SCIENTIFIC OPINION

Scientific Opinion on the substantiation of health claims related to various food(s)/food constituent(s) and protection of cells from premature aging, antioxidant activity, antioxidant content and antioxidant properties, and protection of DNA, proteins and lipids from oxidative damage pursuant to Article 13(1) of Regulation (EC) No 1924/2006[1]

EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA)[2, 3]

European Food Safety Authority (EFSA), Parma, Italy

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1 On request from the European Commission, Question No EFSA-Q-2008-1357, EFSA-Q-2008-1939, EFSA-Q-2008-1967, EFSA-Q-2008-1981, EFSA-Q-2008-1994, EFSA-Q-2008-1995, EFSA-Q-2008-1996, EFSA-Q-2008-1998, EFSA-Q-2008-2002, EFSA-Q-2008-2023, EFSA-Q-2008-2052, EFSA-Q-2008-2058, EFSA-Q-2008-2104, EFSA-Q-2008-2176, EFSA-Q-2008-2182, EFSA-Q-2008-2205, EFSA-Q-2008-2415, EFSA-Q-2008-2442, EFSA-Q-2008-2530, EFSA-Q-2008-2538, EFSA-Q-2008-2541, EFSA-Q-2008-2566, EFSA-Q-2008-2583, EFSA-Q-2008-2600, EFSA-Q-2008-2611, EFSA-Q-2008-2613, EFSA-Q-2008-2654, EFSA-Q-2008-2667, EFSA-Q-2008-2673, EFSA-Q-2008-2674, EFSA-Q-2008-2690, EFSA-Q-2008-2699, EFSA-Q-2008-2702, EFSA-Q-2008-2704, EFSA-Q-2008-2721, EFSA-Q-2008-2722, EFSA-Q-2008-2732, EFSA-Q-2008-2753, EFSA-Q-2008-2754, EFSA-Q-2008-2758, EFSA-Q-2008-2776, EFSA-Q-2008-2782, EFSA-Q-2008-2792, EFSA-Q-2008-2793, EFSA-Q-2008-2794, EFSA-Q-2008-2816, EFSA-Q-2008-2820, EFSA-Q-2008-2823, EFSA-Q-2008-2858, EFSA-Q-2008-2865, EFSA-Q-2008-2869, EFSA-Q-2008-2877, EFSA-Q-2008-2884, EFSA-Q-2008-2887, EFSA-Q-2008-2889, EFSA-Q-2008-2914, EFSA-Q-2008-2921, EFSA-Q-2008-2926, EFSA-Q-2008-2996, EFSA-Q-2008-3054, EFSA-Q-2008-3208, EFSA-Q-2008-3244, EFSA-Q-2008-3374, EFSA-Q-2008-3386, EFSA-Q-2008-3387, EFSA-Q-2008-3401, EFSA-Q-2008-3406, EFSA-Q-2008-3467, EFSA-Q-2008-3528, EFSA-Q-2008-3533, EFSA-Q-2008-3550, EFSA-Q-2008-3556, EFSA-Q-2008-3565, EFSA-Q-2008-3568, EFSA-Q-2008-3582, EFSA-Q-2008-3587, EFSA-Q-2008-3588, EFSA-Q-2008-3590, EFSA-Q-2008-3599, EFSA-Q-2008-3898, EFSA-Q-2008-3899, EFSA-Q-2008-3900, EFSA-Q-2008-3901, EFSA-Q-2008-3906, EFSA-Q-2008-3907, EFSA-Q-2008-3908, EFSA-Q-2008-3909, EFSA-Q-2008-3915, EFSA-Q-2008-3932, EFSA-Q-2008-3944, EFSA-Q-2008-3948, EFSA-Q-2008-3964, EFSA-Q-2008-3973, EFSA-Q-2008-3988, EFSA-Q-2008-4001, EFSA-Q-2008-4009, EFSA-Q-2008-4022, EFSA-Q-2008-4029, EFSA-Q-2008-4031, EFSA-Q-2008-4039, EFSA-Q-2008-4047, EFSA-Q-2008-4048, EFSA-Q-2008-4068, EFSA-Q-2008-4080, EFSA-Q-2008-4084, EFSA-Q-2008-4087, EFSA-Q-2008-4093, EFSA-Q-2008-4105, EFSA-Q-2008-4114, EFSA-Q-2008-4117, EFSA-Q-2008-4129, EFSA-Q-2008-4135, EFSA-Q-2008-4138, EFSA-Q-2008-4141, EFSA-Q-2008-4147, EFSA-Q-2008-4152, EFSA-Q-2008-4166, EFSA-Q-2008-4173, EFSA-Q-2008-4177, EFSA-Q-2008-4183, EFSA-Q-2008-4185, EFSA-Q-2008-4189, EFSA-Q-2008-4197, EFSA-Q-2008-4211, EFSA-Q-2008-4212, EFSA-Q-2008-4221, EFSA-Q-2008-4232, EFSA-Q-2008-4234, EFSA-Q-2008-4247, EFSA-Q-2008-4251, EFSA-Q-2008-4267, EFSA-Q-2008-4275, EFSA-Q-2008-4297, EFSA-Q-2008-4318, EFSA-Q-2008-4322, EFSA-Q-2008-4331, EFSA-Q-2008-4370, EFSA-Q-2008-4376, EFSA-Q-2008-4385, EFSA-Q-2008-4401, EFSA-Q-2008-4402, EFSA-Q-2008-4424, EFSA-Q-2008-4428, EFSA-Q-2008-4435, EFSA-Q-2008-4451, EFSA-Q-2008-4486, EFSA-Q-2008-4499, EFSA-Q-2008-4505, EFSA-Q-2008-4509, EFSA-Q-2008-4514, EFSA-Q-2008-4517, EFSA-Q-2008-4530, EFSA-Q-2008-4532, EFSA-Q-2008-4533, EFSA-Q-2008-4534, EFSA-Q-2008-4539, EFSA-Q-2008-4541, EFSA-Q-2008-4542, EFSA-Q-2008-4545, EFSA-Q-2008-4552, EFSA-Q-2008-4554, EFSA-Q-2008-4555, EFSA-Q-2008-4565, EFSA-Q-2008-4570, EFSA-Q-2008-4572, EFSA-Q-2008-4604, EFSA-Q-2008-4615, EFSA-Q-2008-4632, EFSA-Q-2008-4721, EFSA-Q-2008-4861, EFSA-Q-2008-4874, adopted on 15 October 2009.

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SUMMARY

Following a request from the European Commission, the Panel on Dietetic Products, Nutrition and Allergies was asked to provide a scientific opinion on a list of health claims pursuant to Article 13 of Regulation (EC) No 1924/2006. This opinion addresses the scientific substantiation of health claims in relation to food(s)/food constituent(s) and the following claimed effects: protection of cells from premature aging, antioxidant, antioxidant content and antioxidant properties, and protection of DNA, proteins and lipids from oxidative damage. The scientific substantiation is based on the information provided by the Member States in the consolidated list of Article 13 health claims and references that EFSA has received from Member States or directly from stakeholders.

Protection of cells from premature aging

The claimed effects are "antioxidant activity" and "antioxidant properties". The target population is assumed to be the general population. The proposed wordings include "protect cells from premature aging", "antioxidant containing foods support of healthy aging". The Panel considers that the claimed effect "protect cells from premature aging" does not comply with the criteria laid down in Regulation (EC) No 1924/2006.

