = Acanthopanax senticosus (Common Name : Taiga root, Siberian ginseng) | Invigoration of the body | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.9-6 g root per day | review article, monographs, human studies | See: Eleutherococcus senticosus = Acanthopanax senticosus and Invigoration of the body | helps to strengthen the body/contributes to physical well-being/supports energetic alertness/makes you feel more energetic |

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| 542 | Eleutherococcus senticosus = Acanthopanax senticosus (Common Name : Taiga root, Siberian ginseng) | Cognitive and mental performance | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.9-6 g root per day | textbook, monograph | See: Eleutherococcus senticosus = Acanthopanax senticosus and Cognitive and mental performance | Contributes to normal blood circulation, which is associated with brain performance and reactivity/contributes to optimal mental and cognitive activity |
| 543 | Eleutherococcus senticosus = Acanthopanax senticosus (Common Name : Taiga root, Siberian ginseng) | Immune health | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.9-6 g root per day | textbook | See: Eleutherococcus senticosus = Acanthopanax senticosus and Immune health | Support of the body's defence/contributes to the /supports the immune system |
| 550 | Eucalyptus globulus (Common Name : Eucalyptus) | Respiratory health | Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4 g leaf per day | textbook, monograph | See: Eucalyptus globulus and Respiratory health | helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being/for an appropriate and easy respiration/contributes to normal functioning of the bronchial tubes/lungs |
| 551 | Eucalyptus globulus (Common Name : Eucalyptus) | Glucose metabolism | Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4 g leaf per day | textbook, animal study | See: Eucalyptus globulus and Glucose metabolism | Help to maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose - insulin metabolism |
| 558a | Fragaria ananassa, Fragaria virginiana (Common Name : Strawberry) | Antioxidant properties | Herb / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Fragaria ananassa, Fragaria virginiana and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences |
| 559 | Fragaria vesca (Common Name : wild wood strawberry) | Immune health | Herb / Usual consumption as traditional foodstuff in a normal diet | textbook, in vitro study | See: Fragaria vesca and Immune health | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences |
| 560 | Fragaria vesca (Common Name : Wild wood strawberry) | Digestive health | Herb / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Fragaria vesca and Digestive health | Leaves contain tannins which contribute to normal stools, which in turn help maintain physical and mental well-being |
| 561 | Fragaria vesca (Common Name : Wild wood strawberry) | Heart Health | Herb / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Fragaria vesca and Heart Health | Helps maintaining heart health/helps to support a conscious cardiovascular living/contributes to blood purification |
| 562 | Fragaria virginiana (Common Name : Strawberry) | Antioxidant properties | Herb / Usual consumption as traditional foodstuff in a normal diet | review | See: Fragaria virginiana and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences |

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| 564A | Garcinia Cambogia (Common name : Carcinia gummi-gutta, gummi-gutta gum, brindleberry, Malabar, tamarind) | Weight management | Fruit / Usual consumption as traditional foodstuff in a normal diet | authoritative body, reviews, clinical trials, experimental studies | See: Garcinia Cambogia and Weight management | Contributes to weight management/reduces sense of appetite |
| 579A | Hibiscus sabdariffa (Common Name : Hibiscus) | Antioxidant properties | Flower / Usual consumption as traditional foodstuff in a normal diet | textbook, human study, review, animal study | See: Hibiscus sabdariffa and Antioxidativeactivity | Contains naturally occurring antioxidants/antioxidants can protect you from radicals which cause cell damage/antioxidants can protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences |
| 583 | Humulus lupulus (Common Name : Hops) | Relaxation | Grains (Lupuli flos/glandula), strobilus / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5-10 g of powder per day | textbook, monograph | See: Humulus lupulus and Relaxation | Contributes to optimal relaxation/helps relaxation and mental and physical well-being/contributes to a healthy sleep |
| 584 | Humulus lupulus (Common Name : Hops) | Antioxidant properties | Grains (Lupuli flos/glandula), strobilus / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5-10 g of powder per day | textbook, review, in vitro study | See: Humulus lupulus and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences |
