European Food Safety Authority

Unit on Dietetic Products, Nutrition and Allergies

Parma, 5 April 2011

Consolidated list of Article 13 health claims
List of references received by EFSA

Part 4
IDs 3001 – 4705

(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[1] 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.

[1] 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 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.

LIST OF REFERENCES

The present document compiles the lists of references for claims with ID numbers between 3001 and 4705 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.

TABLE OF CONTENTS

ID 3001: "Probiotic strain: Lactobacillus acidophilus LA-5" and "Promotes the restoration of the intestinal microbiota during and after antibiotic use measured by reduced levels of non-beneficial bacteria in the intestine"

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ID 3007: "Lactobacillus paracasei Lpc-37 (ATCC SD5275)" and "Probiotic, Contributes to/supports the bodys natural resistance/defense by stimulation the production of the specific IgG immunoglobulin, Stimulates the formation of specific antibodies"

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ID 3012: "Food supplement, mixture of 4 probiotic bacteria (Lactibiane®): B. longum LA 101, Lb. acidophilus LA 102, L. lactis LA 103 and S. thermophilus LA 104" and "Intestinal transit"

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ID 3034: "Lactobacillus casei 101/37 (LMG P-17504)" and "Natural defenses (enhance NK cell activity) / immune system"

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ID 3038: "Bifidobacterium pseudocatenulatum EI-20 -MB 116 (DSM 18353)" and "Microflora / intestinal health"

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ID 3039: "Bifidobacterium adolescentis EI-15 -ALB 1 (DSM 18351)" and "Microflora / intestinal transit/ intestinal health"

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ID 3040: "Lactobacillus fermentum LF 10 (DSM 19187)" and "Microflora/ barrier effect/intestinal health"

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ID 3041: "Lactobacillus paracasei subsp. paracasei LPC 00 (LMG P-21380)" and "Microflora / intestinal health"

1 BIOLAB Assicurazione Qualita' srl, Study of antimycotic activity.

ID 3042: "Lactobacillus paracasei subsp. paracasei LPC 00 (LMG P-21380)" and "Microflora / intestinal health"

1 Addeo F, Sudy conducted at the department of Food Science, Università degli Studi di Napoli "Federico II" Portici (in course of publication).

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ID 3044: "Lactobacillus crispatus CRL 1251" and "Vaginal health/flora"

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ID 3075: "Beta carota (carrot juice, lactic acid fermented)" and "Healthy digestion"

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ID 3078: "Dairy based products containing Lactobacillus rhamnosus GG (LGG®)" and "gut health / barrier function of the intestine"

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ID 3166: “Xanthohumol enriched hop extract” and “antioxidant properties”

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ID 3167: “Hop extract containing xanthohumol” and “antioxidant properties”

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ID 3168: "Xanthohumol" and "antioxidant properties"

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ID 3169: "Hop extract" and "Antioxidant properties"

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ID 3170: “Xanthohumol enriched hop extract” and “relaxation properties”

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ID 3174: "Xanthohumol enriched hop extract" and "free radical scavenger / fights free radicals"

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ID 3175: "Hop extract containing xanthohumol" and "free radical scavenger / fights free radicals"

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ID 3176: "Xanthohumol" and "Free radical scavenger / fights free radicals"

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ID 3177: “Hop extract” and “free radical scavenger / fights free radicals”

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ID 3178: “Xanthohumol enriched hop extract” and “anti - ageing”

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ID 3179: “Hop extract containing xanthohumol” and “anti - ageing”

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ID 3233: "Arctostaphylos uva- ursi Spre." and "Skin whitening"

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ID 3239: “Arnica montana L.” and “Reduces edema”

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ID 3307: "Castanea vesca" and "Antioxidant, can protect cells and tissues against oxidative damage"

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ID 3375: "Gynostemma pentaphyillum" and "Contributes to maintain a healthy blood sugar level2

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ID 3440: “Marrubium vulgare L.” and “Contributes to the maintenance of a normal blood pressure”

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ID 3441: "Marrubium vulgare L" and "Helps to preserve a healthy vascular wall (helps to prevent microvascular extravasation)"

