

Parma, 21 September 2009

## **Consolidated list of Article 13 health claim List of references received by EFSA**

### **Part 4**

### **IDs 3001 – 4262**

**(only for claims which passed the EFSA screening)**

#### **BACKGROUND**

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

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

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

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

EFSA has screened all health claims on the list using six criteria established by the NDA Panel to identify claims for which EFSA considers sufficient information has been provided for evaluation and those for which for which more information or clarification is needed before evaluation can be carried

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

out. For those claims for which EFSA considers sufficient information has been provided evaluation is being carried out according to the time schedule agreed between EFSA and the Commission.

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

## **LIST OF REFERENCES**

The present document compiles the lists of references for claims with ID numbers between 3001 and 4262 and which passed the EFSA screening. The list takes into account references provided through different sources and those coming from misplaced or missing claims. The main health claim entries are sorted in ascending order of the ID number.

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

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

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

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

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

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**ID 3049: “Lactobacillus plantarum LP 01(LMG P-21021)+Bifidobacterium adolescentis EI-18 -MB 227-BA05(DSM 18352)” and “Microflora / intestinal transit/intestinal health”**

- 1 Del Piano M, Montino F, Carmagnola S, Anderloni A, Orsello M, Garelo E, Sforza F, Ballare M, 2005. The use of probiotics in the treatment of constipation in the elderly. CIBUS, 1, 23-30.
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**ID 3050: “Lactobacillus plantarum LP 01(LMG P-21021)+Bifidobacterium adolescentis EI-18 -MB 227-BA05(DSM 18352)” and “Microflora / intestinal transit/intestinal health”**

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**ID 3051: “Lactobacillus plantarum LP 01(LMG P-21021)+ Bifidobacterium lactis BS 01(LMG P-21384)” and “Intestinal transit”**

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**ID 3052: “Lactobacillus plantarum LP 01(LMG P-21021)+Bifidobacterium lactis BS 01(LMG P-21384)” and “Intestinal transit”**

- 1 Del Piano M, Montino F, Carmagnola S, Anderloni A, Orsello M, Garelo E, Sforza F, Ballare M, 2005. The use of probiotics in the treatment of constipation in the elderly. CIBUS, 1, 23-30.

**ID 3053: “Lactobacillus paracasei subsp. paracasei LPC 00(LMG P-21380)+ Lactobacillus rhamnosus LR 04(DSM 16605)+Bifidobacterium breve BR 03 (DSM 16604)” and “Microflora / intestinal transit”**

- 1 Addeo F, Study conducted at the department of Food Science, Università degli Studi di Napoli "Federico II" Portici (in course of publication).
- 2 Del Piano M, Montino F, Carmagnola S, Anderloni A, Orsello M, Garelo E, Sforza F, Ballare M, 2005. The use of probiotics in the treatment of constipation in the elderly. CIBUS, 1, 23-30.
- 3 Dezi A, Carmagnola S, Ballarè M, Orsello M, Piano MD, Capurso L, 2004. Probiotics and chronic diarrhea in the elderly. CIBUS, 8, 58-64.

**ID 3054: “Lactobacillus paracasei subsp. paracasei LPC 00(LMG P-21380)+Lactobacillus rhamnosus LR 04(DSM 16605)+Bifidobacterium breve BR 03 (DSM 16604)” and “Microflora”**

- 1 Addeo F, Sudy conducted at the department of Food Science, Università degli Studi di Napoli "Federico II" Portici (in course of publication).
- 2 Del Piano M, Montino F, Carmagnola S, Anderloni A, Orsello M, Garello E, Sforza F, Ballare M, 2005. The use of probiotics in the treatment of constipation in the elderly. CIBUS, 1, 23-30.
- 3 Dezi A, Carmagnola S, Ballarè M, Orsello M, Piano MD, Capurso L, 2004. Probiotics and chronic diarrhea in the elderly. CIBUS, 8, 58-64.

