

Supporting document 9

Consideration of EU approved health claims

P293 – Nutrition, Health & Related Claims

FSANZ has considered food-health relationships derived from 241 EU approved claims (as of October 2012) for possible inclusion in Standard 1.2.7. Table 1 lists the 97 food-health relationships from 103 EU approved claims that have been included in Schedule 3 of Standard 1.2.7 (general level health claims). Table 2 lists 86 EU approved claims that were already in FSANZ's pre-approved list in February 2012. Table 3 presents the foods or properties of food from food-health relationships derived from 20 EU approved health claims that will not be added to Standard 1.2.7 and the rationale for exclusion. Table 4 presents 32 EU approved claims that will be further considered during the transition period for Standard 1.2.7.

Table 1: Food-health relationships from EU approved health claims that FSANZ has included in Standard 1.2.7

Food or property of food	Health effect
Minerals	
Calcium	Contributes to normal energy metabolism
	Contributes to the normal function of digestive enzymes
	Contributes to normal cell division and differentiation
Chromium	Contributes to normal macronutrient metabolism
Fluoride	Contributes to the maintenance of tooth mineralisation
Iodine	Contributes to normal cognitive function
	Contributes to the maintenance of normal skin
Iron	Contributes to normal cognitive function
	Contributes to the reduction of tiredness and fatigue
	Necessary for normal cell division
	Contributes to normal cognitive development - children
Manganese	Contributes to normal connective tissue structure
Magnesium	Contributes to a reduction of tiredness and fatigue
	Necessary for normal protein synthesis
	Contributes to normal psychological function
	Necessary for normal cell division
Molybdenum	Contributes to normal sulphur amino acid metabolism
Selenium	Contributes to normal sperm production
	Contributes to the maintenance of normal hair and nails

Food or property of food	Health effect
Zinc	Contributes to normal acid-base metabolism
	Contributes to normal carbohydrate metabolism
	Contributes to normal cognitive function
	Contributes to normal fertility and reproduction
	Contributes to normal macronutrient metabolism
	Contributes to normal metabolism of fatty acids
	Contributes to normal metabolism of vitamin A
	Contributes to normal protein synthesis
	Contributes to the maintenance of normal bones
	Contributes to the maintenance of normal hair and nails
	Contributes to the maintenance of normal testosterone levels in the blood
	Contributes to cell protection from free radicals
Contributes to the maintenance of normal vision	
Vitamins	
Biotin	Contributes to normal functioning of the nervous system
	Contributes to normal macronutrient metabolism
	Contributes to normal psychological function
	Contributes to maintenance of normal hair
	Contributes to maintenance of normal skin and mucous membranes
Choline	Contributes to normal homocysteine metabolism
	Contributes to normal fat metabolism
	Contributes to the maintenance of normal liver function
Folate	Contributes to maternal tissue growth during pregnancy
	Contributes to normal amino acid synthesis
	Contributes to normal homocysteine metabolism
	Contributes to normal psychological function
	Contributes to normal immune system function
	Contributes to the reduction of tiredness and fatigue
Niacin	Contributes to normal psychological function
	Contributes to the reduction of tiredness and fatigue
Pantothenic acid	Contributes to normal energy production
	Contributes to normal mental performance
	Contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters
	Contributes to the reduction of tiredness and fatigue
Riboflavin	Contributes to normal functioning of the nervous system
	Contributes to the maintenance of normal red blood cells
	Contributes to the maintenance of normal vision
	Contributes to the protection of cells from oxidative stress
	Contributes to the reduction of tiredness and fatigue
Thiamin	Contributes to normal energy production
	Contributes to normal psychological function
Food or property of food	Health effect
Vitamin A	Contributes to normal iron metabolism

