



هيئة أبوظبي للزراعة والسلامة الغذائية
ABU DHABI AGRICULTURE AND FOOD
SAFETY AUTHORITY

CODE OF PRACTICE

No. (27) of 2019

Health, Nutrition and Related Claims

Food labelling requirements



Table of Contents

1	Introduction	4
2	Background	4
3	Related Documents	5
4	Scope	5
5	Definitions	6
6	Health, Nutrition and General Claims	9
6.1	Considerations during development of products for nutrition and health claims	9
6.2	Frequently Ask Questions on Nutrition and Health Claims	9
6.3	Presentation of Claims	12
6.4	Nutrition and Health Claims	13
6.4.1	Nutrition Claims	14
6.4.2	Nutrition Content Claim	14
6.4.3	Nutrient Comparative claims	16
6.4.4	Health claims	18
6.4.5	Nutrient function Claims	19
6.4.6	Reduction of disease risk claim	21
6.4.7	Laxative and Laxation Claims-	22
6.4.8	Tonic Foods claims	24
6.4.9	Obesity and Diet Plans	24
6.4.10	Split Claim	24
6.4.11	Organs Symbols (Heart, lungs, liver.... symbols)	25
6.5	Related Claims	25
6.5.1	Potentially misleading claims	25
6.5.2	Conditional claims	26
6.5.3	Claims relating to foods for particular nutritional uses	26
6.6	Prohibited claims	28
	Appendix 1 : Recommended dietary allowance (rda) and adequate intakes (ai) ..	30
	Appendix 2: The list of approved nutrition and health claims	32
7.	References	59

1. Introduction

This code and the code of practice on “General Food Labelling Requirements” attempt to consolidate all the information on the labelling of foods in Abu Dhabi emirate. It is designed to be of benefit to consumers, manufacturers and the regulatory authorities alike to act as a guideline on the labelling of foods. All food business operators in the emirate of Abu Dhabi are obliged to ensure that the food they want to place on Abu Dhabi market is safe, whole- some and properly labelled. Additional Labelling information may be required for pre- pack- aged foods to prevent a claim from being misleading. This document prepared by Abu Dhabi Agriculture and Food Safety Authority (ADAFSA) will specify labelling guidance to compliance with national food regulations and to ensure high degree of consistency with Gulf Standards. It aims to clarify and standardize procedures for the identification of the required statements and in- formation that shall be appear on pre-packaged food label and provide advice regarding in- formation related to the health, nutrition or any claims so as to enable consumers to make informed choices.

Food business operators shall specify the conditions for the use of nutrition and health claims and ensures that only nutrition and health claims that are in conformity with the la- belling and presentation requirements shall be allowed on the label. An offense will be im- posed on food business operators who promote or display any food in a manner that may mislead the consumer. Abu Dhabi Agriculture and Food Safety Authority would like to acknowledge its stakeholders Ministry of Health (MOH) and Health Authority of Abu Dhabi (HADD) for its valuable inputs and support. ADAFSA would like also to express its thanks and appreciation to all ADAFSA’s stakeholders.

2. Background

ADAFSA is responsible for assuring that foods displayed on the market in Abu Dhabi emirate are safe and properly labelled within the meaning of Food Law no (02) of 2008 article (6) and article (4) in the regulation no. (1) for the year 2008 “ Description of Violations related to food & its handling”.. This code applies to foods produced domestically, as well as foods come from other emirates and countries. It is recommended that food businesses become fully informed about applicable laws, regulations and directives before offering foods distri- bution in Abu Dhabi Emirate.

This code of practice shall be used without prejudice to the labelling provisions of UAE tech- nical regulations regarding specific foods (vertical legislations and technical regulations) and in conjunction with all applicable laws and horizontal legislations in addition to the regula- tions and directives approved by Abu Dhabi Government. The following legislations which regulate the general labelling packaging of foods or specific category of foods have being considered during setting this code.

3. Related Documents

The following legislation has being considered during setting this code, where this Code of Practice should be read in conjunction with:

- ADAFSA regulation no. (1) for the year 2008 “ Description of Violations related to food & its handling”.
- ADAFSA regulation no. (3) for the year 2008 “Recall and Traceability of feed & food”.
- ADAFSA regulation no. (5) for the year 2009 “Food Sampling for Official Control”.
- ADAFSA regulation no.(6) for the year 2010 “food hygiene throughout the food chain”.

Changes to the applicable labelling legislation is expected in the future where the code of practice will be amended as, and when, appropriate.

4. Scope

This code of practice relates to the use of Health, Nutrition and Related Claims on food labelling and, where required by the Authority. It shall apply to all foods for which nutrition, health or any claims are made to be offered for sale on the market in Abu Dhabi to the consumer and/or for supply to mass caterers and intended to supplement the code of practice on “General Food Labelling Requirements” and it does not supersede any prohibitions contained therein.



5. Definitions

In this code of practice the terms and expressions of the food Law no. 2 for the year 2008 and the code of practice on “General Food Labelling Requirements” or other relevant regulations shall apply, in addition to the following, unless the text indicates otherwise:

Nutrition claim	is any representation which states, suggests or implies that a food has particular beneficial nutritional properties including but not limited to the energy value and to the content of protein, fat and carbohydrates, as well as the content of vitamins and minerals.
Nutrient content claim	is a nutrition claim that describes the level of a nutrient contained in a food. For example: “source of calcium”; “high in fiber and low in fat”.
Nutrient comparative claim	is a claim that compares the nutrient levels and/or energy value of two or more foods. For examples: “reduced”; “less than”; “fewer”; “increased”; “more than”.
Non-addition claim	is any claim that an ingredient has not been added to a food, either directly or indirectly. The ingredient is one whose presence or addition is permitted in the food and which consumers would normally expect to find in the food.
Health claim	is any representation that states, suggests, or implies that a relationship exists between a food or a constituent of that food and health. Health claims include Nutrient function claims, other function claims and reduction of disease risk claims.
Reduction of disease risk claim	is a statement that describes the characteristics of a diet that may reduce the risk of developing a diet-related disease or condition, such as osteoporosis or stroke, and the properties of a food that make it a suitable part of the diet.
Labelling	Any written, printed information or graphic or pictorial mark that is presented on the label, accompanies the food, or is displayed near the food, including that for the purpose of promoting its sale or disposal.

Nutrition label- ling	A description intended to inform the consumer of nutritional properties of a food.
Nutritient decla- ration	A standardized statement or listing of the nutrient content of a food.
Nutrient	Any substance normally consumed as a constituent of food: (a) which provides energy; or (b) which is needed for growth, development and maintenance of life; or (c) a deficit of which will cause characteristic bio-chemical or physiologi- cal changes to occur.
Nutrient Refer- ence Values (NRVs)	are a set of numerical values that are based on scientific data for pur- poses of nutrition labelling and relevant claims. They comprise the fol- lowing two types of NRVs: Nutrient Reference Values - Requirements (NRVs-R) refer to NRVs that are based on levels of nutrients associated with nutrient requirements. Nutrient Reference Values - Noncommunicable Disease (NRVs-NCD) refer to NRVs that are based on levels of nutrients associated with the reduc- tion in the risk of diet-related noncommunicable diseases not including nutrient deficiency diseases or disorders.
Sugars	All mono-saccharides and di-saccharides present in food.
Dietary fibre	means carbohydrate polymers ² with ten or more monomeric units ³ , which are not hydrolysed by the endogenous enzymes in the small in- testine of humans and belong to the following categories: - Edible carbohydrate polymers naturally occurring in the food as con- sumed, - carbohydrate polymers, which have been obtained from food raw ma- terial by physical, enzymatic or chemical means and which have been shown to have a physiological effect of benefit to health as demonstrat- ed by generally accepted scientific evidence to competent authorities, - Synthetic carbohydrate polymers which have been shown to have a physiological effect of benefit to health as demonstrated by generally accepted scientific evidence to competent authorities.

Polyunsaturated fatty acids	fatty acids with cis-cis methylene interrupted double bonds.
protein	Any of a group of complex organic macromolecules that contain carbon, hydrogen, oxygen, nitrogen, and usually sulphur and are composed of one or more chains of amino acids. Proteins are fundamental components of all living cells and include many substances, such as enzymes, hormones, and antibodies, that are necessary for the proper functioning of an organism. They are essential in the diet of animals for the growth and repair of tissue and can be obtained from foods such as meat, fish, eggs, milk, and legumes.
Sodium Salt	A usually whitish crystalline solid, chiefly sodium chloride, used extensively in ground or granulated form as a food seasoning and preservative. Also called common salt, table salt.
Trans Fatty Acids	All the geometrical isomers of monounsaturated and polyunsaturated fatty acids having non-conjugated, interrupted by at least one methylene group, carbon-carbon double bonds in the trans configuration.
Vertical Technical Regulation with labelling provisions:	Legislation/standard mainly issued by UAE/GSO governs specific food commodity and contains some labelling provisions applicable to that food.
Horizontal legislation	The legislations/standards are applicable to all pre-packaged foods intended for the consumer.
Food for Special Dietary Use	A food that has been specially processed or formulated to meet the particular requirements of a person: in whom a physical or physiological condition exists as a result of a disease, disorder or injury; or for whom a particular effect, including but not limited to weight loss, is to be obtained by a controlled intake of foods.
Meal Replacement	A formulated food that, by itself, can replace one or more daily meals

6. Health, Nutrition and Related Claims

6.1 Considerations during development of products for nutrition and health claims

The use of health and nutrition claims at the product development stage food business operator (FBO) can assess the feasibility and risks at minimal cost, i.e. before buying ingredients, running production trials or undertaking human intervention studies.

The following questions should be answered:

- What type of claim would you like to make?
- Could approved claims be applied to your product?
- Would reformulation of an existing product result in the product meeting the conditions for an approved claim?
- Has a similar claim been previously rejected? If so, why was it rejected? What can be learnt from this?
- Has any previous work been carried out, which can support your claim? (for example in vitro work in support of the mechanism of action)
- What is your target market? (e.g. children and/or adults, healthy and/or patients)

Following development of a product it is important to determine the quantity of energy, nutrients and other substances (i.e. functional ingredients) present, and to ensure that these levels are maintained throughout the duration of the shelf life. It is recognized that it is not always possible for foods to contain the precise levels of energy, nutrients and other substances that are labeled, due to natural variations and variations in production and during storage. However, the nutrient content of foods should not vary substantially from labeled values, to the extent that such variations could mislead consumers.

6.2 Frequently Asked Questions on Nutrition and Health Claims

- How can we differentiate between a Food and a Medicinal Product?

The Abu-Dhabi Food Law no. (2) for the year 2008 has defined a food as “substance, whether processed, semi-processed or raw, which is intended for human consumption, and includes drink, chewing gum and any substance which has been used in the manufacture, preparation or treatment of food but does not include cosmetics or tobacco or substances used only as drugs”

UAE Pharmacy law no.(4) for the year 1984 has defined a Medicinal product as “ includes any substance or mixture of substances manufactured, sold or represented for use in:

- (a) the diagnosis, treatment, mitigation or prevention of a disease, disorder or abnormal physical state, or its symptoms, in human beings or animal;
- (b) restoring, correcting or modifying organic functions in human beings or animals;

- What is a Dietary/Food supplement?

Only Dietary /Food Supplements which are classified by the Ministry of Health as “Foods” are controlled by ADAFSA.

- What is the role of ADAFSA in the control of body building supplements?

Body building supplements products do not fall within the mandate of ADAFSA.

- What are Borderline Products?

Most medicinal products are clearly identifiable as such and are subject to marketing authorization procedures in the Ministry of Health www.moh.gov.ae.

However, there are some products where it is not so easy to distinguish a medicine from, for example, cosmetics or food supplements. These are known as ‘borderline products’

- What should be done if a product falls into the borderline products?

Any product falling within the borderline products shall be submitted to the Ministry of Health for classification <http://www.moh.gov.ae>
If the product is considered “Food” an authorization for marketing will be granted by ADAFSA.

- What is the role of ADAFSA in the control of Cosmetics in Abu-Dhabi?

Cosmetic products do not fall within the scope of ADAFSA.

- What are the legislations that regulates the labeling of Food?

The general labeling of foodstuff is controlled by the GSO/UAE technical regulation on “labeling of prepackaged foodstuffs”
In addition, ADAFSA has issued a Food Labeling Code which details information pertaining to general labeling requirements.

- What are the legislations covering Nutrition and Health Claims?

Nutrition and Health claims made on Foods are currently governed by the following GSO/ UAE Technical regulations:

- General Guidelines on claims: GSO.CAC/GL 1
- Guidelines for use of nutrition and health claims and: GSO 2333
- Guidelines on nutrition labeling: GSO.CAC/GL 2233

If a related claim is made, the requirements of nutrition labeling in GSO/UAE standard should be applied.

- How can nutrition and health claim be differentiated?

Difference between a Nutrition and Health Claim is clearly detailed in this CoP which based on the relevant GSO/UAE technical regulation Guidelines for use of nutrition and health claims labeling.

- What nutrition and health claims will be permitted in ADAFSA?

- All claims listed in this GSO standard should comply with the provisions of GSO standards.
- Nutrition Claims does not require a submission for authorization, but these claims shall comply with the technical regulation, guidelines for use of nutrition and health claims.
- Only those nutrition and health claims listed in the Appendix (2) of this code will be permitted to be used in food.
- Claims (including claims proved that it restricted for use for the benefit of the applicant for the protection of proprietary data) to be made on food product and not listed in the Appendix (2) of this code or in GSO standards should seek approval from ADAFSA.
- Addition or use of substance or combination of substances mentioned in the Appendix (2) of this code in food product and have pharmacological, immunological properties or metabolic action should be authorized by the concerned national health authorities.
- Wording and presentation of claim to be made on food product should be truthful, clear, reliable and useful to the consumer. Flexibility with the wording of claims (including graphics and symbols) will be allowed provided those adjusted claims have the same meaning for consumers as the listed in the Appendix (2) of this code and they are not mis-leading.

