

Parma, 5 April 2011

## **Consolidated list of Article 13 health claims**

### **List of references received by EFSA**

#### **Part 2**

#### **IDs 1001 – 2000**

(This document contains the list of references for claims which the Commission has asked EFSA to prioritise in the evaluation.)

#### **BACKGROUND**

In accordance with Article 13 of Regulation (EC) No 1924/2006<sup>1</sup> Member States had provided the European Commission with lists of claims accompanied by the conditions applying to them and by references to the relevant scientific justification by 31 January 2008.

EFSA has received from the European Commission nine Access databases with a consolidated list of 4,185 main health claim entries with around 10,000 similar health claims. The similar health claims were accompanied by the conditions of use and scientific references. The nine Access databases were sent in three batches - in July 2008, in November 2008 and in December 2008.

Subsequently, EFSA combined the databases into one master database and re-allocated upon request of the Commission and Member States similar health claims which had been accidentally placed under a wrong main health claim entry (misplaced claims). During this process some Member States also identified a number of similar health claims which still needed to be submitted to EFSA (“missing claims”). These similar claims were also added to the database.

In March 2010, the European Commission forwarded to EFSA an addendum to the consolidated list containing an additional 452 main entry claims which have been added to the updated final database which was published on the EFSA website in May 2010 (containing 4,637 main entry claims).

The references to the scientific justifications provided by Member States were either included in the database or were provided in separate files. In addition, full-text copies of references were provided directly to EFSA from stakeholders. The deadline for submission of these references was end of 2008. EFSA wishes to acknowledge the full-text copies of relevant literature provided by stakeholders until that date. In some instances, references provided to EFSA were referring to papers which were submitted for publication. In case the publication had in the meanwhile taken place EFSA has included the correct citation in the list of references and this may result in some references carrying a 2009 or 2010 publication date.

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<sup>1</sup> Regulation (EC) No 1924/2006 of the European Parliament and of the Council of 20 December 2006 on nutrition and health claims made on foods. OJ L 404, 30.12.2006, p. 9–25.

EFSA has screened all health claims on the list using six criteria established by the NDA Panel to identify claims for which EFSA considers sufficient information has been provided for evaluation and those for which more information or clarification is needed before evaluation can be carried out. The claims which had been sent back to the Commission and the Member States for further clarification in January 2009 were received back with additional information in November 2009.

Further information can be found on the EFSA website under the following link: [http://www.efsa.europa.eu/EFSA/efsa\\_locale-1178620753812\\_article13.htm](http://www.efsa.europa.eu/EFSA/efsa_locale-1178620753812_article13.htm).

#### **LIST OF REFERENCES**

The present document compiles the lists of references for claims with ID numbers between 1001 and 2000 and which the Commission has asked EFSA to prioritise in the evaluation. The list takes into account references provided through different sources and those coming from misplaced or missing claims. The main health claim entries are sorted in ascending order of the ID number.

This document has been updated according to the progress of adoption of opinions related to Article 13 health claims. References for ID numbers which have been added to the document after the last update of 4 October 2010 have been highlighted in red font.

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ID 1829: “Mycelium, biologically activated (contains ACHH, active hemicellulose compound)” and “Immunity” .....	771
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ID 1834: “Phospolipids” and “Immunity” .....	774
ID 1835: “Phospolipids” and “Mental state and performance” .....	775
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ID 1838: “Royal Jelly + pollen” and “Immunity” .....	775
ID 1839: “Pollen pistil extract + SOD” and “Mental state and performance, antioxidativity” .....	775
ID 1840: “Pollen pistil extract + SOD” and “Physical performance and condition” .....	776
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ID 1842: “Protease, lipase and other enzymes that break down carbohydrates” and “Digestion” .....	778
ID 1844: “Quercetin” and “Cardiovascular system” .....	778
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ID 1850: “Sea buckthorn oil and flavonoids extracted from sea buckthorn berries” and “Antioxidativity” .....	779
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ID 1857: “Sodium bicarbonate + wine acid + anhydrous citric acid + sodium carbonate” and “Gut health” .....	781
ID 1858: “Spirulina alga” and “Weight control” .....	781
ID 1859: “Soy isoflavones + lycopene + zinc + selenium + vitamin D + vitamin E + vitamin C” and “Sexual organs and/or hormone activity” .....	782
ID 1860: “Soy + magnesium + calcium + zinc + manganese + copper + vitamin B6 + vitamin D + vitamin K” and “Bone” .....	782
ID 1864: “Sugar cane extract” and “Cardiovascular system” .....	783
ID 1865: “Theanine + oat shoot extract” and “Mental state and performance” .....	784
ID 1867: “Spirulina” and “Antioxidative” .....	784
ID 1868: “Sodium alginate and ascophyllum nodosum” and “Alginate can reduce the activity of digestive enzymes and reduce glucose absorption. Polyphenols found in ascophyllum nodosum inhibit enzyme activity and reduce the glycaemic load of meals” .....	784
ID 1869: “Glucosamine sulfate” and “Glucosamine sulfate possesses antiinflammatory activity” .....	785

ID 1871: “Name of Food product: Product-specific claim: sodium alginate, n-acetyl cysteine and piperine. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: Alginate binds heavy metals, stimulates mucin production and protects the colon. N-acetylcysteine detoxifies and removes heavy metals. Piperine increases the bioavailability of n-acetylcysteine. Do benefits relate to a disease ri” ...	785
ID 1872: “Ipriflavone” and “Ipriflavone supresses bone resorption” .....	786
ID 1873: “Name of Food product: Product-specific claim: sodium alginate and ulva. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: Alginate and ulva bind toxins, mutagens and heavy metals. They can also stimulate and increase colonic mucin production and thicken the colonic mucosa and protect the colon from harmful substances. Do benefits relate to a disease” .....	786
ID 1874: “Methylsulpony/methane (MSM)” and “To help strengthen hair, skin and nails” .....	787
ID 1875: “Olivenol livin' BEGIN” and “A potent source of antioxidant” .....	787
ID 1877: “Olive Biophenols” and “A potent source of olive biophenols with strong anti-bacterial properties” ..	788
ID 1878: “Olive Biophenols” and “A potent source of olive biophenols that have anti-UV damage properties” .....	788
ID 1879: “Name of Food product: gelatin & cystine. Description of food in terms of food legislation categories: Food supplement Was food on Irish market before 1st July 2007: No” and “Health benefits of food: healthy hair, skin and nails. Do benefits relate to a disease risk factor: No Target group: All adults aged 18 years and over” .....	788
ID 1880: “Name of Food product: Triphala. Description of food in terms of food legislation categories: Food supplement. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: Triphala has a strong antioxidant effect. Do benefits relate to a disease risk factor: No Target group: Adults aged 18 years and over with some exceptions. If exceptions describe: Pregnant, lactating women and children. Reasons for excluding these groups: These groups of people should avoid taking Triphala just as they should avoid taking any unnecessary supplements due to being vulnerable populations. Triphala is not suitable during pregnancy as its "downward flowing" energy is believed to favour miscarriage” .....	788
ID 1881: “Name of Food product: Product-specific claim: Sodium alginate and ascophyllum nodosum. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: Alginate can reduce the activity of digestive enzymes and reduce glucose absorption. Polyphenols found in ascophyllum nodosum inhibit enzyme activity and reduce the glycemic load of meals. Do benefits relate to a disease risk factor: Yes. Target group: Adults aged 18 years and over with some exceptions. If exceptions describe: Pregnant, lactating women and children. People with brittle bones or calcium deficiency. Reasons for excluding these groups: Sodium alginate may decrease the absorption of calcium if taken concomitantly therefore it should be avoided by pregnant, lactating women and children and those with brittle bones or calcium deficiency.” .....	790
ID 1882: “Name of Food product: Olive Biophenols. Description of food in terms of food legislation categories: Food supplement. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: A potent source of olive biophenols with anti-inflammatory properties. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults” .....	790
ID 1884: “Name of Food product: Product-specific claim: sodium alginate, HCA and piperine. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: Alginate forms a gel in the stomach and promotes an immediate feeling of satiety. It may also trap a portion of HCA. Piperine increases the bioavailability of the un-trapped HCA and enhances satiety. Do benefits relate to a disease risk factor: No Target group: Adults aged 18 years and over with some exceptions If exceptions describe: Pregnant, lactating women and children. Also those with calcium deficiency or brittle bones. Reasons for excluding these groups: HCA can influence the body’s own production of cholesterol and therefore it may influence indirectly the production of sterols. Pregnancy is a time of extreme sensitivity to steroid hormones so HCA should be avoided and also during lactation. Sodium alginate may decrease the absorption of	

calcium if taken concomitantly therefore it should be avoided by pregnant, lactating women, children and those with brittle bones or calcium deficiencies.” .....	791
ID 1887: “Chlorella algae (Chorella pyrenoidosa)” and “Purifiant, capacité à absorber les toxins” .....	792
ID 1889: “Colostrum bovin” and “Système digestif Combat la colite, la diarrhée” .....	792
ID 1890: “Colostrum bovin” and “Anti-asthénique” .....	793
ID 1891: “Colostrum bovin” and “Système immunitaire” .....	793
ID 1892: “Coquille d'huître” and “Cycle mensyesl, Soulage les PMS (PreMenstrual Syndrome)” .....	793
ID 1893 : “Coquille d'huître” and “Cholestérol Hypolipédémiant” .....	793
ID 1894: “Laitance de poisson” and “Système nerveux” .....	793
ID 1895 : “Foie de chimère” and “Système immunitaire” .....	793
ID 1896: “Foie de morue” and “Stimule la croissance. Favorise le développement” .....	794
ID 1899: “Lycopenes from tomato pulp and sauces” and “Antioxidant Properties” .....	794
ID 1900: “Polyphenols from processed fruits and tea” and “Antioxidant Properties (namely reduces cellular oxidative stress)” .....	795
ID 1901: “Polyphenols and vitamins from pomegranate extract “ and “Antioxidant and anti - ageing properties” .....	795
ID 1902: “Sunfiber(enzymatically partially depolymerised guar gum)” and “Intestinal health and regularity. In healthy people:” .....	795
ID 1903: “Sunfiber(enzymatically partially depolymerised guar gum)” and “Intestinal health and regularity. In people with irritable bowel syndrom:” .....	796
ID 1904: “Sunfiber(enzymatically partially depolymerised guar gum)” and “Intestinal health and regularity. In people receiving total or supplemental enteral nutrition” .....	796
ID 1905: “D-Tagatose” and “Intestinal health” .....	796
ID 1906: “Fat-reduced cream powder (rich source of milk phospholipids)” and “Gastrointestinal health” .....	797
ID 1907: “Naringin (a component of citrus peel extract and precursor of naringenin)” and “Bone health” .....	797
ID 1908: “Diosmin (a component of citrus peel extract and precursor of diosmetin)” and “Vascular health” .....	797
ID 1910: “WGP beta-glucan;(WGP® (1,3)-b-D-glucan);(from Saccharomy-ces cerevisiae)” and “Immune system” .....	800
ID 1911: “Coenzyme Q10;ubiquinone” and “Blood pressure” .....	800
ID 1912: “Coenzyme Q10; ubiquinone” and “Energy production, muscle function” .....	800
ID 1913: “Coenzyme Q10;(Ubiquinone)” and “Physical activity” .....	801
ID 1914: “Lutein;/Zeaxanthin” and “Antioxidant” .....	801
ID 1915: “L-Lysine” and “Bones” .....	801
ID 1916: “L-Methionine” and “Epidermic tissue” .....	801
ID 1917: “Antioxidants” and “Skin Anti-ageing” .....	802
ID 1918: “Astaxanthin from Haematococcus pluvialis” and “Beneficial for connective tissue and joints” .....	802
ID 1919: “Astaxanthin from Haematococcus pluvialis” and “ .....	802
ID 1920: “Bioflavonoids” and “An antioxidant function to help support the immune system” .....	802
ID 1921: “Chlorophyll in sprouted seed” and “Naturally occuring antioxidants directly neutralise free radicals” .....	803
ID 1922: “Creatine” and “Increasing Performance” .....	803

ID 1923: “Creatine” and “Increasing Power” .....	806
ID 1924: “EAS Creatine (EAS Phosphagen)” and “Increasing time to exhaustion” .....	810
ID 1926: “Homotaurine” and “Enhancing memory and cognitive function” .....	810
ID 1927: “Lacprodan PL-20; Milk protein concentrate with a high content of phospholipids. (Effective component: Phosphatidyl serine)” and “Stress reduction. Enhanced memory function” .....	810
ID 1928: “L-Tyrosine” and “L-tyrosine is the ultimate precursor of neurotransmitters” .....	811
ID 1929: “L-Tyrosine” and “Essential for muscle function and for optimal muscle contraction” .....	812
ID 1930: “L-Tyrosine” and “Involved in energy production” .....	812
ID 1931: “Lutein” and “Macular pigment Blue light filter in eyes Antioxidant activity” .....	813
ID 1932: “Sodium Hyaluronate” and “Related to joint health” .....	814
ID 1933: “Mung bean (Vigna Radiata)” and “Menopause” .....	815
ID 1934: “Sulphoraphane Glucosinolate” and “Enhancing anti-oxidant activity. Reduces the amount of oxidative stress or cell destruction caused by free radicals.” .....	817
ID 1935: “L-Theanine” and “Physiological antagonistic against caffeine” .....	817
ID 1936: “Apple Flavan-3-ols” and “Helps to maintain Vascular health” .....	817
ID 1937: “CLA (conjugated linoleic acid)” and “Antioxidant capability” .....	820
ID 1938: “Activated charcoal” and “Gastro-intestinal health” .....	820
ID 1939: “Cryptoxanthin from orange juice” and “Maintenance of immune system” .....	820
ID 1940: “Anthocyanins from elderberry juice” and “Antioxidant capability” .....	820
ID 1941: “Antioxidants from pomegranate juice” and “Oxidative stress control” .....	821
ID 1942: “Lycopenes from tomato juice” and “Oxidative stress control” .....	821
ID 1944: “Beta-glucan of Saccharomyces cerevisiae” and “Immune health” .....	821
ID 1945: “Monométhylsilanetriol: other substance with nutritionnal or physiological effects” and “Bioavailable Silicon form. Silicon is an essential element for normal structure of connective tissues such as skin, hair, joints, bone and blood vessels” .....	821
ID 1946: “Adenosine triphosphate (ATP)” and “Muscular and nervous system” .....	822
ID 1947: “Tocophérols” and “Antioxydant” .....	823
ID 1948: “Caroténoïdes” and “Antioxydant” .....	823
ID 1949: “Taurine” and “fonctionnement musculaire” .....	823
ID 1950: “Collagen” and “Skin health” .....	824
ID 1951: “Policosanols” and “Cholesterol” .....	824
ID 1952: “Green Clay” and “Digestive health” .....	825
ID 1953: “Melatonin” and “Sleep-wake cycle regulation” .....	826
ID 1954: “Policosanols” and “Cholesterol” .....	827
ID 1956: “Pollen” and “Menopause” .....	828
ID 1957: “Resveratrol” and “Antioxydant properties” .....	828
ID 1958: “Taurine” and “Tonus/Vitality” .....	830
ID 1959: “Taurine” and “Antioxidant/ detoxifying properties” .....	830
ID 1961: “Lecithine de soja: soy lecithin” and “Rate cholesterol stabilization” .....	830
ID 1962: “Chlorogenic acids from Coffee” and “Glucose homeostasis” .....	831