	Contributes to normal immune system function
Vitamin B6	Contributes to normal cysteine synthesis
	Contributes to normal energy metabolism
	Contributes to normal functioning of the nervous system
	Contributes to normal homocysteine metabolism
	Contributes to normal glycogen metabolism
	Contributes to normal psychological function
	Contributes to normal red blood cell formation
	Contributes to normal immune system function
	Contributes to the reduction of tiredness and fatigue
	Contributes to the regulation of hormonal activity
Vitamin B12	Contributes to normal energy metabolism
	Contributes to normal homocysteine metabolism
	Contributes to normal psychological function
	Contributes to normal immune system function
	Contributes to the reduction of tiredness and fatigue
Vitamin C	Contributes to normal collagen formation for the normal structure of cartilage and bones
	Contributes to normal collagen formation for the normal function of teeth and gums
	Contributes to normal collagen formation for the normal function of skin
	Contributes to normal energy metabolism
	Contributes to normal psychological function
	Contributes to the normal immune system function [includes: normal function of the immune system during and after intense physical exercise]
	Contributes to the reduction of tiredness and fatigue
Vitamin D	Contributes to normal blood calcium levels
	Contributes to the maintenance of normal muscle function
	Contributes to the maintenance of normal teeth
	Contributes to the normal function of the immune system
Other	
Live yoghurt cultures	Improves lactose digestion
Potassium	Contributes to normal functioning of the nervous system
	Contributes to normal muscle function
Protein	Necessary for normal growth and development of bone (children and adolescents aged 4 years and over)
	Contributes to the growth of muscle mass
	Contributes to the maintenance of muscle mass
	Contributes to the maintenance of normal bones
Sugar-free chewing gum	Contributes to the maintenance of tooth mineralisation
	Contributes to the neutralisation of plaque acids
	Contributes to the reduction of oral dryness

Table 2: Summary of food-health relationships from EU approved health claims that were already in FSANZ's pre-approved list of health claims in February 2012

Food or property of food	Health effect	
	EU wording	FSANZ wording
Minerals		
Calcium	Normal blood clotting	Normal blood coagulation
	Normal muscle function	Normal nerve and muscle function
	Normal neurotransmission	Normal nerve and muscle function
	Maintenance of normal bones	Normal teeth and bone structure
	Maintenance of normal teeth	Normal teeth and bone structure
	Normal growth and development of bone in children	Normal teeth and bone structure Normal growth and development of children
Calcium and vitamin D	Normal growth and development of bone in children	Normal teeth and bone structure Normal growth and development of children
Copper	Normal connective tissue	Normal connective tissue structure
	Normal energy-yielding metabolism	Normal energy production
	Normal functioning of the nervous system	Normal neurological function
	Normal hair pigmentation	Normal skin and hair colouration
	Normal iron transport in the body	Normal iron transport and metabolism
	Normal skin pigmentation	Normal skin and hair colouration
	Normal function of the immune system	Normal immune system function
	Protection of cells from oxidative stress	Cell protection from free radical damage
Iodine	Normal energy-yielding metabolism	Normal energy metabolism
	Normal functioning of the nervous system	Normal neurological function
	Normal production of thyroid hormones and normal thyroid function	Normal production of thyroid hormones
	Normal growth of children	Normal growth and development of children
Iron	Normal energy-yielding metabolism	Normal energy production
	Normal formation of red blood cells and haemoglobin	Normal blood formation
	Normal oxygen transport in the body	Normal oxygen transport
	Normal function of the immune system	Normal immune system function
Magnesium	Electrolyte balance	Normal electrolyte balance
	Normal energy-yielding metabolism	Normal energy metabolism
	Normal functioning of the nervous system	Normal nerve and muscle function
	Normal muscle function	Normal nerve and muscle function
	Normal bones	Teeth and bone structure
	Normal teeth	Teeth and bone structure
Manganese	Normal energy-yielding metabolism	Normal energy metabolism
	Normal bones	Normal bone formation
	Protection of cells from oxidative stress	Protection from free radical damage