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ID 3442: "Marrubium vulgare L" and "Helps to relax the gastrointestinal tract"

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ID 3444: "Melaleuca alternifolia cheel" and "Can protect cells and tissues against oxidative damage"

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ID 3779: "OLEA EUROPAEA L." and "Can help to maintain a normal function of gastrointestinal tract"

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ID 3780: "Olea europaea L." and "Antioxidant"

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ID 3781: "Olea europaea L." and "Contributes to the maintenance of a normal blood pressure"

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ID 3782: “Olea europaea L.” and “Contributes to maintain a healthy blood sugar level”

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ID 4295: “Fish oil (EPA, DHA)” and “Membranes cell structure”

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ID 4296: “Borage oil (GLA= gamma linolenic acid)” and “Membranes cell structure”

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ID 4298: “Name of Food product: Low Calorie Sweetener / Table-top Sweetener (Granular & tablets - sucralose based) 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: intense sweeteners have no effect on carbohydrate metabolism or short or long term blood glucose 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 4299: “Name of Food product: Low Calorie Sweetener / Table-top Sweetener (Granular & tablets - sucralose based) 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: intense sweeteners help to maintain a healthy body weight; intense sweeteners help to control calorie intake 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 4300: “Name of Food product: Low Calorie Sweetener / Table-top Sweetener (Granular & tablets - sucralose based) 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: "intense sweeteners are not cariogenic intense sweeteners do not promote tooth decay this table top sweetener is safe for teeth" Do benefits relate to a disease risk factor: No Target group: All of the general population including children and adults”

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benefits of food: Coffee naturally contains antioxidants that may support the body's natural cell defences. Do benefits relate to a disease risk factor: No. Target group: All adults aged 18 years and over"

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ID 4307: "Whey protein isolate (Lacprodan DI-9212)" and "Increase muscle synthesis"

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ID 4308: “Dietary fibre” and “Reduction of glycemic response”

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ID 4311: “Shells of Ostrea spp./Crassastrea spp. (oyster shells) are rich source of calcium (calcium carbonates)” and “Bone health”

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ID 4313: “Brewer's yeast (Saccharomyces cerevisae)” and “Digestive process/promotes intestinal well-being/can bind pathogenic bacteria/increases the activity of digestive enzymes”

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ID 4314: “Orthosiphon stamineus (java tea) leaves” and “Health of urinary function: Supports drainage of water from the body/Has diuretic properties”

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ID 4321: “Dog rose (Rosa canina) fruit” and “Is a rich source of vitamin C that has immunostimulating activities”

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chromatography-mass spectrometry, and their rapid quantification together with vitamin C. J Chromatogr A, 1077, 170-180.

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ID 4324: "Bacopa monnieri whole plant" and "Antioxodant"

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ID 4326: "Decaffeinated green (unroasted) coffee bean extract produced from Coffea canephora robusta (plant:extract ratio between 6:1 to 8:1). The active ingredients contained in the green coffee extract are chlorogenic acids (>45% w/w). The chlorogenic acids mainly comprise the 3 isomers of caffeoylquinic acid, 3 caffeoylquinic acid, 4-caffeoylquinic acid, and 5-caffeoylquinic acid. The green coffee extract also contains dicaffeoylquinic acids (3,4-, 3,5-, and 4,5-dicaffeoylquinic acid) and feruloylquinic acids (3-, 4-, and 5-feruloylquinic acid) at levels of 9.6 and 13.2% of total chlorogenic acids, respectively. Example of Specifications for Decaffeinated Green Coffee Extract. Specification Parameter Specification. Appearance Fine powder. Colour Yellow. Flavour Characteristic. Identification (UV profile in methanol) Maximum at 325 ± 5 nm. Particle size 60 to 400 mesh. Total polyphenols 50 to 55%. Total chlorogenic acids 45 to 50%. 5-Caffeoylquinic acid 10 to 15%. 5-Caffeoylquinic acid/total chlorogenic acid ratio 0.2 to 0.3. Caffeine Less than 2%. More detailed compositional data is available upon request" and "Promotes weight-loss and weight-control in overweight healthy adults by reducing glucose uptake in the gastrointestinal system/absorbance from the gut (by regulating glucose homeostasis in the liver , thus promoting the use as fat as a source of energy in the body)"