| 585 | Humulus lupulus (Common Name : Hops) | Digestive health | Grains (Lupuli flos/glandula), strobilus / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5-10 g of powder per day | textbook | See: Humulus lupulus and Digestive health | helps to support the digestion; contributes to the function of intestinal tract |
| 590 | Hypericum perforatum (Common Name : St. John's Wort) | Mental health | Herb, Flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of a minimum of 0.2 mg of total hypercins (calculated as hypercine) | authoritative body, monograph, review, textbook, meta-analysis, human study | See: Hypericum perforatum and Mental health | Contributes to emotional balance and general wellbeing/contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being/helps to maintain a healthy sleep/helps maintain a positive mood |
| 600 | Lentinus edodes (Common Name : Shiitake) | Immune health | Dried mushroom / The equivalent of 6-16 g LEM (Lentinan edodes mycelium extract) | monographs/peer-reviewed publications/tradition of use | See: Lentinula edodes and Immune health | Contributes to natural immunological defences |
| 606 | Linum usitatissimum (Common Name : flaxseed linseed) | Prostate health | Seed, husk, meal or fractions thereof / The equivalent of 20 to 650 mg Secoisolariciresinol diglucoside SDG (flax lignan) for adult men | individual studies, monograph assessment report | See: Linum usitatissimum and Prostate health | Lignans present in Linum usitatissimum and their mammalian metabolites may support a healthy prostate in ageing male. |
| 609A | Malva sylvestris (Common Name: Mallow) | Digestive health | Flower, leaf / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Malva sylvestris and Digestive health | Helps to support the digestion/contributes to softer stools/maintains the function of intestinal tract |
| 614 | Matricaria recutita (Common Name : Chamomile) | Relaxation | Flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of a minimum of 2 g of crude plant material per day | review, human study, monograph, textbook | See: Matricaria recutita and Relaxation | Contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being/contributes to a normal helps to maintain a healthy sleep |

| No | Food or Food component | Health Relationship | Conditions of use (if any) | Nature of evidence | References | Example of wording |
|-----|--|--|--|--|---|--|
| 615 | Matricaria recutita (Common Name : Chamomile) | Digestive health | Flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of a minimum of 2 g of crude plant material per day | authoritative body, monograph, textbook, monograph | See: Matricaria recutita and Digestive health | Supports the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/contributes to physical well-being |
| 616 | Matricaria recutita (Common Name : Chamomile) | Immune health | Flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of a minimum of 2 g of crude plant material per day | textbook | See: Matricaria recutita and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 617 | Matricaria recutita (Common Name : Chamomile Camomile) | Antioxidant properties | Flower / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Matricaria recutita and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences |
| 620 | Melissa officinalis (Common Name : Lemon Balm) | Cognitive and mental health / Relaxation | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1,5-9 g leaves per day | authoritative bodies, textbooks, monographs, internet based sources | See: Melissa officinalis and Cognitive and mental health / Relaxation | Helps maintain positive mood and good cognitive functioning/contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being/contributes to a normal helps to maintain a healthy sleep |
| 623 | Mentha piperita (Common Name : Mint) | Intestinal and digestive health / Stomach health | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 450 ml of an infusion of the dried leaves (10-20 g/L) | monographs, individual studies, reviews, textbooks | See: Mentha piperita and Intestinal and digestive health / Stomach health | Helps to supports a healthy digestion/has a positive influence on intestinal health/contributes to digestive functions/contributes to the normal function of intestinal tract/helps keep the stomach healthy |
| 638 | Panax ginseng (Common Name : Asian, Korean ginseng) | Cognitive performance | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of minimum 1 g of dried root per day | peer-reviewed articles textbook, monograph | See: Panax ginseng and Cognitive performance | Helps to maintain good cognitive performance/supports memory performance/contributes to good cognitive performance/contributes to normal blood circulation, which is associated with brain performance and reactivity/contributes to optimal mental and cognitive activity/helps to maintain physical and mental capacities in cases of weakness, exhaustion, tiredness, and loss of concentration |