ID 1963: “Sportfoods” and “Creatine: energy reserve of muscle tissue” .....	832
ID 1964: “Single and oligomeric flavan-3-ols” and “Vascular Activity” .....	832
ID 1965: “Single and oligomeric flavan-3-ols” and “Dermal Activity” .....	832
ID 1966: “Single and oligomeric flavan-3-ols” and “Antioxidant Activity” .....	833
ID 1968: “Bêta-carotène” and “Peau” .....	834
ID 1969: “Polyphenols from French maritime pine bark” and “antioxidant properties” .....	834
ID 1970: “Superoxide dismutase (SOD)” and “Antioxidant properties” .....	834
ID 1971: “Glutathion” and “Antioxydant” .....	835
ID 1973: “SAME (S-adenosylmethionine)” and “Joint health, mobility and joint comfort” .....	835
ID 1974: “Lactase (bêta D galactohydrolase) as food complement” and “Lactose digestion” .....	836
ID 1975: “Acacia gum (gum arabic)” and “Acacia gum and renal function” .....	836
ID 1976: “Acacia gum (gum arabic)” and “Acacia gum and cholesterol” .....	837
ID 1977: “Acacia gum (gum arabic)” and “Blood glucose control” .....	838
ID 1978: “Astaxanthin from Haematococcus pluvialis” and “Beneficial for connective tissue and joints” .....	838
ID 1979: “Astaxanthin from Haematococcus pluvialis” and “Protects skin from UV damage and sun exposure” .....	839
ID 1980 : “Astaxanthin from Haematococcus pluvialis” and “Supports Healthy Immune System” .....	840
ID 1981: “Cartilage de requin” and “Articulations” .....	841
ID 1982: “Gelée royale” and “Vitalité physique et intellectuelle” .....	841
ID 1983: “Lecithin” and “Memory and concentration” .....	841
ID 1984. “Phytosterols / sterols” and “Heart health” .....	841
ID 1985: “Hydrolysate de chitosan” and “Réduit l'inflammation” .....	842
ID 1986: “Allium cepa (Common Name: Onion)” and “Lipid metabolism” .....	843
ID 1987: “Allium cepa (Common Name: Onion)” and “Glucose metabolism” .....	843
ID 1988: “Allium cepa (Common Name: Onion)” and “Antioxidative properties” .....	844
ID 1989: “Allium sativum (aged garlic) (Common Name: Aged garlic)” and “Antioxidant activity” .....	844
ID 1991: “Allium sativum (aged garlic) (Common Name: Aged garlic)” and “Heart Health” .....	844
ID 1992: “Allium sativum (Common Name: Garlic)” and “Heart Health/ Blood lipids” .....	848
ID 1997: “Aronia melanocarpa (Common Name: Chokeberry)” and “Antioxidant properties/source of anthocyanins and polyphenols with antioxidant activity” .....	850
ID 1998: “Aronia melanocarpa (Common Name: Chokeberry)” and “Vein health/Vascular health” .....	853
ID 1999: “Aspalathus linearis (Common Name: Rooibos/Red bush)” and “Antioxidant properties” .....	855
ID 2000: “Aspalathus linearis (Common Name : Rooibos/Red bush)” and “Relaxation” .....	856

**ID 1001: “Lactobacillus reuteri THT 030803” and “Natural defences/ immune system”**

- 1 Jacobsen CN, Rosenfeldt Nielsen V, Hayford AE, Moller PL, Michaelsen KF, Paerregaard A, Sandstrom B, Tvede M, Jakobsen M, 1999. Screening of probiotic activities of forty-seven strains of *Lactobacillus* spp. by in vitro techniques and evaluation of the colonization ability of five selected strains in humans. *Appl Environ Microbiol*, 65, 4949-4956.
- 2 Matsuguchi T, Takagi A, Matsuzaki T, Nagaoka M, Ishikawa K, Yokokura T, Yoshikai Y, 2003. Lipoteichoic acids from *Lactobacillus* strains elicit strong tumor necrosis factor alpha-inducing activities in macrophages through Toll-like receptor 2. *Clin Diagn Lab Immunol*, 10, 259-266.
- 3 Nikawa H, Makihira S, Fukushima H, Nishimura H, Ozaki Y, Ishida K, Darmawan S, Hamada T, Hara K, Matsumoto A, Takemoto T, Aimi R, 2004. *Lactobacillus reuteri* in bovine milk fermented decreases the oral carriage of mutans streptococci. *Int J Food Microbiol*, 95, 219-223.
- 4 Niv E, Naftali T, Hallak R, Vaisman N, 2005. The efficacy of *Lactobacillus reuteri* ATCC 55730 in the treatment of patients with irritable bowel syndrome--a double blind, placebo-controlled, randomized study. *Clin Nutr*, 24, 925-931.
- 5 Tubelius P, Stan V, Zachrisson A, 2005. Increasing work-place healthiness with the probiotic *Lactobacillus reuteri*: a randomised, double-blind placebo-controlled study. *Environ Health*, 4, 25.
- 6 Valeur N, Engel P, Carbajal N, Connolly E, Ladefoged K, 2004. Colonization and immunomodulation by *Lactobacillus reuteri* ATCC 55730 in the human gastrointestinal tract. *Appl Environ Microbiol*, 70, 1176-1181.
- 7 Weizman Z, Asli G, Alsheikh A, 2005. Effect of a probiotic infant formula on infections in child care centers: comparison of two probiotic agents. *Pediatrics*, 115, 5-9.
- 8 Wolf BW, Wheeler KB, Ataya DG, Garleb KA, 1998. Safety and tolerance of *Lactobacillus reuteri* supplementation to a population infected with the human immunodeficiency virus. *Food Chem Toxicol*, 36, 1085-1094.

**ID 1002: “Lactobacillus rhamnosus THT 030901” and “Digestive health/ Intestinal flora”**

- 1 Alander M, Korpela R, Saxelin M, Vilpponen Salmela T, Mattila Sandholm T, von Wright A, 1997. Recovery of *Lactobacillus rhamnosus* GG from human colonic biopsies. *Letters in Applied Microbiology*, 24, 361-364.
- 2 Alander M, Satokari R, Korpela R, Saxelin M, Vilpponen-Salmela T, Mattila-Sandholm T, von Wright A, 1999. Persistence of colonization of human colonic mucosa by a probiotic strain, *Lactobacillus rhamnosus* GG, after oral consumption. *Applied and Environmental Microbiology*, 65, 351-354.
- 3 Ouwehand AC, Kirjavainen PV, Gronlund MM, Isolauri E, Salminen SJ, 1999. Adhesion of probiotic micro-organisms to intestinal mucus. *International Dairy Journal*, 9, 623-630.
- 4 Tuomola EM and Salminen SJ, 1998. Adhesion of some probiotic and dairy *Lactobacillus* strains to Caco-2 cell cultures. *International Journal of Food Microbiology*, 41, 45-51.

**ID 1003: “Lactobacillus rhamnosus THT 030901” and “Natural defences/ immune system”**

- 1 Gupta P, Andrew H, Kirschner BS, Guandalini S, 2000. Is *Lactobacillus* GG helpful in children with Crohn's disease? Results of a preliminary, open-label study. *J Pediatr Gastroenterol Nutr*, 31, 453-457.
- 2 Kirjavainen PV, El Nezami HS, Salminen SJ, Ahokas JT, Wright PF, 1999. Effects of orally administered viable *Lactobacillus rhamnosus* GG and *Propionibacterium freudenreichii* subsp. *shermanii* JS on mouse lymphocyte proliferation. *Clin Diagn Lab Immunol*, 6, 799-802.

- 3 Pena JA and Versalovic J, 2003. Lactobacillus rhamnosus GG decreases TNF-alpha production in lipopolysaccharide-activated murine macrophages by a contact-independent mechanism. *Cell Microbiol*, 5, 277-285.
- 4 Pessi T, Sutas Y, Hurme M, Isolauri E, 2000. Interleukin-10 generation in atopic children following oral Lactobacillus rhamnosus GG. *Clin Exp Allergy*, 30, 1804-1808.
- 5 Pohjavuori E, Viljanen M, Korpela R, Kuitunen M, Tiittanen M, Vaarala O, Savilahti E, 2004. Lactobacillus GG effect in increasing IFN-gamma production in infants with cow's milk allergy. *J Allergy Clin Immunol*, 114, 131-136.
- 6 Schultz M, Linde HJ, Lehn N, Zimmermann K, Grossmann J, Falk W, Scholmerich J, 2003. Immunomodulatory consequences of oral administration of Lactobacillus rhamnosus strain GG in healthy volunteers. *J Dairy Res*, 70, 165-173.

**ID 1004: “Lactobacillus rhamnosus THT 030902” and “Digestive health/ Intestinal flora”**

- 1 Alander M, Korpela R, Saxelin M, Vilpponen-Salmela T, Mattila-Sandholm T, von Wright A, 1997. Recovery of Lactobacillus rhamnosus GG from human colonic biopsies. *Letters in Applied Microbiology*, 24, 361-364.
- 2 Alander M, Satokari R, Korpela R, Saxelin M, Vilpponen-Salmela T, Mattila-Sandholm T, von Wright A, 1999. Persistence of colonization of human colonic mucosa by a probiotic strain, Lactobacillus rhamnosus GG, after oral consumption. *Applied and Environmental Microbiology*, 65, 351-354.
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- 4 Tuomola EM and Salminen SJ, 1998. Adhesion of some probiotic and dairy Lactobacillus strains to Caco-2 cell cultures. *International Journal of Food Microbiology*, 41, 45-51.

**ID 1005: “Lactobacillus rhamnosus THT 030902” and “Natural defences/ immune system”**

- 1 Gupta P, Andrew H, Kirschner BS, Guandalini S, 2000. Is lactobacillus GG helpful in children with Crohn's disease? Results of a preliminary, open-label study. *J Pediatr Gastroenterol Nutr*, 31, 453-457.
- 2 Kirjavainen PV, El Nezami HS, Salminen SJ, Ahokas JT, Wright PF, 1999. Effects of orally administered viable Lactobacillus rhamnosus GG and Propionibacterium freudenreichii subsp. shermanii JS on mouse lymphocyte proliferation. *Clin Diagn Lab Immunol*, 6, 799-802.
- 3 Pena JA and Versalovic J, 2003. Lactobacillus rhamnosus GG decreases TNF-alpha production in lipopolysaccharide-activated murine macrophages by a contact-independent mechanism. *Cell Microbiol*, 5, 277-285.
- 4 Pessi T, Sutas Y, Hurme M, Isolauri E, 2000. Interleukin-10 generation in atopic children following oral Lactobacillus rhamnosus GG. *Clin Exp Allergy*, 30, 1804-1808.
- 5 Pohjavuori E, Viljanen M, Korpela R, Kuitunen M, Tiittanen M, Vaarala O, Savilahti E, 2004. Lactobacillus GG effect in increasing IFN-gamma production in infants with cow's milk allergy. *J Allergy Clin Immunol*, 114, 131-136.
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### **ID 1006: “Lactobacillus salivarius THT 031001” and “Digestive health/ Intestinal flora”**

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**ID 1066: “*Lactobacillus plantarum* LB3e DSM 17852” and “Intestinal flora Digestive health”**

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## ID 1068: “Streptococcus sanguis NCIMB 40873” and “Oral health Throat health”

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## ID 1069: “Streptococcus oralis NCIMB 40875” and “Oral health Throat health”

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## ID 1070: “Streptococcus oralis NCIMB 40876” and “Oral health Throat health”

- 1 Falck G, Grahn-Hakansson E, Holm SE, Roos K, Lagergren L, 1999. Tolerance and efficacy of interfering alpha-streptococci in recurrence of streptococcal pharyngotonsillitis: a placebo-controlled study. *Acta Otolaryngol*, 119, 944-948.
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**ID 1071: “Lactobacillus plantarum HEAL 9 (DSM 15312 = 39D)” and “Strengthens the immune system. Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina”**

- 1 Berggren A, 2005. Probiotic for vaginal health. Internal report.
- 2 Berggren et al, 2007. Probiotic for common cold prevention.
- 3 Falagas ME, Betsi GI, Athanasiou S, 2007. Probiotics for the treatment of women with bacterial vaginosis. *Clin Microbiol Infect*, 13, 657-664.
- 4 Lavasani S, 2006. Novel immunotherapies and immunoregulation in a chronic inflammatory disease of the central nervous system. Doctoral thesis, University of Lund.
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**ID 1072: “Lactobacillus plantarum HEAL 19 (DSM 15313 = 52A)” and “Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina” and “Reduces the insulin response after a meal. Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina.”**

- 1 Falagas ME, Betsi GI, Athanasiou S, 2007. Probiotics for the treatment of women with bacterial vaginosis. *Clin Microbiol Infect*, 13, 657-664.
- 2 Nilsson M, Granfeldt Y, Björck I, 2006. Mekanismer för insulinsparande effekter av probiotisk produkt med blåbär (Mechanism for insulin saving effects of a probiotic product with blueberries).
- 3 Osman N, Adawi D, Ahrné S, Jeppsson B, Molin G, 2007. Endotoxin- and D-galactosamine-induced liver injury improved by the administration of *Lactobacillus*, *Bifidobacterium* and blueberry. *Dig Liver Dis*, 39, 849-856.
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**ID 1073: “Lactobacillus plantarum HEAL 99 (DSM 15316 = 61A)” and “Establishment of lactobacilli and beneficial changes in the microflora of the intestine and vagina”**

- 1 Falagas ME, Betsi GI, Athanasiou S, 2007. Probiotics for the treatment of women with bacterial vaginosis. *Clin Microbiol Infect*, 13, 657-664.
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**ID 1074: “Lactobacillus paracasei 8700:2 (DSM 13434, 240HI)” and “Strengthens the immune system Establishment of lactobacilli and beneficial changes in the microflora”**

- 1 Antonsson M, 2001. *Lactobacillus* in semi-hard cheese and their use as adjunct cultures. Doctoral thesis, University of Lund.
- 2 Berggren A et al., 2007. Probiotic for common cold prevention
- 3 Hutt P, Shchepetova J, Loivukene K, Kullisaar T, Mikelsaar M, 2006. Antagonistic activity of probiotic lactobacilli and bifidobacteria against entero- and uropathogens. *J Appl Microbiol*, 100, 1324-1332.