- Who compiled the permitted list of nutrition and health claims?

The list of permitted Nutrition and Health claims is made available in the appendix (2) of this Code, and is compiled by ADAFSA.

This was done following a benchmark activity at the International level. This list will be re-viewed and updated periodically to match the best international practices.

- Can any food establishment use the health claims from the permitted list of health claims?

YES. Any health claim listed in the Appendix (2) of this code can be used. If a health claim is not available in this list and you would like to use it in your product you must seek approval from Abu Dhabi Agriculture and Food Safety Authority in this regard.

- Is there any prohibitions related to claims made on Food?

YES, refer to section (6.6) prohibited claims in this code.

6.3 Presentation of Claims

- 1- Although this code has given guidance as the general labeling requirements for food, there are also many legal additional labeling requirements if a label of food packaging carries claims.
- 2- A claim is any representation which states, suggests or implies that a food has particular characteristics relating to its origin, nutritional properties, nature, production, processing, composition or any other quality.
- 3- No food claim shall be described or presented in a manner that is false, misleading or deceptive or is likely to create an erroneous impression regarding its character in any respect.
- 4- All food claims shall be substantiated and the onus is on the food business operator to demonstrate that the claim is true. Food business operator shall be able to justify the claims made and, when required, provide the regulatory authority (ADAFSA) documentation and evidence in support of the claim particularly, the health claim which outweighs any opposing evidence or opinion.
- 5- All food for which claims are made in its label shall comply with the UAE ministerial cabinet decree no 34/2006 pertaining adopting the following Codex guidelines for use of nutrition and health claims, general claims and nutritional labelling. In addition, the technical regulations and standards in term of UAE nutrition and health claims shall apply in this topic.

6.4 Nutrition and Health Claims

- 1- Nutrition claims should be consistent with the approved national nutrition policy or plan or programme to support it. Only nutrition claims that support the approved national nutrition policy or plan or programme should be allowed. Health claims should be consistent with the approved national health policy or plan or programme, including nutrition policy or plan or programme, and support it where applicable.
- 2- Health claims should be supported by a sound and sufficient body of scientific evidence to substantiate the claim, provide truthful and non-misleading information to aid consumers in choosing healthful diets and be supported by specific consumer education.

Specific consumer education or program is necessary to help the consumers to understand the information, and what it means to them. This education or program shall be also reviewed by the concerned authority.

- 3- Nutrition and health claims shall not be permitted for foods for infants and young children except where specifically provided for in UAE relevant legislations and Standards. Also claims of the type described in section (6.6) of this Code are prohibited.
- 4- Where a Nutrition and Health claim is used, then the declaration of the amount of any other nutrient relevant for maintaining a good nutritional status shall be mandatory.
(**Note:** Wording of claims must reflect science and be understood by consumers).
- 5- The first classification issue is related to the claim “**contains**” [name of the nutrient or other substance]. Whilst claim “contains” is normally a nutrition claim, in some cases the use of the term “contains” in a claim refers to groups of substances with a specific functional effect, in such cases, the “contains” claims is a health claim.
- 6- The following examples aim at better explaining the difference between the two categories of claims using the term “contains”-

- i) A claim is a nutrition claim if in the naming of the substance or category of substances, there is only factual information;

Examples: “contains lycopene”; “contains lutein”

- ii) A claim is a health claim if in the naming of the substance or category of substances, there is a description or indication of functionality or an implied effect on health,

Examples: “contains antioxidants” (the function is an antioxidant effect); “contains probiotics/prebiotics” (the reference to probiotic/prebiotic implies a health benefit);

- iii) Equally, claims which refer to an indication of a functionality in the description of a nutrient or a substance (for instance as an adjective to the substance) shall also be classified as a health claim.

Examples: “with prebiotic fibres” or “contains prebiotic fibres”;

6.4.1 Nutrition Claims

- 1- Nutrition claims appear frequently on food labels. Some common ones you may have seen include "low fat", "reduced salt" or "good source of calcium". The following do not constitute nutrition claims:
 - (a) the mention of substances in the list of ingredients;
 - (b) the mention of nutrients as a mandatory part of nutrition labeling;
 - (c) quantitative or qualitative declaration of certain nutrients or ingredients on the label if required by UAE relevant regulations.
- 2- Nutrition claims are only permitted if they are listed in appendix # 2 of this code and meet UAE relevant regulations.
- 3- If a claim is made nutrition information (Labelling) shall be provided on the label of the food product. However, a non-pre-packaged food put up for sale to the final consumer or to mass caterers, a food packed at point of sale at the request of the purchaser or pre-packed with a view to immediate sale, does not have to provide nutrition labeling.
- 4- Nutrition claims shall be prohibited for the cases mentioned in section (6.6).

6.4.2 Nutrition Content Claim

- 1- Nutrition content claims are messages found on labels of food to describe the level of a nutrient found in that product. They allow manufacturers to promote aspects of their product that contribute positively to consumer health. Some examples of nutrition content claims are 'source of calcium', 'low fat', 'high fiber' and 'reduced salt'.
- 2- A claim to the effect that a food is free of salt can be made, provided the food meets the conditions for free of sodium listed in the Table#2 of this code.
- 3- Where a food is by its nature low in or free of the nutrient that is the subject of the claim, the term describing the level of the nutrient should not immediately precede the name of the food but should be in the form "a low (naming the nutrient) food" or "a (naming the nutrient)-free food".
- 4- Nutrient content claims are only permitted if they are listed in appendix # 2 and meet UAE relevant regulations. It is also permitted on a food product that directly or by implication characterizes the level of a nutrient in the food and meets with the specific conditions of use for that claim. For example 'low fat' can only be made on products containing no more than 3g of fat per 100g for solids. A claim that a food is a 'high' in fibre shall only be made if the fibre content is 'either at least 6g per 100g or 100ml or at least 6g in the reasonable expected daily intake of the food. (See illustration # 1).

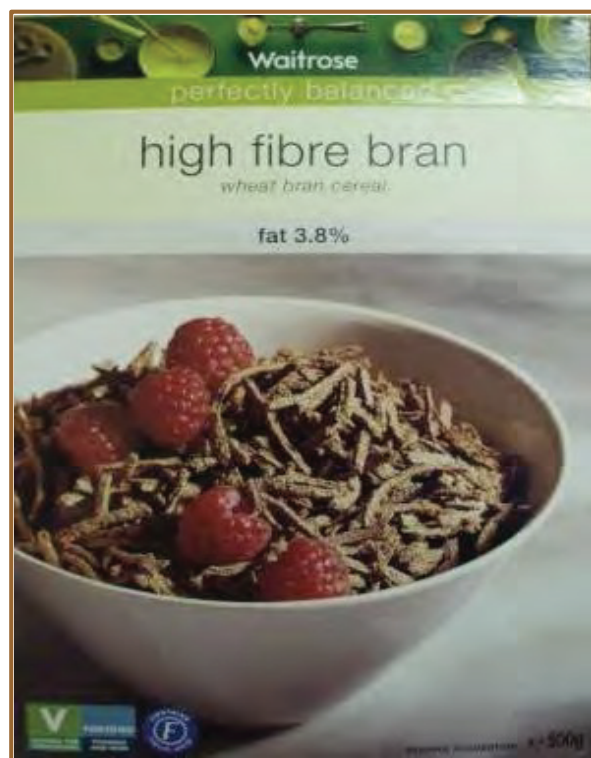


Illustration 1: this is the front of a pack of 'High Fibre Bran - wheat bran cereal'. It clearly indicates that the product is 'high fibre'.

Below is a part of the back panel of above product showing the fiber content, so this product can be used since the food contains 12.47g of fiber in a portion (40g) of the cereal, as shown in the nutrition panel. This is more than twice the required amount:

NUTRITION INFORMATION		
TYPICAL VALUES AS SOLD		
	PER 40g SERVING	PER 100g
Energy	475kJ 112kcal	1188kJ 281kcal
Protein	5.8g	14.4g
Carbohydrate	18.9g	47.2g
of which sugars	8.9g	22.2g
Fat	1.5g	3.8g
of which saturates	0.4g	0.9g
Fibre	12.47g	31.2g
Sodium	trace	trace
Vitamin D	1.20µg	3.25µg

6.4.3 Nutrient Comparative claims

- 1- Where a comparative claim is made the comparison shall be between foods of the same category.
- 2- The range of foods of the same category shall also be taken into account, including foods of other brands or foods belonging to a group of foods that are similar in terms of nutritional content, for example, a 'dairy products' category would be too large and would allow a comparison to be made between the fat content of cheese and the fat content of milk. Instead, narrower food categories such as 'milks', 'fresh cheeses' or 'yoghurts' could be considered.
- 3- The notion of food category shall also take account of the occasion of consumption and/or the purpose of consumption and in particular alternatives of consumption, for example butter and margarine. The key requirement is that the comparison helps consumers make informed choices.
- 4- General requirements for Comparative Claims:-
 - i) The foods being compared shall be different versions of the same food or similar foods.
 - ii) The foods being compared shall be clearly identified.
 - iii) The amount of difference in the energy value or nutrient content shall be given, expressed as a percentage, fraction, or an absolute amount. Full details of the comparison shall be given.
 - iv) For comparative claims about energy or macronutrients and sodium, the comparison should be based on a relative difference of at least 25% in the energy value or the nutrient content respectively between the compared foods and a minimum absolute difference in the energy value or nutrient content equivalent to the figure defined as "low" or as a "source" in the Table #2.
 - v) The food shall be described in such a manner that it (they) can be readily identified by consumers.
 - vi) It shall be noted that "as much as" claims, such as 'as much calcium as a glass of milk', or any claim having the same meaning are not considered to be comparative claims. A comparative claim shall indicate the difference in the quantity of a nutrient or the energy value. Furthermore, the claim "as much as" is not meet the relevant technical regulations as well not listed in the appendix # 2 of this code and is consequently not allowed.
 - vii) The claim "super light" is also not included in the appendix # 2 and is consequently not allowed.
 - viii) In addition to the conditions set out in this Section, the content of Trans fatty acids should not increase for foods carrying a comparison claim for decreased saturated fatty acids content.

Examples on Nutrient Comparative Claims-

- 1- **Energy- reduced** - A claim that a food is energy – reduced, and any claim likely to have the same meaning for the consumer, may only be made where the energy value is reduced by at least 25%, with an indication of the characteristics which make the food reduced in its total energy value. Between the compared foods and a minimum absolute difference in the energy value or

nutrient content equivalent to the figure defined as “low” or as a “source” in the appendix # 2 of this code.

2- Light / lite - A claim stating that a product is ‘light’ or ‘lite’, and any claim likely to have the same meaning for the consumer, shall follow the same conditions as those set for the term ‘reduced’, the claim shall also be accompanied by an indication of the characteristics which make the food ‘light’ or ‘lite’. (See illustration # 2).



Illustration 2: A product has a claim “light”/“lite”

3- Reduced (name of nutrient) - A claim stating that the content in one or more nutrients has been reduced, and any claim likely to have the same meaning for the consumer, may only be made where the reduction in content is at least 25% compared to a similar product, except for micronutrients, where a 10% difference in the reference values shall be acceptable, and for sodium, or the equivalent value for salt, where 25% difference shall be acceptable. (See illustration # 3).



Illustration 3: this is an example on comparative claim for reduced fat (40 % less fat than regular one).

“Energy Reduced and Light/lite are allowed, according to mentioned specifications, and as long as compared to the reference food which determined by the government for the regional brands of a given food products (two or three products) that are available in the same area in which the “light/lite & reduced” product is sold”.

6.4.4 NON-ADDITION CLAIMS (Refe: CODEX Standard 23-ammendment 2013)

1- Non-Addition of Sugars

Claims regarding the non-addition of sugars to a food may be made provided the following conditions are met:

- (a) No sugars of any type have been added to the food (Examples: sucrose, glucose, honey, molasses, corn syrup, etc.);
- (b) The food contains no ingredients that contain sugars as an ingredient (Examples: jams, jellies, sweetened chocolate, sweetened fruit pieces, etc.);
- (c) The food contains no ingredients containing sugars that substitute for added sugars (Examples: non-reconstituted concentrated fruit juice, dried fruit paste, etc.); and
- (d) The sugars content of the food itself has not been increased above the amount contributed by the ingredients by some other means (Example: the use of enzymes to hydrolyse starches to release sugars).

2- Non-Addition of Sodium Salts

Claims regarding the non-addition of sodium salts to a food, including “no added salt”, may be made provided the following conditions are met. (the addition for technological purposes of sodium salts other than sodium chloride as long as the final food would still comply with the conditions for “low in sodium” claims as described in the Table 2 of this code).

- (a) The food contains no added sodium salts, including but not limited to sodium chloride, sodium tri-polyphosphate;
- (b) The food contains no ingredients that contain added sodium salts, including but not limited to Worcestershire sauce, pickles, pepperoni, soya sauce, salted fish, fish sauce; and
- (c) The food contains no ingredients that contain sodium salts that are used to substitute for added salt, including but not limited to seaweed.

3- Additional Conditions

Additional conditions and/or disclaimer statements may be used with non-addition claims to assist consumer understanding of the claims within countries. Disclaimer statements should

appear in close proximity to, on the same side and in the same prominence as the claim. These may be developed based on evidence of consumer use and understanding.

6.4.5 Health claims

- 1- Any health claim must be accepted by or be acceptable to the competent authorities of the country where the product is sold.
- 2- Health claim shall be permitted only if:
 - (a) Health claims based on current relevant scientific substantiation and the level of proof must be sufficient to substantiate the type of claimed effect and the relationship to health as recognized by generally accepted scientific review of the data and the scientific substantiation should be reviewed as new knowledge becomes available. The health claim must consist of two parts:
 - i) Information on the physiological role of the nutrient or on an accepted diet-health relationship; followed by
 - ii) Information on the composition of the product relevant to the physiological role of the nutrient or the accepted diet-health relationship unless the relationship is based on a whole food or foods whereby the research does not link to specific constituents of the food.
 - (b) The claimed benefit arises from the consumption of a reasonable quantity of the food or food constituent in the context of a healthy diet.
 - (c) If the claimed benefit is attributed to a constituent in the food, for which a Nutrient Reference value is established, the food in question should be:
 - i) a source of or high in the constituent in the case where increased consumption is recommended; or,
 - ii) low in, reduced in, or free of the constituent in the case where reduced consumption is recommended.