**ID 3056: “Bifidobacterium longum W11(LMG P-21586)” and “Microflora/intestinal transit/intestinal health”**

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- 5 Dughera L, Elia C, Navino M, Cisarò F, ARMONIA Study Group, 2007. Effects of symbiotic preparations on constipated irritable bowel syndrome symptoms. Acta bio-medica, 78, 111-116.
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**ID 3061: “Lactobacillus casei LC 01(CNCM I-1572)” and “Microflora/intestinal transit/intestinal health”**

- 1 Azienda ospedaliero universitaria consorziale policlinico di Bari, 2007. Studio clinico prot. DUO 05 Valutazione dell'effetto dei simbiotici sulla funzione intestinale dei pazienti con stipsi cronica idiomatica. Studio multicentrico, randomizzato, cross-over, indoppio cieco verso placebo. - Lactobacillus casei DG ed inulina (Enterolactis Duo) (Study in progress).
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**ID 3062: “Lactobacillus rhamnosus LR 04 (DSM 16605)” and “Microflora / intestinal transit”**

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**ID 3064: “Yoghurt based products containing Lactobacillus rhamnosus GG (LGG®)(Vifit®)” and “gut health / barrier function of the intestine”**

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**ID 3066: “Wheat Bran and Wheat Bran Enriched Foods” and “Faecal bulking; Intestinal health”**

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**ID 3071: “Juice Plus+® (juice concentrate from fruits and vegetables mixtures)” and “Protection of body tissues and cells from oxidative damage”**

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**ID 3074: “Beta vulgaris (red beet juice, lactic acid fermented)” and “Immune system”**

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**ID 3076: “Beta carota (carrot juice, lactic acid fermented)” and “Intestinal flora”**

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

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**ID 3085: “Sugar-free chewing gum with Xylitol” and “Plaque formation (Xylitol is not metabolised by bacteria that can lead to plaque growth)”**

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**ID 3086: “Corn Oil with a guaranteed polyunsaturated fatty acids content (56% of total fatty acids), supplemented with vitamin E.” and “Corn Oil with a guaranteed polyunsaturated fatty acids content (56% of total fatty acids), supplemented with vitamin E.”**

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**ID 3087: “Dietary food for special medical purposes - oral rehydrating solution with decreased osmolarity composed according to WHO/UNICEF recommendations - ORSALIT. ORSALIT is available in following versions: ORSALIT without flavor, ORSALIT with banana flavor, ORSALIT with raspberry flavor. • The composition of ORSALIT - in accordance with current WHO/UNICEF recommendations: glucose– 75 mmol/l, sodium– 75 mmol/l, chlorides– 65 mmol/l, potassium– 20 mmol/l, citrate– 10 mmol/l, osmolarity– 245 mOsm/l. • 100g of the product in sachets contain: glucose 61,84 g, chlorides 10,55 g, citrate 8,65 g, sodium 7,89 g, potassium 3,58 g. • 100 ml of the product prepared according to the instructions of use contain: glucose 1,35 g, chlorides 0,23 g, citrate 0,19 g, sodium 0,17 g, potassium 0,08 g. ORSALIT with raspberry flavor and ORSALIT with banana flavor contain aroma additionally.” and “ORSALIT is given in order to supplement liquids and mineral components during diarrhea and/or vomiting”**

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**ID 3089: “Bifidobacterium (BB12) fortified cultured milk (Hodzeko-Amasi)” and “Maintain normal blood cholesterol”**

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**ID 3096: “Wheat dextrin” and “Reduction of glycemic response”**

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#### **ID 3097: “Wheat dextrin” and “Mineral absorption”**

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#### **ID 3099: “Calcium phosphoryl oligosaccharide” and “Dental health”**

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**ID 3102: “Maharishi Ayurveda Amrit Kalash MA 4” and “Protection of body tissues, cells, membranes and lipids from oxidative damage (such as the oxidation of polyunsaturated fatty acids in red blood cell membranes)”**