- 4 Lavasani S, 2006. Novel immunotherapies and immunoregulation in a chronic inflammatory disease of the central nervous system. Doctoral thesis, University of Lund.
- 5 Osman N, Adawi D, Ahrne S, Jeppsson B, Molin G, 2004. Modulation of the effect of dextran sulfate sodium-induced acute colitis by the administration of different probiotic strains of *Lactobacillus* and *Bifidobacterium*. *Dig Dis Sci*, 49, 320-327.
- 6 Osman N, Adawi D, Ahrne S, Jeppsson B, Molin G, 2005. Probiotic strains of *Lactobacillus* and *Bifidobacterium* affect the translocation and intestinal load of *Enterobacteriaceae* differently after D-galactose-induced liver injury in rats. *Microbial Ecology in Health and Disease*, 17, 40-46.
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**ID 1075: “*Lactobacillus parcasei* 02A (DSM 13432)” and “Establishment of lactobacilli and beneficial changes in the microflora”**

- 1 Antonsson M, 2001. *Lactobacillus* in semi-hard cheese and their use as adjunct cultures. Doctoral thesis, University of Lund.
- 2 Hessle C, Hanson LA, Wold AE, 1999. Lactobacilli from human gastrointestinal mucosa are strong stimulators of IL-12 production. *Clin Exp Immunol*, 116, 276-282.

**ID 1076: “*Lactobacillus rhamnosus* 271 (DSM 6594)” and “Gut Health”**

- 1 Adawi D, Kasravi FB, Molin G, Jeppsson B, 1997. Effect of *Lactobacillus* supplementation with and without arginine on liver damage and bacterial translocation in an acute liver injury model in the rat. *Hepatology*, 25, 642-647.
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**ID 1086: “Dairy products containing the combination of three probiotic ingredients; *Lactobacillus casei* F19, *Bifidobacterium lactis* Bb12, *Lactobacillus acidophilus* La5” and “Gut Health. Immune systems”**

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## ID 1087: “Lactobacillus reuteri DSM 17938” and “Gut microflora”

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**ID 1089: “*Lactobacillus reuteri* DSM 17938 *Lactobacillus reuteri* ATCC PTA 5289” and “Healthy oral flora”**

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**ID 1129: "Nuts - peanuts and tree nuts (almonds, hazelnuts, pecans, pistachios and walnuts), excluding brazil, macadamia and cashew nuts" and "Heart health"**

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**ID 1130: “Nuts - peanuts and tree nuts (almonds, hazelnuts, pecans, pistachios and walnuts), excluding brazil, macadamia and cashew nuts” and “Weight management via satiety (by proteins and fibre)”**

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**ID 1131: “Almonds” and “Maintains healthy blood total and LDL cholesterol and heart health”**

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**ID 1132: “Soups” and “Body weight management”**

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### **ID 1133: “Soups” and “Satiety/ satiation”**

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### **ID 1134: “Table top sweeteners and foods, beverages containing intense sweeteners” and “Dental health/ sweeteners can not be fermented by oral bacteria, they are non-cariogenic”**

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**ID 1147: “Beverages low / free of energy” and “Body shape management”**

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**ID 1155: “Walnuts” and “Well-balanced ratio of n-3- to n-6-fatty acids: Artery and Heart Health Lipid metabolism”**

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**ID 1156: “Walnuts” and “Heart Health (Cardiovascular Health)”**

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### **ID 1157: “Walnuts” and “Artery Health”**

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### **ID 1158: “Walnuts” and “Lipid Metabolism Heart Health”**

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**ID 1167: “Foods in general, in particular confectionery, soft drinks, water-ice, chocolate-type products, table-top sweeteners and certain foods for a particular nutritional use” and “Foods which under typical conditions of use are neither cariogenic nor erosive, help maintain healthy teeth and are, therefore, toothfriendly”**

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**ID 1174: “Black rice (*Oryza sativa indica*), consumed as such, or the bran (pigment fraction) of black rice used as a food ingredient in foods, in particular yoghurts, baked products, food supplements and certain foods for a particular nutritional use” and “heart health vascular health”**

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**ID 1175: “Mjölprotein-koncentrat med högt innehåll av fosfolipider (effektiv komponent fosfatidylserin);  
Milk protein concentrate with a high content of phospholipids. (Effective component: Phosphatidyl serine);  
LacprodanÒPL-20” and “Minskning av stress Förbättrad minnesfunktion Stress reduction Enhanced  
memory function”**

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**ID 1178: “Breads with salt content of <0.7%” and “Cardiovascular system”**

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**ID 1179: “Rye bread” and “Carbohydrate metabolism and insulin sensitivity”**

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**ID 1180: “Xylitol-sweetened chewing gum” and “Ears”**

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**ID 1181: “Xylitol-sweetened chewing gum” and “Mouth, teeth”**

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**ID 1207 : “Water” and “Basic requirement of all living things. Without water, biological processes necessary to life would cease in a matter of days. Solvent for minerals, vitamins, amino acids, glucose, and many other small molecules so that they can participate in metabolic activities. Transportation of nutrients to cells, wastes from cells, and substances, such as enzymes, blood platelets, and blood cells. Structure of large molecules such as proteins and glycogen. Direct metabolic role represented by hydrolysis.”**

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### **ID 1209: “Water” and “Hydration, eg. body function, physical and cognitive performance”**

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### **ID 1211: “Fruits (fresh, frozen, canned, bottled, dried, juiced)” and “Protection of body tissues and cells from oxidative damage”**

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**ID 1216: “Vegetables (fresh, frozen, canned, bottled, dried, juiced)” and “Protection of body tissues and cells from oxidative damage”**

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**ID 1217: “Vegetables (fresh, frozen, canned, bottled, dried, juiced)” and “Heart health”**

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**ID 1218: “Vegetables (fresh, frozen, canned, bottled, dried, juiced)” and “Weight management via fibre”**

- 1 WHO/FAO (World Health Organization and Food and Agriculture Organization), 2003. Expert Report: Diet, nutrition and prevention of chronic diseases. Report of a Joint WHO/FAO Expert Consultation. WHO Technical Report Series 916.

**ID 1219: “Vegetables (fresh, frozen, canned, bottled, dried, juiced)” and “Modulation of glycemic response”**

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**ID 1221: “Table top sweeteners and foods beverages containing intense sweeteners” and “Blood glucose control”**

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**ID 1240: “Sugar-free chewing gum” and “Dry Mouth (Reduces/ Improves Dry Mouth)”**

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**ID 1254: “Ready-to-eat breakfast cereals” and “Body weight management”**

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### **ID 1259: “Guava” and “Skin health”**

No references provided.

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No references provided.

## **ID 1263: “Pitanga” and “Skin health”**

No references provided.

## **ID 1264: “Purple Grape Juice” and “Antioxidant activity”**

No references provided.

## **ID 1265: “Purple Grape Juice” and “Blood flow/Vascular function”**

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### **ID 1285: “Prunes (Dried plums)” and “Contains antioxidants”**

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**ID 1311: “Epigallo-catechin-3-gallate (EGCG) / Green tea extract, rich in EGCG” and “Protection of body tissues and cells from oxidative damage”**

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**ID 1312: “Brassicaceae (Cruciferae) (Common Name: Botanical family that include broccoli, coulfiflower, cabbage, Bruxelles sprouts etc.)” and “Antioxidant activity”**

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**ID 1313: “Vegetables of 5 colors” and “General health. Contribution to a healthy and balanced diet”**

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- 4 Usa, Five a day the color way, [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov).
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**ID 1315: “Chios Mastiha Natural resin. Protected Designation of Origin product. (PDO) (EC)123/1997 (L022/24.1.97)” and “Mastiha Chiou has an antioxidant action. Target Group: Whole population / no restrictions”**

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**ID 1317: “Food Category: Fish Food: Cultured Sea bass and Gilthead Sea bream Food Component / Nutrient: EPA & DHA Omega 3 Highly Unsaturated fatty acids” and “Cultured Sea bass and Gilthead sea bream are rich in Eicosapentaenoic acid (EPA, C20:5 ω-3) and Docosahexaenoic acid (DHA, C22:6 ω-3) providing more than 1,2 g per 100g of edible muscle (fillet). EPA and DHA are proven to have very important cardio-protective properties reducing the risk from Coronary Heart Disease (CHD) both reducing mortalities among people that have already survived at least one heart attack but also by protecting from heart death in apparently healthy populations.”**

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- 13 Grigorakis K, 2007. Compositional and organoleptic quality of farmed and wild gilthead sea bream (*Sparus aurata*) and sea bass (*Dicentrarchus labrax*) and factors affecting it: A review. *Aquaculture*, 272, 55-75.
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- 1 Ali AT, Chowdhury MN, al Humayyd MS, 1991. Inhibitory effect of natural honey on *Helicobacter pylori*. *Trop Gastroenterol*, 12, 139-143.
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- 17 No authors listed, 1985. Honey: its antibacterial action in the treatment of gastroenteritis. *Glimpse*, 7, 1, 8.
- 18 Osato MS, Reddy SG, Graham DY, 1999. Osmotic effect of honey on growth and viability of *Helicobacter pylori*. *Dig Dis Sci*, 44, 462-464.
- 19 Steinberg D, Kaine G, Gedalia I, 1996. Antibacterial effect of propolis and honey on oral bacteria. *Am J Dent*, 9, 236-239.
- 20 Vittek J, 1995. Effect of royal jelly on serum lipids in experimental animals and humans with atherosclerosis. *Experientia*, 51, 927-935.

**ID 1319: “Pomegranate Juice - phenolic compounds (anthocyanins, tannines, ellagic acid)” and “Antioxidant activity. Target group: humans of all ages. Excluded group: due to inadequate data, pregnant women, nursing women, patients over antidepressant medicines (Mirtazapine), antipsychotic medicines (Risperidone, Ketiapine), statines medicines (Simvastatine, atorvastatine), antihypertensive medicines should take doctor’s advice (relative contra-indication)”**

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**ID 1320: “Pomegranate Juice - phenolic compounds (anthocyanins, tannines, ellagic acid)” and “Fights factors which cause atherosclerosis Target group: humans of high risk of vessel atheromatoses. Excluded group: due to inadequate data, pregnant women, nursing women, patients over antidepressant medicines (Mirtazapine), antipsychotic medicines (Risperidone, Ketiapine), statines medicines (Simvastatine, atorvastatine), antihypertensive medicines should take doctor’s advice (relative contra-indication).”**

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- 3 Fuhrman B, Volkova N, Aviram M, 2005. Pomegranate juice inhibits oxidized LDL uptake and cholesterol biosynthesis in macrophages. *J Nutr Biochem*, 16, 570-576.
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- 5 Kaplan M, Hayek T, Raz A, Coleman R, Dornfeld L, Vaya J, Aviram M, 2001. Pomegranate juice supplementation to atherosclerotic mice reduces macrophage lipid peroxidation, cellular cholesterol accumulation and development of atherosclerosis. *J Nutr*, 131, 2082-2089.
- 6 Rosenblat M, Draganov D, Watson CE, Bisgaier CL, La Du BN, Aviram M, 2003. Mouse macrophage paraoxonase 2 activity is increased whereas cellular paraoxonase 3 activity is decreased under oxidative stress. *Arterioscler Thromb Vasc Biol*, 23, 468-474.
- 7 Summers KM, 2006. Potential drug-food interactions with pomegranate juice. *Ann Pharmacother*, 40, 1472-1473.

**ID 1321: “Honey” and “Antioxidant properties”**

- 1 Beretta G, Orioli M, Facino RM, 2007. Antioxidant and radical scavenging activity of honey in endothelial cell cultures (EA.hy926). *Planta Med*, 73, 1182-1189.
- 2 Perez E, Rodriguez-Malaver AJ, Vit P, 2006. Antioxidant capacity of Venezuelan honey in wistar rat homogenates. *J Med Food*, 9, 510-516.
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**ID 1323: “Poisson sauvage” and “Système nerveux. Réduction des risques liés au développement de la maladie d'Alzheimer”**

- 1 Morris MC, Evans DA, Bienias JL, Tangney CC, Bennett DA, Wilson RS, Aggarwal N, Schneider J, 2003. Consumption of fish and n-3 fatty acids and risk of incident Alzheimer disease. *Arch Neurol*, 60, 940-946.