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ID 4527: "Camellia sinensis folium, Ginkgo biloba folium, Hibiscus sabdariffa flos, Hippophae rhamnoides fructus, Rosa canina fructus, Theobroma cacao fructus, Mentha piperita herba, Aspalathus linearis folium (tea bush leaves, ginkgo leaves, red sorrel flowers, sea buckthorn fruits, wild dog rose fruits, cacao seed, peppermint herb, rooibos leaves)" and "Helps to protect from oxidative stress because of polyphenols, catechines, flavanols and vitamin C, constituients present in this plants combination."

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ID 4542: "Citrus reticulata pericarpum, Camellia sinensis leaves, Rosa canina fructus, Hibiscus sabdariffa flos (mandarin rind, tea bush leaves, rosehip fruits, red sorrel flowers)" and "Helps to protect the body from free radicals because of catechins, polyphenols and ascorbic acid, constituients present in plant combination."

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ID 4563: "Foeniculum vulgare aetheroleum, Eucalyptus globulus aetheroleum, Abies alba aetheroleum (fennel essential oil, eucalypt essential oil, silver fir essential oil)" and "Maintain urinary health because of the volatil oils compounds, present in this plants combination."

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ID 4611: "Q10 with Sea Buckthorn Oil, Q 10, Hippophae oleum, Q 10 , Hippophae oleum" and "antioxidant properties"

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ID 4628: “Solanum dulcamara stipes, Fumaria officinalis herba, Ulmus minor cortex, Arctium lappa radix, Rumex Patienta radix, Smilax sarsaparilla radix (bitter nightshade steam, fumitory herbs, field elm bark, burdock root, patience root, smilax root)” and “Favorise toxin elimination because of saponis, polyphenols, phytosterols and anthracene derivates, constituients present in the plants combination.”

1 Pharmacopoea universalis oder Überssicht der Pharmacopoen von Amsterdam, Antwerpen, Dublin, Edinburgh, Ferrara, Genf, London, Oldenburg, Würzburg; deren America's, Dänemarks's, Finnland's, Frankreich's, Hannover's, Hessen's, Holland's, der Niederlande, Oesterreich's, Polen's, Portugal's, Prueßen's, Rußland's, Sachsen's, Sardinien's, Schweden's, Spanien's, Würtemberg's; der Dispensatorien von Braunschweig, Fulda, Hessen, Lippe und der Pfalz; der Militärpharmacopoen Dänemark's, Frankreich's, Prueßen's, Rußland's und von Würzburg; der Armenpharmacopoe von Hamburg; der Formularien und Pharmacopoen Augustin's, Bories's, Brera's, Brugnatelli's, Cadet de Gassicourt's, Cor's, Ellis's, Ferrarini's, Hufeland's, Magendie's, Piderit's, Pierquin's, Ratier's, Saunders's, Sainte-Marie's, Spielmann's, Swediaur's, Taddei's und van Mons's. 1829. Großherzogisch Sächsicher priveligierter Landes-Industrie-Comptoir, Weimar.

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ID 4629: "Taraxacum officinale, folium-Dandelion, leafs 40mg. , Betula pendula, leaves (European white Birch, leafs)50mg. , Viola tricolour, herba , (Johnny Jumpup , herbs) 50mg., Achillea millefolium, herba(Common Yarr) 40 mg-Urtica dioica, folium (Stinging nettle, leafs) 40 mg/cps" and "Antioxidant Activity"

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ID 4639: "Viola tricolor herba, Cichorium intybus radix, Arctium lappa radix, Betula alba folium, Juniperus communis Fructus, Sambucus nigra flos, Fraxinus excelsior folium (wild pansy herb, chicory root, burdock root, sweet birch leaves, juniper fruit, black elder flowers, ash leaves)" and "Support the natural mechanism for body´s purification because of potassium, sesquiterpene lactones, polyphenols and volatil oil, constituients present in this plants combination."

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