Antioxidant activity, antioxidant content, and antioxidant properties

The claimed effects are "antioxidant activity/content" and/or "antioxidant properties". The target population is assumed to be the general population. The Panel assumes that these claimed effects refer to the capacity of food/constituents to scavenge free radicals and/or to their reducing capacity. The Panel considers that no evidence has been provided to establish that having antioxidant activity/content and/or antioxidant properties is a beneficial physiological effect.

On the basis of the data presented, the Panel concludes that a cause and effect relationship has not been established between the consumption of the food(s)/food constituent(s) evaluated in this opinion and a beneficial physiological effect related to antioxidant activity, antioxidant content, or antioxidant properties.

Protection of DNA, proteins and lipids from oxidative damage

The claimed effects refer to the protection of body cells and molecules (such as DNA, proteins and lipids) from oxidative damage, including UV-induced oxidative damage. The target population is assumed to be the general population. The Panel considers that the protection of molecules such as DNA, proteins and lipids from oxidative damage may be a beneficial physiological effect.

No human studies which investigated the effects of the food(s)/food constituent(s) on reliable markers of oxidative damage to body cells or to molecules such as DNA, proteins and lipids have been provided in relation to any of the health claims evaluated in this opinion. The evidence provided in the animal and *in vitro* studies submitted is not sufficient to predict the occurrence of an effect of the food(s)/food constituent(s) on the protection of body cells and molecules such as DNA, proteins and lipids from oxidative damage *in vivo* in humans.

On the basis of the data presented, the Panel concludes that a cause and effect relationship has not been established between the consumption of the food(s)/food constituent(s) evaluated in this opinion and the protection of body cells and molecules such as DNA, proteins and lipids from oxidative damage.

KEY WORDS

Antioxidants, oxidative damage, DNA, lipids, proteins, ageing, health claims.

TABLE OF CONTENTS

BACKGROUND AS PROVIDED BY THE EUROPEAN COMMISSION

See Appendix A

TERMS OF REFERENCE AS PROVIDED BY THE EUROPEAN COMMISSION

See Appendix A

EFSA DISCLAIMER

See Appendix B

INFORMATION AS PROVIDED IN THE CONSOLIDATED LIST

The consolidated list of health claims pursuant to Article 13 of Regulation (EC) No 1924/2006[4] submitted by Member States contains main entry claims with corresponding conditions of use and literature from similar health claims. The information provided in the consolidated list for the health claims which are the subject of this opinion is tabulated in Appendix C.

ASSESSMENT

1. Relevance of the claimed effect to human health

1.1. Protection of cells from premature aging (ID 1468, 2832)

The claimed effects are "antioxidant activity" and "antioxidant properties". The Panel assumes that the target population is the general population.

The proposed wordings include "protect cells from premature aging", "antioxidant containing foods support of healthy aging".

No definition has been provided of "premature aging" or of "healthy aging" in relation to the antioxidant properties of foods. The Panel considers that this claimed effect is general and non-specific and does not comply with the criteria laid down in Regulation (EC) No 1924/2006.

1.2. Antioxidant activity, antioxidant content, and antioxidant properties (ID 570, 1285, 1315, 1468, 1797, 1805, 1808, 1833, 1850, 1969, 1971, 1988, 1989, 2020, 2021, 2049, 2060, 2132, 2475, 2673, 2800, 2817, 2823, 2832, 2855, 2866)

The claimed effects are "antioxidant activity/content" and/or "antioxidant properties". The Panel assumes that the target population is the general population.

The Panel assumes that these claimed effects refer to the capacity of food/food constituents to scavenge free radicals and/or to their reducing capacity.

The Panel considers that claims made on the antioxidant capacity/content or properties of food/food constituents based on their capability of scavenging free radicals *in vitro* refer to a property of the food/food constituent measured in model systems, and that the information provided does not establish that this capability exerts a beneficial physiological effect in humans as required by Regulation (EC) No 1924/2006.

The Panel considers that no evidence has been provided to establish that having antioxidant activity/content and/or antioxidant properties is a beneficial physiological effect.

The Panel concludes that a cause and effect relationship has not been established between the consumption of the food(s)/food constituent(s) evaluated in this opinion and a beneficial physiological effect related to antioxidant activity, antioxidant content, or antioxidant properties.

[4] 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.

1.3. Protection of DNA, proteins and lipids from oxidative damage (ID 1200, 1229, 1243, 1256, 1257, 1258, 1260, 1264, 1321, 1367, 1439, 1445, 1679, 1706, 1867, 1878, 1880, 1921, 1934, 1940, 1941, 1957, 1966, 1999, 2025, 2043, 2059, 2061, 2083, 2087, 2090, 2125, 2136, 2144, 2151, 2154, 2156, 2181, 2188, 2193, 2263, 2321, 2511, 2641, 2653, 2654, 2668, 2734, 2795, 2835, 2849, 2854, 2857, 3166, 3167, 3168, 3169, 3174, 3175, 3176, 3177, 3183, 3200, 3212, 3216, 3232, 3241, 3256, 3269, 3277, 3290, 3297, 3299, 3307, 3315, 3316, 3337, 3349, 3353, 3356, 3362, 3374, 3383, 3386, 3400, 3406, 3409, 3412, 3418, 3423, 3437, 3444, 3448, 3454, 3456, 3460, 3469, 3484, 3485, 3494, 3505, 3507, 3520, 3524, 3541, 3549, 3571, 3593, 3597, 3606, 3646, 3652, 3662, 3678, 3679, 3701, 3705, 3712, 3729, 3767, 3780, 3786, 3790, 3797, 3800, 3813, 3815, 3816, 3817, 3822, 3824, 3825, 3828, 3836, 3838, 3839, 3849, 3854, 3856, 3888, 3899, 3916, 4007, 4150, 4163)

The claimed effects refer to the protection of body cells and molecules (such as DNA, proteins and lipids) from oxidative damage, including UV-induced oxidative damage. The Panel assumes that the target population is the general population.

Reactive oxygen species (ROS) including several kinds of radicals are generated in biochemical processes (e.g. respiratory chain) and as a consequence of exposure to exogenous factors (e.g. radiation, pollutants). These reactive intermediates can damage molecules such as DNA, proteins and lipids if they are not intercepted by the antioxidant network which includes free radical scavengers like antioxidant nutrients.

The Panel considers that the protection of body cells and molecules such as DNA, proteins and lipids from oxidative damage may be a beneficial physiological effect.

2. Scientific substantiation of the claimed effect

2.1. Protection of DNA, proteins and lipids from oxidative damage (ID 1200, 1229, 1243, 1256, 1257, 1258, 1260, 1264, 1321, 1367, 1439, 1445, 1679, 1706, 1867, 1878, 1880, 1921, 1934, 1940, 1941, 1957, 1966, 1999, 2025, 2043, 2059, 2061, 2083, 2087, 2090, 2125, 2136, 2144, 2151, 2154, 2156, 2181, 2188, 2193, 2263, 2321, 2511, 2641, 2653, 2654, 2668, 2734, 2795, 2835, 2849, 2854, 2857, 3166, 3167, 3168, 3169, 3174, 3175, 3176, 3177, 3183, 3200, 3212, 3216, 3232, 3241, 3256, 3269, 3277, 3290, 3297, 3299, 3307, 3315, 3316, 3337, 3349, 3353, 3356, 3362, 3374, 3383, 3386, 3400, 3406, 3409, 3412, 3418, 3423, 3437, 3444, 3448, 3454, 3456, 3460, 3469, 3484, 3485, 3494, 3505, 3507, 3520, 3524, 3541, 3549, 3571, 3593, 3597, 3606, 3646, 3652, 3662, 3678, 3679, 3701, 3705, 3712, 3729, 3767, 3780, 3786, 3790, 3797, 3800, 3813, 3815, 3816, 3817, 3822, 3824, 3825, 3828, 3836, 3838, 3839, 3849, 3854, 3856, 3888, 3899, 3916, 4007, 4150, 4163)

Most of the references provided addressed potential health effects of dietary antioxidants in general, or of food/food constituents other than those for which the specific claims are proposed, and/or claimed effects other than the protection of body cells and molecules from oxidative damage. The latter includes references on the development or progression of acute or chronic diseases presumed to be associated with increased levels of oxidative stress (e.g. immune dysfunction/susceptibility to infections, cardiovascular diseases, cancer, and degenerative diseases, among others) where oxidative damage to cells or molecules has not been considered as an outcome. The Panel considers that no scientific conclusions can be drawn from these references for the substantiation of the claimed effect.