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**ID 3103: “Maharishi Ayurveda Amrit Kalash MA 5” and “Protection of body tissues, cells, membranes and lipids from oxidative damage (such as the oxidation of polyunsaturated fatty acids in red blood cell membranes)”**

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**ID 3105: “Maharishi Ayurveda Herbal Coffee Substitute (MA704)” and “Protection of body tissues, cells, membranes and lipids from oxidative damage (such as the oxidation of polyunsaturated fatty acids in red blood cell membranes)”**

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**ID 3106: “Maharishi Ayurveda Amrit Kalash MA 4” and “Antioxidant effect 1000 x greater than Vitamins C or E”**

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**ID 3108: “Maharishi Ayurveda Mens' Rasayana MA-631” and “Antioxidant effect 1000 x greater than Vitamins C or E”**

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**ID 3119: “Scutellaria baicalensis Georgi (root) for use as a food supplement. (Common name: Chinese skullcap) Currently on the market as traditional tea decoctions and food supplements. (Also known as Ben Cao; Huang gin; Baikal Skullcap; Scutellariae Radix)” and “Supports joint function”**

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**ID 3120: “Combination of extracts from Acacia catechu (heartwood) and Scutellaria baicalensis (root) for use as a food supplement (Lasoperin®)” and “Cognitive function, memory, and mental alert, mental endurance support”**

- 1 No authors listed, 2006. Wonderful effects of Radix Scutellariae in treating painful joints. Shanghai Journal of Traditional Chinese Medicine, 40, 50-51.
- 2 Burnett BP, Jia Q, Zhao Y, Levy RM, 2007a. A medicinal extract of Scutellaria baicalensis and Acacia catechu acts as a dual inhibitor of cyclooxygenase and 5-lipoxygenase to reduce inflammation. J Med Food, 10, 442-451.
- 3 Burnett BP, Stacia S, M MH, Wilson S, Jia Q, 2007b. Safety evaluation of a combination, defined extract of Scutellaria baicalensis and Acacia catechu. Journal of Food Biochemistry, 31, 797–825.
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**ID 3121: “Combination of extracts from *Acacia catechu* (heartwood) and *Scutellaria baicalensis* (root) for use as a food supplement (Diafin®)” and “Weight Maintenance”**

- 1 Burnett BP, Jia Q, Zhao Y, Levy RM, 2007a. A medicinal extract of *Scutellaria baicalensis* and *Acacia catechu* acts as a dual inhibitor of cyclooxygenase and 5-lipoxygenase to reduce inflammation. *J Med Food*, 10, 442-451.
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**ID 3125: “Prickly Ash (bark) *Zanthoxylum clava-herculis* L. and *Zanthoxylum americanum* for use in food supplements. (Trunorin™)” and “Relieves Fluid congestion in the legs”**

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**ID 3127: “Cordyceps sinensis” and “Adaptogen, supports energy level, invigoration of the body, supports immune system”**

- 1 Cordyceps sinensis, [www.supplementwatch.com/suplib/suppleent.asp?DocId=2405](http://www.supplementwatch.com/suplib/suppleent.asp?DocId=2405).
- 2 Alpha Omega Labs, Cordyceps, <http://www.altcancer.com/phyto/cordyceps.htm>.
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- 14 Pharmaceutical Mushrooms, Full Spectrum™ Mushroom Mycelium Products, [www.immunoceuticals.nwbotanicals.org](http://www.immunoceuticals.nwbotanicals.org).
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### ID 3130: “C12-pepton” and “Vascular health”

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**ID 3156: “Zeolite - clinoptilolit” and “Might support the detoxication processes”**

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

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**ID 3174: “Xanthohumol enriched hop extract” and “free radical scavenger / fights free radicals”**

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**ID 3302: “*Cassia tora* L. S.L.” and “Contributes to the maintenance of a normal blood pressure”**

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**ID 3304: “*Cassia tora* L. S.L.” and “Helps smooth muscle contracting activities”**