**ID 1324: “Poisson sauvage” and “Système circulatoire. Source d'oméga 3, hypotenseur réduit les risques de maladie, coronarienne, anti-athérosclerose, diminue les triglycérides, hypolipédiant”**

- 1 Din JN, Newby DE, Flapan AD, 2004. Omega 3 fatty acids and cardiovascular disease--fishing for a natural treatment. *BMJ*, 328, 30-35.
- 2 Geleijnse JM, Giltay EJ, Grobbee DE, Donders AR, Kok FJ, 2002. Blood pressure response to fish oil supplementation: metaregression analysis of randomized trials. *J Hypertens*, 20, 1493-1499.
- 3 He K, Song Y, Daviglius ML, Liu K, Van Horn L, Dyer AR, Greenland P, 2004. Accumulated evidence on fish consumption and coronary heart disease mortality: a meta-analysis of cohort studies. *Circulation*, 109, 2705-2711.
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**ID 1325: “Saumon” and “Système circulatoire. Source d'oméga 3, diminue les triglycérides, hypolipédiant”**

- 1 De Craemer D, Vamecq J, Roels F, Vallee L, Pauwels M, Van den Branden C, 1994. Peroxisomes in liver, heart, and kidney of mice fed a commercial fish oil preparation: original data and review on peroxisomal changes induced by high-fat diets. *J Lipid Res*, 35, 1241-1250.
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- 3 Harris WS, Connor WE, McMurry MP, 1983. The comparative reductions of the plasma lipids and lipoproteins by dietary polyunsaturated fats: salmon oil versus vegetable oils. *Metabolism*, 32, 179-184.
- 4 Nalbone G, Leonardi J, Termine E, Portugal H, Lechene P, Pauli AM, Lafont H, 1989. Effects of fish oil, corn oil and lard diets on lipid peroxidation status and glutathione peroxidase activities in rat heart. *Lipids*, 24, 179-186.
- 5 Perez Corral F, Perales J, Fraile G, 1990. [The hypolipemic effect of concentrated salmon oil rich in n-3 fatty acids]. *An Med Interna*, 7, 299-303.

**ID 1326: “Gelée Royale” and “Anti-asthénique. Immunostimulant”**

- 1 Chauvin R, 1968. vol 3: Les Produits de la Ruche. In: *Traité de Biologie de l'Abeille*. Masson, Paris.
- 2 Molan PC, 2001. The potential of honey to promote oral wellness. *Gen Dent*, 49, 584-589.

**ID 1327: “Gelée Royale” and “Anti-inflammatoire”**

- 1 Lerrer B, Zinger-Yosovich KD, Avrahami B, Gilboa-Garber N, 2007. Honey and royal jelly, like human milk, abrogate lectin-dependent infection-preceding *Pseudomonas aeruginosa* adhesion. *ISME J*, 1, 149-155.

**ID 1328: “Gelée Royale” and “Ménopause. Effet oestrogénique”**

- 1 Papadopoulos CJ, Carson CF, Hammer KA, Riley TV, 2006. Susceptibility of pseudomonads to *Melaleuca alternifolia* (tea tree) oil and components. *J Antimicrob Chemother*, 58, 449-451.

## ID 1329: “Gelée Royale” and “Hypolipidémiant”

- 1 Carson CF, Hammer KA, Riley TV, 1996. In-vitro activity of the essential oil of *Melaleuca alternifolia* against *Streptococcus* spp. *J Antimicrob Chemother*, 37, 1177-1178.

## ID 1330: “Vitalinea fermented dairy products (low fat/reduced or no-added sugars) enriched with protein, enriched with guar gum” and “appetite”

- 1 Adam TC and Westerterp-Plantenga MS, 2005. Glucagon-like peptide-1 release and satiety after a nutrient challenge in normal-weight and obese subjects. *Br J Nutr*, 93, 845-851.
- 2 Aggett PJ, Antoine JM, Asp NG, Bellisle F, Contor L, Cummings JH, Howlett J, Muller DJ, Persin C, Pijls LT, Rechkemmer G, Tuijtelaars S, Verhagen H, 2005. PASSCLAIM: consensus on criteria. *Eur J Nutr*, 44 Suppl 1, i5-30.
- 3 Anderson GH, Catherine NL, Woodend DM, Wolever TM, 2002. Inverse association between the effect of carbohydrates on blood glucose and subsequent short-term food intake in young men. *Am J Clin Nutr*, 76, 1023-1030.
- 4 Anderson GH and Moore SE, 2004. Dietary proteins in the regulation of food intake and body weight in humans. *J Nutr*, 134, 974S-979S.
- 5 Astrup A, Vrist E, Quaade F, 1990. Dietary fibre added to very low calorie diet reduces hunger and alleviates constipation. *Int J Obes*, 14, 105-112.
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- 9 Blackburn NA, Redfern JS, Jarjis H, Holgate AM, Hanning I, Scarpello JH, Johnson IT, Read NW, 1984b. The mechanism of action of guar gum in improving glucose tolerance in man. *Clin Sci (Lond)*, 66, 329-336.
- 10 Blom WA, Stafleu A, de Graaf C, Kok FJ, Schaafsma G, Hendriks HF, 2005. Ghrelin response to carbohydrate-enriched breakfast is related to insulin. *Am J Clin Nutr*, 81, 367-375.
- 11 Blom WA, Lluch A, Stafleu A, Vinoy S, Holst JJ, Schaafsma G, Hendriks HF, 2006. Effect of a high-protein breakfast on the postprandial ghrelin response. *Am J Clin Nutr*, 83, 211-220.
- 12 Blundell JE, Hill AJ, Rogers PJ, 1988. Hunger and the satiety cascade—their importance for food acceptance in the late 20th century. In: *Food acceptability*. Thomson DMH (ed.) Elsevier, London, 233–250.
- 13 Blundell JE and Halford JC, 1994. Regulation of nutrient supply: the brain and appetite control. *Proc Nutr Soc*, 53, 407-418.
- 14 Boirie Y, Dangin M, Gachon P, Vasson MP, Maubois JL, Beaufrere B, 1997. Slow and fast dietary proteins differently modulate postprandial protein accretion. *Proc Natl Acad Sci USA*, 94, 14930-14935.
- 15 Borzoei S, Neovius M, Barkeling B, Teixeira-Pinto A, Rossner S, 2006. A comparison of effects of fish and beef protein on satiety in normal weight men. *Eur J Clin Nutr*, 60, 897-902.
- 16 Bowen J, Noakes M, Clifton PM, 2006a. Appetite regulatory hormone responses to various dietary proteins differ by body mass index status despite similar reductions in ad libitum energy intake. *J Clin Endocrinol Metab*, 91, 2913-2919.



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- 18 Brenelli SL, Campos SD, Saad MJ, 1997. Viscosity of gums in vitro and their ability to reduce postprandial hyperglycemia in normal subjects. *Braz J Med Biol Res*, 30, 1437-1440.
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- 20 Burley VJ, Leeds AR, Blundell JE, 1987. The effect of high and low-fibre breakfasts on hunger, satiety and food intake in a subsequent meal. *Int J Obes*, 11 Suppl 1, 87-93.
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- 27 Danone Research, 2007. De l'intérêt du contrôle de l'appétit. *Nutritopics*, 34, 3-21.
- 28 Danone Research, (Unpublished). Submission of a health claim "Reduces appetite feelings".
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- 31 de Graaf C, Blom WA, Smeets PA, Stafleu A, Hendriks HF, 2004. Biomarkers of satiation and satiety. *Am J Clin Nutr*, 79, 946-961.
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- 35 Drapeau V, Blundell J, Therrien F, Lawton C, Richard D, Tremblay A, 2005. Appetite sensations as a marker of overall intake. *Br J Nutr*, 93, 273-280.
- 36 Drapeau V, King N, Hetherington M, Doucet E, Blundell J, Tremblay A, 2007. Appetite sensations and satiety quotient: predictors of energy intake and weight loss. *Appetite*, 48, 159-166.
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**ID 1334: “Standardized grape seed extract [dry extract from grape seeds of *vitis vinifera*L. (Vitaceae), solvent of extraction acetone/water 8.5-13.0% proanthocyanidins]” and “antioxidant protection system”**

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**ID 1340: “Water-based product (Water purified by reverse osmosis to monomolecular level, complex of salts)” and “Improves renal function”**

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- 2 Reshetnikov A, 1994a. Clinical trials of "Marina" composition for increase in the activity of Na, K-ATPase in studying kidney function. Riga.
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**ID 1341: "Water-based product (Water purified by reverse osmosis to monomolecular level, complex of salts)" and "Improves hepatic functions"**

- 1 Ponomarenko J, Pļaviņš M, Smiltēns I, Gurinoviča T, Lapkovska A, Hofmane S, 1996. Preparāta "Marina" Na, K- ATF-āzes aktivitātes paaugstināšanai izmantošana pielonefrīta un nefrolitiāzes gadījumos. Rīga.
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**ID 1342: "Water-based product (Water purified by reverse osmosis to monomolecular level, complex of salts)" and "Improves mechanical activity of gall- bladder"**

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**ID 1347: "Laminaria (Brown seaweed)" and "Purification"**

- 1 Rasumov AN, Mikhailov VI, Myasoedov AP, 2003. Food Product "Lamipharen" usage for dietetic (therapeutic) feeding in the sphere of rehabilitation medicine and complex therapy of diseases. Moscow.
- 2 Rasumov AN, Bobrovnikskii IP, Mikhailov VI, Odinetz AG, Suprun SV, Yakimova LM, Volkov SM, Kudrvtsev ON, 2004. Influence of food product "Lamipharen" at the rehabilitation of organs functioning, endocrinous system, pregnancy course and posterity growth among rats in case of plumbum and ethanol intoxication. Moscow.
- 3 Rasumov AN, Bobrovnikskii IP, Mikhailov VI, Odinetz AG, Volkov SM, Kudrvtsev ON, 2004. Investigation of immunotropic activity of "Lamipharen" food product and its influence at human organism in case of plumbum and ethanol intoxication. Moscow.
- 4 Razumov AN, Bobrovnikskii IP, Makhovskaya TG, Mikhailov VI, Odinetz AG, 2004. Health rehabilitation of railway service workers in the case of somatophoric malfunction of vegetative nervous system by methods of rehabilitation programmes and therapeutic feeding with homogenized Brown Seaweed Gel use. Moscow.
- 5 Veena CK, Josephine A, Preetha SP, Varalakshmi P, 2007. Physico-chemical alterations of urine in experimental hyperoxaluria: a biochemical approach with fucoidan. J Pharm Pharmacol, 59, 419-427.

**ID 1349: “Name of Food product: Toasted Sunflower Mix. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Contains antioxidants & promotes healthy skin. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”**

- 1 BNF (British Nutrition Foundation), Minerals, <http://www.nutrition.org.uk/home.asp?siteId=43&sectionId=605&subSubSectionId=324&subSectionId=320&parentSection=299&which=2#1173>.

**ID 1351: “Name of Food product: Club Energise Energy / Energise Energy. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Energy for longer Provide sustained energy rather than a quick burst followed by a slump. Do benefits relate to a disease risk factor: No. Target group: All adults aged 18 years and over”**

- 1 Craig BW, 1993. The influence of fructose feeding on physical performance. *Am J Clin Nutr*, 58, 815S-819S.
- 2 Kneepkens CMF, 1995. Physiological effects of fructose and inulin. Carbohydrate Research Foundation. Proceedings of the 5th seminar on Inulin.
- 3 Osberger T and Bujake JE, 1985a. Pure Crystalline Fructose. In: *Alternative Sweeteners*. O'Brien Nabors L and Gelardi RC (eds.). Marcel Dekker, New York, 245-275.
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- 5 Whitney EN and Rolfes SR, 1999. Understanding Nutrition: Scientific data krebs cycle (p. 203-204). Wadsworth Publishing Company.

**ID 1352: “Name of Food product: Squeez Wild Blueberry Juice Drink. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Anti aging properties. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”**

- 1 Joseph JA, Shukitt-Hale B, Denisova NA, Bielinski D, Martin A, McEwen JJ, Bickford PC, 1999. Reversals of age-related declines in neuronal signal transduction, cognitive, and motor behavioral deficits with blueberry, spinach, or strawberry dietary supplementation. *J Neurosci*, 19, 8114-8121.
- 2 Joseph JA, Denisova NA, Arendash G, Gordon M, Diamond D, Shukitt-Hale B, Morgan D, 2003. Blueberry supplementation enhances signaling and prevents behavioral deficits in an Alzheimer disease model. *Nutr Neurosci*, 6, 153-162.

**ID 1354: “Name of Food product: Club Energise Sport (Orange, Blackcurrant, Lemon) / Energise Sport (Orange, Blackcurrant, lemon). Description of food in terms of food legislation categories: Food intended to meet the expenditure of intense muscular effort, especially for sports people. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Aids recovery by reducing muscle damage during exercise. Do benefits relate to a disease risk factor: No. Target group: All adults aged 18 years and over”**

- 1 Hennessy L, Heffernan W, McCarthy C, 2005. The influence of a carbohydrate drink on physical performance. 2nd annual scientific meeting. Faculty of Sports and Exercise Medicine RCPI and RCSI, Dublin.

**ID 1357: “Name of Food product: Lentil & Bean Shoots. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Naturally boost your digestive system. Do benefits relate to a disease risk factor: Yes. Target group: All of the general population including children and adults”**

- 1 British Nutrition Foundation, <http://www.nutrition.org.uk>.
- 2 Caballero B, Allen L, Prentice A, 2005. Encyclopedia of Human Nutrition. Elsevier, Oxford.
- 3 Higdon JV, Delage B, Williams DE, Dashwood RH, 2007. Cruciferous vegetables and human cancer risk: epidemiologic evidence and mechanistic basis. *Pharmacol Res*, 55, 224-236.
- 4 Johns Hopkins University, <http://www.hopkins-gi.org>.
- 5 Nutrition Australia, [www.nutritionaustralia.org](http://www.nutritionaustralia.org).
- 6 Trinity College Dublin, Tipping The Balance, [http://www.tcd.ie/College\\_Health/documents/healthy\\_eating.pdf](http://www.tcd.ie/College_Health/documents/healthy_eating.pdf).
- 7 Van Horn L, 1997. Fiber, lipids, and coronary heart disease. A statement for healthcare professionals from the Nutrition Committee, American Heart Association. *Circulation*, 95, 2701-2704.