No human studies which investigated the effects of the food(s)/food constituent(s) on reliable markers of oxidative damage to body cells or to molecules such as DNA, proteins and lipids have been provided in relation to any of the health claims evaluated in this opinion.

Some intervention studies in humans which investigated the effects of the food(s)/food constituent(s) on the overall antioxidant capacity of plasma assessed by different methods have been provided.

These methods include total reactive antioxidant potential (TRAP), trolox-equivalent antioxidant capacity (TEAC), ferric reducing ability of plasma (FRAP), oxygen radical absorbance capacity (ORAC), and ferrous oxidation-xylenol orange (FOX). The Panel considers that the evidence provided in these studies does not predict the occurrence of an effect of the food(s)/food constituent(s) on the protection of body cells and molecules from oxidative damage (Griffiths et al., 2002; Mayne, 2003; Dolle-Donne, et al., 2006; Knasmuller et al., 2008). Some intervention studies in humans having investigated the effects of the food(s)/ food constituent(s) on markers of lipid peroxidation have been provided in relation to ID 1243, 1468, 1850, 2060, 2511, 2835, 3505 and 3678. Such markers are thiobarbituric acid-reactive substances (TBARS), malondialdehyde (MDA) and/or oxidation lag time of low-density lipoproteins (LDL) *ex vivo*. The Panel considers that both TBARS and MDA, when used alone, are not reliable markers of lipid peroxidation (Griffiths et al., 2002; Lykkesfeldt, 2007; Knasmuller et al., 2008). The Panel also considers that no evidence has been provided to establish that the oxidation lag time of LDL particles *ex vivo* predicts the resistance of LDL particles to oxidation *in vivo* (Griffiths et al., 2002; Lapointe et al., 2006; Verhoye and Langlois, 2009). Thus, for claims supported by references to human studies on the overall antioxidant capacity of plasma only, or on MDA/TBARS/oxidation lag time of LDL particles *ex vivo* as the only markers of lipid peroxidation, either alone on in combination with animal and/or *in vitro* studies, the Panel considers that a cause and effect relationship has not been established between the intake of the food/food component and the claimed effect.

A number of *in vitro* studies were provided which addressed the antioxidant properties of different food(s)/food constituent(s), either by testing their capacity to scavenge free radicals under controlled conditions or by testing their capacity to prevent or delay protein, lipid or DNA oxidation in different *in vitro* models. Also, studies were provided on the relationship between the intake of the food(s)/food constituent(s) and the claimed effect by measuring markers of protein, lipid and/or DNA oxidation in animals, either *in vivo* or *ex vivo.* The Panel considers that the evidence provided in the animal and *in vitro* studies submitted is not sufficient to predict the occurrence of an effect of the food(s)/food constituent(s) on the protection of body cells and molecules from oxidative damage *in vivo* in humans. The Panel considers that while effects shown in animal and *in vitro* studies may be used as supportive evidence, human studies are required for substantiation of a claim. Thus, for claims supported by references to animal studies and/or *in vitro* studies only, the Panel considers that a cause and effect relationship has not been established between the consumption of the food/food component and the claimed effect.

The Panel concludes that a cause and effect relationship has not been established between the consumption of the food(s)/food constituent(s) evaluated in this opinion and the protection of body cells and molecules such as DNA, proteins and lipids from oxidative damage.

CONCLUSIONS

On the basis of the data presented, the Panel concludes that:

Protection of cells from premature aging

- The claimed effects are “antioxidant activity” and “antioxidant properties”. The target population is assumed to be the general population. The proposed wordings include “protect cells from premature aging”, “antioxidant containing foods support of healthy aging”. The claimed effect “protect cells from premature aging” does not comply with the criteria laid down in Regulation (EC) No 1924/2006.

Antioxidant activity, antioxidant content, and antioxidant properties

- The claimed effects are “antioxidant activity/content” and/or “antioxidant properties”. The target population is assumed to be the general population. It is assumed that these claimed

effects refer to the capacity of food/food constituents to scavenge free radicals and/or to their reducing capacity. No evidence has been provided to establish that having antioxidant activity/content and/or antioxidant properties is a beneficial physiological effect.

- A cause and effect relationship has not been established between the consumption of the food(s)/food constituent(s) evaluated in this opinion and a beneficial physiological effect related to antioxidant activity, antioxidant content, or antioxidant properties.

Protection of DNA, proteins and lipids from oxidative damage

- The claimed effects refer to the protection of body cells and molecules (such as DNA, proteins and lipids) from oxidative damage, including UV-induced oxidative damage. The target population is assumed to be the general population. The protection of molecules such as DNA, proteins and lipids from oxidative damage may be a beneficial physiological effect.

- A cause and effect relationship has not been established between the consumption of the food(s)/food constituent(s) evaluated in this opinion and the protection of body cells and molecules such as DNA, proteins and lipids from oxidative damage.