| 639 | Panax ginseng (Common Name : Asian, Korean ginseng) | Invigoration of the body | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of minimum 1 g of dried root per day | authoritive body, monographs, peer-reviewed publications, tradition of use | See: Panax Ginseng and Invigoration of the body | Helps to maintain optimal stamina, feelings of energy and vitality, physical and mental well-being/helps to support the body's vitality/contributes to the body's resistance to stress/helps to make you feel more energetic |
| 640 | Panax ginseng (Common Name : Asian, Korean ginseng) | Glucose metabolism | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of minimum 1 g of dried root per day | textbook, animal study | See: Panax ginseng and Glucose metabolism | Help to maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose - insulin metabolism |
| 641 | Panax ginseng (Common Name : Asian, Korean ginseng) | Immune health | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of minimum 1 g of dried root per day | studies | See: Panax ginseng and Immune health | Ginseng contributes to the natural defences and proper fuctioning of the immune system |

| No | Food or Food component | Health Relationship | Conditions of use (if any) | Nature of evidence | References | Example of wording |
|-----|--|---|--|---|--|---|
| 642 | Panax ginseng (Common Name : Asian, Korean ginseng) | Sexual health | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of minimum 1 g of dried root per day | textbook, animal study | See: Panax ginseng and Sexual health | Help to maintain good sexual relations |
| 643 | Panax ginseng (Common Name : Asian, Korean ginseng) | Antioxidant properties | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of minimum 1 g of dried root per day | textbook, study | See: Panax ginseng and Antioxidant properties | Contributes to cell protection |
| 645 | Paulinia cupana (Common Name : Guarana) | Invigoration of the body / Cognitive performance | Fruit, seed, stem / Fruit, seed: Usual consumption as traditional foodstuff in a normal diet / The equivalent of 10 mg of caffeine or the equivalent of 75 mg of herb | multiple small human studies, textbook, critical review, animal studies | See: Paulinia cupana and Invigoration of the body / Cognitive performance | Supports alertness/helps reduce mental fatigue/helps to strengthen the body/helps to make you feel more energetic/supports energetic alertness/stimulating/ contributes to the body's resistance to stress |
| 651 | Piper methysticum (Common Name : Kava-kava) | Relaxation | Root / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Piper methysticum and Relaxation | Contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being/contributes to a normal helps to maintain a healthy sleep |
| 652 | Piper methysticum (Common Name : Kava-kava) | Invigoration of the body | Root / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Piper methysticum and Invigoration of the body | helps to strengthen the body/contributes to physical well-being/supports energetic alertness |
| 663 | Punica granatum (Common Name : Pomegranate) | Antioxidative properties / Cardiovascular health | Fruit / The equivalent of 50-240 ml pomegranate juice or 78 - 330 mg punicalagin | randomized double-blind controlled trials, authoritative body, textbook, tradition of use | See: Punica granatum and Antioxidative properties / Cardiovascular health | Contributes to a healthy cholesterol level and healthy blood vessels/antioxidants of pomegranate can be helpful for a healthy heart and arteries/ antioxidants of pomegranate can help cells and arteries in their physiological function |
| 668 | Rhodiola rosea (Common Name : Rhodiola) | Invigoration of the body | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of min. 200 mg of preparations standardised to 3% rosavin and 1% salidroside | textbook, review | See: Rhodiola rosea and Invigoration of the body | Helps to support the body's vitality/contributes to the body's resistance to stress/helps to make you feel more energetic |
| 669 | Rhodiola rosea (Common Name : Rhodiola) | Cognitive and mental performance | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of min. 200 mg of preparations standardised to 3% rosavin and 1% salidroside | textbook, review | See: Rhodiola rosea and Cognitive and mental performance | Contributes to normal blood circulation, which is associated with brain performance and reactivity/contributes to optimal mental and cognitive activity |
| 671 | Rosa canina (Common Name : Dog rose / Rose hip) | Antioxidant properties | Fruit, spurious fruit, fruit peels, flower, seed / Fruit, spurious fruit, fruit peels: Usual consumption as traditional foodstuff in a normal diet | studies | See: Rosa canina and Antioxidant properties | Good source of antioxidants/contains naturally occurring antioxidants; antioxidants can protect you from radicals which cause cell damage; antioxidants can protect your cells and tissues from oxidative damage; antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences |
| 672 | Rosa canina (Common Name : Dog rose / Rose hip) | Respiratory health | Fruit, spurious fruit, fruit peels / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Rosa canina and Respiratory health | helps to soothe the common cold/contributes to physical well-being/contributes to the body's defences |
| 673 | Rosa canina (Common Name : Dog rose / Rose hip) | Digestive health | Fruit, spurious fruit, fruit peels / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Rosa canina and Digestive health | Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to physical well-being |
| 674 | Rosa canina (Common Name : Dog rose / Rose hip) | Immune health | Fruit, spurious fruit, fruit peels / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Rosa canina and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |

| No | Food or Food component | Health Relationship | Conditions of use (if any) | Nature of evidence | References | Example of wording |
|-----|--|---------------------------------------|--|---|---|--|
| 675 | Rosa canina (Common Name : Dog rose / Rose hip) | Bladder and Kidney Health | Fruit, spurious fruit, fruit peels / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Rosa canina and Bladder and Kidney Health | Contributes to kidney and bladder function |
| 676 | Rosmarinus officinalis (Common Name : Rosemary) | Digestive, Hepatic and biliary health | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 2 6 g of herb per day | monographs / textbook | See: Rosmarinus officinalis and Digestive, Hepatic and biliary health | Helps maintain natural digestion/Supports normal liver and biliary functioning/helps to support the digestion/contributes to the normal function of intestinal tract |
| 677 | Rosmarinus officinalis (Common Name : Rosemary) | Immune health | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4 6 g of herb per day | textbook | See: Rosmarinus officinalis and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 678 | Rosmarinus officinalis (Common Name : Rosemary) | Antioxidant properties | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4 6 g of herb per day | textbook, human study, in vitro study, review | See: Rosmarinus officinalis and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences |
| 679 | Rosmarinus officinalis (Common Name : Rosemary) | Invigoration of the body | Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4 6 g of herb per day | Monograph | See: Rosmarinus officinalis and Invigoration of the body | helps to strengthen the body/helps you feel more energetic |
| 680 | Rubus fruticosus (Common Name : Blackberry) | Immune health | Leaf / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Rubus fruticosus and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 681 | Rubus fruticosus (Common Name : Blackberry) | Antioxidant properties | Leaf / Usual consumption as traditional foodstuff in a normal diet | review | See: Rubus fruticosus and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences |
| 682 | Rubus fruticosus (Common Name : Blackberry) | Digestive health | Leaf, root, bark / Leaf: Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Rubus fruticosus and Digestive health | Contain tannins which help to maintain regular bowel function, which in turn help maintain physical and mental well-being |
| 683 | Rubus fruticosus (Common Name : Blackberry) | Mucosal cells health | Leaf, fruit / Leaf: Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Rubus fruticosus and Mucosal cells | helps to support healthy mucosa cells; helps to maintain the positive bio-functionality of mucosa cells |
| 684 | Rubus idaeus (Common Name : Raspberry) | Antioxidant properties | Leaf, fruit / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Rubus idaeus and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences |
| 685 | Rubus idaeus (Common Name : Raspberry) | Immune health | Leaf, fruit / Usual consumption as traditional foodstuff in a normal diet | textbook, monograph | See: Rubus idaeus and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 691 | Salvia officinalis (Common Name : Sage) | Immune health | Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1.5-9 g of dried leaves | textbook, monograph | See: Salvia officinalis and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |

| No | Food or Food component | Health Relationship | Conditions of use (if any) | Nature of evidence | References | Example of wording |
|-----|---|----------------------------|--|--|--|--|
| 692 | Salvia officinalis (Common Name : Sage) | Respiratory health | Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1.5-9 g of dried leaves | textbook | See: Salvia officinalis and Respiratory health | Helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being |
| 693 | Salvia officinalis (Common Name : Sage) | Antioxidant properties | Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1.5-9 g of dried leaves | review, human study | See: Salvia officinalis and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences |
| 694 | Sambucus nigra (Common Name : Elder) | Antioxidative properties. | Fruit, flowers / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 gram flowers or berries per day. | reviews, individual studies, textbook | See: Sambucus nigra and Antioxidative properties. | show antioxidative activity and help protect against oxidative stress/contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences |
| 695 | Sambucus nigra (Common Name : Elder) | Respiratory health | Fruit, flowers / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 gram flowers or berries per day. | textbook, human study | See: Sambucus nigra and Respiratory health | helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being |
| 696 | Sambucus nigra (Common Name : Elder) | Purification | Fruit, flowers / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 gram flowers or berries per day. | textbook | See: Sambucus nigra and Purification | Contributes to the blood purification/supports sweating/contributes to a physical well-being |
| 697 | Sambucus nigra (Common Name : Elder) | Immune health | Fruit, flowers / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 gram flowers or berries per day. | authoritative bodies, monographs, textbooks, in vitro study | See: Sambucus nigra and Immune health | Support of the body's defence/Helps to support the immune system |
| 698 | Sambucus nigra (Common Name : Elder) | Glucose metabolism | Fruit, flowers / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 gram flowers or berries per day. | textbook, in vitro study | See: Sambucus nigra and Glucose metabolism | Help to maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose - insulin metabolism |
| 700 | Schisandra chinensis (Common Name : Magnolia) | Physical and mental health | Fruit / Usual consumption as traditional foodstuff in a normal diet | monographs, peer-reviewed publications, individual studies, tradition of use, textbook | See: Schisandra chinensis and Physical and mental health | helps to improve physical and mental performance/helps to improve physical and mental performance |
| 701 | Schisandra chinensis (Common Name : Magnolia) | Liver health | Fruit / Usual consumption as traditional foodstuff in a normal diet | textbook | See: Schisandra chinensis and Liver health | Contributes to liver health/maintenance of normal liver function and additionally supports the digestion and the body's purification/contributes to physical well-being |
| 705 | Silybum marianum (Common Name : Milk thistle) | Liver health | Fruits / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 12-15 g of crude plant material or of 200-400 mg of silymarin | authoritative bodies, textbooks, monographs, clinical trials, review, in vitro study, animal study | See: Silybum marianum and Liver health | Supports liver health/contributes to liver protection/contributes to the detoxifying potential of the liver/helps to protect the liver which in turn maintain the liver function and additionally promote the digestion and the body's purification |

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|-----|--|---------------------------------------|---|---|---|--|
| 706 | Swertia chirata (Common Name : Chiretta) | Appetite and Digestive health | Herb / Usual consumption as traditional foodstuff in a normal diet | textbook, review | See: Swertia chirata and Appetite and Digestive health | Contributes to appetite/helps to support digestion/helps to support the digestion/contributes to the normal function of intestinal tract/helps support the digestive juice flow/contributes to physical well-being |
| 707 | Swertia chirata (Common Name : Chiretta) | Glucose metabolism | Herb / Usual consumption as traditional foodstuff in a normal diet | textbook, review | See: Swertia chirata and Glucose metabolism | Help to maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose - insulin metabolism |
| 710 | Tanacetum parthenium (Common Name : Feverfew) | Relaxation | Aerial parts / The equivalent of a minimum of 50 mg of powdered plant per day | Authoritative bodies, textbooks, and monographs | See: Tanacetum parthenium and Relaxation | Contributes to a clear head/ helps to keep the head clear/relaxing/supports relaxing the head |
| 714 | Tilia ssp. / Tilia cordata / Tilia platyphyllos (Common Name : Linden) | Respiratory health | Inflorescences / flower: Usual consumption as traditional foodstuff in a normal diet / Equivalent to 10 g of Inflorescences | textbook, monograph | See: Tilia ssp. / Tilia cordata / Tilia platyphyllos and Respiratory health | helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being |
| 715 | Tilia ssp. / Tilia cordata / Tilia platyphyllos (Common Name : Linden) | Relaxation | Inflorescences / flower: Usual consumption as traditional foodstuff in a normal diet / Equivalent to 10 g of Inflorescences | textbook | See: Tilia ssp. / Tilia cordata / Tilia platyphyllos and Relaxation | helps to maintain an optimal relaxation; helps to support the relaxation and mental/ physical well-being; helps to maintain a healthy sleep |