Where applicable, the conditions for nutrient content claims and comparative claims will be used to determine the levels for "high", "low", "reduced", and "free".

- (d) The content of Vitamins and Minerals is not less than 15% and does not exceed the Dietary guidelines of Arab Countries (1) (see Appendix # "1").
 - (e) The content of nutrients other than Vitamins and Minerals is available in a significant quantity that will produce the physiological effect Appendix # 2 is an example of acceptable health claims showing the quantity of the food consumption required to obtain the claimed beneficial effect.
- 3- Food bearing health claims shall contain the following information on the label, or if no such labeling exists, in the presentation or advertisement:
 - i) A statement of the quantity of any nutrient or other constituent of the food that is subject of the claim.
 - ii) How to use the food to obtain the claimed benefit and other lifestyle factors or other dietary sources, where appropriate.

- iii) The quantity of the food and pattern of consumption required to obtain the claimed beneficial effect, where appropriate;
 - iv) The target group, if appropriate, and
 - v) Where appropriate, a statement addressed to persons who shall avoid using the food; and
 - vi) An appropriate warning for products that is likely to present a health risk if consumed to excess,
 - vii) Maximum safe intake of the food or constituent when necessary
 - viii) How the food fits within the context of the total diet.
 - ix) A statement on the importance of maintaining a healthy diet.
- 4- Health claims made on food or in advertising shall be useful to consumers and shall be designed to help consumers make informed choices. These claims shall:
- be consistent and not deceptive
 - be based on current relevant scientific substantiation and describe the characteristics of a diet associated with reduced risk of developing the chronic disease identified in the health claim.
- 5- All health claims are prohibited unless they are scientifically substantiated and listed in ADAFSA's health claims database. These claims are based on sound scientific evidence that has established a relationship between certain elements of healthy diets and reduction of risk of certain diseases.
- 6- Presenting Required Information- When a health claim is made for a food, the information required as mandatory labelling requirements shall be provided on the label. For example, if a food business claims that the food "is needed for normal cell division and growth" (see Appendix 2), the declaration "Product shall be consumed in the context of a healthy diet and lifestyle" shall be mentioned on the label.
- 7- Appendix #2 includes examples of some acceptable health claims. A database of acceptable health claims in ADAFSA will be developed and updated periodically to match the best international practices. Any health claims made on the label of food package and offered in Abu Dhabi market shall be listed in ADAFSA's health claims database.
- 8- If the manufacturers, producers and retailers wish to make a health claim on their own food products and this claim is not listed in ADAFSA's database of acceptable health claims, they must apply for authorization and approval to ADAFSA include the following information:

- a- the information of labeling (name of food, ingredients, trade mark.....etc).
- b- Type of health claims.
- c- Bilingual statement of health claims
- d- Samples for lab analysis.
- e- Copy of trade licensing/registration
- f- Free of sale certificate
- g- Detailed report from recognized lab for the product.
- h- Evidences and scientific studies from recognized authority.
- i- Evidences ensure selling of this product in one or more of the modern countries.

6.4.4.1 Health Claims RE-EVALUATION

Health claims should be re-evaluated when needed. ADAFSA may re-evaluate health claims either periodically or following the emergence of significant new evidence that has the potential to alter previous conclusions about the relationship between the food or food constituent and the health effect.

6.4.6 Nutrient function Claims

- 1- Nutrient function claims are health claims that refer to the generally recognized nutritional function of energy or nutrients as an aid in maintaining the functions of the body for the maintenance of good health, or for normal growth and development.

Example:

“Nutrient A (naming a physiological role of nutrient A in the body in the maintenance of health and promotion of normal growth and development). Food X is a source of/ high in nutrient A.”

- 2- Only those essential nutrients for which a recommended dietary allowance (RDA) has been established as stated in Appendix # 1 shall be subject to a nutrient function claim.
- 3- The following claims are permissible for all nutrients:
 - “Energy (or Name of the nutrient) is a factor in the maintenance of good health.”
 - “Energy (or Name of the nutrient) is a factor in normal growth and development.” In addition to the two general claims listed above, Appendix # “2” lists some specific nutrient functions claims. The claims refer to the scientifically recognized specific role each nutrient has in maintaining good health and normal growth and development.
- 4- In addition to the prohibited claims in section (6.6), a nutrient function claim shall not refer directly or indirectly to correcting, restoring or modifying organic functions. Examples of claims that are unacceptable on foods include the following statements.
 - “This food will reduce the risk of cancer.”
 - “(Naming the nutrient) is a laxative.”
 - “Calcium fights bone disease such as osteoporosis.”
- 5- The nutrient function claims for the action or biological role of nutrients is also unacceptable and shall not imply that consumption of the food, by itself, will have the effect attributed to the nutrient.
- 6- The following statement is acceptable nutrient function claim:-
 - i) “Milk is an excellent source of calcium which helps build strong bones and teeth.” But the following statement is an unacceptable claim.
 - ii) “Milk helps build strong bones and teeth.”
- 7- Nutrient function claim for protein: when nutrient functions claims are made for protein, the food shall meet the requirements for “source of protein”. as listed in the Table (2) claim 28.

- 8- Other function claims – These claims concern specific beneficial effects of the consumption of foods or their constituents, in the context of the total diet on normal functions or biological activities of the body. Such claims relate to a positive contribution to health or to the improvement of a function or to modifying or preserving health.

Examples:

“Substance A (naming the effect of substance A on improving or modifying a physiological function or biological activity associated with health). Food Y contains x grams of substance A.”

6.4.7 Reduction of disease risk claim

- 1- The reduction of disease risk claim is a statement that describes the characteristics of a diet that may reduce the risk of developing a diet-related disease or condition, such as osteoporosis or stroke, and the properties of a food that make it a suitable part of the diet. For example, the label for a food which is low in sodium might carry the following reduction of disease risk claim (providing specific composition and labeling conditions are met): “A healthy diet containing foods high in potassium and low in sodium may reduce the risk of high blood pressure, a risk factor for stroke and heart disease. (Naming the food) is low in sodium.”
- 2- Risk reduction means significantly altering a major risk factor(s) for a disease or health-related condition. Diseases have multiple risk factors and altering one of these risk factors may or may not have a beneficial effect. The presentation of risk reduction claims must ensure, for example, by use of appropriate language and reference to other risk factors, that consumers do not interpret them as prevention claims.

Examples:

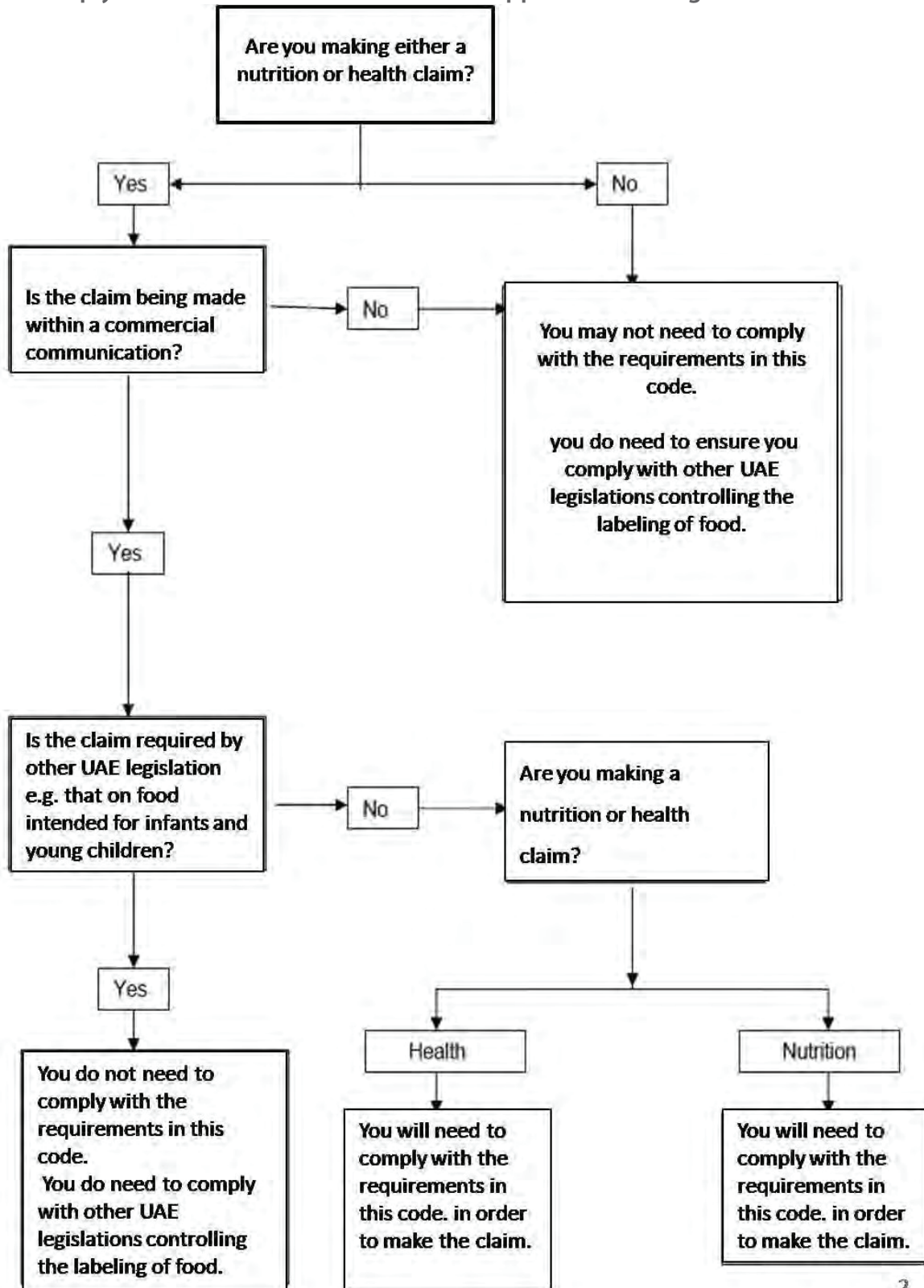
“A healthful diet low in nutrient or substance A may reduce the risk of disease D. Food X is low in nutrient or substance A.”

“A healthful diet rich in nutrient or substance A may reduce the risk of disease D. Food X is high in nutrient or substance A.”

- 3- In appendix # “2” there are some reduction of disease risk claims which are accepted at the EU level.

(Note: Other claims may also be accepted and will be evaluated on a case-by-case basis. Some of those claims subjected for ongoing evaluation and perhaps will be rejected in the future due the negative results of evaluation)

How to comply nutrition or health claim with the applicable UAE regulations?



6.4.8 Laxative and Laxation Claims

Products represented as laxatives fall within the definition of a drug. The mention of “laxative” or “relief of constipation” on a label or advertisement characterizes the product as a drug. On the other hand, the term “laxation” and the action of “promoting laxation” are not considered to be drug claims when used in connection with certain foods. Claims for the promotion of “laxation” or “regularity” are acceptable for foods provided that the claim is substantiated by evidence from clinical studies that a Reasonable Daily Intake of the foods has a laxative effect and no adverse effects e.g. the food contains a minimum of 7 grams of dietary fiber from coarse wheat bran.

6.4.9 Tonic Foods claims

The term “tonic” has been used in the past to describe a class of foods believed to have the power to restore a normal degree of vigour or to restore good health. Today, this term shall not be used, as no food can be described as an effective tonic. However, exceptions may be made due to long term use, such as “tonic water”.

6.4.10 Obesity and Diet Plans

- 1- The only foods allowed to be advertised for use in weight-reduction plan is “Food for Special Dietary Use which include:
 - i) specially formulated meal replacements,
 - ii) pre-packaged meals represented for weight reduction,
 - iii) foods sold by weight-reduction clinics, and
 - iv) foods represented for use in very low-energy diets.
- 2- The labels of meal replacements which do not make up the entire diet, as well as pre-packaged meals for weight reduction, shall include in the directions for use a seven-day menu plan which, if followed, would result in a daily energy intake of at least 1200 Calories (5040 kJ). Declaration for these meals shall state, as required by relevant regulations, that adherence to the directions for use may reduce energy intake, which is a requirement for weight loss. Testimonials claiming rapid weight loss, which is considered hazardous to health, and testimonials for weight reduction by people who were obese, are unacceptable.
- 3- Foods Represented for Use in Weight Maintenance Foods may be represented for use in achieving and maintaining a healthy body weight. However, they shall meet the following conditions:
 - i) The principal display panel of the label of the food for the food shall carry the statement, “As part of healthy eating, this food may assist in achieving and maintaining a healthy body weight because it is... (e.g., “lower in energy than...”, “low in fat”, “portion controlled”, etc.).
 - ii) The label shall display the Nutrition Facts table.
 - iii) The label shall not give the impression that the food is for use in a weight-reduction diet.
 - iv) Brand and trade names traditionally considered as claims for weight reduction shall be qualified with the statement “for weight maintenance” next to the brand or trade name on the principal display panel.

- (i) the average energy content of the food is no more than 80 kJ per 100 mL for liquid food or 170 kJ per 100 g for solid food; or (ii) the food contains at least 40% less energy than in the same quantity of reference food. (FSANZ STANDARD 1.2.7)

6.4.11 Split Claim

Where the information about the claim is separated into sections (split claim) the first part of the claim shall direct the reader to further information (other parts of the claim) provided elsewhere in the same label. Split Health claims are not permitted for reduction of disease risk claim.