DOCUMENTATION PROVIDED TO EFSA

Health claims pursuant to Article 13(1) of Regulation (EC) No 1924/2006 (No: EFSA-Q-2008-1357, EFSA-Q-2008-1939, EFSA-Q-2008-1967, EFSA-Q-2008-1981, EFSA-Q-2008-1994, EFSA-Q-2008-1995, EFSA-Q-2008-1996, EFSA-Q-2008-1998, EFSA-Q-2008-2002, EFSA-Q-2008-2023, EFSA-Q-2008-2052, EFSA-Q-2008-2058, EFSA-Q-2008-2104, EFSA-Q-2008-2176, EFSA-Q-2008-2182, EFSA-Q-2008-2205, EFSA-Q-2008-2415, EFSA-Q-2008-2442, EFSA-Q-2008-2530, EFSA-Q-2008-2538, EFSA-Q-2008-2541, EFSA-Q-2008-2566, EFSA-Q-2008-2583, EFSA-Q-2008-2600, EFSA-Q-2008-2611, EFSA-Q-2008-2613, EFSA-Q-2008-2654, EFSA-Q-2008-2667, EFSA-Q-2008-2673, EFSA-Q-2008-2674, EFSA-Q-2008-2690, EFSA-Q-2008-2699, EFSA-Q-2008-2702, EFSA-Q-2008-2704, EFSA-Q-2008-2721, EFSA-Q-2008-2722, EFSA-Q-2008-2732, EFSA-Q-2008-2753, EFSA-Q-2008-2754, EFSA-Q-2008-2758, EFSA-Q-2008-2776, EFSA-Q-2008-2782, EFSA-Q-2008-2792, EFSA-Q-2008-2793, EFSA-Q-2008-2794, EFSA-Q-2008-2816, EFSA-Q-2008-2820, EFSA-Q-2008-2823, EFSA-Q-2008-2858, EFSA-Q-2008-2865, EFSA-Q-2008-2869, EFSA-Q-2008-2877, EFSA-Q-2008-2884, EFSA-Q-2008-2887, EFSA-Q-2008-2889, EFSA-Q-2008-2914, EFSA-Q-2008-2921, EFSA-Q-2008-2926, EFSA-Q-2008-2996, EFSA-Q-2008-3054, EFSA-Q-2008-3208, EFSA-Q-2008-3244, EFSA-Q-2008-3374, EFSA-Q-2008-3386, EFSA-Q-2008-3387, EFSA-Q-2008-3401, EFSA-Q-2008-3406, EFSA-Q-2008-3467, EFSA-Q-2008-3528, EFSA-Q-2008-3533, EFSA-Q-2008-3550, EFSA-Q-2008-3556, EFSA-Q-2008-3565, EFSA-Q-2008-3568, EFSA-Q-2008-3582, EFSA-Q-2008-3587, EFSA-Q-2008-3588, EFSA-Q-2008-3590, EFSA-Q-2008-3599, EFSA-Q-2008-3898, EFSA-Q-2008-3899, EFSA-Q-2008-3900, EFSA-Q-2008-3901, EFSA-Q-2008-3906, EFSA-Q-2008-3907, EFSA-Q-2008-3908, EFSA-Q-2008-3909, EFSA-Q-2008-3915, EFSA-Q-2008-3932, EFSA-Q-2008-3944, EFSA-Q-2008-3948, EFSA-Q-2008-3964, EFSA-Q-2008-3973, EFSA-Q-2008-3988, EFSA-Q-2008-4001, EFSA-Q-2008-4009, EFSA-Q-2008-4022, EFSA-Q-2008-4029, EFSA-Q-2008-4031, EFSA-Q-2008-4039, EFSA-Q-2008-4047, EFSA-Q-2008-4048, EFSA-Q-2008-4068, EFSA-Q-2008-4080, EFSA-Q-2008-4084, EFSA-Q-2008-4087, EFSA-Q-2008-4093, EFSA-Q-2008-4105, EFSA-Q-2008-4114, EFSA-Q-2008-4117, EFSA-Q-2008-4129, EFSA-Q-2008-4135, EFSA-Q-2008-4138, EFSA-Q-2008-4141, EFSA-Q-2008-4147, EFSA-Q-2008-4152, EFSA-Q-2008-4166, EFSA-Q-2008-4173, EFSA-Q-2008-4177, EFSA-Q-2008-4183, EFSA-Q-2008-4185, EFSA-Q-2008-4189, EFSA-Q-2008-4197, EFSA-Q-2008-4211, EFSA-Q-2008-4212, EFSA-Q-2008-4221, EFSA-Q-2008-4232, EFSA-Q-2008-4234, EFSA-Q-2008-4247, EFSA-Q-2008-4251, EFSA-Q-2008-4267, EFSA-Q-2008-4275, EFSA-Q-2008-4297, EFSA-Q-2008-4318, EFSA-Q-2008-4322, EFSA-Q-2008-4331, EFSA-Q-2008-4370, EFSA-Q-2008-4376, EFSA-Q-2008-4385, EFSA-Q-2008-4401, EFSA-Q-2008-4402, EFSA-Q-2008-4424, EFSA-Q-2008-4428, EFSA-Q-2008-4435, EFSA-Q-2008-4451, EFSA-Q-2008-4486, EFSA-Q-2008-4499, EFSA-Q-2008-4505, EFSA-Q-2008-4509, EFSA-Q-2008-4514, EFSA-Q-

2008-4517, EFSA-Q-2008-4530, EFSA-Q-2008-4532, EFSA-Q-2008-4533, EFSA-Q-2008-4534, EFSA-Q-2008-4539, EFSA-Q-2008-4541, EFSA-Q-2008-4542, EFSA-Q-2008-4545, EFSA-Q-2008-4552, EFSA-Q-2008-4554, EFSA-Q-2008-4555, EFSA-Q-2008-4565, EFSA-Q-2008-4570, EFSA-Q-2008-4572, EFSA-Q-2008-4604, EFSA-Q-2008-4615, EFSA-Q-2008-4632, EFSA-Q-2008-4721, EFSA-Q-2008-4861, EFSA-Q-2008-4874). The scientific substantiation is based on the information provided by the Members States in the consolidated list of Article 13 health claims and references that EFSA has received from Member States or directly from stakeholders.

The full list of supporting references as provided to EFSA is available on: http://www.efsa.europa.eu/panels/nda/claims/article13.htm

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APPENDICES

APPENDIX A

BACKGROUND AND TERMS OF REFERENCE AS PROVIDED BY THE EUROPEAN COMMISSION

The Regulation 1924/2006 on nutrition and health claims made on foods[5] (hereinafter "the Regulation") entered into force on 19th January 2007.

Article 13 of the Regulation foresees that the Commission shall adopt a Community list of permitted health claims other than those referring to the reduction of disease risk and to children's development and health. This Community list shall be adopted through the Regulatory Committee procedure and following consultation of the European Food Safety Authority (EFSA).

Health claims are defined as "any claim that states, suggests or implies that a relationship exists between a food category, a food or one of its constituents and health".

In accordance with Article 13 (1) health claims other than those referring to the reduction of disease risk and to children's development and health are health claims describing or referring to:

a) the role of a nutrient or other substance in growth, development and the functions of the body; or

b) psychological and behavioural functions; or

c) without prejudice to Directive 96/8/EC, slimming or weight-control or a reduction in the sense of hunger or an increase in the sense of satiety or to the reduction of the available energy from the diet.

To be included in the Community list of permitted health claims, the claims shall be:

(i) based on generally accepted scientific evidence; and

(ii) well understood by the average consumer.

Member States provided the Commission with lists of claims as referred to in Article 13 (1) by 31 January 2008 accompanied by the conditions applying to them and by references to the relevant scientific justification. These lists have been consolidated into the list which forms the basis for the EFSA consultation in accordance with Article 13 (3).

ISSUES THAT NEED TO BE CONSIDERED

IMPORTANCE AND PERTINENCE OF THE FOOD[6]

Foods are commonly involved in many different functions[7] of the body, and for one single food many health claims may therefore be scientifically true. Therefore, the relative importance of food e.g. nutrients in relation to other nutrients for the expressed beneficial effect should be considered: for functions affected by a large number of dietary factors it should be considered whether a reference to a single food is scientifically pertinent.

[5] OJ L12, 18/01/2007
[6] The term 'food' when used in this Terms of Reference refers to a food constituent, the food or the food category.
[7] The term 'function' when used in this Terms of Reference refers to health claims in Article 13(1)(a), (b) and (c).

It should also be considered if the information on the characteristics of the food contains aspects pertinent to the beneficial effect.

SUBSTANTIATION OF CLAIMS BY GENERALLY ACCEPTABLE SCIENTIFIC EVIDENCE

Scientific substantiation is the main aspect to be taken into account to authorise health claims. Claims should be scientifically substantiated by taking into account the totality of the available scientific data, and by weighing the evidence, and shall demonstrate the extent to which:

(a) the claimed effect of the food is beneficial for human health,

(b) a cause and effect relationship is established between consumption of the food and the claimed effect in humans (such as: the strength, consistency, specificity, dose-response, and biological plausibility of the relationship),

(c) the quantity of the food and pattern of consumption required to obtain the claimed effect could reasonably be achieved as part of a balanced diet,

(d) the specific study group(s) in which the evidence was obtained is representative of the target population for which the claim is intended.