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**ID 3305: “*Cassia tora* L. S.L.” and “Helps to maintain physiological lipid levels in the blood”**

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**ID 3346: “*Eleutherococcus senticosus maxim.*” and “Contributes to the maintenance of a normal blood pressure”**

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**ID 3347: “*Eleutherococcus senticosus maxim.*” and “Imparts a fresh breath”**

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**ID 3349: “Epilobium angustifolium L.” and “Antioxidant, can protect cells and tissues against oxidative damage”**

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**ID 3360: “*Filipendula ulmaria* - common name : meadowsweet” and “Renal elimination / organism draining”**

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**ID 3362: “Galium aparine L.” and “Antioxidant”**

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**ID 3364: “Ginkgo biloba [dry extract GK501 Pharmaton Dry extract from leaves of Ginkgo biloba L., drug/native extract ratio (35 - 45) : 1, solvent of extraction Acetone/Water, 6.0% terpene lactones, 24.5% ginkgoflavonoids]” and “For cognitive performance/blood circulation”**

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**ID 3365: “Glycyrrhiza uralensis (Common Name: Licorice)” and “Metabolic health / weight loss”**

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**ID 3366: “Goldenrod *Solidago virgaurea*” and “Goldenrod increase renal blood flow and increase the glomerular filtration rate”**

- 1 Blumenthal M, Busse W, Goldberg A, Gruenwald J, Hall T, Klein S, Riggins C, Rister R, 1998. *The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines*. American Botanical Council, Austin, TX.
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**ID 3371: “*Grindelia robusta* nutt.” and “Helps to relax the gastrointestinal tract”**

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**ID 3372: “Guarana” and “support to metabolism, protection against derogative influence of stress and surroundings, stimulating effects”**

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**ID 3373: “Gymnema (*Gymnema sylvestri*)” and “Appetite control”**

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**ID 3387: “*Helichrysum italicum* Don.” and “Contributes to body defences against external agents”**

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**ID 3391: “*Hibiscus sabdariffa* - common name: Hibiscus” and “Constipation / Intestinal Health”**

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**ID 3403: “Juglans regia L.” and “Helps to maintain physiological lipid and cholesterol levels in the blood”**

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#### **ID 3409: “Kaempferia Parviflora (Black ginger)” and “Antioxidant properties”**

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**ID 3439: “*Marrubium vulgare* L.” and “Contributes to relaxation and mental and physical well-being”**

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

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

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**ID 3442: “*Marrubium vulgare* L” and “Helps to relax the gastrointestinal tract”**

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**ID 3448: “*Melaleuca leucadendron* L. var. *cajaputi* R.” and “Antioxidant”**

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**ID 3479: “*Peumus boldus molina*” and “Can stimulate contraction of skeletal muscle”**

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**ID 3492: “*Phyllanthus amarus*” and “supports the excretory function of the kidneys”**

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**ID 3531: “*Pulmonaria officinalis* L. (Common name: Common Lungwort)” and “Respiratory health”**

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**ID 3540: “Rheum Emodi Wall” and “Contributes to maintain a healthy blood sugar level”**

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**ID 3554: “Rheum Undulatum L.” and “Contributes to maintain a healthy blood sugar level”**

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**ID 3726: “Ananas: Pineapple powder (*Ananas sativus*) obtained from fruit juice and stems and Dry aqueous extract of pineapple standardized at 2% of bromelain” and “Slimming (cellulitis draining)”**

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**ID 3729: “*Andrographis paniculata* (King of Bitterness)” and “Antioxidant properties”**

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### **ID 3733: “Angelica archangelica L.” and “Contributes to maintain physiological gastric pH and digestive health”**

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**ID 3756: “*Eleutherococcus Senticosus Maxim*” and “Supports immune defences”**

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**ID 3800: “Prunella vulgaris L.” and “Can protect cells and tissues against oxidative damage”**

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**ID 3802: “*Prunella vulgaris* L.” and “Supports immune defences”**