6.4.12 Organs Symbols (Heart, lungs, liver.... symbols)

- a) The use of implied health claims or organs Symbols such as heart symbols and heart healthy claims to describe a food or food choice (whether on labels, menus or in advertising) are generally not acceptable. Or other forms of communications such as the descriptive photos, drawing & mark which could be considered as claims that suggest that a relationship exists between the presence/level of substance in the food and a disease or health-related condition.
- b) They may give an erroneous impression that consuming a single food or menu selection will provide heart health or prevent heart disease and this will be considered a Medical claim.
- c) Organ symbols may be acceptable on a food label or advertisement when they appear in the logo or name of a health organization, or are used in conjunction with that organization's health information program provided that no impression is given that the food may help prevent any serious disease (heart disease, liver disease...).
- d) Terms employing the word "heart" may be acceptable as part of the name of an information program of a health organization provided the program is identified as such (e.g., "The Heart Smart program")
- e) No objection will be taken to heart symbols used in a manner traditionally-recognized as indicating affection or endearment, e.g., heart illustrations on the label of candies.

6.5 Related Claims

6.5.1 Potentially misleading claims

The following are examples of claims which may be misleading-

- Meaningless claims including incomplete comparatives and superlatives.
- Claims as to good hygienic practice, such as "wholesome", "healthful", "sound", fresh...etc. These claims are prohibited as per section 6.6.

6.5.2 Conditional claims

The following claims shall be permitted subject to the particular condition attached to each:

- (i) An indication that a food has obtained an increased or special nutritive value by means of the addition of nutrients, such as vitamins, minerals and amino acids may be given only if such an addition has been made on the basis of nutritional considerations according to the relevant regulations and standards.
- (ii) An indication that the food has special nutritional qualities by the reduction or omission of a nutrient shall be on the basis of nutritional considerations
- (iii) Terms such as "natural", "pure", "fresh", "home-made", "organically grown" and "biologically grown" when they are used, should be in accordance with the national practices in the country where the food is sold. (see table "2").
- (iv) Halal claim due to religious or ritual preparation and the food shall be considered lawful under the Islamic Law.
- (v) Claims that a food has special characteristics when all such foods have the same characteristics, if this fact is apparent in the claim.
- (vi) Claims which highlight the absence or non-addition of particular substances to food may be used provided that they are not misleading and provided that the substance:
 - a) is one which consumers would normally expect to find in the food;
 - b) has not been substituted by another giving the food equivalent characteristics unless the nature of the substitution is clearly stated with equal prominence; and
 - c) is one whose presence or addition is permitted in the food.
- (vii) Claims which highlight the absence or non-addition of one or more nutrients shall be regarded as nutrition claims and therefore shall invoke mandatory nutrient declaration in accordance with requirements of Nutrition Labeling.

6.5.3 Claims relating to foods for particular nutritional uses

A claim that a food is suitable, or has been specially made, for a particular nutritional purpose which includes requirements either of people whose digestive process or metabolism is disturbed, or of people who, because of special physiological conditions obtain special benefit from the controlled consumption of certain substances, or of infants (0 - 12 months) or young children (1 - 3 years) in good health):

- The food shall fulfil the claim.
- The label shall indicate the aspects of composition or process which give the food its particular nutritional characteristics.
- The label shall give the prescribed nutrition labelling and may have additional relevant information
- When sold to the ultimate consumer, the food shall be pre-packed and completely enclosed by its packaging.

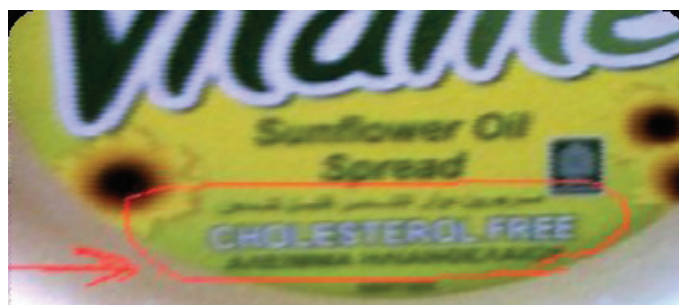
6.5.3.1 Vitamins / Minerals claims

- a) Claims may only be made with respect to vitamins or minerals in a specified list using the name in the appendix#1 (a).
- b) A permitted claims relating to the vitamins or minerals are mentioned in the table#2 in appendix (2).
- c) Where the claim is not confined to named vitamins or minerals then, if the food is claimed to be a rich or excellent source of vitamins or minerals, it shall contain at least one half of the recommended daily amount (RDA) of two or more of the vitamins or minerals listed in the quantity reasonably expected to be consumed in one day or, otherwise, at least one- sixth. Where the claim is confined to named vitamins or minerals, the conditions of shall apply to each named vitamin or mineral. c) For foods to which nutrition labeling relates, the label shall carry a statement of the % RDA of any vitamin or mineral involved in the claim in a quantified serving of the food or per portion (if number of portions in pack is stated).
- d) For waters other than natural mineral waters, the label shall carry a statement of the % RDA of any vitamin or mineral involved in the claim in either a quantified serving of the food or, if prepacked, per portion, and, if prepacked, the number of portions in the pack is to be stated).

6.5.3.2 Cholesterol claims

A permitted claims relating to the presence or absence of cholesterol are mentioned in the table#2 in appendix (2).

The claim shall not include any suggestion that the food is beneficial to health because of its level of cholesterol or cholesterol free.



(i.e. a claim that a food has a particular value or confers a particular benefit): The value or benefit shall not be derived wholly or partly from another food intended to be consumed with the food...

6.6 Prohibited claims

1- In addition to the prohibited claims mentioned in this code the following claims shall also be prohibited:

- i) Claims stating that any given food will provide an adequate source of all essential nutrients.
 - ii) Claims implying that a balanced diet or ordinary foods cannot supply adequate amounts of all nutrients.
 - iii) Claims which cannot be substantiated.
 - iv) Claims as to the suitability of a food for use in the prevention, alleviation, treatment or cure of a disease, disorder, or particular physiological condition.
 - v) claims which could give rise to doubt about the safety and/or the nutritional adequacy of similar food or which could arouse or exploit fear in the consumer.
 - vi) are false, ambiguous or misleading.
 - vii) encourage excess consumption of a food.
 - viii) state, suggest or imply that health could be affected by not consuming the food
 - ix) refer to changes in bodily functions which could give rise to or exploit fear in the consumer, either textually or through pictorial, graphic or symbolic representations, by leading the consumer to believe that:
 - a. they are suffering from a serious ailment or disease; or
 - b. Harmful consequences may result if they do not consume the particular product.
 - x) lead a consumer to self-diagnose or self-manage a condition or disease that shall be medically diagnosed and/or managed;
 - xi) encourage over-consumption of single foods or ingredients;
 - xii) criticize good dietary practice.
2. Nutrition and Health claims stating that any given food will provide an adequate source of all essential nutrients are prohibited, except in the case where it has been approved by ADAFSA to be an adequate source of all essential nutrients.
 3. Nutrition and Health claims are prohibited if they imply that a balanced diet or ordinary foods cannot supply adequate amounts of all nutrients.
 4. Reduction of disease risk claims are prohibited on Foods Represented for Use in a Very Low Energy Diet.
 5. Medical claim- A claim that a food or component of a food or diet can prevent, diagnose, cure or alleviate a disease, condition, or its symptoms, ailment, defect or injury in humans would be considered Medical claims and are not permitted. Food containing Medical claims shall be regulated as "Drugs" as per the UAE Pharmacy law and regulations. Some examples of medical claims that would bring the food within the definition of a Drug include:
 - "lowers blood cholesterol"
 - "lowers blood triglyceride levels"
 - "regulates blood sugar levels"
 - "is formulated to have the lowest potential for stomach upset and gas"
 - "promotes health of the immune system"
 - "balances hormone levels"
 - "soothes bladder infections"

- "Improves memory"
- "Is laxative" or "relieve the constipation"
- Probiotic/Prebiotic Health Claims without approval from Health authority such as: (with prebiotic fibres" or "contains prebiotic fibres"; or contains probiotics/prebiotics" (the reference to probiotic/prebiotic implies a health benefit).

((Any terms that imply probiotic/Prebiotic activity & function { i.e. imply that the bacteria in the product may be beneficial for health } or where terms like 'live' or 'active' are used to describe bacteria are health claims which should seek approval from health authority))

A product cannot be sold as a food if it is described on the label as "medicated". But, if the instruction for use specifies the food to be used "Under medical supervision" the food will be considered as a food for special dietary use and shall be registered in Ministry of Health (MOH) prior to be placed in the market to make sure it follows its specific technical regulations and standards.

Appendix (1) Recommended Dietary Allowance (RDA) and Adequate Intake (AI)

(A) Vitamins*

* Food Dome Dietary Guidelines of Arab Countries- Arab Centre for Nutrition- Kingdom of Bahrain

Age (yr)	Thiamine RDA (mg/day)	-Riboflavin RDA (mg/d ay)	Niacin RDA (mg/d ay)	Biotin AI (mg/d ay)	Pantothenic acid AI (mg/d ay)	Vit B6 RDA (mg/d ay)	Folate RDA (µg/day)	Vit B12 RDA (µg/ day)	Choline RDA (mg/d ay)	Vit C RDA (mg/ day/)	Vit A RDA (mg/ day/)	Vit D AI (µg/ day/)	Vit E RDA (mg/ day/)	Vit K AI (mg/d ay)
Infants														
0-0.5	0.2	0.3	2	5	1.7	0.1	65	0.4	125	40	400	5	4	2.0
0.5-1	0.3	0.4	4	6	1.8	0.3	80	0.5	150	50	500	5	5	2.5
Children														
1-3	0.5	0.5	6	8	2	0.5	150	0.9	200	15	300	5	6	30
4-8	0.6	0.6	8	12	3	0.6	200	1.2	250	25	400	5	7	55
Males														
9-13	0.9	0.9	12	20	4	1.0	300	1.8	375	45	600	5	11	60
14-18	1.2	1.3	16	25	5	1.3	400	2.4	550	75	900	5	15	75
19-30	1.2	1.3	16	30	5	1.3	400	2.4	550	90	900	5	15	120
31-50	1.2	1.3	16	30	5	1.3	400	2.4	550	90	900	5	15	120
51-70	1.2	1.3	16	30	5	1.7	400	2.4	550	90	900	10	15	120
70+	1.2	1.3	16	30	5	1.7	400	2.4	550	90	900	15	15	120
Females														
9-13	0.9	0.9	12	20	4	1.0	300	1.8	375	45	600	5	11	60
14-18	1.0	1.0	14	25	5	1.2	400	2.4	400	65	700	5	15	75
19-30	1.1	1.1	14	30	5	1.3	400	2.4	425	75	700	5	15	90
31-50	1.1	1.1	14	30	5	1.3	400	2.4	425	75	700	5	15	90
51-70	1.1	1.1	14	30	5	1.5	400	2.4	425	75	700	5	15	90
70+	1.1	1.1	14	30	5	1.5	400	2.4	425	75	700	10	15	90
Pregnancy														
18	1.4	1.4	18	30	6	1.9	600	2.6	450	80	750	15	15	75
19-30	1.4	1.4	18	30	6	1.9	600	2.6	450	85	770	5	15	90
31-50	1.4	1.4	18	30	6	1.9	600	2.6	450	85	770	5	15	90
Lactation														
18	1.4	1.6	17	35	7	2.0	500	115	1200	2.8	550	5	19	75
19-30	1.4	1.6	17	35	7	2.0	500	120	1300	2.8	550	5	19	90
31-50	1.4	1.6	17	35	7	2.0	500	120	1300	2.8	550	5	19	90
Note: - For all nutrients, values for infants are AI - Niacin recommendations are expressed as niacin equivalents (NE), EXCEPT for recommendations for infants younger than 6 months, which are expressed as performed niacin. - Folate recommendations are expressed as dietary folate equivalents (DFE)														

(B) Minerals *

Age (Yr)/ RDA	Na (mg/day)	CL (mg/day)	k (mg/day)	Ca (mg/day)	P (mg/day)	Mg (mg/day)	Iron (µg/day)	Zinc (µg/day)	Io- dine (µg/day)	Sele- nium (µg/day)	Cop- per (µg/d y)	Man- ga- nese (mg/day)	Fluo- ride (mg/day)	Chro mium (µg/day)	Mo- lyb- denum (µg/day)
Infants															
0-0.5	120	180	400	210	100	30	0.27	2	110	15	200	0.003	0.01	0.2	2
0.5-1	370	570	700	270	275	75	11	3	130	20	220	0.6	0.5	5.5	3
Children															
1-3	100	150	300	500	460	80	7	3	90	20	340	1.2	0.7	11	17
4-8	0	0	0	800	500	130	10	5	90	30	440	1.5	1.0	15	22
Males															
9-13	150	230	450	130	1250	240	8	8	120	40	700	1.9	2	25	34
14-18	150	230	470	130	1250	410	11	11	150	55	890	2.2	3	35	43
19-30	150	230	470	100	700	400	8	11	150	55	900	2.3	4	35	45
31-50	150	230	470	100	700	420	8	11	150	55	900	2.3	4	35	45
51-70	130	200	470	120	700	420	8	11	150	55	900	2.3	4	30	45
70<	120	180	470	120	700	420	8	11	150	55	900	2.3	4	30	45
Females															
9-13	150	230	450	130	1250	240	8	8	120	40	700	1.6	2	21	34
14-18	150	230	470	130	1250	360	15	9	150	55	890	1.6	3	24	43
19-30	150	230	470	100	700	310	18	8	150	55	900	1.8	3	25	45
31-50	150	230	470	100	700	320	18	8	150	55	900	1.8	3	25	45
51-70	130	200	470	120	700	320	8	8	150	55	900	1.8	3	20	45
70<	120	180	470	120	700	320	8	8	150	55	900	1.8	3	20	45
Pregnancy															
18	150	230	470	130	1250	400	27	12	220	60	1000	2.0	3	29	50
19-30	150	230	470	100	700	350	27	11	220	60	1000	2.0	3	30	50
31-50	150	230	470	100	700	360	27	11	220	60	1000	2.0	3	30	50
Lactation															
18	150	230	510	130	1250	360	10	14	290	70	1300	2.6	3	44	50
19-30	150	230	510	100	700	310	9	12	290	70	1300	2.6	3	45	50
31-50	150	230	510	100	700	320	9	12	290	70	1300	2.6	3	45	50