EFSA has mentioned in its scientific and technical guidance for the preparation and presentation of the application for authorisation of health claims consistent criteria for the potential sources of scientific data. Such sources may not be available for all health claims. Nevertheless it will be relevant and important that EFSA comments on the availability and quality of such data in order to allow the regulator to judge and make a risk management decision about the acceptability of health claims included in the submitted list.

The scientific evidence about the role of a food on a nutritional or physiological function is not enough to justify the claim. The beneficial effect of the dietary intake has also to be demonstrated. Moreover, the beneficial effect should be significant i.e. satisfactorily demonstrate to beneficially affect identified functions in the body in a way which is relevant to health. Although an appreciation of the beneficial effect in relation to the nutritional status of the European population may be of interest, the presence or absence of the actual need for a nutrient or other substance with nutritional or physiological effect for that population should not, however, condition such considerations.

Different types of effects can be claimed. Claims referring to the maintenance of a function may be distinct from claims referring to the improvement of a function. EFSA may wish to comment whether such different claims comply with the criteria laid down in the Regulation.

WORDING OF HEALTH CLAIMS

Scientific substantiation of health claims is the main aspect on which EFSA's opinion is requested. However, the wording of health claims should also be commented by EFSA in its opinion.

There is potentially a plethora of expressions that may be used to convey the relationship between the food and the function. This may be due to commercial practices, consumer perception and linguistic or cultural differences across the EU. Nevertheless, the wording used to make health claims should be truthful, clear, reliable and useful to the consumer in choosing a healthy diet.

In addition to fulfilling the general principles and conditions of the Regulation laid down in Article 3 and 5, Article 13(1)(a) stipulates that health claims shall describe or refer to "the role of a nutrient or other substance in growth, development and the functions of the body". Therefore, the requirement to

describe or refer to the 'role' of a nutrient or substance in growth, development and the functions of the body should be carefully considered.

The specificity of the wording is very important. Health claims such as "Substance X supports the function of the joints" may not sufficiently do so, whereas a claim such as "Substance X helps maintain the flexibility of the joints" would. In the first example of a claim it is unclear which of the various functions of the joints is described or referred to contrary to the latter example which specifies this by using the word "flexibility".

The clarity of the wording is very important. The guiding principle should be that the description or reference to the role of the nutrient or other substance shall be clear and unambiguous and therefore be specified to the extent possible i.e. descriptive words/ terms which can have multiple meanings should be avoided. To this end, wordings like "strengthens your natural defences" or "contain antioxidants" should be considered as well as "may" or "might" as opposed to words like "contributes", "aids" or "helps".

In addition, for functions affected by a large number of dietary factors it should be considered whether wordings such as "indispensable", "necessary", "essential" and "important" reflects the strength of the scientific evidence.

Similar alternative wordings as mentioned above are used for claims relating to different relationships between the various foods and health. It is not the intention of the regulator to adopt a detailed and rigid list of claims where all possible wordings for the different claims are approved. Therefore, it is not required that EFSA comments on each individual wording for each claim unless the wording is strictly pertinent to a specific claim. It would be appreciated though that EFSA may consider and comment generally on such elements relating to wording to ensure the compliance with the criteria laid down in the Regulation.

In doing so the explanation provided for in recital 16 of the Regulation on the notion of the average consumer should be recalled. In addition, such assessment should take into account the particular perspective and/or knowledge in the target group of the claim, if such is indicated or implied.

TERMS OF REFERENCE

HEALTH CLAIMS OTHER THAN THOSE REFERRING TO THE REDUCTION OF DISEASE RISK AND TO CHILDREN'S DEVELOPMENT AND HEALTH

EFSA should in particular consider, and provide advice on the following aspects:

- Whether adequate information is provided on the characteristics of the food pertinent to the beneficial effect.

- Whether the beneficial effect of the food on the function is substantiated by generally accepted scientific evidence by taking into account the totality of the available scientific data, and by weighing the evidence. In this context EFSA is invited to comment on the nature and quality of the totality of the evidence provided according to consistent criteria.

- The specific importance of the food for the claimed effect. For functions affected by a large number of dietary factors whether a reference to a single food is scientifically pertinent.

In addition, EFSA should consider the claimed effect on the function, and provide advice on the extent to which:

- the claimed effect of the food in the identified function is beneficial.

- a cause and effect relationship has been established between consumption of the food and the claimed effect in humans and whether the magnitude of the effect is related to the quantity consumed.

- where appropriate, the effect on the function is significant in relation to the quantity of the food proposed to be consumed and if this quantity could reasonably be consumed as part of a balanced diet.

- the specific study group(s) in which the evidence was obtained is representative of the target population for which the claim is intended.

- the wordings used to express the claimed effect reflect the scientific evidence and complies with the criteria laid down in the Regulation.

When considering these elements EFSA should also provide advice, when appropriate:

- on the appropriate application of Article 10 (2) (c) and (d) in the Regulation, which provides for additional labelling requirements addressed to persons who should avoid using the food; and/or warnings for products that are likely to present a health risk if consumed to excess.

APPENDIX B

EFSA DISCLAIMER

The present opinion does not constitute, and cannot be construed as, an authorisation to the marketing of the food/food constituent, a positive assessment of its safety, nor a decision on whether the food/food constituent is, or is not, classified as foodstuffs. It should be noted that such an assessment is not foreseen in the framework of Regulation (EC) No 1924/2006.

It should also be highlighted that the scope, the proposed wordings of the claims and the conditions of use as proposed in the Consolidated List may be subject to changes, pending the outcome of the authorisation procedure foreseen in Article 13(3) of Regulation (EC) No 1924/2006.

APPENDIX C

Table 1. Main entry health claims related to "food(s)/food constituent(s) with antioxidant properties", including conditions of use from similar claims, as proposed in the Consolidated List.

ID	Food or Food constituent	Health Relationship	Proposed wording
570	Berry seed oils (super-critical carbon dioxide extract)	Antioxidativity	Contain a lot of antioxidants.
	Conditions of use - Seed oils from wild berries such as lingonberry, bilberry and cranberry and from domestic berries such as strawberry and raspberry and sea buckthorn berry oils produced by means of supercritical carbon dioxide extraction. The amount was not indicated.		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
1200	Black Currant juice	Oxidative stress control	Blackcurrent juice helps to : - protect cells against oxidative damages - strengthen the immune system
	Conditions of use - One time 200 ml		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
1229	Royal jelly	Antioxidant properties	Royal jelly could promote the protection of the cells against certain harmful effects provoked by free radicals.
	Conditions of use - Minimum 50 mg royal jelly in the daily portion of the product.		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
1243	PROPOLIS	Antioxidant properties	Helps increase the antioxidative capacity of the body Has antioxidant properties Contains naturally occuring antioxidants Antioxidants help protect you from free radicals Antioxidants help protect your cells and tissues from oxidation Antioxidants contribute to the total antioxidant capacity of the body and help strenghthen our body's defences Antioxidants help to protect

			our body by reinforcing the body's natural defence against the effects of free radicals Antioxidants containing foods and drinks contribute to keeping your body healthy Contributes to the protection against oxidation Acts as an antioxidants Helps preventing oxidation Good source of antioxidant
	Conditions of use - Internal use: 0,7-1,3 g per day - 0,7-1,3 g per day. Safe limits of use : 2 g of propolis/kg/day (ref:5-6-7). Warning : Not for people who are allergic to the propolis - No interaction to the association of propolis with the administration of traditional therapeutic substance, either natural or synthetic, has been observed.		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
1256	Acerola	Antioxidant activity	Acerola is a major dietary source of antioxidants Antioxidants from dietary sources contribute to the protection against free radicals which cause cell damage Contributes to the protection of cells and tissues from oxidative damage Help strengthen our body's natural defences against oxidative stress
	Conditions of use - At least 10 g per day		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
1257	Banana	Antioxidant activity	Banana is a major dietary source of antioxidants Antioxidants from dietary sources contribute to the protection against free radicals which cause cell damage Contributes to the protection of cells and tissues from oxidative damage Help strengthen our body's natural defences against oxidative stress