**ID 1358: “Name of Food product: Club Energise Sport / Energise Sport (Orange, Blackcurrant, Lemon). Description of food in terms of food legislation categories: Food intended to meet the expenditure of intense muscular effort, especially for sports people. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Ensures better concentration. Do benefits relate to a disease risk factor: No. Target group: All adults aged 18 years and over”**

- 1 Nybo L, 2003. CNS fatigue and prolonged exercise: Effect of glucose supplementation. *Med Sci Sports Exerc*, 35, 589-594.
- 2 Winnick JJ, Davis JM, Welsh RS, Carmichael MD, Murphy EA, Blackmon JA, 2005. Carbohydrate feedings during team sport exercise preserve physical and CNS function. *Med Sci Sports Exerc*, 37, 306 - 315.

**ID 1360: “Name of Food product: Dairygold Omega-3 Spread. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Dairygold Omega-3 spread contain omega-3 fatty acids (EPA & DHA) which may have a beneficial role to play in the functioning of the brain and can help**



**maintain a healthy heart. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”**

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**ID 1361: “Name of Food product: Alfalfa Shoots. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Naturally good for your heart. Do benefits relate to a disease risk factor: Yes. Target group: All of the general population including children and adults”**

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- 4 Hwang J, Hodis HN, Sevanian A, 2001. Soy and alfalfa phytoestrogen extracts become potent low-density lipoprotein antioxidants in the presence of acerola cherry extract. *J Agric Food Chem*, 49, 308-314.
- 5 ISGA, International Sprout Growers Association, [www.isgasprouts.org/alfalfa](http://www.isgasprouts.org/alfalfa).
- 6 Kushi LH, Meyer KA, Jacobs DR, Jr., 1999. Cereals, legumes, and chronic disease risk reduction: evidence from epidemiologic studies. *Am J Clin Nutr*, 70, 451S-458S.
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**ID 1362: “Name of Food product: Brocco Shoots. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007:**

**Yes” and “Health benefits of food: Naturally boosts your immune system. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”**

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**ID 1365: “Name of Food product: Squeez Cranberry Juice Drink. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Cranberries may be powerful protectors of our gums. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”**

- 1 Burger O, Ofek I, Tabak M, Weiss EI, Sharon N, Neeman I, 2000. A high molecular mass constituent of cranberry juice inhibits helicobacter pylori adhesion to human gastric mucus. *FEMS Immunol Med Microbiol*, 29, 295-301.
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- 5 Xiao SD and Shi T, 2003. Is cranberry juice effective in the treatment and prevention of Helicobacter pylori infection of mice? *Chinese Journal of Digestive Diseases*, 4, 136-139.
- 6 Yamanaka A, Kimizuka R, Kato T, Okuda K, 2004. Inhibitory effects of cranberry juice on attachment of oral streptococci and biofilm formation. *Oral Microbiol Immunol*, 19, 150-154.

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**ID 1367: “Name of Food product: Olive Biophenols. Description of food in terms of food legislation categories: Food supplement. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: A potent source of antioxidant biophenols for strengthening and balancing of the immune system from free radicals. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”**

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**ID 1368: “Name of Food product: Squeez Cranberry and Orange Juice Drink, Squeez Light Cranberry Juice Drink. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: More recently, emerging research suggests that cranberries may also be powerful protectors of the stomach. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”**

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**ID 1369: “Name of Food product: Squeez Wild Blurberry Juice Drink. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Maintenance of urinary tract. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”**

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**ID 1370: “Name of Food product: Squeez Wild Blueberry Juice Drink. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Vision health. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”**

- 1 [Canter PH and Ernst E, 2004. Anthocyanosides of \*Vaccinium myrtillus\* \(bilberry\) for night vision--a systematic review of placebo-controlled trials. \*Surv Ophthalmol\*, 49, 38-50.](#)

**ID 1371: “Name of Food product: Cheese. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Ingestion of cheese containing probiotic culture *Lb. paracasei* NFBC 338 positively influences the healthy balance of the gut microflora. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”**

- 1 AFSSA (Agence Française de Sécurité Sanitaire des Aliments), 2005. Effets des probiotiques et prébiotiques sur la flore et l'immunité de l'homme adulte (Effects of probiotic and prebiotics on flora and immunity in adults).
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- 6 Desmond C, Stanton C, Fitzgerald GF, Collins K, Ross PR, 2001. Environmental adaptation of probiotic lactobacilli towards improvement of performance during spray drying. *International Dairy Journal*, 11, 801-808.
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- 9 Gardiner G, Stanton C, Lynch PB, Collins JK, Fitzgerald G, Ross RP, 1999. Evaluation of cheddar cheese as a food carrier for delivery of a probiotic strain to the gastrointestinal tract. *J Dairy Sci*, 82, 1379-1387.
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- 11 Gardiner GE, Bouchier P, O'Sullivan E, Kelly J, Collins KJ, Fitzgerald G, Ross PR, Stanton C, 2002. A spray-dried culture for probiotic Cheddar cheese manufacture. *International Dairy Journal*, 12, 749-756.
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- 15 Saxelin M, Tynkkynen S, Mattila-Sandholm T, de Vos WM, 2005. Probiotic and other functional microbes: from markets to mechanisms. *Curr Opin Biotechnol*, 16, 204-211.
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**ID 1372: “Name of Food product: chocolate. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Cocoa in chocolate may be a major dietary source of antioxidants. Cocoa flavanols show antioxidative effects and help protect the cells against oxidative stress & help protect from radicals. Do benefits relate to a disease risk factor: No. Target group: All adults aged 18 years and over”**

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**ID 1373: “Name of Food product: Liquid Milk. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: contains Vitamin A which contributes to good eyesight/normal vision. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”**

- 1 Berdanier CD, Dwyer JT, Feldman EB, 2002. *Handbook of Nutrition and Food*. CRC Press. Taylor and Francis Book, Boca Raton.
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**ID 1374: “Name of Food product: fermented dairy products. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st**

**July 2007: Yes” and “Health benefits of food: Enhances natural resistance. Do benefits relate to a disease risk factor: No. Target group: All adults aged 18 years and over”**

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- 2 Hatakka K, 2007. Probiotics in the prevention of clinical manifestations of common infectious diseases in children and the elderly. University of Helsinki.
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- 4 Jung LK, 1999. *Lactobacillus* GG augments the immune response to typhoid vaccination: A double-blinded, placebo-controlled study. *FASEB*, 13, A872.
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- 7 Kim SO, Sheikh HI, Ha SD, Martins A, Reid G, 2006. G-CSF-mediated inhibition of JNK is a key mechanism for *Lactobacillus rhamnosus*-induced suppression of TNF production in macrophages. *Cell Microbiol*, 8, 1958-1971.
- 8 Majamaa H, Isolauri E, Saxelin M, Vesikari T, 1995. Lactic acid bacteria in the treatment of acute rotavirus gastroenteritis. *J Pediatr Gastroenterol Nutr*, 20, 333-338.
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**ID 1376: “Name of Food product: fermented dairy products. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Healthy Digestion. Do benefits relate to a disease risk factor: No. Target group: All adults aged 18 years and over”**

- 1 Amital H, Gilburd B, Shoenfeld Y, 2003. Intelligent nutrition: health-promoting mechanisms of probiotics. *Isr Med Assoc J*, 5, 812-813.
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#### **ID 1377: “Apple cider vinegar” and “Digestive health and bowel function”**

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### **ID 1380: “Apple cider vinegar” and “Weight management”**

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- 2 Hlebowicz J, Darwiche G, Bjorgell O, Almer LO, 2007. Effect of apple cider vinegar on delayed gastric emptying in patients with type 1 diabetes mellitus: a pilot study. *BMC Gastroenterol*, 7, 46.
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### **ID 1381: “Brewer`s Yeast” and “Energy metabolism”**

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### **ID 1382: “Brewer`s Yeast” and “Cardiovascular health”**

- 1 Gormley JJ, 1997. Brewer`s yeast and lecithin – two underrated health promoters. Better Nutrition.
- 2 Ostergaard S, Olsson L, Nielsen J, 2000. Metabolic engineering of *Saccharomyces cerevisiae*. *Microbiol Mol Biol Rev*, 64, 34-50.
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### **ID 1383: “Brewer`s Yeast” and “Nervous system function”**

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- 2 Gormley J, 1997. Brewer`s yeast and lecithin - two underrated health promoters. Better Nutrition.
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### **ID 1384: “Brewer`s Yeast” and “Immune system function”**

- 1 Gormley J, 1997. Brewer`s yeast and lecithin - two underrated health promoters. Better Nutrition.
- 2 Ostergaard S, Olsson L, Nielsen J, 2000. Metabolic engineering of *Saccharomyces cerevisiae*. *Microbiol Mol Biol Rev*, 64, 34-50.
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### **ID 1385: “Brewer`s Yeast” and “Skin health”**

- 1 Gormley J, 1997. Brewer`s yeast and lecithin - two underrated health promoters. *Better Nutrition*.
- 2 Ostergaard S, Olsson L, Nielsen J, 2000. Metabolic engineering of *Saccharomyces cerevisiae*. *Microbiol Mol Biol Rev*, 64, 34-50.
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### **ID 1386: “Wheat germ oil” and “Cardiovascular system”**

- 1 Alessandri C, Pignatelli P, Loffredo L, Lenti L, Del Ben M, Carnevale R, Perrone A, Ferro D, Angelico F, Violi F, 2006. Alpha-linolenic acid-rich wheat germ oil decreases oxidative stress and CD40 ligand in patients with mild hypercholesterolemia. *Arteriosclerosis, Thrombosis, and Vascular Biology*, 26, 2577.

### **ID 1387: “Wheat germ oil” and “Nervous system”**

- 1 Council of Europe, *European Pharmacopoeia*. 01/2008:1379, 01/2008:1480.
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- 3 Tepley LJ, Strong FM, Elvehjem CA, 1942. Nicotinic acid, pantothenic acid and pyridoxine in wheat and wheat products. *J Nutr*, 24, 167.
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### **ID 1389: “Wheat germ oil” and “Metabolism”**

- 1 Cara L, Armand M, Borel P, Senft M, Portugal H, Pauli AM, Lafont H, Lairon D, 1992. Long-term wheat germ intake beneficially affects plasma lipids and lipoproteins in hypercholesterolemic human subjects. *J Nutr*, 122, 317-326.
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- 3 Reynolds JEF, 1993. *Martindale: The extra pharmacopoeia*. Pharmaceutical Press, London.
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### **ID 1390: “Wheat germ oil” and “Skin health”**

- 1 Cara L, Armand M, Borel P, Senft M, Portugal H, Pauli AM, Lafont H, Lairon D, 1992. Long-term wheat germ intake beneficially affects plasma lipids and lipoproteins in hypercholesterolemic human subjects. *J Nutr*, 122, 317-326.
- 2 Council of Europe, European Pharmacopoeia. 01/2008:1379, 01/2008:1480.
- 3 Reynolds JEF, 1993. Martindale: The extra pharmacopoeia. Pharmaceutical Press, London.
- 4 Teply LJ, Strong FM, Elvehjem CA, 1942. Nicotinic acid, pantothenic acid and pyridoxine in wheat and wheat products. *J Nutr*, 24, 167.
- 5 USP (United States Pharmacopoeial Convention), 1991. Drug information for the health care professional. United States Pharmacopoeial Convention Inc, Rockville, Maryland.

### **ID 1391: “Wheat germ oil” and “Immune system”**

- 1 Council of Europe, European Pharmacopoeia. 01/2008:1379, 01/2008:1480.
- 2 Reynolds JEF, 1993. Martindale: the extra pharmacopoeia. Pharmaceutical Press, London.
- 3 USP (United States Pharmacopoeial Convention), 1991. Drug information for the health care professional. United States Pharmacopoeial Convention Inc, Rockville, Maryland.

### **ID 1392: “Wheat germ oil” and “Fertility”**

- 1 Watson EM, 1936. Clinical Experiences with Wheat Germ Oil (Vitamin E). *Canadian Medical Association Journal*, 34, 134.

### **ID 1393: “Wheat germ oil” and “Antioxidant properties”**

- 1 Alessandri C, Pignatelli P, Loffredo L, Lenti L, Del Ben M, Carnevale R, Perrone A, Ferro D, Angelico F, Violi F, 2006. Alpha-linolenic acid-rich wheat germ oil decreases oxidative stress and CD40 ligand in patients with mild hypercholesterolemia. *Arterioscler Thromb Vasc Biol*, 26, 2577-2578.
- 2 Council of Europe, European Pharmacopoeia. 01/2008:1379, 01/2008:1480.

### **ID 1394: “Wheat germ oil” and “Mental health”**

- 1 Council of Europe, European Pharmacopoeia. 01/2008:1379, 01/2008:1480.
- 2 Reynolds JEF, 1993. Martindale: the extra pharmacopoeia. Pharmaceutical Press, London.
- 3 Teply LJ, Strong FM, Elvehjem CA, 1942. Nicotinic acid, pantothenic acid and pyridoxine in wheat and wheat products. *J Nutr*, 24, 167.
- 4 USP (United States Pharmacopoeial Convention), 1991. Drug information for the health care professional. United States Pharmacopoeial Convention Inc, Rockville, Maryland.

### **ID 1395: “Wheat germ oil” and “Menstrual health”**

- 1 Council of Europe, European Pharmacopoeia. 01/2008:1379, 01/2008:1480.
- 2 Reynolds JEF, 1993. Martindale: the extra pharmacopoeia. Pharmaceutical Press, London.

- 3 USP (United States Pharmacopeial Convention), 1991. Drug information for the health care professional. United States Pharmacopeial Convention Inc, Rockville, Maryland.