*Reference: Food Dome Dietary Guidelines of Arab Countries- Arab Centre for Nutrition- Kingdom of Bahrain

Appendix 2 The list of Permitted Health, Nutrition and Related Claims

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
1.	Activated charcoal	Activated charcoal contributes to reducing excessive flatulence/ intestinal gas accumulation after eating	Activated charcoal contributes to reducing excessive flatulence/ intestinal gas accumulation after eating	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
2.	Alpha-linolenic (acid) (ALA)	ALA contributes to the maintenance of normal blood cholesterol levels/ concentrations	ALA contributes to the maintenance of normal blood cholesterol levels/ concentrations	shall be registered in Ministry of Health (MOH) prior to be placed in the market
3.	Arabinosyran produced from wheat endosperm	Consumption of arabinosyran as part of a meal contributes to a reduction of the blood glucose rise after that meal	Consumption of arabinosyran as part of a meal contributes to a reduction of the blood glucose rise after that meal	reduction of post-prandial glycaemic responses
4.	Barley grain fiber	Barley grain fiber contributes to an increase in faecal bulk	Barley grain fiber contributes to an increase in faecal bulk	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
5.	Beta-glucans	Beta-glucans contribute to the maintenance of normal blood cholesterol levels/ concentrations	The claim may be used only for food which contains at least 1 g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these sources per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of beta-glucans from oats, oat bran, barley, barley bran, or from mixtures of these beta-glucans.	food containing psyllium seed soluble husk shall have this warning: this food should be eaten with at least a full glass of liquid because it may cause choking, do not eat this product if you are have difficulty in swallowing.
6.	Beta-glucans from oats and barley	Consumption of beta-glucans from oats or barley as part of a meal contributes to the reduction of the blood glucose rise after that meal	The claim may be used only for food which contains at least 4 g of beta-glucans from oats or barley for each 30 g of available carbohydrates in a quantified portion as part of the meal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming the beta-glucans from oats or barley as part of the meal.	reduction of post-prandial glycaemic responses. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
7.	Barley beta-glucans	Barley beta-glucans and lowering of blood cholesterol and reduced risk of (coronary) heart disease	Information shall be given to the consumer that the beneficial effect is obtained with daily intake of 3 g of barley beta-glucan. The claim can be used for foods which provide at least 1 g of barley beta-glucan per quantified portion.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
8.	Oat beta-glucan	Oat beta-glucan has been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease	Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of oat beta-glucan. The claim can be used for foods which provide at least 1g of oat beta glucan per quantified portion.	food containing psyllium seed soluble husk shall have this warning: this food should be eaten with at least a full glass of liquid because it may cause choking, do not eat this product if you are have difficulty in swallowing.

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
9.	Betaine	Betaine contributes to normal homocysteine metabolism	The claim may be used only for food which contains at least 500 mg of betaine per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 1,5 g of betaine.	In order to bear the claim information shall be given to the consumer that a daily intake in excess of 4 g may significantly increase blood cholesterol levels. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
10.	Biotin	Biotin contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2) .	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
11.	Biotin	Biotin contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
12.	Biotin	Biotin contributes to normal macronutrient metabolism	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
13.	Biotin	Biotin contributes to normal psychological function	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
14.	Biotin	Biotin contributes to the maintenance of normal hair	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
15.	Biotin	Biotin contributes to the maintenance of normal mucous membranes	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
16.	Biotin	Biotin contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of biotin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
17.	Calcium	Calcium contributes to normal blood clotting	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
18.	Calcium	Calcium contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
19.	Calcium	Calcium contributes to normal muscle function	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
20.	Calcium	Calcium contributes to normal neurotransmission	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
21.	Calcium	Calcium contributes to the normal function of digestive enzymes	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
22.	Calcium	Calcium has a role in the process of cell division and specialization/ differentiation	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
23.	Calcium	Calcium is needed for the maintenance of normal bones	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
24.	Calcium	Calcium is needed for the maintenance of normal teeth	The claim may be used only for food which is at least a source of calcium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
25.	Creatine	Creatine increases physical performance in successive bursts of short-term, high intensity exercise	The claim may be used only for food which provides a daily intake of 3 g of creatine. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of creatine.	The claim may be used only for foods targeting adults performing high intensity exercise. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
26.	Carbohydrates	Carbohydrates contribute to the maintenance of normal brain function	In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 130 g of carbohydrates from all sources. The claim may be used for food which contains at least 20 g carbohydrates which are metabolised by humans, excluding polyols, per quantified portion and complies with the nutrition claim LOW SUGARS or WITH NO ADDED SUGARS as listed in the Table(2).	The claim shall not be used on food which is 100 % sugars. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
27.	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions contribute to the maintenance of endurance performance during prolonged endurance exercise	In order to bear the claim carbohydrate-electrolyte solutions should contain 80-350 kcal/L from carbohydrates, and at least 75 % of the energy should be derived from carbohydrates which induce a high glycaemic response, such as glucose, glucose polymers and sucrose. In addition, these beverages should contain between 20 mmol/L (460 mg/L) and 50 mmol/L (1,150 mg/L) of sodium, and have an osmolality between 200-330 mOsm/kg water.	The claim shall not be used on food which is 100 % sugars. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
28.	Carbohydrate-electrolyte solutions	Carbohydrate-electrolyte solutions enhance the absorption of water during physical exercise	In order to bear the claim carbohydrate-electrolyte solutions should contain 80-350 kcal/L from carbohydrates, and at least 75 % of the energy should be derived from carbohydrates which induce a high glycaemic response, such as glucose, glucose polymers and sucrose. In addition, these beverages should contain between 20 mmol/L (460 mg/L) and 50 mmol/L (1,150 mg/L) of sodium, and have an osmolality between 200-330 mOsm/kg water.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
29.	Chitosan	Chitosan contributes to the maintenance of normal blood LDL-cholesterol concentrations / levels	The claim may be used only for food which provides a daily intake of 3 g of chitosan. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of chitosan.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
30.	Guar Gum	Guar gum contributes to the maintenance of normal blood cholesterol levels/ concentrations	The claim may be used only for food which provides a daily intake of 10 g of guar gum. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 10 g of guar gum.	Warning of choking to be given for people with swallow-ing difficulties or when ingest-ing with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
31.	Choline	Choline contributes to normal lipid metabolism	The claim may be used only for food which contains at least 82,5 mg of choline per 100 g or 100 ml or per single portion of food.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
32.	Choline	Choline contributes to the maintenance of normal liver function	The claim may be used only for food which contains at least 82,5 mg of choline per 100 g or 100 ml or per single portion of food.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
33.	Choline	Choline contributes to normal homocysteine metabolism	The claim may be used only for food which contains at least 82,5 mg of choline per 100 g or 100 ml or per single portion of food.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
34.	Chromium	Chromium contributes to normal macronutrient metabolism	The claim may be used only for food which is at least a source of trivalent chromium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
35.	Chromium	Chromium contributes to the maintenance of normal blood glucose levels/concentration	The claim may be used only for food which is at least a source of trivalent chromium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
36.	Copper	Copper contributes to maintenance of normal connective tissues	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2)..	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
37.	Copper	Copper contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
38.	Copper	Copper contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
39.	Copper	Copper contributes to normal hair pigmentation	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
40.	Copper	Copper contributes to normal iron transport in the body	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
41.	Copper	Copper contributes to normal skin pigmentation	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
42.	Copper	Copper contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
43.	Copper	Copper contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	protection of DNA, proteins and lipids from oxidative damage shall be registered in Ministry of Health (MOH) prior to be placed in the market.
44.	Docosahexaenoic acid (DHA)	DHA contributes to maintenance of normal brain function	The claim may be used only for food which is at least a source of copper as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
45.	Docosahexaenoic acid (DHA)	DHA contributes to the maintenance of normal vision	The claim may be used only for food which contains at least 40 mg of DHA per 100 g and per 100 kcal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250 mg of DHA.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
46.	Eicosapentaenoic acid and docosahexaenoic acid (EPA/DHA)	EPA and DHA contribute to the normal function of the heart	The claim may be used only for food which is at least a source of EPA and DHA as referred to in the claim SOURCE OF OMEGA 3 FATTY ACIDS as listed in the Table (2). In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 250 mg of EPA and DHA.	Maintenance of normal cardiac function. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
47.	Fluoride	Fluoride contributes to the maintenance of tooth mineralisation	The claim may be used only for food which is at least a source of fluoride as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
48.	Folate	Folate contributes to maternal tissue growth during pregnancy	The claim may be used only for food which is at least a source of fluoride as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
49.	Folate	Folate contributes to normal amino acid synthesis	The claim may be used only for food which is at least a source of fluoride as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
50.	Folate	Folate contributes to normal blood formation	The claim may be used only for food which is at least a source of fluoride as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
51.	Folate	Folate contributes to normal homocysteine metabolism	The claim may be used only for food which is at least a source of fluoride as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
52.	Folate	Folate contributes to normal psychological function	The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
53.	Folate	Folate contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
54.	Folate	Folate contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
55.	Folate	Folate has a role in the process of cell division	The claim may be used only for food which is at least a source of folate as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table(2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
56.	Foods with a low or reduced content of saturated fatty acids	Reducing consumption of saturated fat contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which is at least low in saturated fatty acids, as referred to in the claim LOW SATURATED FAT or reduced in saturated fatty acids as referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Table (2)	maintenance of normal blood LDL-cholesterol concentrations shall be registered in Ministry of Health (MOH) prior to be placed in the market.
57.	Foods with a low or reduced content of sodium	Reducing consumption of sodium contributes to the maintenance of normal blood pressure	The claim may be used only for food which is at least low in sodium/salt as referred to in the claim LOW SODIUM/ SALT or reduced in sodium/salt as referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Table (2).	maintenance of normal blood pressure. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
58.	Glucomannan (konjac mannan)	Glucomannan contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which provides a daily intake of 4 g of glucomannan. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 4 g of glucomannan.	Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
59.	Glucomannan (konjac mannan)	Glucomannan in the context of an energy restricted diet contributes to weight loss	The claim may be used only for food which contains 1 g of glucomannan per quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of glucomannan in three doses of 1 g each, together with 1 2 glasses of water, before meals and in the context of an energy-restricted diet.	reduction of body weight. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
60.	Hydroxypropyl methylcellulose (HPMC)	Consumption of Hydroxypropyl methylcellulose with a meal contributes to a reduction in the blood glucose rise after that meal /reduction of post-prandial glycaemic responses	The claim may be used only for food which contains 4 g of HPMC per quantified portion as part of the meal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming 4 g of HPMC as part of the meal.	Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach. shall be registered in Ministry of Health (MOH) prior to be placed in the market.

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
61.	Hydroxypropyl methylcellulose ((HPMC	Hydroxypropyl methylcellulose contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for food which provides a daily intake of 5 g of HPMC. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 5 g of HPMC.	Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
62.	Iodine	Iodine contributes to normal cognitive function	The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
63.	Iodine	Iodine contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
64.	Iodine	Iodine contributes to normal functioning of the nervous system/ neurological function	The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
65.	Iodine	Iodine contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
66.	Iodine	Iodine contributes to the normal production of thyroid hormones and normal thyroid function	The claim may be used only for food which is at least a source of iodine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
67.	Iron	Iron contributes to normal cognitive function	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
68.	Iron	Iron contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
69.	Iron	Iron contributes to normal formation of red blood cells and hemoglobin	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
70.	Iron	Iron contributes to normal oxygen transport in the body	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
71.	Iron	Iron contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
72.	Iron	Iron contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market..

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
73.	Iron	Iron has a role in the process of cell division	The claim may be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market..
74.	Lactulose	Lactulose contributes to an acceleration of intestinal transit	The claim may be used only for food which contains 10 g of lactulose in a single quantified portion. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a single serving of 10 g of lactulose per day.	reduction in intestinal .transit time shall be registered in Ministry of Health (MOH) prior to be placed in the market.
75.	Linoleic acid	Linoleic acid contributes to the maintenance of normal blood cholesterol levels	The claim may be used only for a food which provides at least 1,5 g of linoleic acid (LA) per 100 g and per 100 kcal. Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 10 g of LA.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
76.	Live yoghurt cultures	Live cultures in yoghurt or fermented milk improve lactose digestion of the product in individuals who have difficulty digesting lactose	In order to bear the claim, yoghurt or fermented milk should contain at least 108 Colony Forming Units live starter microorganisms (Lactobacillus delbrueckii subsp. bulgaricus and Streptococcus thermophilus) per gram.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
77.	Magnesium	Magnesium contributes to a reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2)	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
78.	Magnesium	Magnesium contributes to electrolyte balance	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
79.	Magnesium	Magnesium contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
80.	Magnesium	Magnesium contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
81.	Magnesium	Magnesium contributes to normal muscle function	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
82.	Magnesium	Magnesium contributes to normal protein synthesis	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
83.	Magnesium	Magnesium contributes to normal psychological function	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
84.	Magnesium	Magnesium contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
85.	Magnesium	Magnesium contributes to the maintenance of normal teeth	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
86.	Magnesium	Magnesium has a role in the process of cell division	The claim may be used only for food which is at least a source of magnesium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
87.	Manganese	Manganese contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
88.	Manganese	Manganese contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
89.	Manganese	Manganese contributes to the normal formation of connective tissue	The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
90.	Manganese	Manganese contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of manganese as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	metabolism of fatty acids. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
91.	Meal replacement for weight control	Substituting one daily meal of an energy restricted diet with a meal replacement contributes to the maintenance of body weight after weight loss	In order to bear the claim, a food should comply with specifications laid down in Directive 96/8/EC in relation to food products under Article 1(2)(b) of that Directive. In order to achieve the claimed effect, one meal should be substituted with meal replacements daily.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
92.	Meal replacement for weight control	Substituting two daily meals of an energy restricted diet with meal replacements contributes to weight loss	In order to bear the claim, a food should comply with specifications laid down in Directive 96/8/EC in relation to food products under Article 1(2)(b) of that Directive. In order to achieve the claimed effect, two meals should be substituted with meal replacements daily.	Reduction in body weight. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
93.	Meat or fish	Meat or fish contributes to the improvement of iron absorption when eaten with other foods containing iron	The claim may be used only for food which contains at least 50 g of meat or fish in a single quantified portion. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming 50 g of meat or fish together with food(s) containing non-haem iron	improvement of non-haem iron absorption. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
94.	Melatonin	Melatonin contributes to the alleviation of subjective feelings of jet lag	The claim may be used only for food which contains at least 0,5 mg of melatonin per quantified portion. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a minimum intake of 0,5 mg to be taken close to bedtime on the first day of travel and on the following few days after arrival at the destination	Melatonin is not allowed to be added as a food ingredient. shall be registered in Ministry of Health (MOH) prior to be placed in the market.