	Conditions of use - At least 100 g per day		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
1258	Guava	Antioxidative activity	Guava is a major dietary source of antioxidants Antioxidants from dietary sources contribute to the protection against free radicals which cause cell damage contributes to the protection of cells and tissues from oxidative damage help strengthen our body's natural defences against oxidative stress
	Conditions of use - At least 30 g per day		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
1260	Kaki	Antioxidant activity	Kaki is a major dietary source of antioxidants Antioxidants from dietary sources contribute to the protection against free radicals which cause cell damage Contributes to the protection of cells and tissues from oxidative damage Help strengthen our body's natural defences against oxidative stress
	Conditions of use - At least 50 g per day		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
1264	Purple Grape Juice	Antioxidant activity	Purple grape juice is a major dietary source of antioxidants/ Antioxidants from dietary sources contribute to the protection against free radicals which cause cell damage/contributes to the protection of cells and tissues from oxidative damage/ help strengthen our body's natural defences against oxidative stress

	Conditions of use - At least 50 g per day		
1285	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Prunes (Dried plums)	Contains antioxidants	Prunes are a natural source of (good for you) antioxidants Prunes are a (good) source of antioxidants Prunes are high in antioxidants
	Conditions of use - Recommended daily intake of 40g -100g (5-12 prunes). To also present a statement which conveys that there is a risk that excess consumption of prunes may cause mild laxative effects.		
1315	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Chios Mastiha Natural resin Protected Designation of Origin product. (PDO) (EC)123/1997 (L022/24.1.97)	Mastiha Chiou has an antioxidant action. Target Group: Whole population / no restrictions	Mastiha Chiou has an antioxidant action.
	Conditions of use - The daily dose for expressing antioxidation action, should be at least 1,5gr for 1h chewing or 0.7 gr of Mastiha swallowing or more according to clinical studies. According to the same clinical studies doses up to 5 gr/day, for a period of 18 months have no side effects to human health.		
1321	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Honey	Antioxidant properties Target Group : For children and adults older than three years old Excluded Group : Nobody (only person who are allergic)	1. Helps increase the antioxidative capacity of the body 2. Has antioxidant properties 3. Contains naturally occuring antioxidants 4. Antioxidants help protect you from radicals which cause cell damage 5. Antioxidants contribute to the total antioxidant capacity of the body and help strenghthen our body's defences 6. Antioxidants help to protect our body by reinforcing the body's natural defence against the harmful effects of free radicals 7. Acts as an antioxidants 8.Good source of antioxidant

			9.Show antioxidative activity and help protect against oxidative stress
	Conditions of use - 0-30 g per day. Safe limits of use : No limits. Warning : Not for people who are allergic to the honey - No interaction to the association of honey with the administration of traditional therapeutic substance, either natural or synthetic, has been observed.		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
1367	Name of Food product: Olive Biophenols Description of food in terms of food legislation categories: Food supplement Was food on Irish market before 1st July 2007: No	Health benefits of food: A potent source of antioxidant biophenols for strengthening and balancing of the immune system from free radicals Do benefits relate to a disease risk factor: No Target group: All of the general population including children and adults	Exact wording of claim as it appears on product: A potent source of antioxidant biophenols for strengthening and balancing of the immune system from free radicals Examples of any alternative wording that may be used in relation to claim: Olive biophenols are important for a balanced immune system. Antioxidant activity of olive biophenols for healthy and balanced immune system Is claim a picture: No
	Conditions of use - Number of nutrients/other substances that are essential to claimed effect: 1. Names of nutrient/other substances and Quantity in Average daily serving: 100g Olive Biophenols. Weight of average daily food serving: 200 miligram(s). Daily amount to be consumed to produce claimed effect: 200 miligram(s). Number of food portions this equates to in everyday food portions: 1. Are there factors that could interfere with bioavailability: No. Length of time after consumption for claimed effect to become apparent: 1-2 weeks depending on the individual. Is there a limit to the amount of food which should be consumed in order to avoid adverse health effects: No. Where applicable outline nutritional composition (g per 100g) of food: Total Fat: .00. Saturated Fat: 1.24. Trans Fat: .08. Sugar: .00. Salt: .00. Sodium: .07		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
1439	Antioxidant from processed fruits and vegetables and juices	Antioxidant properties	Antioxidant contained in this product contribute to the anti-oxidative functions of the body/ensure protective effect on the organism;
	Conditions of use - Erwachsene. Amount of consumption: 40 Milliliter (ml). Period of consumption: 4 bis 6 Wochen - Jugendliche, Erwachsene, Kinder, Säuglinge, Kleinkinder. Amount of consumption: 20 - 300 Milliliter (ml). Period of consumption: 4 bis 6 Wochen - Erwachsene. Amount of consumption: 300 Milliliter (ml). Period of consumption: 4 bis 6 Wochen		

	- Jugendliche, Erwachsene. Amount of consumption: 150 Milliliter (ml). Period of consumption: 4 bis 6 Wochen - possible if one of the other claims concerning a specific antioxidant is acceptable - Amount of consumption: 8 ml/kg KGW oder 500 - 1000 ml einmalig oder 336 ml dreimal täglich. Period of consumption: einmalig oder dreimal täglich		
1445	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Anthocyanins	Antioxidant	Contains naturally occurring antioxidants, which may help to protect against the damage caused by free radicals, as part of a healthy lifestyle.
	Conditions of use - For consumer to receive the expected health benefits from anthocyanins, at least 20 to 40 mg/day must be consumed. For the hibiscus drink range this is equivalent to at least 1 serving of the original and sparkling hibiscus drink, or 1 serving of the grape hibiscus drink or 1 serving of the peppermint hibiscus drink. At least 2 servings of the cordial (32 ml in 100 ml of water) are necessary. The acceptable daily intake for anthocyanins is 150 mg/day. A warning is necessary for consumers not exceed this ADI limit. - 15 - 20mg per portion of anthocyanins (calculated as cyanidin-3-glucoside).		
1468	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Betalains	Antioxidant properties	Betalains containing foods contribute to keep your body healthy Antioxidant containing foods support of healthy ageing Antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body´s defences
	Conditions of use - phytoconstituent's content in fruits and vegetables expressed in comparison with the daily needs and threshold for activity up to 16 mg - Phyto-Bestandteile in Obst und Gemüse im Vergleich zum tägl. Bedarf und zum Schwellenwert einer Wirkung/ bis zu 16 mg		
1679	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	VitaGrape® Grape Seed Extract 95% OPC	Excellent source of oligoremic proanthocyanidins that have been associated with the reduction of oxidative stress.	VitaGrape® Grape Seed Extract is an excellent source of oligoremic proanthocyanidins (OPC's), compounds that have been associated with the reduction of oxidative stress.
	Conditions of use - 100 mg – 600 mg daily recommended dose, which provides 95 to 570 of OPC's. Recommended daily dose for children 0-12 months is no more than 25 mg/day.		