**ID 1396: “Name of Food product: Club Energise Sport Recovery 20 / Energise Sport recovery 20 mixed berry). Description of food in terms of food legislation categories: Food intended to meet the expenditure of intense muscular effort, especially for sports people. Was food on Irish market before 1st July 2007: Yes” and “Health benefits of food: Recover Faster for Better Sports Performance. High protein drink. Carbohydrate and Protein recovery drink. Do benefits relate to a disease risk factor: No. Target group: Adults aged 18 years and over with some exceptions. If exceptions describe: Not suitable for children under 16 years of age or pregnant women. Reasons for excluding these groups: Targeted for specific group - sports people. Should be used in conjunction with an appropriate physical training or exercise program. Should be consumed with a nutritious diet.”**

- 1 Borsheim E, Aarsland A, Wolfe RR, 2004. Effect of an amino acid, protein, and carbohydrate mixture on net muscle protein balance after resistance exercise. *Int J Sport Nutr Exerc Metab*, 14, 255-271.
- 2 Esmarck B, Andersen JL, Olsen S, Richter EA, Mizuno M, Kjaer M, 2001. Timing of postexercise protein intake is important for muscle hypertrophy with resistance training in elderly humans. *J Physiol*, 535, 301-311.
- 3 Ivy JL, Katz AL, Cutler CL, Sherman WM, Coyle EF, 1988. Muscle glycogen synthesis after exercise: effect of time of carbohydrate ingestion. *J Appl Physiol*, 64, 1480-1485.
- 4 Ivy JL, Goforth HW, Jr., Damon BM, McCauley TR, Parsons EC, Price TB, 2002. Early postexercise muscle glycogen recovery is enhanced with a carbohydrate-protein supplement. *J Appl Physiol*, 93, 1337-1344.
- 5 Levenhagen DK, Carr C, Carlson MG, Maron DJ, Borel MJ, Flakoll PJ, 2002. Postexercise protein intake enhances whole-body and leg protein accretion in humans. *Med Sci Sports Exerc*, 34, 828-837.
- 6 SCF (Scientific Committee on Food), 2001. Report on composition and specification of food intended to meet the expenditure of intense muscular effort, especially for sportsmen.
- 7 Tipton KD, Rasmussen BB, Miller SL, Wolf SE, Owens-Stovall SK, Petrini BE, Wolfe RR, 2001. Timing of amino acid-carbohydrate ingestion alters anabolic response of muscle to resistance exercise. *Am J Physiol Endocrinol Metab*, 281, E197-206.
- 8 Zawadzki KM, Yaspelkis BB, Ivy JL, 1992. Carbohydrate-protein complex increases the rate of muscle glycogen storage after exercise. *Journal of Applied Physiology*, 72, 1854-1859.

**ID 1398: “Milch” and “Beitrag zum Muskelaufbau”**

- 1 Daniel H and Rehner G, 2002. *Biochemie der Ernährung*. Spektrum Akademischer Verlag, Heidelberg, Berlin.
- 2 Elmadfa I and Leitzmann C, 1998. *Ernährung des Menschen*. Eugen Ulmer Verlag, Stuttgart.
- 3 Phillips SM, Hartman JW, Wilkinson SB, 2005. Dietary protein to support anabolism with resistance exercise in young men. *J Am Coll Nutr*, 24, 134S-139S.
- 4 Rankin JW, Goldman LP, Puglisi MJ, Nickols-Richardson SM, Earthman CP, Gwazdauskas FC, 2004. Effect of post-exercise supplement consumption on adaptations to resistance training. *J Am Coll Nutr*, 23, 322-330.
- 5 Renner E, 1982. *Milch und Milchprodukte in der Ernährung des Menschen*. Volkswirtschaftlicher Verlag, Mann.

- 6 Stehle P, 2002. Ernährungskonzepte für den Leistungssport. In: Behr's Praxishandbuch Functional Food. Behr's Verlag, Hamburg.
- 7 Tipton KD, Elliott TA, Cree MG, Wolf SE, Sanford AP, Wolfe RR, 2004. Ingestion of casein and whey proteins result in muscle anabolism after resistance exercise. Med Sci Sports Exerc, 36, 2073-2081.

**ID 1399: “Stutenmilch, naturbelassen” and “Stutenmilch fördert die Entwicklung der Bifidusflora im Darm, und stimuliert das Immunsystem. Wirksame Inhaltsstoffe sind u.a. Lactoferrin, Lysozym, Immunglobuline (sIgA, sIgM), weitere Enzyme (Amylase, Katalase, Lipase, Peroxydase, Phosphatase, Malat- u”**

- 1 Buhlbacker A, 1996. Zur Verwendbarkeit von Stutenmilch, Kumyss und Eselmilch als Diätetika und Heilmittel unter besonderer Berücksichtigung der Bedürfnisse des Säuglings und des Frühgeborenen - Med. Dissertation Medizinische Fakultät der Universität Witten/Herdecke.
- 2 Ellinger S, Linscheid KP, Jahnecke S, Goerlich R, Enbergs H, 2002. The effect of mare's milk consumption on functional elements of phagocytosis of human neutrophil granulocytes from healthy volunteers. Food and Agricultural Immunology, 14, 191-200.
- 3 Fökel C, Schubert R, Kaatz M, Schmidt I, Hipler U, Vogelsang U, Jahreis G, 2007. Oral treatment with mare's milk in patients with atopic dermatitis. European Journal of Clinical Nutrition (in Vorbereitung 2007).
- 4 Schubert R, Kahle C, Kauf E, Hobert I, Hofmann J, Gruhn B, Häfer R, Vogelsang H, 2002. Interventionsstudie zur Wirksamkeit der Stutenmilch als Diätetikum für Patienten mit chronisch-entzündlichen Darmerkrankungen. 39th DGE-Kongress (14-15/03/2002), Jena.
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**ID 1401: “Mineralwasser/Kohlensäure” and “Verdauung/Magen-Darm-funktion (Anregung)”**

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**ID 1410: “Very low calorie diet (VLCD) Programme” and “1) Safe and effective weight loss 2) long term weight maintenance”**

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**ID 1411: “Very low calorie diet (VLCD) Programme” and “Reduced hunger”**

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**ID 1412: “Very low calorie diet (VLCD) Programme” and “Burning fat for energy, preserving lean tissue”**

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**ID 1453: “Beta-alanine” and “Beta-alanine improves exercise performance”**

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#### **ID 1462: “Beta-Carotene” and “Immune health”**

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**ID 1463: “Beta-Carotene” and “Immune health in relation to UV-radiation”**

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**ID 1464: “Beta carotene in combination with vitamin E and vitamin C” and “Eye health and vision”**

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**ID 1482: “Buckwheat extract containing flavonoid-mineral (troxerutin - zinc) complex (Coldizin)” and “Immune system function”**

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**ID 1488: “Caffeine” and “Supports exercise performance (reduction in perceived exertion, improve time to exhaustion and exercise capacity)”**

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**ID 1578: “HMB (B- hydroxy B- methylbutyrate monohydrate)” and “Increasing strength”**

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**ID 1579: “HMB (B-hydroxy B-methylbutyrate monohydrate)” and “Increasing Mass”**

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**ID 1580: “HMB (B-hydroxy B- methylbutyrate monohydrate)” and “Increasing exercise lactate threshold and VO2 peak”**

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**ID 1581: “HMB” and “HMB and aerobic metabolism”**

- 1 Lamboley CR, Royer D, Dionne IJ, 2007. Effects of beta-hydroxy-beta-methylbutyrate on aerobic-performance components and body composition in college students. *Int J Sport Nutr Exerc Metab*, 17, 56-69.
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**ID 1582: “HMB” and “lean body mass”**

- 1 Jowko E, Ostaszewski P, Jank M, Sacharuk J, Zieniewicz A, Wilczak J, Nissen S, 2001. Creatine and beta-hydroxy-beta-methylbutyrate (HMB) additively increase lean body mass and muscle strength during a weight-training program. *Nutrition*, 17, 558-566.
- 2 Nissen S, Sharp R, Ray M, Rathmacher JA, Rice D, Fuller JC, Jr., Connelly AS, Abumrad N, 1996. Effect of leucine metabolite beta-hydroxy-beta-methylbutyrate on muscle metabolism during resistance-exercise training. *J Appl Physiol*, 81, 2095-2104.
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### **ID 1583: “HMB” and “HMB and training adaptations”**

- 1 Jowko E, Ostaszewski P, Jank M, Sacharuk J, Zieniewicz A, Wilczak J, Nissen S, 2001. Creatine and beta-hydroxy-beta-methylbutyrate (HMB) additively increase lean body mass and muscle strength during a weight-training program. *Nutrition*, 17, 558-566.
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### **ID 1584: “HMB and HMB/KIC combinations” and “exercise induced muscle breakdown”**

- 1 Jowko E, Ostaszewski P, Jank M, Sacharuk J, Zieniewicz A, Wilczak J, Nissen S, 2001. Creatine and beta-hydroxy-beta-methylbutyrate (HMB) additively increase lean body mass and muscle strength during a weight-training program. *Nutrition*, 17, 558-566.
- 2 Knitter AE, Panton L, Rathmacher JA, Petersen A, Sharp R, 2000. Effects of beta-hydroxy-beta-methylbutyrate on muscle damage after a prolonged run. *J Appl Physiol*, 89, 1340-1344.
- 3 Nissen S, Sharp R, Ray M, Rathmacher JA, Rice D, Fuller JC, Jr., Connelly AS, Abumrad N, 1996. Effect of leucine metabolite beta-hydroxy-beta-methylbutyrate on muscle metabolism during resistance-exercise training. *J Appl Physiol*, 81, 2095-2104.
- 4 van Someren KA, Edwards AJ, Howatson G, 2005. Supplementation with beta-hydroxy-beta-methylbutyrate (HMB) and alpha-ketoisocaproic acid (KIC) reduces signs and symptoms of exercise-induced muscle damage in man. *Int J Sport Nutr Exerc Metab*, 15, 413-424.

### **ID 1585: “HMB and HMB/KIC combinations” and “muscle recovery after training”**

- 1 Jowko E, Ostaszewski P, Jank M, Sacharuk J, Zieniewicz A, Wilczak J, Nissen S, 2001. Creatine and beta-hydroxy-beta-methylbutyrate (HMB) additively increase lean body mass and muscle strength during a weight-training program. *Nutrition*, 17, 558-566.
- 2 Knitter AE, Panton L, Rathmacher JA, Petersen A, Sharp R, 2000. Effects of beta-hydroxy-beta-methylbutyrate on muscle damage after a prolonged run. *J Appl Physiol*, 89, 1340-1344.
- 3 Nissen S, Sharp R, Ray M, Rathmacher JA, Rice D, Fuller JC, Jr., Connelly AS, Abumrad N, 1996. Effect of leucine metabolite beta-hydroxy-beta-methylbutyrate on muscle metabolism during resistance-exercise training. *J Appl Physiol*, 81, 2095-2104.
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### **ID 1586: “HMB and HMB/KIC combinations” and “normal muscle repair”**

- 1 Jowko E, Ostaszewski P, Jank M, Sacharuk J, Zieniewicz A, Wilczak J, Nissen S, 2001. Creatine and beta-hydroxy-beta-methylbutyrate (HMB) additively increase lean body mass and muscle strength during a weight-training program. *Nutrition*, 17, 558-566.
- 2 Knitter AE, Panton L, Rathmacher JA, Petersen A, Sharp R, 2000. Effects of beta-hydroxy-beta-methylbutyrate on muscle damage after a prolonged run. *J Appl Physiol*, 89, 1340-1344.
- 3 Nissen S, Sharp R, Ray M, Rathmacher JA, Rice D, Fuller JC, Jr., Connelly AS, Abumrad N, 1996. Effect of leucine metabolite beta-hydroxy-beta-methylbutyrate on muscle metabolism during resistance-exercise training. *J Appl Physiol*, 81, 2095-2104.
- 4 van Someren KA, Edwards AJ, Howatson G, 2005. Supplementation with beta-hydroxy-beta-methylbutyrate (HMB) and alpha-ketoisocaproic acid (KIC) reduces signs and symptoms of exercise-induced muscle damage in man. *Int J Sport Nutr Exerc Metab*, 15, 413-424.

### **ID 1587: “HMB and HMB/KIC combinations” and “changes in muscle strength during training”**

- 1 Jowko E, Ostaszewski P, Jank M, Sacharuk J, Zieniewicz A, Wilczak J, Nissen S, 2001. Creatine and beta-hydroxy-beta-methylbutyrate (HMB) additively increase lean body mass and muscle strength during a weight-training program. *Nutrition*, 17, 558-566.
- 2 Nissen S, Sharp R, Ray M, Rathmacher JA, Rice D, Fuller JC, Jr., Connelly AS, Abumrad N, 1996. Effect of leucine metabolite beta-hydroxy-beta-methylbutyrate on muscle metabolism during resistance-exercise training. *J Appl Physiol*, 81, 2095-2104.
- 3 Panton LB, Rathmacher JA, Baier S, Nissen S, 2000. Nutritional supplementation of the leucine metabolite beta-hydroxy-beta-methylbutyrate (hmb) during resistance training. *Nutrition*, 16, 734-739.
- 4 van Someren KA, Edwards AJ, Howatson G, 2005. Supplementation with beta-hydroxy-beta-methylbutyrate (HMB) and alpha-ketoisocaproic acid (KIC) reduces signs and symptoms of exercise-induced muscle damage in man. *Int J Sport Nutr Exerc Metab*, 15, 413-424.