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
95.	Melatonin	Melatonin contributes to the reduction of time taken to fall asleep	The claim may be used only for food which contains 1 mg of melatonin per quantified portion. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained by consuming 1 mg of melatonin close to bedtime.	reduction of sleep onset latency Melatonin is not allowed to be added as a food ingredient. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
96.	Molybdenum	Molybdenum contributes to normal sulphur amino acid metabolism	The claim may be used only for food which is at least a source of molybdenum as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
97.	Monascus purpureous (red yeast rice)	Monacolin K from red yeast rice contributes to the maintenance of normal blood LDL-cholesterol concentrations/ levels	The claim may be used only for food which provides a daily intake of 10 mg of monacolin K from red yeast rice. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 10 mg of monacolin K from fermented red yeast rice preparations.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
98.	Monounsaturated and/or polyunsaturated fatty acids	Replacing saturated fats with unsaturated fats in the diet contributes to the maintenance of normal blood cholesterol levels [MUFA and PUFA are unsaturated fats]	The claim may be used only for food which is high in unsaturated fatty acids, as referred to in the claim HIGH UNSATURATED FAT as listed in the Table (2).	Replacement of mixtures of saturated fatty acids (SFAs) as present in foods or diets with mixtures of polyunsaturated fatty acids (PUFAs) and maintenance of normal blood LDL-cholesterol concentrations. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
99.	Niacin	Niacin contributes to normal psychological function	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
100.	Niacin	Niacin contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
101.	Niacin	Niacin contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
102.	Niacin	Niacin contributes to the maintenance of normal mucous membranes	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
103.	Niacin	Niacin contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
104.	Niacin	Niacin contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of niacin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
105.	Oat grain fiber	Oat grain fiber contributes to an increase in faecal bulk	The claim may be used only for food which is high in that fiber as referred to in the claim HIGH FIBRE as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
106.	Oleic acid	Replacing saturated fats in the diet with unsaturated fats contributes to the maintenance of normal blood cholesterol levels. Oleic acid is an unsaturated fat.	The claim may be used only for food which is high in unsaturated fatty acids, as referred to in the claim HIGH UN- SATURATED FAT as listed in the Table (2).	maintenance of normal blood LDL-cholesterol concentrations shall be registered in Ministry of Health (MOH) prior to be placed in the market.
107.	Olive oil polyphenols	Olive oil polyphenols contribute to the protection of blood lipids from oxidative stress	The claim may be used only for olive oil which contains at least 5 mg of hydroxytyrosol and its derivatives (e.g. oleuropein complex and tyrosol) per 20 g of olive oil. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 20 g of olive oil.	protection of LDL particles from oxidative damage. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
108.	Pantothenic acid	Pantothenic acid contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
109.	Pantothenic acid	Pantothenic acid contributes to normal mental performance	The claim may be used only for food which is at least a source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
110.	Pantothenic acid	Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters	The claim may be used only for food which is at least a source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
111.	Pantothenic acid	Pantothenic acid contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of pantothenic acid as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
112.	Pectins	Consumption of pectins with a meal contributes to the reduction of the blood glucose rise after that meal	The claim may be used only for food which contains 10 g of pectins per quantified portion. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained by consuming 10 g of pectins as part of the meal.	Reduction of post-prandial glycaemic responses. Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
113.	Pectins	Pectins contribute to the maintenance of normal blood cholesterol levels	The claim may be used only for food which provides a daily intake of 6 g of pectins. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 6 g of pectin.	Warning of choking to be given for people with swallowing difficulties or when ingesting with inadequate fluid intake - advice on taking with plenty of water to ensure substance reaches stomach shall be registered in Ministry of Health (MOH) prior to be placed in the market.

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
114.	Phosphorus	Phosphorus contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
115.	Phosphorus	Phosphorus contributes to normal function of cell membranes	The claim may be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
116.	Phosphorus	Phosphorus contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
117.	Phosphorus	Phosphorus contributes to the maintenance of normal teeth	The claim may be used only for food which is at least a source of phosphorus as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
118.	Plant sterols and plant stanols	Plant sterols/stanols contribute to the maintenance of normal blood cholesterol levels	In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of at least 0.8 g of plant sterols/stanols.	maintenance of normal blood cholesterol concentrations. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
119.	Plant stanol esters	Plant stanol esters have been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease.	Information to the consumer that the beneficial effect is obtained with a daily intake of 1,5-3 g plant stanols. Reference to the magnitude of the effect may only be made for foods within the following categories: yellow fat spreads, dairy products, mayonnaise and salad dressings. When referring to the magnitude of the effect, the range "7 % to 10 %" for foods that provide a daily intake of 1,5-2,4 g plant stanols or the range "10 %-12,5 %" for foods that provide a daily intake of 2,5-3 g plant stanols and the duration to obtain the effect "in 2 to 3 weeks" must be communicated to the consumer.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
120.	Plant sterols/ Plant stanols	Plant sterols and plant stanol esters have been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease.	Information to the consumer that the beneficial effect is obtained with a daily intake of 1,5-3 g plant sterols/stanols. Reference to the magnitude of the effect may only be made for foods within the following categories: yellow fat spreads, dairy products, mayonnaise and salad dressings. When referring to the magnitude of the effect, the range "7 % to 10 %" for foods that provide a daily intake of 1,5-2,4 g plant sterols/stanols or the range "10 % to 12,5 %" for foods that provide a daily intake of 2,5-3 g plant sterols/stanols and the duration to obtain the effect "in 2 to 3 weeks" must be communicated to the consumer.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
121.	Plant sterols: Sterols extracted from plants, free or esterified with food grade fatty acids.	Plant sterols have been shown to lower/reduce blood cholesterol. High cholesterol is a risk factor in the development of coronary heart disease.	Information to the consumer that the beneficial effect is obtained with a daily intake of 1,5-3 g plant sterols. Reference to the magnitude of the effect may only be made for foods within the following categories: yellow fat spreads, dairy products, mayonnaise and salad dressings. When referring to the magnitude of the effect, the range "7 % to 10 %" for foods that provide a daily intake of 1,5-2,4 g plant sterols or the range "10 % to 12,5 %" for foods that provide a daily intake of 2,5-3 g plant sterols and the duration to obtain the effect "in 2 to 3 weeks" must be communicated to the consumer.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
122.	Potassium	Potassium contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of potassium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
123.	Potassium	Potassium contributes to normal muscle function	The claim may be used only for food which is at least a source of potassium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
124.	Potassium	Potassium contributes to the maintenance of normal blood pressure	The claim may be used only for food which is at least a source of potassium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
125.	Protein	Protein contributes to a growth in muscle mass	The claim may be used only for food which is at least a source of protein as referred to in the claim SOURCE OF PROTEIN as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
126.	Protein	Protein contributes to the maintenance of muscle mass	The claim may be used only for food which is at least a source of protein as referred to in the claim SOURCE OF PROTEIN as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
127.	Protein	Protein contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of protein as referred to in the claim SOURCE OF PROTEIN as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
128.	Resistant starch	Replacing digestible starches with resistant starch in a meal contributes to a reduction in the blood glucose rise after that meal.	The claim may be used only for food in which digestible starch has been replaced by resistant starch so that the final content of resistant starch is at least 14 % of total starch.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
129.	Riboflavin (Vitamin B2)	Riboflavin contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
130.	Riboflavin (Vitamin B2)	Riboflavin contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
131.	Riboflavin (Vitamin B2)	Riboflavin contributes to the maintenance of normal mucous membranes	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
132.	Riboflavin (Vitamin B2)	Riboflavin contributes to the maintenance of normal red blood cells	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
133.	Riboflavin (Vitamin B2)	Riboflavin contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
134.	Riboflavin (Vitamin B2)	Riboflavin contributes to the maintenance of normal vision	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
135.	Riboflavin (Vitamin B2)	Riboflavin contributes to the normal metabolism of iron	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
136.	Riboflavin (Vitamin B2)	Riboflavin contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Table (2).
137.	Riboflavin (Vitamin B2)	Riboflavin contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of riboflavin as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
138.	Rye fibre	Rye fibre contributes to normal bowel function	The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
139.	Selenium	Selenium contributes to normal spermatogenesis	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
140.	Selenium	Selenium contributes to the maintenance of normal hair	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
141.	Selenium	Selenium contributes to the maintenance of normal nails	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
142.	Selenium	Selenium contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
143.	Selenium	Selenium contributes to the normal thyroid function	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
144.	Selenium	Selenium contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of selenium as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
145.	Sugar beet fibre	Sugar beet fibre contributes to an increase in faecal bulk	The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in table (2)	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
146.	Sugar replacers, i.e. intense sweeteners; xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, sucralose and polydextrose; D-tagatose and isomaltulose	Consumption of foods/drinks containing <name of sugar replacer> instead of sugar* contributes to the maintenance of tooth mineralisation * In the case of D-tagatose and isomaltulose this should read "other sugars"	In order to bear the claim, sugars should be replaced in foods or drinks (which reduce plaque pH below 5.7) by sugar replacers, i.e. intense sweeteners, xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, D-tagatose, isomaltulose, sucralose or polydextrose, or a combination of them, in amounts such that consumption of such foods or drinks does not lower plaque pH below 5.7 during and up to 30 minutes after consumption.	maintenance of tooth mineralisation by decreasing tooth demineralisation shall be registered in Ministry of Health (MOH) prior to be placed in the market.