	- Für alle Bevölkerungs–gruppen geeignet–Tagesdosis:–100 mg - Tagesdosis OPC: 150 mg als auf OPC standardisierten Traubenkernextrakt–Als Kapsel–Erwachsene - More than 10 mg OPC daily		
1706	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	squalene idrocarburo	Antioxidant activity, protection of body tissue and skin from oxidant agents (UV rays)	Squalen, in the sebum of the skin acts as antioxidant and protects the skin from damages produced by UV rays
	Conditions of use - 200-400 mg per day		
1797	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Chlorella algae (Chorella pyrenoidosa)	Antioxidativity	Antioxidant.Antioxidant.
	Conditions of use - Food supplement with a Chlorella algae (Chorella pyrenoidosa) content of 1070-1780 mg in the daily dose. - 1-2g of algae per day, not recommended to pregnant and breast-feeding women, drink down with enough amount of water		
1805	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Flavonoids from green tea, apple and onion	Antioxidativity	Exceptionally strong organic antioxidant.
	Conditions of use - Capsules with flavonoids from green tea (ECGC, epigallocatechin gallate), apple and onion (chemferol, myricetin, quercetin). According to the respondent, the "minimum effect/day" for synergic flavonoids is 25 mg, and one capsule is enough to exceed the minimum. The positive effects of flavonoids were said to increase to a certain level as the dose increases. However, flavonoids do not accumulate.		
1808	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Flaxseed husk extract/lignans	Antioxidativity	Antioxidant.
	Conditions of use - Food supplement with 250mg of flaxseed husk extract, 50 mg of which is lignans, in the daily dose.		
1833	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Phenol compounds of cranberry and lingonberry (catechins, flavonoids, phenolic acids, anthocyanins, lignans) + ascorbic acid	Antioxidativity	Cranberry-lingonberry juice contains natural phenolic compounds that are health-promoting antioxidants.
	Conditions of use - Unsweetened 100% cranberry-lingonberry juice with 45.5 mg/100g, 91 mg/serving, 91 mg /daily serving of quantified phenol compounds (catechins, flavonoids, phenolic acids, anthocyanins, lignans), 41 mg/100g, 82 mg/serving, 82 mg/daily serving of ascorbic acid		

	and 350 mg/100g, 700mg/serving, 700mg/daily serving of total phenols. The concentrations are analysed from processed juice.		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
1850	Sea buckthorn oil and flavonoids extracted from sea buckthorn berries	Antioxidativity	Sea buckthorn berry extract contains antioxidants and flavonoids. Flavonoids may intercept free radicals.
	Conditions of use - Flavonoids extracted from sea buckthorn (Hippohaê rhamnoides) berries, but the amount in not indicated. - The claims concern sea buckthorn oil, which contains both CO2-extracted oil from the pulp and seeds of the berry as well as flavonoid fraction extracted from sea buckthorn berry.		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
1867	Name of Food product: Spirulina Description of food in terms of food legislation categories: Food supplement Was food on Irish market before 1st July 2007: Yes	Health benefits of food: Antioxidative Do benefits relate to a disease risk factor: No Target group: All of the general population including children and adults	Exact wording of claim as it appears on product: Spirulina is a rich source of antioxidants that help the body to protect against the consequences of oxidative stress Examples of any alternative wording that may be used in relation to claim: Assists the body to protect against oxidation Is claim a picture: No
	Conditions of use - Weight of average daily food serving: 3 gram(s). Daily amount to be consumed to produce claimed effect: 2 gram(s). Number of food portions this equates to in everyday food portions: 1. Are there factors that could interfere with bioavailability: Yes. Please give reason: excess heat will destroy many of the phytonutrients collectively responsible for the antioxidative effect. Length of time after consumption for claimed effect to become apparent: Only accurately known after oxidation tests of the body. Is there a limit to the amount of food which should be consumed in order to avoid adverse health effects: No. Where applicable outline nutritional composition (g per 100g) of food: Total Fat: 7.00. Saturated Fat: 4.70. Trans Fat: .00. Sugar: .12. Salt: .00. Sodium: .32. Other conditions for use: Regular use in sufficient amounts over a period of weeks or months		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
1878	Name of Food product: Olive Biophenols Description of food in terms of food legislation categories: Food supplement Was food on Irish market before 1st July 2007: No	Health benefits of food: A potent source of olive biophenols that have anti-UV damage properties Do benefits relate to a disease risk factor: No Target group: All of the general population including children and adults	Exact wording of claim as it appears on product: A potent source of olive biophenols that have anti-UV damage properties Examples of any alternative wording that may be used in relation to claim: Olive biophenols can help in repairing skin damage due to

			sun burn and UV rays Is claim a picture: No
	Conditions of use - Number of nutrients/other substances that are essential to claimed effect: 1. Names of nutrient/other substances and Quantity in Average daily serving: 100g Olive Biophenols. Weight of average daily food serving: 200 miligram(s). Daily amount to be consumed to produce claimed effect: 200 miligram(s). Number of food portions this equates to in everyday food portions: 1. Are there factors that could interfere with bioavailability: No. Length of time after consumption for claimed effect to become apparent: 1-2 weeks depending on the individual's state of health. Is there a limit to the amount of food which should be consumed in order to avoid adverse health effects: No. Where applicable outline nutritional composition (g per 100g) of food: Total Fat: .00. Saturated Fat: 1.24. Trans Fat: .08. Sugar: .00. Salt: .00. Sodium: .07		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
1880	Name of Food product: Triphala Description of food in terms of food legislation categories: Food supplement Was food on Irish market before 1st July 2007: No	Health benefits of food: Triphala has a strong antioxidant effect Do benefits relate to a disease risk factor: No Target group: Adults aged 18 years and over with some exceptions If exceptions describe: Pregnant, lactating women and children Reasons for excluding these groups: These groups of people should avoid taking Triphala just as they should avoid taking any unnecessary supplements due to being vulnerable populations. Triphala is not suitable during pregnancy as its "downward flowing" energy is believed to favour miscarriage	Exact wording of claim as it appears on product: Triphala is a source of antioxidant Examples of any alternative wording that may be used in relation to claim: Has antioxidant activies/ has antioxidant activity/ protection from free radicals which cause cell damage/protects cells and tissues from oxidative damage/helps strengthen the bodys natural defenses against oxidative stress/protective effects due to antioxidant/ contributes to the total antioxidant capacity of the body/ helps prevent oxidative damage/Helps reduce oxidative stress Is claim a picture: No
	Conditions of use - Number of nutrients/other substances that are essential to claimed effect: 1. Names of nutrient/other substances and Quantity in Average daily serving: 270 mg Triphala. Weight of average daily food serving: 270 miligram(s). Daily amount to be consumed to produce claimed effect: 270 miligram(s). Number of food portions this equates to in everyday food portions: 3. Are there factors that could interfere with bioavailability: No. Length of time after consumption for claimed effect to become apparent: 3-6 weeks. Is there a limit to the amount of food which should be consumed in order to avoid adverse health effects: No. Other conditions for use: This beverage should be consumed as part of a varied, balanced and healthy lifestyle. Three beverages are to be consumed daily in order to gain benefit. This product should be avoided by pregnant, lactating women and children.		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
1921	Chlorophyll in sprouted seed	Naturally occuring	Contains chlorophyll, a natural