Food or property of food	Health effect	
	EU wording	FSANZ wording
Phosphorous	Normal energy-yielding metabolism	Normal energy metabolism
	Normal function of cell membranes	Normal cell membrane structure
	Normal bones	Normal teeth and bone structure
	Normal teeth	Normal teeth and bone structure
	Normal growth and development of bone in children	Normal teeth and bone structure Normal growth and development of children
Selenium	Normal function of the immune system	Normal immune system function
	Normal thyroid function	Normal utilisation of iodine in the production of thyroid hormones
	Protection of cells from oxidative stress	Cell protection from some types of free radical damage
Zinc	Normal DNA synthesis	Normal cell division
	Normal skin	Normal skin structure and wound healing
	Normal function of the immune system	Normal immune system function
	Role in the process of cell division	Normal cell division
Vitamins		
Biotin	Normal energy-yielding metabolism	Normal fat metabolism and energy production
Folate	Normal blood formation	Normal blood formation
	Role in the process of cell division	Normal cell division
Niacin	Normal energy-yielding metabolism	Normal energy release from food
	Normal functioning of the nervous system	Normal neurological function
	Normal mucous membranes	Normal structure and function of skin and mucous membranes
	Normal skin	Normal structure and function of skin and mucous membranes
Riboflavin	Normal energy-yielding metabolism	Normal energy release from food
	Normal mucous membranes	Normal skin and mucous membrane structure and function
	Normal skin	Normal skin and mucous membrane structure and function
	Normal metabolism of iron	Normal iron transport and metabolism
Thiamin	Normal functioning of the nervous system	Normal neurological and cardiac function
	Normal function of the heart	Normal neurological and cardiac function
Vitamin A	Normal mucous membranes	Normal skin and mucous membrane structure and function
	Normal skin	Normal skin and mucous membrane structure and function
	Normal vision	Normal vision
	Role in the process of cell specialisation	Normal cell differentiation
Vitamin B12	Normal functioning of the nervous system	Normal neurological structure and function
	Normal red blood cell formation	Normal blood formation
	Role in the process of cell division	Normal cell division

Food or property of food	Health effect	
	EU wording	FSANZ wording
Vitamin C	Normal collagen formation for the normal function of blood vessels	Normal blood vessel structure and function
	Normal functioning of the nervous system	Normal neurological function
	Protection of cells from oxidative stress	Cell protection from free radical damage
	Iron absorption	Iron absorption from food
	Regeneration of the reduced form of vitamin E	Cell protection from free radical damage
Vitamin D	Normal absorption/utilisation of calcium and phosphorous	Normal absorption and utilisation of calcium and phosphorous
	Normal bones	Normal bone structure
	Role in the process of cell division	Normal cell division
	Normal growth and development of bone in children	Normal bone structure Normal growth and development of children
Vitamin E	Protection of cells from oxidative stress	Cell protection from free radical damage
Vitamin K	Normal blood clotting	Normal blood coagulation
	Normal bones	Normal bone structure
Other		
Barley grain fibre	Increase in faecal bulk	Dietary fibre: regular laxation
Beta glucan	Maintenance of normal blood cholesterol levels	Beta-glucan: reduces blood cholesterol
EPA and DHA	Normal function of the heart	EPA and DHA (but not omega-3): heart health
Foods with a low or reduced content of sodium	Maintenance of normal blood pressure	[Low] Sodium or salt: reduces blood pressure
Foods with a low or reduced content of saturated fatty acids	Maintenance of normal blood cholesterol levels	[Low] Saturated fatty acids: reduces blood cholesterol
Oat grain fibre	Increase in faecal bulk	Dietary fibre: regular laxation
Plant sterols and plant stanols	Maintenance of normal blood cholesterol levels	Phytosterols, phytostanols and their esters: reduces blood cholesterol
Rye fibre	Normal bowel function	Dietary fibre: regular laxation
Wheat bran fibre	Acceleration of intestinal transit	Dietary fibre: regular laxation
	Increase in faecal bulk	Dietary fibre: regular laxation

Table 3: Food or property of food from EU approved health claims that will not be added to Standard 1.2.7