CODE OF PRACTICE NO. (27) of 2019 PERMITTED ADDITIVES IN FOOD

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
147.	Sugar replacers, i.e. intense sweeteners; xylitol, sorbitol, man- nitol, maltitol, lactitol, isomalt, erythritol, sucralose and polydex- trose; D-tagatose and isomaltulose	Consumption of foods/ drinks containing <name of sugar re- placer> instead of sugar* induces a lower blood glucose rise after their consumption compared to sugar-containing foods/drinks *. In the case of D- tagatose and isomaltulose this should read "other sugars"	In order to bear the claim, sugars should be replaced in foods or drinks by sugar replacers, i.e. intense sweeteners, xylitol, sorbitol, mannitol, maltitol, lactitol, isomalt, erythritol, sucralose or poly- dextrose, or a combination of them, so that foods or drinks contain reduced amounts of sugars by at least the amount referred to in the claim REDUCED [NAME OF NUTRIENT] as listed in the Table (2). In the case of D-tagatose and isomaltulose, they should replace equivalent amounts of other sugars in the same proportion as that referred to in the claim REDUCED [NAME OF NUTRI- ENT] as listed in the Table (2).	reduction of post-prandial gly- caemic responses. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
148.	Sugar-free chewing gum	Sugar-free chewing gum contributes to the maintenance of tooth mineralization	The claim may be used only for chewing gum which complies with the conditions of use for the nutrition claim SUG- ARS FREE as listed in the Table (2). Information shall be given to the consumer that the beneficial effect is obtained with chewing, for at least 20 minutes, after eating or drinking.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
149.	Sugar-free chewing gum	Sugar-free chewing gum contributes to the neutralisation of plaque acids	The claim may be used only for chewing gum which complies with the conditions of use for the nutrition claim SUG- ARS FREE as listed in the Table (2). Information shall be given to the consumer that the beneficial effect is obtained with chewing, for at least 20 minutes, after eating or drinking.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
150.	Sugar-free chewing gum	Sugar-free chewing gum contributes to the reduction of oral dryness	The claim may be used only for chewing gum which complies with the conditions of use for the nutrition claim SUGARS FREE as listed in the Table (2). Information shall be given to the consumer that the beneficial effect is obtained with use of the chewing gum whenever the mouth feels dry	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
151.	Sugar-free chewing gum	Sugar-free chewing gum helps neutralise plaque acids. Plaque acids are a risk factor in the development of dental caries.	Information shall be given to the consumer that the beneficial effect is obtained with chewing of 2-3 g of sugar-free chewing gum for 20 minutes, at least three times per day after meals.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
152.	Sugar-free chewing gum	Sugar-free chewing gum helps reduce tooth demineralisation. Tooth demineralisation is a risk factor in the development of dental caries.	Information shall be given to the consumer that the beneficial effect is obtained with chewing of 2-3 g of sugar-free chewing gum for 20 minutes, at least three times per day after meals.	
153.	Sugar-free chewing gum with carbamide	Sugar-free chewing gum with carbamide neutralises plaque acids more effectively than sugar-free chewing gums without carbamide	The claim may be used only for chewing gum which complies with the conditions of use for the nutrition claim SUGARS FREE as listed in the Table (2). In order to bear the claim each piece of sugar-free chewing gum should contain at least 20 mg carbamide. Information shall be given to the consumer that gum should be chewed for at least 20 minutes after eating or drinking.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
154.	Thiamine	Thiamine contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of thiamine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
155.	Thiamine	Thiamine contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of thiamine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
156.	Thiamine	Thiamine contributes to normal psychological function	The claim may be used only for food which is at least a source of thiamine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
157.	Thiamine	Thiamine contributes to the normal function of the heart	The claim may be used only for food which is at least a source of thiamine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
158.	Vitamin A	Vitamin A contributes to normal iron metabolism	The claim may be used only for food which is at least a source of thiamine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
159.	Vitamin A	Vitamin A contributes to the maintenance of normal mu- cous membranes	The claim may be used only for food which is at least a source of thiamine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINER- AL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
160.	Vitamin A	Vitamin A contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of thiamine as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINER- AL/S] as listed in the Table (2).	maintenance of normal skin and mucous membranes shall be registered in Ministry of Health (MOH) prior to be placed in the market.
161.	Vitamin A	Vitamin A contributes to the maintenance of normal vision	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINER- AL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
162.	Vitamin A	Vitamin A contributes to the normal function of the im- mune system	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINER- AL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
163.	Vitamin A	Vitamin A has a role in the process of cell specializa- tion/ differentiation	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINER- AL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
164.	Vitamin B12	Vitamin B12 contributes to normal energy-yielding me- tabolism	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINER- AL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
165.	Vitamin B12	Vitamin B12 contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of vitamin A as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINER- AL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
166.	Vitamin B12	Vitamin B12 contributes to normal homocysteine metab- olism	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MIN- ERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
167.	Vitamin B12	Vitamin B12 contributes to normal psychological func- tion	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MIN- ERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
168.	Vitamin B12	Vitamin B12 contributes to normal red blood cell for- mation	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MIN- ERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
169.	Vitamin B12	Vitamin B12 contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MIN- ERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
170.	Vitamin B12	Vitamin B12 contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MIN- ERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
171.	Vitamin B12	Vitamin B12 has a role in the process of cell division	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MIN- ERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
172.	Vitamin B6	Vitamin B6 contributes to normal cysteine synthesis	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MIN- ERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
173.	Vitamin B6	Vitamin B6 contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
174.	Vitamin B6	Vitamin B6 contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
175.	Vitamin B6	Vitamin B6 contributes to normal homocysteine metabolism	The claim may be used only for food which is at least a source of vitamin B12 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
176.	Vitamin B6	Vitamin B6 contributes to normal protein and glycogen metabolism	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
177.	Vitamin B6	Vitamin B6 contributes to normal psychological function	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
178.	Vitamin B6	Vitamin B6 contributes to normal red blood cell formation	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
179.	Vitamin B6	Vitamin B6 contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
180.	Vitamin B6	Vitamin B6 contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
181.	Vitamin B6	Vitamin B6 contributes to the regulation of hormonal activity	The claim may be used only for food which is at least a source of vitamin B6 as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
182.	Vitamin C	Vitamin C contributes to maintain the normal function of the immune system during and after intense physical exercise	The claim may be used only for food which provides a daily intake of 200 mg vitamin C. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 200 mg in addition to the recommended daily intake of vitamin C.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
183.	Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of blood vessels	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
184.	Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of bones	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
185.	Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of cartilage	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
186.	Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of gums	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
187.	Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of skin	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
188.	Vitamin C	Vitamin C contributes to normal collagen formation for the normal function of teeth	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
189.	Vitamin C	Vitamin C contributes to normal energy-yielding metabolism	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
190.	Vitamin C	Vitamin C contributes to normal functioning of the nervous system	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
191.	Vitamin C	Vitamin C contributes to normal psychological function	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
192.	Vitamin C	Vitamin C contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
193.	Vitamin C	Vitamin C contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
194.	Vitamin C	Vitamin C contributes to the reduction of tiredness and fatigue	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
195.	Vitamin C	Vitamin C contributes to the regeneration of the reduced form of vitamin E	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
196.	Vitamin C	Vitamin C increases iron absorption	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
197.	Vitamin D	Vitamin D contributes to normal absorption/ utilisation of calcium and phosphorus	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
198.	Vitamin D	Vitamin D contributes to normal blood calcium levels	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
199.	Vitamin D	Vitamin D contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
200.	Vitamin D	Vitamin D contributes to the maintenance of normal muscle function	The claim may be used only for food which is at least a source of vitamin C as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
201.	Vitamin D	Vitamin D contributes to the maintenance of normal teeth	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
202.	Vitamin D	Vitamin D contributes to the normal function of the im- mune system	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINER- AL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
203.	Vitamin D	Vitamin D has a role in the process of cell division	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINER- AL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
204.	Vitamin E	Vitamin E contributes to the protection of cells from oxi- dative stress	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINER- AL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
205.	Vitamin K	Vitamin K contributes to normal blood clotting	The claim may be used only for food which is at least a source of vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINER- AL/S] as listed in the Table (2).	blood coagulation shall be registered in Ministry of Health (MOH) prior to be placed in the market.
206.	Vitamin K	Vitamin K contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of vitamin K as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINER- AL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
207.	Walnuts	Walnuts contribute to the improvement of the elasticity of blood vessels	The claim may be used only for food which provides a daily intake of 30 g of walnuts. In order to bear the claim, infor- mation shall be given to the consumer that the beneficial effect is obtained with a daily intake of 30 g of walnuts.	Improvement of endothelium- dependent vasodilation shall be registered in Ministry of Health (MOH) prior to be placed in the market.
208.	Water	Water contributes to the maintenance of normal phys- ical and cognitive functions	In order to bear the claim, information shall be given to the consumer that in order to obtain the claimed effect, at least 2,0 L of water, from all sources, should be consumed per day.The claim may be used only on water complying with GSO Relevant technical regulations.	shall be registered in Ministry of Health (MOH) prior to be placed in the .market
209.	Water	Water contributes to the maintenance of normal regu- lation of the body's tempera- ture	In order to bear the claim, information shall be given to the consumer that in order to obtain the claimed effect, at least 2,0 L of water, from all sources, should be consumed per day.The claim may be used only on water complying .with GSO Relevant technical regulations	shall be registered in Ministry of Health (MOH) prior to be placed in the .market
210.	Wheat bran fibre	Wheat bran fibre contrib- utes to an acceleration of intesti- nal transit	The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Table (2). In order to bear the claim information shall be given to the consumer that the claimed effect is obtained with a daily intake of at least 10 g of wheat bran fibre.	shall be registered in Ministry of Health (MOH) prior to be placed in the .market
211.	Wheat bran fibre	Wheat bran fibre con- tributes to an increase in faecal bulk	The claim may be used only for food which is high in that fibre as referred to in the claim HIGH FIBRE as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the .market
212.	Zinc	Zinc contributes to normal DNA synthesis	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINER- AL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the .market
213.	Zinc	Zinc contributes to normal acid-base metabolism	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINER- AL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
214.	Zinc	Zinc contributes to normal carbohydrate metabolism	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
215.	Zinc	Zinc contributes to normal cognitive function	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
216.	Zinc	Zinc contributes to normal fertility and reproduction	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
217.	Zinc	Zinc contributes to normal macronutrient metabolism	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
218.	Zinc	Zinc contributes to normal metabolism of fatty acids	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
219.	Zinc	Zinc contributes to normal metabolism of vitamin A	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
220.	Zinc	Zinc contributes to normal protein synthesis	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
221.	Zinc	Zinc contributes to the maintenance of normal bones	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
222.	Zinc	Zinc contributes to the maintenance of normal hair	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
223.	Zinc	Zinc contributes to the maintenance of normal nails	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
224.	Zinc	Zinc contributes to the maintenance of normal skin	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
225.	Zinc	Zinc contributes to the maintenance of normal testosterone levels in the blood/fertility and reproduction	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
226.	Zinc	Zinc contributes to the maintenance of normal vision	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
227.	Zinc	Zinc contributes to the normal function of the immune system	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
228.	Zinc	Zinc contributes to the protection of cells from oxidative stress	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
229.	Zinc	Zinc has a role in the process of cell division	The claim may be used only for food which is at least a source of zinc as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	DNA synthesis and cell division shall be registered in Ministry of Health (MOH) prior to be placed in the market
230.	Chewing gum sweetened with 100% xylitol	Chewing gum sweetened with 100% xylitol has been shown to reduce dental plaque. High content/level of dental plaque is a risk factor in the development of caries in children	Information to the consumer that the beneficial effect is obtained with a consumption of 2-3g of chewing gum sweetened with 100% xylitol at least 3 times per day after the meals	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
231.	Docosahexaenoic acid (DHA)	Docosahexaenoic acid (DHA) maternal intake contributes to the normal brain development of the foetus and breastfed infants.	Information shall be given to pregnant and lactating women that the beneficial effect is obtained with a daily intake of 200 mg of DHA in addition to the recommended daily intake for omega-3 fatty acids for adults, i.e.: 250 mg DHA and EPA. The claim can be used only for food which provides a daily intake of at least 200 mg DHA	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
232.	Docosahexaenoic acid (DHA)	Docosahexaenoic acid (DHA) intake contributes to the normal visual development of infants up to 12 months of age.	Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 100 mg of DHA. When the claim is used on follow-on formula, the food shall contain at least 0,3 % of the total fatty acids as DHA.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
233.	Docosahexaenoic acid (DHA)	Docosahexaenoic acid (DHA) maternal intake contributes to the normal development of the eye of the foetus and breastfed infants.	Information shall be given to pregnant and lactating women that the beneficial effect is obtained with a daily intake of 200 mg of DHA in addition to the recommended daily intake for omega-3 fatty acids for adults, i.e.: 250 mg DHA and eicosapentaenoic acid (EPA). The claim can be used only for food which provides a daily intake of at least 200 mg DHA.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
234.	α -linolenic acid (ALA) & linoleic acid (LA), essential fatty acids	Essential fatty acids are needed for normal growth and development of children.	Information to the consumer that the beneficial effect is obtained with a daily intake of 2 g of α -linolenic acid (ALA) and a daily intake of 10 g of linoleic acid (LA).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
235.	Calcium and vitamin D	Calcium and vitamin D are needed for normal growth and development of bone in children	The claim can be used only for food which is at least a source of calcium and vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
236.	Calcium	Calcium is needed for normal growth and development of bone in children.	The claim can be used only for food which is at least a source of calcium and vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
237.	Vitamin D	Vitamin D is needed for normal growth and development of bone in children.	The claim can be used only for food which is at least a source of calcium and vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
238.	Phosphorus	Phosphorus is needed for the normal growth and development of bone in children	The claim can be used only for food which is at least a source of calcium and vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
239.	Iodine	Iodine contributes to the normal growth of children	The claim can be used only for food which is at least a source of calcium and vitamin D as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.

s/n	Nutrient, substance, food or food category	Claim	Conditions of use of the claim	Remarks
240.	Iron	Iron contributes to normal cognitive development of children	The claim can be used only for food which is at least a source of iron as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
241.	Protein	Protein is needed for normal growth and development of bone in children.	The claim can be used only for food which is at least a source of protein as referred to in the claim SOURCE OF PROTEIN as listed in the Table (2).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
242.	Alpha-cyclodextrin	Consumption of alpha-cyclodextrin as part of a starch-containing meal contributes to the reduction of the blood glucose rise after that meal	The claim may be used for food which contains at least 5 g of alpha-cyclodextrin per 50 g of starch in a quantified portion as part of the meal. In order to bear the claim information shall be given to the consumer that the beneficial effect is obtained by consuming the alpha-cyclodextrin as part of the meal.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
243.	Docosahexaenoic acid (DHA)	DHA contributes to the maintenance of normal blood triglyceride levels	The claim may be used only for food which provides a daily intake of 2 g of DHA and which contains DHA in combination with eicosapentaenoic acid (EPA). In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of DHA. When the claim is used on fortified foods information shall also be given to consumers not to exceed a supplemental daily intake of 5 g of EPA and DHA combined.	The claim shall not be used for foods targeting children. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
244.	Docosahexaenoic acid and Eicosapentaenoic acid (DHA/EPA)	DHA and EPA contribute to the maintenance of normal blood pressure	The claim may be used only for food which provides a daily intake of 3 g of EPA and DHA. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of EPA and DHA. When the claim is used on fortified foods information shall also be given to consumers not to exceed a supplemental daily intake of 5 g of EPA and DHA combined.	The claim shall not be used for foods targeting children. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
245.	Docosahexaenoic acid and Eicosapentaenoic acid (DHA/EPA)	DHA and EPA contribute to the maintenance of normal blood triglyceride levels	The claim may be used only for food which provides a daily intake of 2 g of EPA and DHA. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of EPA and DHA. When the claim is used on fortified foods information shall also be given to consumers not to exceed a supplemental daily intake of 5 g of EPA and DHA combined.	The claim shall not be used for foods targeting children. shall be registered in Ministry of Health (MOH) prior to be placed in the market.
246.	Dried plums of 'prune' cultivars (Prunus domestica L)	Dried plums/prunes contribute to normal bowel function	The claim may be used only for food which provides a daily intake of 100 g of dried plums (prunes). In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 100 g of dried plums (prunes).	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
247.	Fructose	Consumption of foods containing fructose leads to a lower blood glucose rise compared to foods containing sucrose or glucose	In order to bear the claim, glucose and/or sucrose should be replaced by fructose in sugar-sweetened foods or drinks so that the reduction in content of glucose and/or sucrose, in these foods or drinks, is at least 30 %.	shall be registered in Ministry of Health (MOH) prior to be placed in the market.
248.	Chloride	Chloride contributes to normal digestion by production of hydrochloric acid in the stomach	The claim may be used only for food which is at least a source of chloride as referred to in the claim SOURCE OF [NAME OF VITAMIN/S] AND/OR [NAME OF MINERAL/S] as listed in the table (2).	The claim cannot be used on chloride from the source sodium chloride.