### **ID 1588: “Inositol (Common Names: Inositol, myo-inositol)” and “Cognitive and mental performance”**

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**ID 1642: “Polyphenols derived from red wine” and “Vascular functions”**

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**ID 1643: “Polyphenols from tea” and “Antioxidant properties / Heart health”**

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**ID 1644: “Propolis” and “Immune Support Propolis helps to protect cells from free radical damage and helps maintain a healthy immune system through action of high levels of antioxidant bioflavonoids.”**

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**ID 1666: “Tomato extract, grape seeds extract, vitamin C and E, Selenium (Seresis Pharmaton)” and “Antioxidant combination, for antioxidant protection system”**

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**ID 1667: “Tomato extract, grape seeds extract, vitamin C and E, Selenium (Seresis Pharmaton)” and “For cardiovascular health”**

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**ID 1668: “Tomato extract, grape seeds extract, vitamin C and E, Selenium (Seresis Pharmaton)” and “Skin anti-ageing agent”**

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**ID 1675: “Vitamins, minerals, lysine and/or arginine and/or taurine (Pharmaton Kiddi)” and “Nutritional support (for children and adults) in case of unbalanced nutrition”**

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**ID 1676: “Vitamins, minerals, lysine and/or arginine and/or taurine (Pharmaton Kiddi)” and “Nutritional support after illness”**

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**ID 1679: “VitaGrape® Grape Seed Extract 95% OPC” and “Excellent source of oligomeric proanthocyanidins that have been associated with the reduction of oxidative stress.”**

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**ID 1690: “Alfa-galattosidasi” and “Digestion”**

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**ID 1696: “hydroxytyrosol simple phenol; oleuropein complex polyphenol belonging to ai secoiridoids” and “Antioxidant activity, they protect body cells and LDL from oxidative damages”**

No references provided

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**ID 1713: “Arginine” and “For immune system functions”**

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#### **ID 1718: “choline-stabilized orthosilicic acid (ch-OSA) (The mineral silicon is present in water as orthosilicic acid; ch-OSA is a stabilized and concentrated source of orthosilicic acid)” and “Maintenance and promotion of healthy connective tissue in bone by stimulating bone collagen synthesis. Healty women and men.”**

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**ID 1719: “choline-stabilized orthosilicic acid (ch-OSA) (The mineral silicon is present in water as orthosilicic acid; ch-OSA is a stabilized and concentrated source of orthosilicic acid)” and “Helps support hair quality by helping to maintain healthy connective tissue in the dermis. Healthy women and men.”**

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**ID 1720: “Co-Enzyme Q 10” and “For physiological energy”**

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**ID 1721: “Co-Enzyme Q 10” and “For maintenance and promotion of heart health”**

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**ID 1723: “Copper enriched *Saccharomyces cerevisiae* ATY-SC-110” and “Neurological system structure and function”**

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**ID 1724: “Copper enriched *Saccharomyces cerevisiae* ATY-SC-108” and “Skin and hair pigment”**

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**ID 1747: “Policosanol / Blend of aliphatic alcohols - consisting primarily of 1-Octacosanol, 1-Triacontanol, 1-Tetracosanol and 1-Hexacosanol - from sugar cane (*Saccharum officinarum*).” And “Cholesterol”**

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**ID 1787: “Anthocyanidines + proanthocyanidines” and “Cardiovascular system”**

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**ID 1833: “Phenol compounds of cranberry and lingonberry (catechins, flavonoids, phenolic acids, anthocyanins, lignans) + ascorbic acid” and “Antioxidativity”**

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**ID 1834: “Phospholipids” and “Immunity”**

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### **ID 1838: “Royal Jelly + pollen” and “Immunity”**

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### **ID 1839: “Pollen pistil extract + SOD” and “Mental state and performance, antioxidativity”**

- 1 Chen HJ, Wang ZP, Chen YR, Qin DS, Fu SJ, Ma BL, 2002. Effects of pollen extract EA-10, P5 on chronic prostatitis or infertility with chronic prostatitis. *Acta Pharmacol Sin*, 23, 1035-1039.
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**ID 1840: “Pollen pistil extract + SOD” and “Physical performance and condition”**

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**ID 1841: “Proanthocyanidins in cranberry juice” and “Urinary tract”**

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- 2 AFSSA (Agence Française de Sécurité Sanitaire des Aliments), 2004. Opinion from the French national food safety agency relative to the evaluation of justifications concerning the claim "helps to reduce the fixation of certain E.coli bacteria on the walls of urinary tracts and on the use of "cranberry" or "Vaccinium macrocarpon" in concentrated juices, food additives and a juice cocktail/nectar. Afssa Referral N°2003-SA-0352.
- 3 AFSSA (Agence Française de Sécurité Sanitaire des Aliments), 2007. Formal opinion of the AFSSA (French Agency for Food Safety) relating to the evaluation of the evidence concerning the extension of the claim “helps decrease the adherence of certain E. coli bacteria to the walls of the urinary tract” to the use of cranberry, or “Vaccinium macrocarpon”, in fresh and frozen cranberries, cranberry sauce, sweetened dried cranberries and flavoured sweetened dried cranberries. Afssa Petition N° 2006-SA-0256.



- 4 AFSSAPS (Agence Française de Sécurité Sanitaire des Produits de Santé), 2008. Good practice recommendations.
- 5 Avorn J, Monane M, Gurwitz JH, Glynn RJ, Choodnovskiy I, Lipsitz LA, 1994. Reduction of bacteriuria and pyuria after ingestion of cranberry juice. *JAMA*, 271, 751-754.
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- 8 Cunningham DG, 2004. Letter to Gunter Haesaerts, GIKA France.
- 9 Cunningham DG, 2005. Letter to unknown recipient regarding proanthocyanidin value statement.
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### **ID 1868: “Sodium alginate and ascophyllum nodosum” and “Alginate can reduce the activity of digestive enzymes and reduce glucose absorption. Polyphenols found in ascophyllum nodosum inhibit enzyme activity and reduce the glycaemic load of meals”**

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**ID 1869: “Glucosamine sulfate” and “Glucosamine sulfate possesses antiinflammatory activity”**

- 1 No authors listed, 1998. Gonarthrosis--current aspects of therapy with glucosamine sulfate (dona200-S). *Fortschr Med Suppl*, 183, 1-12.
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- 6 Zupanets IA, Drogovoz SM, Iakovleva LV, Pavlii AI, Bykova OV, 1990. Physiologic importance of glucosamine. *Fiziol Zh*, 36, 115-120.

**ID 1871: “Name of Food product: Product-specific claim: sodium alginate, n-acetyl cysteine and piperine.**

**Description of food in terms of food legislation categories: food not covered by specific food legislation.**

**Was food on Irish market before 1st July 2007: No” and “Health benefits of food: Alginate binds heavy metals, stimulates mucin production and protects the colon. N-acetylcysteine detoxifies and removes heavy metals. Piperine increases the bioavailability of n-acetylcysteine. Do benefits relate to a disease ri”**

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- 4 Badmaev V, Majeed M, Prakash L, 2000. Piperine derived from black pepper increases the plasma levels of coenzyme Q10 following oral supplementation. *J Nutr Biochem*, 11, 109-113.
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- 7 Flanagan RJ and Meredith TJ, 1991. Use of N-acetylcysteine in clinical toxicology. *Am J Med*, 91, 131S-139S.
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- 9 Khajuria A, Thusu N, Zutshi U, 2002. Piperine modulates permeability characteristics of intestine by inducing alterations in membrane dynamics: influence on brush border membrane fluidity, ultrastructure and enzyme kinetics. *Phytomedicine*, 9, 224-231.

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- 15 Ottenwalder H and Simon P, 1987. Differential effect of N-acetylcysteine on excretion of the metals Hg, Cd, Pb and Au. *Arch Toxicol*, 60, 401-402.
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- 17 Rose HE and Quarterman J, 1987. Dietary fibers and heavy metal retention in the rat. *Environ Res*, 42, 166-175.
- 18 Zalups RK and Barfuss DW, 1998. Participation of mercuric conjugates of cysteine, homocysteine, and N-acetylcysteine in mechanisms involved in the renal tubular uptake of inorganic mercury. *J Am Soc Nephrol*, 9, 551-561.

**ID 1872: “Ipriflavone” and “Ipriflavone supresses bone resorption”**

- 1 Agnusdei D and Bufalino L, 1997. Efficacy of ipriflavone in established osteoporosis and long-term safety. *Calcified Tissue International*, 61, S23-S27.
- 2 Gambacciani M, Spinetti A, Piaggese L, Cappagli B, Taponeco F, Manetti P, Weiss C, Teti GC, Lacommare P, Facchini V, 1994. Ipriflavone Prevents the Bone Mass Reduction in Premenopausal Women Treated with Gonadotropin Hormone-Releasing Hormone Agonists. *Bone and Mineral*, 26, 19-26.
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- 8 Somekawa Y, Chiguchi M, Ishibashi T, Wakana K, Aso T, 2001. Efficacy of ipriflavone in preventing adverse effects of leuprolide. *J Clin Endocrinol Metab*, 86, 3202-3206.

**ID 1873: “Name of Food product: Product-specific claim: sodium alginate and ulva. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: Alginate and ulva bind toxins, mutagens and heavy**

**metals. They can also stimulate and increase colonic mucin production and thicken the colonic mucosa and protect the colon from harmful substances. Do benefits relate to a disease”**

- 1 Aozasa O, Ohta S, Nakao T, Miyata H, Nomura T, 2001. Enhancement in fecal excretion of dioxin isomer in mice by several dietary fibers. *Chemosphere*, 45, 195-200.
- 2 Barcelo A, Claustre J, Moro F, Chayvialle JA, Cuber JC, Plaisancie P, 2000. Mucin secretion is modulated by luminal factors in the isolated vascularly perfused rat colon. *Gut*, 46, 218-224.
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- 6 Ikegami S, Umegaki K, Kawashima Y, Ichikawa T, 1994. Viscous indigestible polysaccharides reduce accumulation of pentachlorobenzene in rats. *J Nutr*, 124, 754-760.
- 7 Nishiyama C, Nagai T, Yano T, 1991. Adsorption of mutagens in distilled water by dietary fibres. *Agricultural and Biological Chemistry* 55, 797-802.
- 8 Prasanna Kumar Y, King P, Prasad VSRK, 2006. Removal of copper from aqueous solution using *Ulva fasciata* sp. - A marine green algae. *Journal of Hazardous Materials*, 137, 367-373.
- 9 Qin Y, 2005. Ion-Exchange Properties of Alginate Fibers. *Textile Research Journal*, 75, 165-168.
- 10 Rose HE and Quarterman J, 1987. Dietary fibers and heavy metal retention in the rat. *Environ Res*, 42, 166-175.
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- 14 Vijayaraghavan K, Jegan J, Palanivelu K, Velan M, 2005. Biosorption of copper, cobalt and nickel by marine green alga *Ulva reticulata* in a packed column. *Chemosphere*, 60, 419-426.

**ID 1874: “Methylsulphonylmethane (MSM)” and “To help strengthen hair, skin and nails”**

- 1 Horvath K, Noker PE, Somfai-Relle S, Glavits R, Financsek I, Schauss AG, 2002. Toxicity of methylsulfonylmethane in rats. *Food Chem Toxicol*, 40, 1459-1462.
- 2 Magnuson BA, Appleton J, Ryan B, Matulka RA, 2007. Oral developmental toxicity study of methylsulfonylmethane in rats. *Food Chem Toxicol*, 45, 977-984.

**ID 1875: “Olivenol livin' BEGIN” and “A potent source of antioxidant”**

- 1 Bitler CM, Viale TM, Damaj B, Crea R, 2005. Hydrolyzed olive vegetation water in mice has anti-inflammatory activity. *J Nutr*, 135, 1475-1479.
- 2 Soni MG, Burdock GA, Christian MS, Bitler CM, Crea R, 2006. Safety assessment of aqueous olive pulp extract as an antioxidant or antimicrobial agent in foods. *Food and Chemical Toxicology*, 44, 903-915.

**ID 1877: “Olive Biophenols” and “A potent source of olive biophenols with strong anti-bacterial properties”**

- 1 Ananth I, 2004. Evaluation of Bacteriostatic/Bacteriocidal Effects of Freeze Dried Olive By Product Against Salmonella & Listeria Monocytogenes. National Food Laboratory.
- 2 No authors listed, Safety Assessment Report. Elsevier.
- 3 Borzelleca JF, Fellow ACT, Burdock GA, Diplomate ABT, Christian MS, Fellow ATS, 2004. Determination of GRAS Status of Hydrolyzed Aqueous Olive Pulp Extract (HIDROX) Used As An Antioxidant or Antimicrobial Agent. GRAS Report. Burdock Group Technology and Risk Assessment, 54.
- 4 Christian MS, Sharper VA, Hoberman AM, Seng JE, Fu L, Covell D, Diener RM, Bitler CM, Crea R, 2004. The toxicity profile of hydrolyzed aqueous olive pulp extract. Drug Chem Toxicol, 27, 309-330.

**ID 1878: “Olive Biophenols” and “A potent source of olive biophenols that have anti-UV damage properties”**

- 1 No authors listed, Safety Assessment Report. Elsevier.
- 2 Borzelleca JF, Fellow ACT, Burdock GA, Diplomate ABT, Christian MS, Fellow ATS, 2004. Determination of GRAS Status of Hydrolyzed Aqueous Olive Pulp Extract (HIDROX) Used As An Antioxidant or Antimicrobial Agent. GRAS Report. Burdock Group Technology and Risk Assessment, 54.
- 3 Christian MS, Sharper VA, Hoberman AM, Seng JE, Fu L, Covell D, Diener RM, Bitler CM, Crea R, 2004. The toxicity profile of hydrolyzed aqueous olive pulp extract. Drug Chem Toxicol, 27, 309-330.
- 4 Forbes PD, Fellow ATS, Sambuco CP, 2005. A Study of Approximately 5 weeks to Evaluate Cutaneous and General Toxicity of Orally or Topically Administered OLIVENOL™ in CRL:SKH1-hrBR Hairless Mice. Argus Research Laboratories.