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**ID 3840: “*Viscum album L.*” and “Contributes to body defences against external agents”**

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**ID 3876: “Rheum officinalis (Common Name: Rhubarb)” and “Intestinal health”**

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**ID 3888: “*Tilia* spp. / *Tilia cordata* / *Tilia parvifolia* / *Tilia platyphyllos* (Common Name: Linden)” and “Antioxidant properties”**

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**ID 3901: “*Amorphophallus konjac* KOCH (Common Name: Konjac)” and “Intestinal health / Bowel function”**

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- 1 No authors listed, 2008. *Boswellia serrata*. Monograph. *Altern Med Rev*, 13, 165-167.
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**ID 3915: “*Filipendula ulmaria* (*Spiraea ulmaria*) (Common Name: Meadowsweet)” and “Urinary elimination”**

- 1 ESCOP (The European Scientific Cooperative on Phytotherapy), 2003. *ESCOP Monographs: The Scientific Foundation of Herbal Medicinal Products*. Thieme, Stuttgart.

**ID 3916: “*Galium aparine* L. (Common name: Cleavers, Clivers)” and “Detoxification”**

- 1 BHMA (British Herbal Medicine Association), 1996. *British Herbal Pharmacopoeia*. British Herbal Medicine Association, Exeter.
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**ID 3919: “*Grindelia robusta* Nutt. (Common name: Gumweed, tarweed)” and “Respiratory health”**

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**ID 3926: “*Linum usitatissimum* (Common Name: flaxseed, linseed)” and “Gut health”**

- 1 Blumenthal M, Busse W, Goldberg A, Gruenwald J, Hall T, Klein S, Riggins C, Rister R, 1998. The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines. American Botanical Council, Austin, TX.
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- 3 Gruenwald J, Brendler T, Jaenicke C, 2004. PDR for herbal medicines. Thomson Reuters, Montvale.

**ID 3928: “*Matricaria recutita* (Common Name: Chamomile Camomile)” and “Digestive health”**

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**ID 3932: “Plantago ovata/ispaghula (Common Name: Psyllium Husk)” and “Conditions in which an increased daily yintake of fibre”**

- 1 Marteau P, Flourie B, Cherbut C, Correze JL, Pellier P, Seylaz J, Rambaud JC, 1994. Digestibility and bulking effect of ispaghula husks in healthy humans. *Gut*, 35, 1747-1752.
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**ID 3933: “Plantago ovata/ispaghula (Common Name: Psyllium Husk)” and “Intestinal / Occasional contipation / conditions in which easy defection with soft stools is desirable (during pregnancy, haemorrhoids, etc.)”**

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**ID 3935: “Trigonella foenum-graecum L. - Fenugreek. semen” and “Supports immune defences”**

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- 8 Gupta A, Gupta R, Lal B, 2001. Effect of *Trigonella foenum-graecum* (fenugreek) seeds on glycaemic control and insulin resistance in type 2 diabetes mellitus: a double blind placebo controlled study. *J Assoc Physicians India*, 49, 1057-1061.
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morphological change indicative of apoptosis in leukemic cell line H-60, but not in gastric cancer cell line KATO III. *Int J Mol Med*, 11, 23-26.

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#### **ID 3940: “Fennel (*Foeniculum vulgare*)” and “Supports activity of lacteal glands”**

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**ID 3941: “Fennel (*Foeniculum vulgare*)” and “Supports secretion of mucus”**

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**ID 3943: “*Harpagophytum procumbens* (Common Name: Devil’s Claw - root)” and “Joint health”**

- 1 Blumenthal M, Busse W, Goldberg A, Gruenwald J, Hall T, Klein S, Riggins C, Rister R, 1998. The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines. American Botanical Council, Austin, TX.
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**ID 3944: “*Humulus lupulus* (Common Name: Hops)” and “Cholesterol”**

- 1 Schmandke H, 2006. Prenylflavonoide in Hopfen und Bier - ihre biochemischen und biologischen Effekte. Ernährungs-Umschau, 53.