Table (2) Nutrition and Related Claims

s/n	Nutrient/description	Claim	Conditions of use of the claim	Remarks
1.	Omega-3 fatty acids	Source of omega-3 fatty acids	A claim that a food is a source of omega-3 fatty acids, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least 0,3g alpha-linolenic acid per 100g and per 100kcal, or at least 40mg of the sum of eicosapentaenoic acid and docosahexaenoic acid per 100g and per 100kcal.	
2.	Omega-3 fatty acids	High omega-3 fatty acids	A claim that a food is high in omega-3 fatty acids, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least 0,6g alpha-linolenic acid per 100g and per 100kcal, or at least 80mg of the sum of eicosapentaenoic acid and docosahexaenoic acid per 100g and per 100kcal.	
3.	Omega-6 fatty acids	Contains omega-6 fatty acids	(a) the food meets the conditions for a nutrition content claim about omega fatty acids; and (b) the food contains, as a proportion of the total fatty acid content – (i) no more than 28% saturated fatty acids and trans fatty acids; and (ii) no less than 40% omega-6 fatty acids.	
4.	Omega-6 fatty acids	High omega-6 fatty acids	(a) the food contains at least 25% more omega-6 fatty acids than in the same quantity of reference food; and (b) the reference food meets the general claim conditions for a nutrition content claim about omega-6 fatty acids.	
5.	Omega-9 fatty acids	Omega-9 fatty acids	(a) the food meets the conditions for a nutrition content claim about omega fatty acids; and (b) the food contains, as a proportion of the total fatty acid content –(i) no more than 28% saturated fatty acids and trans fatty acids; and (ii) no less than 40% .omega-9 fatty acids	
6.	Omega-9 fatty acids	Omega-9 fatty acids	(a) the food contains at least 25% more omega-9 fatty acids than in the same quantity of reference food; and (b) the reference food meets the general claim conditions for a nutrition content claim about omega-9 fatty acids.	
7.	Mono-unsaturated fat	Mono-unsaturated fat	A claim that a food is high in monounsaturated fat, and any claim likely to have the same meaning for the consumer, may only be made where at least 45% of the fatty acids present in the product derive from monounsaturated fat under the condition that monounsaturated fat provides more than 20% of energy of the product.	
8.	Poly-unsaturated fat	Poly-unsaturated fat	A claim that a food is high in polyunsaturated fat, and any claim likely to have the same meaning for the consumer, may only be made where at least 45% of the fatty acids present in the product derive from polyunsaturated fat under the condition that polyunsaturated fat provides more than 20% of energy of the product.	
9.	Unsaturated fat	High unsaturated fat	A claim that a food is high in unsaturated fat, and any claim likely to have the same meaning for the consumer may only be made where at least 70% of the fatty acids present in the product derive from unsaturated fat under the condition that unsaturated fat provides more than 20% of energy of the product.	

s/n	Nutrient/de- scription	Claim	Conditions of use of the claim	Remarks
10.	Energy	Low energy	A claim that a food is low in energy, and any claim likely to have the same meaning for the consumer, may only be made where the product does not contain more than 40 kcal (170 kJ)/100 g for solids or more than 20 kcal (80 kJ)/100 ml for liquids. For table-top sweeteners the limit of 4 kcal (17 kJ)/portion, with equivalent sweetening properties to 6 g of sucrose (approximately 1 teaspoon of sucrose), applies.	
11.	Energy	Energy-reduced	A claim that a food is energy-reduced, and any claim likely to have the same meaning for the consumer, may only be made where the energy value is reduced by at least 30 %, with an indication of the characteristic(s) which make(s) the food reduced in its total energy value	
12.	Energy	Energy-free	A claim that a food is energy-free, and any claim likely to have the same meaning for the consumer, may only be made where the product does not contain more than 4 kcal (17 kJ)/100 ml. For table-top sweeteners the limit of 0,4 kcal (1,7 kJ)/portion, with equivalent sweetening properties to 6 g of sucrose (approximately 1 teaspoon of sucrose), applies.	
13.	Fat	Low fat	A claim that a food is low in fat, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 3 g of fat per 100 g for solids or 1,5 g of fat per 100 ml for liquids (1,8 g of fat per 100 ml for semi-skimmed milk).	
14.	Fat	Fat-free	A claim that a food is fat-free, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 0,5 g of fat per 100 g or 100 ml. However, claims expressed as 'X % fat-free' shall be prohibited.	
15.	Saturated fat	Low saturated fat	A claim that a food is low in saturated fat, and any claim likely to have the same meaning for the consumer, may only be made if the sum of saturated fatty acids and trans-fatty acids in the product does not exceed 1,5 g per 100 g for solids or 0,75 g/100 ml for liquids and in either case the sum of saturated fatty acids and trans-fatty acids must not provide more than 10 % of energy.	
16.	Saturated fat	Saturated fat-free	A claim that a food does not contain saturated fat, and any claim likely to have the same meaning for the consumer, may only be made where the sum of saturated fat and trans-fatty acids does not exceed 0,1 g of saturated fat per 100 g or 100 ml.	
17.	Cholesterol	LOW	0.02 g per 100 g (solids) 0.01 g per 100 ml (liquids)	
18.	Cholesterol	Free	0.005 g per 100 g (solids) 0.005 g per 100 ml (liquids) and, for both claims, less than: 1.5 g saturated fat per 100 g (solids) 0.75 g saturated fat per 100 ml (liquids) and 10% of energy from saturated fat.	
19.	Sugars	Low sugars	A claim that a food is low in sugars, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 5 g of sugars per 100 g for solids or 2,5 g of sugars per 100 ml for liquids.	
20.	Sugars	Sugars-free	A claim that a food is sugars-free, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 0,5 g of sugars per 100 g or 100 ml.	

s/n	Nutrient/de- scription	Claim	Conditions of use of the claim	Remarks
21.	Sugars	With no added sugars	A claim stating that sugars have not been added to a food, and any claim likely to have the same meaning for the consumer, may only be made where the product does not contain any added mono- or disaccharides or any other food used for its sweetening properties. If sugars are naturally present in the food, the following indication should also appear on the label: 'CONTAINS NATURALLY OCCURRING SUGARS'.	
22.	Low sodium/ salt	Low sodium/salt	A claim that a food is low in sodium/salt, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 0,12 g of sodium, or the equivalent value for salt, per 100 g or per 100 ml. For bottled Drinking waters, other than natural mineral waters, this value should not exceed 2 mg of sodium per 100 ml.	
23.	Very low so- dium/salt	Very low sodium/salt	A claim that a food is very low in sodium/salt, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 0,04 g of sodium, or the equivalent value for salt, per 100 g or per 100 ml. This claim shall not be used for natural mineral waters and other waters.	
24.	Sodium-free or salt-free	Sodium-free or salt-free	A claim that a food is sodium-free or salt-free, and any claim likely to have the same meaning for the consumer, may only be made where the product contains no more than 0,005 g of sodium, or the equivalent value for salt, per 100 g.	
25.	No added sodium/salt	No added sodium/salt	A claim stating that sodium/salt has not been added to a food and any claim likely to have the same meaning for the consumer may only be made where the product does not contain any added sodium/salt or any other ingredient containing added sodium/salt and the product contains no more than 0,12 g sodium, or the equivalent value for salt, per 100 g or 100 ml.	
26.	Fibre	Source of fibre	A claim that a food is a source of fibre, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least 3 g of fibre per 100 g or at least 1,5 g of fibre per 100 kcal. Or 10 % of daily reference value per serving as determined by the concerned authority.	
27.	Fibre	High fibre	A claim that a food is high in fibre, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least 6 g of fibre per 100 g or at least 3 g of fibre per 100 kcal.	
28.	Protein	Source of protein	A claim that a food is a source of protein, and any claim likely to have the same meaning for the consumer, may only be made where at least 12 % of the energy value of the food is provided by protein. Or 10% of NRV per 100 g (solids) 5% of NRV per 100 ml (liquids) or 5% of NRV per 100 kcal (12% of NRV per 1 MJ) or 10% of NRV per serving as determined by the concerned authority Note: NRV defined as per GSO 2233 on the requirements of Nutritional labeling	
29.	Protein	High protein	A claim that a food is high in protein, and any claim likely to have the same meaning for the consumer, may only be made where at least 20 % of the energy value of the food is provided by protein. Or 2 times the values for "source"	

s/n	Nutrient/description	Claim	Conditions of use of the claim	Remarks
30.	Vitamin/s and/or mineral/s	Source of [name of vitamin/s] and/or [name of mineral/s]	A claim that a food is a source of vitamins and/or minerals, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least a significant amount: of NRV per 100 g (solids) 7.5% of NRV per 100 ml 15% (liquids) (or 5% of NRV per 100 kcal (12% of NRV per 1 MJ or 15% of NRV per serving as determined by the concerned authority. Note: NRV defined as per GSO 2233 on the requirements of Nutritional labeling.	
31.	Vitamin/s and/or mineral/s	High [name of vitamin/s] and/or [name of mineral/s]	A claim that a food is high in vitamins and/or minerals, and any claim likely to have the same meaning for the consumer, may only be made where the product contains at least twice the value of 'source of [NAME OF VITAMIN/S] and/or [NAME OF MINERAL/S]'. [NAME OF VITAMIN/S] and/or [NAME OF MINERAL/S]	
32.	Contains [name of the nutrient or other substance]	Contains [name of the nutrient or other substance]	A claim that a food contains a nutrient or another substance, for which specific conditions are not laid down in this Regulation, or any claim likely to have the same meaning for the consumer, may only be made where the product complies with all the applicable provisions of GSO Recommendation of Nutrition and health claims. For vitamins and minerals the conditions of the claim 'source of' shall apply.	
33.	Increased	Increased [name of the nutrient]	A claim stating that the content in one or more nutrients, other than vitamins and minerals, has been increased, and any claim likely to have the same meaning for the consumer, may only be made where the product meets the conditions for the claim 'source of' and the increase in content is at least 30 % compared to a similar product.	
34.	Reduced	Reduced [name of the nutrient]	A claim stating that the content in one or more nutrients has been reduced, and any claim likely to have the same meaning for the consumer, may only be made where the reduction in nutrient content is at least 25 % compared to a similar product, except for micronutrients, where a 10 % difference in the Nutrient Reference values as set in GSO 2233 shall be acceptable, and for sodium, or the equivalent value for salt, where a 25 % difference shall be acceptable.	
35.	reduced saturated fat	reduced saturated fat	The claim "reduced saturated fat", and any claim likely to have the same meaning for the consumer, may only be made: (a) if the sum of saturated fatty acids and of trans-fatty acids in the product bearing the claim is at least 30 % less than the sum of saturated fatty acids and of trans-fatty acids in a similar product; and (b) if the content in trans-fatty acids in the product bearing the claim is equal to or less than in a similar product.	
36.	reduced sugars	reduced sugars	The claim "reduced sugars", and any claim likely to have the same meaning for the consumer, may only be made if the amount of energy of the product bearing the claim is equal to or less than the amount of energy in a similar product.	
37.	Lactose/Galactose	Free	The food contains no detectable lactose.	
38.	Lactose/Galactose	Low	The food contains no more than 2 g of lactose per 100 g of the food.	

s/n	Nutrient/de- scription	Claim	Conditions of use of the claim	Remarks
39.	Light/lite	Light/lite	A claim stating that a product is 'light' or 'lite', and any claim likely to have the same meaning for the consumer, shall follow the same conditions as those set for the term 'reduced'; the claim shall also be accompanied by an indication of the characteristic(s) which make(s) the food 'light' or 'lite'.	
40	"natural", "pure", "fresh", "home made", "organically grown" "biologically grown" and "Halal"	natural", "pure", "fresh", "home made", "organi- cally grown" "biologi- cally grown" and "Halal	The use of these terms should comply with GSO CAC/GL 1, and other national relevant legislations in GCC countries.	

7. References:

- 1- GSO 2333 Requirements for nutrition and health claim in the food. 2- GSO.CAC/GL 1 General Guidelines on claims.
- 3- GSO.CAC/GL 2233 guidelines on nutrition labelling.
- 4- CAC/GL 23-1997 amended 2013 Guidelines for Use of Nutrition and Health Claims.
- 5- Commission Regulation (EU) No 432/2012 of 16 May 2012 establishing a list of permitted health claims made on foods, other than those referring to the reduction of disease risk and to children's development and health. Official Journal of the European Union L 136/1.
- 6- Commission Regulation (EU) No 536/2013 of June 2013 amending Regulation (EU) No 432/2012 establishing a list of permitted health claims made on foods other than those referring to the reduction of disease risk and to children's development and health.
- 7- Commission Regulation (EU) No 851/2013 of September 2013 amending Regulation (EU) No 432/2012 establishing a list of permitted health claims made on foods other than those referring to the reduction of disease risk and to children's development and health.
- 8- Commission Regulation (EU) No 1018/2013 of October 2013 amending Regulation (EU) No 432/2012 establishing a list of permitted health claims made on foods other than those referring to the reduction of disease risk and to children's development and health.
- 9- Commission Regulation (EU) No 1047/2012 of 8 November 2012 amending Regulation (EC) No 1924/2006 with regard to the list of nutrition claims.
- 10- Commission Regulation (EU) No 440/2011 of 06/05/2011 on the authorization and refusal of authorization of certain health claims made on foods and referring to children's development and health.
- 11- Commission Regulation (EU) No 957/2010 of 22/10/2010 on the authorization and refusal of authorization of certain health claims made on foods and referring to the reduction of disease risk and to children's development and health
- 12- European Commission (2006) 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. Official Journal of the European Union L 404/9, 3-18.
- 13- European Commission (EU) No 1066/2013 of 30 October 2013 refusing to authorize certain health claims made on foods, other than those referring to the reduction of disease risk and to children's development and health.
- 14- Food Standards Australia New Zealand Standard 1.2.7 Nutrition, Health and Related Claims – 2013.

This code of practice represents Abu Dhabi Agriculture and Food Safety Authority advice on this topic. Food Business Operators FBOs can use an equivalent approach if this satisfies the requirements of the applicable statutes and regulations. "To discuss an alternative approach or any inquiries regarding this code, contact Legislation Division in ADAFSA."

800 555  اتصل على
JUST CALL



adafsa_gov



adafsa.gov



adafsa.gov.ae