**ID 1879: “Name of Food product: gelatin & cystine. Description of food in terms of food legislation categories: Food supplement Was food on Irish market before 1st July 2007: No” and “Health benefits of food: healthy hair, skin and nails. Do benefits relate to a disease risk factor: No Target group: All adults aged 18 years and over”**

- 1 Metwalli OM, Salem SI, Abdel-Razik SL, 1977. Effect of low-protein diet and its duration on hair composition. Z Ernährungswiss, 16, 241-247.
- 2 Morganti P, Bruno C, Colelli G, 1983. Gelatin-cystine, keratogenesis and structure of the hair. Boll Soc Ital Biol Sper, 59, 20-25.
- 3 Pollitt RJ and Stonier PD, 1971. Proteins of normal hair and of cystine-deficient hair from mentally retarded siblings. Biochem J, 122, 433-444.

**ID 1880: “Name of Food product: Triphala. Description of food in terms of food legislation categories: Food supplement. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: Triphala has a strong antioxidant effect. Do benefits relate to a disease risk factor: No Target group: Adults aged 18 years and over with some exceptions. If exceptions describe: Pregnant, lactating women and children. Reasons for excluding these groups: These groups of people should avoid taking Triphala just as they should avoid taking any unnecessary supplements due to being vulnerable populations.**

**Triphala is not suitable during pregnancy as its "downward flowing" energy is believed to favour miscarriage"**

- 1 Bhattacharya A, Ghosal S, Bhattacharya SK, 2000. Antioxidant activity of tannoid principles of *Emblica officinalis* (amla) in chronic stress induced changes in rat brain. *Indian J Exp Biol*, 38, 877-880.
- 2 Cheng HY, Lin TC, Yu KH, Yang CM, Lin CC, 2003. Antioxidant and free radical scavenging activities of *Terminalia chebula*. *Biol Pharm Bull*, 26, 1331-1335.
- 3 Kim HG, Cho JH, Jeong EY, Lim JH, Lee SH, Lee HS, 2006. Growth-inhibiting activity of active component isolated from *Terminalia chebula* fruits against intestinal bacteria. *J Food Prot*, 69, 2205-2209.
- 4 Lee HS, Won NH, Kim KH, Lee H, Jun W, Lee KW, 2005. Antioxidant effects of aqueous extract of *Terminalia chebula* in vivo and in vitro. *Biol Pharm Bull*, 28, 1639-1644.
- 5 Naik GH, Priyadarsini KI, Naik DB, Gangabhadragirathi R, Mohan H, 2004. Studies on the aqueous extract of *Terminalia chebula* as a potent antioxidant and a probable radioprotector. *Phytomedicine*, 11, 530-538.
- 6 Naik GH, Priyadarsini KI, Bhagirathi RG, Mishra B, Mishra KP, Banavalikar MM, Mohan H, 2005. In vitro antioxidant studies and free radical reactions of triphala, an ayurvedic formulation and its constituents. *Phytother Res*, 19, 582-586.
- 7 Perianayagam JB, Sharma SK, Joseph A, Christina AJ, 2004. Evaluation of anti-pyretic and analgesic activity of *Emblica officinalis* Gaertn. *J Ethnopharmacol*, 95, 83-85.
- 8 Rasool M and Sabina EP, 2007. Antiinflammatory effect of the Indian Ayurvedic herbal formulation Triphala on adjuvant-induced arthritis in mice. *Phytother Res*, 21, 889-894.
- 9 Sai Ram M, 2002. Cytoprotective and immunomodulating properties of Amla (*Emblica officinalis*) on lymphocytes: an invitro study. *J Ethnopharmacol*, 81, 5-10.
- 10 Sairam K, Rao Ch V, Babu MD, Kumar KV, Agrawal VK, RK KG, 2002. Antiulcerogenic effect of methanolic extract of *Emblica officinalis*: an experimental study. *J Ethnopharmacol*, 82, 1-9.
- 11 Sandhya T, Lathika KM, Pandey BN, Bhilwade HN, Chaubey RC, Priyadarsini KI, Mishra KP, 2006. Protection against radiation oxidative damage in mice by Triphala. *Mutat Res*, 609, 17-25.
- 12 Singh I, Sharma A, Nunia V, Goyal PK, 2005. Radioprotection of Swiss albino mice by *Emblica officinalis*. *Phytother Res*, 19, 444-446.
- 13 Srikumar R, Jeya Parthasarathy N, Sheela Devi R, 2005. Immunomodulatory activity of triphala on neutrophil functions. *Biol Pharm Bull*, 28, 1398-1403.
- 14 Tamhane MD, Thorat SP, Rege NN, Dahanukar SA, 1997. Effect of oral administration of *Terminalia chebula* on gastric emptying: an experimental study. *J Postgrad Med*, 43, 12-13.

**ID 1881: “Name of Food product: Product-specific claim: Sodium alginate and ascophyllum nodosum. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: Alginate can reduce the activity of digestive enzymes and reduce glucose absorption. Polyphenols found in ascophyllum nodosum inhibit enzyme activity and reduce the glycemic load of meals. Do benefits relate to a disease risk factor: Yes. Target group: Adults aged 18 years and over with some exceptions. If exceptions describe: Pregnant, lactating women and children. People with brittle bones or calcium deficiency. Reasons for excluding these groups: Sodium alginate may decrease the absorption of calcium if taken concomitantly therefore it should be avoided by pregnant, lactating women and children and those with brittle bones or calcium deficiency.”**

- 1 Bobin-Dubigeon C, Hoebler C, Lognoné V, Dagorn-Scaviner C, Mabeau S, Barry JL, Lahaye M, 1997. Chemical composition, physico-chemical properties, enzymatic inhibition and fermentative characteristics of dietary fibres from edible seaweeds. *Sciences des aliments*, 17, 619-639.
- 2 Brownlee IA, Allen A, Pearson JP, Dettmar PW, Havler ME, Atherton MR, Onsoyen E, 2005. Alginate as a source of dietary fiber. *Crit Rev Food Sci Nutr*, 45, 497-510.
- 3 Ikegami S, Tsuchihashi F, Harada H, Tsuchihashi N, Nishide E, Innami S, 1990. Effect of viscous indigestible polysaccharides on pancreatic-biliary secretion and digestive organs in rats. *J Nutr*, 120, 353-360.
- 4 Kim BY, Jeong JH, Park K, Kim JD, 2005. Bioadhesive interaction and hypoglycemic effect of insulin-loaded lectin-microparticle conjugates in oral insulin delivery system. *J Control Release*, 102, 525-538.
- 5 Ohta A, Taguchi A, Takizawa T, Adachi T, Kimura S, Hashizume N, 1997. The alginate reduce the postprandial glycaemic response by forming a gel with dietary calcium in the stomach of the rat. *Int J Vitam Nutr Res*, 67, 55-61.
- 6 Torsdottir I, Alpsten M, Holm G, Sandberg AS, Tolli J, 1991. A small dose of soluble alginate-fiber affects postprandial glycemia and gastric emptying in humans with diabetes. *J Nutr*, 121, 795-799.
- 7 Vaugelade P, Hoebler C, Bernard F, Guillon F, Lahaye M, Duee PH, Darcy-Vrillon B, 2000. Non-starch polysaccharides extracted from seaweed can modulate intestinal absorption of glucose and insulin response in the pig. *Reprod Nutr Dev*, 40, 33-47.
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**ID 1882: “Name of Food product: Olive Biophenols. Description of food in terms of food legislation categories: Food supplement. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: A potent source of olive biophenols with anti-inflammatory properties. Do benefits relate to a disease risk factor: No. Target group: All of the general population including children and adults”**

- 1 American Chemical Society Meeting, Health benefits of an Olive Extract.
- 2 Bitler CM, Viale TM, Damaj B, Crea R, 2005. Hydrolyzed olive vegetation water in mice has anti-inflammatory activity. *J Nutr*, 135, 1475-1479.
- 3 Borzelleca JF, Fellow ACT, Burdock GA, Diplomate ABT, Christian MS, Fellow ATS, 2004. Determination of GRAS Status of Hydrolyzed Aqueous Olive Pulp Extract (HIDROX) Used As An Antioxidant or Antimicrobial Agent. *GRAS Report*, 54.
- 4 Christian MS, Sharper VA, Hoberman AM, Seng JE, Fu L, Covell D, Diener RM, Bitler CM, Crea R, 2004. The toxicity profile of hydrolyzed aqueous olive pulp extract. *Drug Chem Toxicol*, 27, 309-330.

- 5 Elsevier, Safety Assessment Report.
- 6 Matt KS, Yusin J, Hook G, 2005. Effects of a dietary supplement, Olivenol, on disease activity in patients with Osteoarthritis and Rheumatoid arthritis. Neuroendocrine Research Laboratory. The Biodesign Institute, 34.

**ID 1884: “Name of Food product: Product-specific claim: sodium alginate, HCA and piperine. Description of food in terms of food legislation categories: food not covered by specific food legislation. Was food on Irish market before 1st July 2007: No” and “Health benefits of food: Alginate forms a gel in the stomach and promotes an immediate feeling of satiety. It may also trap a portion of HCA. Piperine increases the bioavailability of the un-trapped HCA and enhances satiety. Do benefits relate to a disease risk factor: No Target group: Adults aged 18 years and over with some exceptions If exceptions describe: Pregnant, lactating women and children. Also those with calcium deficiency or brittle bones. Reasons for excluding these groups: HCA can influence the body’s own production of cholesterol and therefore it may influence indirectly the production of sterols. Pregnancy is a time of extreme sensitivity to steroid hormones so HCA should be avoided and also during lactation. Sodium alginate may decrease the absorption of calcium if taken concomitantly therefore it should be avoided by pregnant, lactating women, children and those with brittle bones or calcium deficiencies.”**

- 1 Badmaev V, Majeed M, Norkus EP, 1999. Piperine, an alkaloid derived from black pepper increases serum response of beta-carotene during 14-days of oral beta-carotene supplementation. Nutrition Research, 19, 381-388.
- 2 Badmaev V, Majeed M, Prakash L, 2000. Piperine derived from black pepper increases the plasma levels of coenzyme Q10 following oral supplementation. J Nutr Biochem, 11, 109-113.
- 3 Clouatre D and Rosenbaum M, 1994. The diet and health benefits of HCA (hydroxycitric acid). How this all-natural diet aid promotes weight loss and inhibits fat production. Keats Publishing, New Canaan, Conn.
- 4 Conte A, 1993. How I do it in my bariatric practice: a nonprescription alternative in weight reduction therapy. Bariatrician, Summer, 7-13.
- 5 Hayamizu K, Ishii Y, Kaneko I, Shen M, Okuhara Y, Shigematsu N, Tomi H, Furuse M, Yoshino G, Shimasaki H, 2003. Effects of garcinia cambogia (Hydroxycitric Acid) on visceral fat accumulation: a double-blind, randomized, placebo-controlled trial. Current Therapeutic Research, 64, 551-567.
- 6 Khajuria A, Thusu N, Zutshi U, 2002. Piperine modulates permeability characteristics of intestine by inducing alterations in membrane dynamics: influence on brush border membrane fluidity, ultrastructure and enzyme kinetics. Phytomedicine, 9, 224-231.
- 7 Leonhardt M, Hrupka B, Langhans W, 2001. Effect of hydroxycitrate on food intake and body weight regain after a period of restrictive feeding in male rats. Physiol Behav, 74, 191-196.
- 8 Louter-van de Haar J, Wielinga PY, Scheurink AJ, Nieuwenhuizen AG, 2005. Comparison of the effects of three different (-)-hydroxycitric acid preparations on food intake in rats. Nutr Metab (Lond), 2, 23.
- 9 Mattes RD, 2007. Effects of a combination fiber system on appetite and energy intake in overweight humans. Physiol Behav, 90, 705-711.
- 10 Norton IT, Frith WJ, Ablett S, 2006. Fluid gels, mixed fluid gels and satiety. Food Hydrocolloids, 20, 229-239.
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- 12 Preuss HG, Bagchi D, Bagchi M, Rao CV, Dey DK, Satyanarayana S, 2004. Effects of a natural extract of (-)-hydroxycitric acid (HCA-SX) and a combination of HCA-SX plus niacin-bound chromium and *Gymnema sylvestre* extract on weight loss. *Diabetes Obes Metab*, 6, 171-180.
- 13 Shara M, Ohia SE, Yasmin T, Zardetto-Smith A, Kincaid A, Bagchi M, Chatterjee A, Bagchi D, Stohs SJ, 2003. Dose- and time-dependent effects of a novel (-)-hydroxycitric acid extract on body weight, hepatic and testicular lipid peroxidation, DNA fragmentation and histopathological data over a period of 90 days. *Mol Cell Biochem*, 254, 339-346.
- 14 Tomita K, Okuhara Y, Shigematsu N, Suh H, Lim K, 2003. (-)-hydroxycitrate ingestion increases fat oxidation during moderate intensity exercise in untrained men. *Biosci Biotechnol Biochem*, 67, 1999-2001.
- 15 Westerterp-Plantenga MS and Kovacs EM, 2002. The effect of (-)-hydroxycitrate on energy intake and satiety in overweight humans. *Int J Obes Relat Metab Disord*, 26, 870-872.

**ID 1887: “Chlorella algae (*Chorella pyrenoidosa*)” and “Purifiant, capacité à absorber les toxins”**

- 1 Chandini T, 1989. Survival, growth and reproduction of *Daphnia carinata* (Crustacea: Cladocera) exposed to chronic cadmium stress at different food (*Chlorella*) levels. *Environ Pollut*, 60, 29-45.
- 2 Konishi F, Mitsuyama M, Okuda M, Tanaka K, Hasegawa T, Nomoto K, 1996. Protective effect of an acidic glycoprotein obtained from culture of *Chlorella vulgaris* against myelosuppression by 5-fluorouracil. *Cancer Immunol Immunother*, 42, 268-274.
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- 8 Vacek A, Rotkowska D, Bartonickova A, Kautska J, 1992. Amelioration of radiation damage to haemopoiesis by Ivastimul, given after irradiation to mice protected by peroral cystamine. *Folia Biol (Praha)*, 38, 323-331.
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- 10 Wong MH and Pak DC, 1992. Removal of Cu and Ni by free and immobilized microalgae. *Biomed Environ Sci*, 5, 99-108.

**ID 1889: “Colostrum bovin” and “Système digestif Combat la colite, la diarrhée”**

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