| 716 | Tilia ssp. / Tilia cordata / Tilia platyphyllos (Common Name : Linden) | Immune health | Inflorescences / flower: Usual consumption as traditional foodstuff in a normal diet / Equivalent to 10 g of Inflorescences | textbook, review, animal study | See: Tilia ssp. / Tilia cordata / Tilia platyphyllos and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 717 | Tilia ssp. / Tilia cordata / Tilia parvifolia / Tilia platyphyllos (Common Name : Linden) | Antioxidant properties | Inflorescences / flower: Usual consumption as traditional foodstuff in a normal diet / Equivalent to 10 g of Inflorescences | textbook, review, animal study | See: Tilia ssp. / Tilia cordata / Tilia platyphyllos and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences |
| 718 | Tilia ssp. / Tilia cordata / Tilia parvifolia / Tilia platyphyllos (Common Name : Linden) | Blood health | Inflorescences / flower: Usual consumption as traditional foodstuff in a normal diet / Equivalent to 10 g of Inflorescences | textbook, review, animal study | See: Tilia ssp. / Tilia cordata / Tilia platyphyllos and Blood health | Purifying |
| 719 | Thymus vulgaris/zygis (Common Name : Thyme) | Health of the upper respiratory tract | Flower, leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3-10 g herb per day | monographs/textbook/critical review | See: Thymus vulgaris/zygis and Health of the upper respiratory tract | Soothing for throat and chest/contributes to wellbeing of chest and throat/contributes to a fresh breath/helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being |

| No | Food or Food component | Health Relationship | Conditions of use (if any) | Nature of evidence | References | Example of wording |
|-----|--|------------------------------------|--|--|---|--|
| 720 | Thymus vulgaris (Common Name : Thyme) | Immune health | Flower, leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3-10 g herb per day | textbook | See: Thymus vulgaris and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 721 | Thymus vulgaris (Common Name : Thyme) | Antioxidant properties | Flower, leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3-10 g herb per day | textbook, in vitro study | See: Thymus vulgaris and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences |
| 728 | Ulmus fulva (Common Name : Slippery elm) | Intestinal health | Bark / The equivalent of 150 mg of dried bark | textbooks, peer reviewed publications | See: Ulmus fulva and Intestinal health | Soothes the digestive tract/helps make milk more digestible/helps support the digestive system/a source of mucilage which support the mucous membranes |
| 729 | Uncaria tomentosa (Common Name : cat's claw) | immune health | Leaf, flowers, thorns, bark / The equivalent of minimum 1000 mg dried plant material per day | authoritative body, monographs, textbooks | See: Uncaria tomentosa and immune health | Contributes to the immune system |
| 730 | Uncaria tomentosa (Common Name : cat's claw) | joint health | Leaf, flowers, thorns, bark / The equivalent of minimum 1000 mg dried plant material per day | authoritative body, monographs, textbooks | See: Uncaria tomentosa and joint health | Helps to maintain flexible joints |
| 731 | Urtica dioica (Common Name : Nettle) | Kidneys and prostate health | Aerial parts, root / Aerial parts: Usual consumption as traditional foodstuff in a normal diet / The equivalent of 8 g nettle aerial parts per day (kidney health) / The equivalent of 4 g of root per day (prostate health) | monographs, scientific summaries, individual peer reviewed studies, history of use peer reviewed studies, history of use | See: Urtica dioica and Kidneys and prostate health | Helps to maintain prostate health/supports the excretory function of the kidneys/helps maintain normal urinary function |
| 732 | Urtica dioica (Common Name : Nettle) | Heart health | Aerial parts / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4 g nettle root per day | textbook | See: Urtica dioica and Heart health | Helps maintaining heart health/helps to support a conscious cardiovascular living |
| 733 | Urtica dioica (Common Name : Nettle) | Joint health | Aerial parts / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 8 g nettle aerial parts per day | authoritative body, monographs, textbook | See: Urtica dioica and Joint health | Supports the locomotor system/helps strengthening the body's locomotor system/positive for joint health/helps to maintain flexible joints, muscles and tendons |
| 734 | Urtica dioica (Common Name : Nettle) | Antioxidant properties/Skin health | Aerial parts / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 8 g nettle aerial parts per day | authoritative body, monographs, textbook | See: Urtica dioica and Antioxidant properties/Skin health | Contains naturally occurring antioxidants/antioxidants help to protect from radicals which cause cell damage/antioxidants help protect cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences |
| 735 | Urtica dioica (Common Name : Nettle) | Invigoration of the body | Aerial parts / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4 g nettle root per day | authoritative body, monographs, textbook | See: Urtica dioica and Invigoration of the body | Support the body's vitality/helps to make you feel more energetic |