**ID 3947: “*Aloe ferox*, *bardadensis*, hybrids or *vera* or *spicata* (Common Name: Bitter aloe)” and “Intestinal health / Bowel function”**

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- 5 Hoppe HA, 1975. Drogenkunde. Walter de Gruyter, Berlin.
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- 7 Wichtl M, 2001. Herbal Drugs and Phytopharmaceuticals. Medpharm Scientific Publishers, Stuttgart.
- 8 Wichtl M, 2004. Herbal Drugs and Phytopharmaceuticals. Medpharm Scientific Publishers, Stuttgart.

**ID 3952: “Trigonella foenum-graecum (Common name: Fenugreek)” and “Appetite”**

- 1 Blaschek W, Ebel S, Hackenthal E, Holzgrabe U, Keller K, Reichling J, Schulz V, 2004. HagerROM 2004. Hagers Handbuch der Drogen und Arzneistoffe. Springer Verlag, Heidelberg.
- 2 Blumenthal M, Busse W, Goldberg A, Gruenwald J, Hall T, Klein S, Riggins C, Rister R, 1998. The Complete German Commission E Monographs: Therapeutic Guide to Herbal Medicines. American Botanical Council, Austin, TX.
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**ID 3957: “Aloe vera, ferox, bardadensis, hybrids or vera or spicata (Common name: Bitter aloe)” and “Gastrointestinal health”**

- 1 BHMA (British Herbal Medicine Association), 1996. British Herbal Pharmacopoeia. British Herbal Medicine Association, Exeter.
- 2 Biswas TK and Mukherjee B, 2003. Plant medicines of Indian origin for wound healing activity: a review. Int J Low Extrem Wounds, 2, 25-39.
- 3 Blaschek W, Ebel S, Hackenthal E, Holzgrabe U, Keller K, Reichling J, Schulz V, 2004. HagerROM 2004. Hagers Handbuch der Drogen und Arzneistoffe. Springer Verlag, Heidelberg.
- 4 Blitz JJ, Smith JW, Gerard JR, 1963. Aloe vera gel in peptic ulcer therapy: preliminary report. J Am Osteopath Assoc, 62, 731-735.
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### **ID 3963: “Asparagus racemosus root” and “Stress / mental / sleep”**

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- 4 Indian Ministry of Health and Family Welfare, 2001. *The Ayurvedic Pharmacopoeia of India*. Government of India, Ministry of Health and Family Welfare, Department of Indian Systems of Medicine and Homeopathy, New Dehli, India.
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- 7 Parihar MS and Hemnani T, 2004. Experimental excitotoxicity provokes oxidative damage in mice brain and attenuation by extract of *Asparagus racemosus*. *J Neural Transm*, 111, 1-12.
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- 12 Williamson EM, 2002. *Major Herbs of Ayurveda*. Churchill Livingstone, London, Edinburgh.

### **ID 3967: “Angelica archangelica L. (Common name: Angelica)” and “Respiratory health”**

- 1 Angelica (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations.
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- 3 Wichtl M, 2004. *Herbal Drugs and Phytopharmaceuticals*. Medpharm Scientific Publishers, Stuttgart.

### **ID 3970: “Adhatoda vasica leaf & whole plant” and “Respiratory”**

- 1 Sharma PC, Yelne MB, Dennis TJ, 2000. *Database on Medical Plants used in Ayurveda*. Central Council for Research in Ayurveda & Siddha, New Dehli.

### **ID 3971: “Aegle marmelos leaf” and “Sugar metabolism”**

- 1 Gogte VVM, 2000. *Ayurvedic Pharmacology and Therapeutic Uses of Medicinal Plants*. Bharatiya Vidya Bhavan, Mumbai.
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#### **ID 3972: “Aegle marmelos unripe fruit” and “Digestion”**

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- 2 Kamalakkannan N and Prince PS, 2005. The effect of *Aegle marmelos* fruit extract in streptozotocin diabetes: a histopathological study. *J Herb Pharmacother*, 5, 87-96.
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- 7 Williamson EM, 2002. Major Herbs of Ayurveda. Churchill Livingstone, London, Edinburgh.