Food or property of food that the claim relates to	Reason for exclusion
Activated charcoal	The claim refers to a dietary supplement
Lactase enzyme	
Melatonin (two claims)	
Water soluble tomato concentrate	
Docosahexaenoic acid (DHA) (two claims)	
Chitosan	The claim refers to a substance added to food but the substance is not permitted in the Australian and New Zealand food supply
Glucomannan (two claims)	
Lactulose	
Monascus purpureus (red yeast rice, marketed as 'Monacolin K')	
Sugar-free chewing gum with carbamide	
Betaine (also previously declared by the Advisory Committee on Novel Foods to be novel)	The EFSA Opinion indicates that an adverse effect is likely to occur at levels of intake that are not significantly higher than the recommended level of intake to achieve the health effect
Guar gum	The substance is not naturally occurring but it is a permitted food additive at GMP levels of addition. Recommended levels to achieve the health effect however, are much higher than GMP levels; hence a safety assessment would need to be undertaken before these substances could be added at the higher level
Hydroxypropyl methyl cellulose (two claims)	
DHA	Claims on infant formula products cannot be made
Chloride	The mineral is not listed in Standard 1.1.1 or in the Nutrient Reference Values and the main source of the mineral is sodium chloride (NaCl) (salt). Dietary guidelines recommend consuming less salt.
Creatine	Claims about performance on a sports food cannot be made (refer to clause 6 in Standard 2.9.4)

Table 4: Food-health relationships from EU approved health claims for which FSANZ has deferred its decision

Food or property of food	Health effect
Alpha-linolenic acid (ALA)	Reduces blood cholesterol
ALA and Linoleic acid	Necessary for normal growth and development (children)
Arabinoxylan from wheat endosperm	Reduces blood glucose rise after a meal
Beta-glucan from oats and barley	Reduces blood glucose rise after a meal
Beta-glucan from oats	Reduces blood cholesterol. ¹ High cholesterol is a risk factor in the development of coronary heart disease.
Carbohydrate electrolyte solutions	Contributes to the maintenance of endurance performance during prolonged endurance exercise
	Enhances the absorption of water during physical exercise
Chewing gum sweetened with 100% xylitol	Reduces the risk of dental caries (children)
Chromium	Contributes to the maintenance of normal blood glucose levels
DHA	Contributes to the maintenance of normal brain function
	Contributes to the maintenance of normal vision
Linoleic acid (LA)	Reduces blood cholesterol
Meal replacement	Reduction in body weight
	Maintenance of body weight
Meat flesh or fish	Contributes to the improvement of non-haem iron absorption
Monounsaturated and/or polyunsaturated fatty acids	Replacing saturated fats with unsaturated fats in the diet contributes to the maintenance of normal blood cholesterol
Oleic acid	Replacing saturated fats with unsaturated fats in the diet contributes to the maintenance of normal blood cholesterol
Olive oil polyphenols	Contributes to the protection of blood lipids from oxidative stress
Pectins	Contributes to the maintenance of normal blood cholesterol levels
	Reduces blood glucose rise after a meal
Potassium	Contributes to the maintenance of normal blood pressure
Phytosterols, phytosterols and their esters	Reduces blood cholesterol. ² High cholesterol is a risk factor in the development of coronary heart disease.
Plant sterols/plant stanol esters	
Plant sterols: sterols extracted from plants, free or esterified with food grade fatty acids	
Resistant starch	Reduces blood glucose rise after a meal
Sugar-free chewing gum	Neutralises plaque acids. Plaque acids are a risk factor in the development of dental caries.
	Reduces tooth demineralisation. Tooth demineralisation is a risk factor in the development of dental caries.
Sugar replacers (in food and drinks)	Contributes to the maintenance of tooth mineralisation by decreasing tooth demineralisation
	Contributes to a lower blood glucose rise after meals compared to sugar-containing foods or drinks
Walnuts	Contributes to the improvement of the elasticity of blood vessels
Water	Contributes to the maintenance of normal physical and cognitive functions
	Contributes to the maintenance of normal regulation of the body's temperature

¹ The first part of the health effect 'reduces blood cholesterol' is included in Schedule 2 (high level health claims) of Standard 1.2.7.

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