| 736 | Urtica dioica (Common Name : Nettle) | Immune health | Aerial parts / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 8 g nettle aerial parts per day | authoritative body, monographs, textbook | See: Urtica dioica and Immune health | Support of the body's defence/supports the immune system |
| 737 | Urtica dioica (Common Name : Nettle) | Blood health | Aerial parts / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 8 g aerial parts per day | textbook | See: Urtica dioica and Blood health | Purifying |

| No | Food or Food component | Health Relationship | Conditions of use (if any) | Nature of evidence | References | Example of wording |
|-----|---|-----------------------------------|---|--|---|--|
| 739 | Vaccinium macrocarpon, oxycoccus (Common Name : Cranberry) | Health of the lower urinary tract | Fruit / Usual consumption als traditional foodstuff in a normal diet / The equivalent of 36 mg of proanthocyanides per day or a minimum of 400 mg of cranberry solids per day | authoritative statement/meta-analysis/reviews/individual studies | AFSSA 2003-SA-0352 and 2003-SA-0214 / See: Vaccinium macrocarpon, oxycoccus and Health of the lower urinary tract | Helps to maintain the health of the urinary system/contributes to urinary tract health/has a beneficial effect on the urinary system/helps to eliminate pathogenic bacteria from urinary tract/contributes to decrease the fixing of certain E. coli bacteria on the walls of the urinary tract (use of the cranberry/canneberge or Vaccinium macrocarpon by concentrated juices, by food supplements and a juice cocktail/nectar) |
| 740 | Vaccinium macrocarpon (Common Name : Cranberry) | Antioxidant properties | Fruit. / Usual consumption als traditional foodstuff in a normal diet / The equivalent of minimum 15 ml of cranberry juice or 800 mg of cranberry solids per day | textbook,, human study, review, in vitro study | See: Vaccinium macrocarpon and Antioxidant properties | Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body's defences |
| 741 | Vaccinium macrocarpon (Common Name : Cranberry) | Immune health | Fruit / Usual consumption als traditional foodstuff in a normal diet / The equivalent of minimum 15 ml of cranberry juice or 800 mg of cranberry solids per day | textbook, human study, review, in vitro study | See: Vaccinium macrocarpon and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 742 | Vaccinium macrocarpon (Common Name : Cranberry) | Heart health | Fruit / Usual consumption als traditional foodstuff in a normal diet / The equivalent of minimum 15 ml of cranberry juice or 800 mg of cranberry solids per day | textbook, paper presentation, review | See: Vaccinium macrocarpon and Heart health | Contributes to vascular health, which in turn helps to maintain a healthy heart/helps maintaining heart health |
| 745 | Vaccinium myrtillus (Common Name : Blueberry, billberry) | Heart health | Fruit, leaf / Usual consumption as traditional foodstuff in a normal diet | textbook, review, animal study | See: Vaccinium myrtillis and Heart health | Contributes to vascular health, which in turn helps to maintain a healthy heart/helps maintaining heart health |
| 747 | Vaccinium myrtillus (Common Name : Blueberry, billberry) | Glucose metabolism | Leaf / Usual consumption as traditional foodstuff in a normal diet | textbook,, review | See: Vaccinium myrtillis and Glucose metabolism | Help to maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose - insulin metabolism |
| 756 | Zingiber officinale (Common Name : Ginger) | Digestive health | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1 g of dried root per day | authoritative body, monographs from scientific experts/textbook | See: Zingiber officinale and Digestive health | Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to physical well-being/contributes to the normal functioning of the stomach in case of early pregnancy |
| 757 | Zingiber officinale (Common Name : Ginger) | Wellbeing during travelling | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1 g of dried root per day | authoritative body, monographs from scientific experts/textbook | See: Zingiber officinale and Wellbeing during travelling | Contributes to comfort in travel sickness/Helps the normal functioning of the stomach during travelling |
| 758 | Zingiber officinale (Common Name : Ginger) | Immune health | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1 g of dried root per day | textbook | See: Zingiber officinale and Immune health | Contributes to the resistance against health precarious microorganism/contributes to physical well-being |
| 759 | Zingiber officinale (Common Name : Ginger) | Heart health | Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1 g of dried root per day | review | See: Zingiber officinale and Heart health | Contributes to vascular health, which in turn helps to maintain a healthy heart/helps maintaining heart health |