#### **ID 3974: “Asphaltum / Shilajit - purified” and “Digestion and metabolism of carbohydrates and lipids”**

- 1 Bhattacharya SK, 1995. Shilajit attenuates streptozotocin induced diabetes mellitus and decrease in pancreatic islet superoxide dismutase activity in rats. *Phytotherapy Research*, 9, 41-44.
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#### **ID 3975: “Asphaltum / Shilajit - purified” and “Weight”**

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**ID 4017: “*Commiphora mukul* (Common Name : Guggulu)” and “Cholesterol”**

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**ID 4036: “Eucalypti aetheroleum(Common name: Eucalyptus oil)” and “Respiratory Health”**

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**ID 4038: “Emblica officinalis fruit rind” and “Strength & energy”**

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**ID 4041: “Emblica officinalis fruit rind” and “Cardiovascular”**

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**ID 4067: “*Ipomoea turpethum* root” and “Digestion and elimination”**

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**ID 4070: “Levomentholum (Common name: Menthol)” and “Respiratory health”**

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**ID 4071: “Marrubium vulgare L. (Common name: Horehound (white))” and “Respiratory health”**

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**ID 4078: “*Menthae arvensis aetheroleum* (Common names: Mint oil, Cornmint oil)” and “Respiratory health”**

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**ID 4081: “*Nardostachys jatamansi* rhizome” and “Nervous system”**

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**ID 4088: “*Nardostachys jatamansi* rhizome” and “Heart”**

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**ID 4093: “*Pimpinella saxifraga* L. (Common name: Burnet saxifrage)” and “Respiratory health”**

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**ID 4111: “*Rosae x centifolia* L. (Common name: Cabagge rose)” and “Respiratory health”**

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**ID 4126: “*Sida cordifolia* root and whole plant” and “Antioxidant and immunity”**

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#### **ID 4148: “Terminalia belerica fruit” and “Digestion”**

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#### **ID 4150: “Terminalia belerica fruit” and “Antioxidant properties: protection of body tissues, cells, membranes and lipids from oxidative damage (such as the oxidation of polyunsaturated fatty acids in red blood cell membranes)”**

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#### **ID 4154: “Terminalia belerica fruit” and “Glucose metabolism, energy and libido”**

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**ID 4163: “Terminalia chebula fruit pericarp” and “Antioxidant properties: protection of body tissues, cells, membranes and lipids from oxidative damage (such as the oxidation of polyunsaturated fatty acids in red blood cell membranes)”**

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**ID 4169: “Tilia cordata Mill. (Common names: Bast-small-leaved lime, Linden)” and “Respiratory health”**

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**ID 4170: “Tilia platyphyllos Scop. (Common names: Large-leaved lime, Linden)” and “Respiratory health”**

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**ID 4174: “*Tinospora cordifolia* stem” and “Genitourinary and glucose metabolism”**

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**ID 4191: “Water-ethanol extract of Caralluma fimbriata” and “Helps reduce size of waist”**

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**ID 4192: “Water-ethanol extract of Caralluma fimbriata” and “Helps reduce body weight”**

- 1 Kuriyan R, Raj T, Srinivas SK, Vaz M, Rajendran R, Kurpad AV, 2007. Effect of Caralluma fimbriata extract on appetite, food intake and anthropometry in adult Indian men and women. Appetite, 48, 338-344.

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**ID 4194: “Withania somnifera root” and “Mental, stress and sleep”**

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**ID 4229: “Lactobacillus johnsonii La-1/ACD-1/CLbA22” and “Intestinal flora / Digestive health”**

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**ID 4230: “Lactobacillus johnsonii La-19/CLbA5” and “Intestinal flora / Digestive health”**

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