		antioxidants directly neutralise free radicals	anti-oxidant giving enhanced defence against free radicals.
	Conditions of use - Levels present verified by analysis – see attached sheet. To also refer to consumption of sprouts in a balanced diet as part of the 'Five a day' NHS dietary recommendations.		
1934	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Sulphoraphane Glucosinolate	Enhancing anti-oxidant activity. Reduces the amount of oxidative stress or cell destruction caused by free radicals.	Broccoli sprouts contain SGS (Sulphoraphane glucosinolate) which enhances anti-oxidant activity and boosts the elimination of free radicals.
	Conditions of use - Verify levels present in Broccoli strain used by analysis. Need to confirm seed variant used to oproduce product is one the variants producing elevated levels of SGS – Not all broccoli seeds do. To also refer to consumption of broccoli sprouts in a balanced diet as part of the 'Five a day' NHS dietary recommendations.		
1940	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Anthocyans from elderberry juice	Oxidative stress control	(Anthocyans from) elderberry juice help to : - protect cells against oxidative damages - strengthen the immune system
	Conditions of use - One time 150 or 200 ml		
1941	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Antioxidants from pomegranate juice	Oxidative stress control	(Antioxidants from) pomegranate - plays an important antioxidative function - protect cells against oxidative damages - strengthen the immune system - strengthen the body's defences
	Conditions of use - One time 180 ml		
1957	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Resveratrol	Antioxydant properties	Due to its antioxidant activity, resveratrol contributes to cell protection from the damage caused by free radicals.

			Provides antioxidant protection. Helps to scavenge free radicals which are responsible for skin aging. Helps to fight against skin aging thanks to its antioxidant activity.
	Conditions of use - Resveratrol from grape extract. From 1mg to 10 mg resveratrol per day		
1966	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Single and oligomeric flavan-3-ols.	Antioxidant Activity	This Food Component scavenges free radicals and has significant antioxidant activity.
	Conditions of use - 50-300 mg/day of Single and Oligomeric flavan-3-ols in concentrations > 85%, and with Composition and Characteristics as specified in Section 2 of this dossier.		
1969	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	polyphenols from French maritime pine bark	antioxidant properties	Polyphenols from French maritime pine bark ensure antioxidant action. Polyphenols from French maritime pine bark ensure protective effect of the organism
	Conditions of use - 40-60 mg per day		
1971	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Glutathion	Antioxydant	antioxydant, contributes to the antioxidant defense system, contributes to the body's immune response
	Conditions of use - 50 to 100 mg / day		
1988	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Allium cepa (Common Name : Onion)	Antioxidative properties	Specific antioxidant for smokers
	Conditions of use - Bulb, leaf / The equivalent of 0.5-1g per day - bulwa, liście/ równowartość 0.5-1 g na dzień - Amount of consumption: 0 Gramm (g) /Tag. Upper limit: 1 Gramm (g). Other condition:		

	Zwiebel, Kraut / Äquivalent von 0.5-1g täglich		
1989	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Allium sativum (aged garlic) (Common Name : Aged garlic)	Antioxidant activity	Contains antioxidant/s; Is a source of antioxdiant/s. With antioxidant/s. Helps increase the antioxidative capacity of the body
	Conditions of use - bulwa, liście/ ekstrakt z sezonowanego czosnku/ równowartość 50 mg na dzień - Bulbe 6x300mg/jour - Bulb, leaf / The equivalent of 50 mg per day - Amount of consumption: 50 Milligramm (mg) /Tag. Other condition: Zwiebel, Kraut / Äquivalent von 50 mg täglich		
1999	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Aspalathus linearis (Common Name : Rooibos/Red bush)	Antioxidant properties	Contains antioxidant/s; Is a source of antioxdiant/s. With antioxidant/s. Has antioxidant properties Acts as free radical scavengers Contains naturally occuring antioxidants Antioxidants help protect you from free radicals Antioxidants help protect your cells and tissues from oxidation Antioxidants contribute to the total antioxidant capacity of the body and help strengthen our body´s defences
	Conditions of use - pędy płonne /liście: zwykle konsumpowane jako tradycyjny artykuł żywnościowy w normalnej diecie/ równowartość 2 g przy jednorazowej konsumpcji - Rooibos extract content 0,15% of the product, detailed technical product specification - see: dossier as file 'Rooibos'. - Monoprodukt oder Zutat einer Mischung, zur Zubereitung eines Heißaufgusses - leaf/ 2 g of rooibos tea as infusion / equivalent preparations - Leaf / Usual consumption as traditional foodstuff in a normal diet / The eauivalent of 2 g per consumption occasion - Amount of consumption: 2 Gramm (g) /Verzehr. Other condition: Blätter Oberirdische Teile / Üblicher Verzehr als traditionelles Lebensmittel im Rahmen einer ausgewogenen		

	Ernährung / Äauivalent von 2 g pro Verzehr		
2020	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Cinnamomum zeylanicum BARK	Antioxidant	Has antioxidant significant activity
	Conditions of use - bark / 1,5-4g of dried bark of dried bark or as an infusion - Powder: 1.0-0.1g/day. All over 2 years old: 2-4 years ¼ adult dose, 4-10 years half adult dose.		
2021	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Cherries (Prunus cerasus), including Montmorency, Balaton or other sour/tart cherry varieties	Antioxidant support	[Tart/sour] cherries provide a rich source of antioxidants.
	Conditions of use - Variable, depending on formulation e.g. concentrate for dilution in water (typically 30 ml per day) or freeze-dried extract (typically, 1-2 capsules daily) - Es werden nur die Nährstoffe beworben, die lt. Nährwertkennzeichnungs-verordnung (Anlage 1) mindestens 15 Prozent der empfohlenen Tagesdosis in 100 g oder 100 ml enthalten.		
2025	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Citrus paradisi (Common Name : Grapefruit)	Antioxidant properties	Antioxidative properties/supports the body organs and tissues in case of oxidative damage
	Conditions of use - owoc/ równowartość 250 ml naturalnego soku z grejpfruta - Fruit / The equivalent of 250 ml of fresh grapefruit juice.		
2043	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Capsicum Extract –with Capsaicin	Required for the reduction of oxidative stress.	As an antioxidant helps reduce damage to the body tissues.
	Conditions of use - Animal study showing that capsaicin resists oxidative stress and depletion of intracellular thiols. Animal study (1-3mg/kg body weight for up to three days) shows capsaicin to be potent antioxidant.		
2049	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Elderberry Sambucus nigra	Antioxidant properties	Elderberry is rich in the antioxidants anthocyanins and flavonoids
	Conditions of use - Juice equal to 50 g berries - Früchte, Blüten / Üblicher Verzehr als traditionelles Lebensmittel im Rahmen einer ausgewogenen Ernährung / Äquivalent von 5 g Blüten oder Beeren pro Tag		

	Food or Food constituent	Health Relationship	Proposed wording
2059	Natural Grape Extract. From red grape skin	Rich in polyphenols - Act as antioxidants - Antioxidant is a compound able to scavenge free radicals in the body and stop the oxidative chain reaction	In healthy balanced diet natural Grape antioxidants help to protect body's cells against free-radicals, and so make a contribution towards reinforcing body's defences With natural grape antioxidants With natural grape polyphenols
	Conditions of use - Daily recommended dose : 200mg to 800mg (equivalent to 1litre of grape juice or 1.4kg of fresh grape)		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
2060	Grape seed extract	Antioxidant activity	Grape seed proanthocyanidins have been found to have a number of antioxidant activities
	Conditions of use - up to 300 mg/day - Drink with 40 mg/100 g, 200 mg/serving of wine leaf extract/grape seed extract. - Minimum 300 mg grape seed extract in the daily portion of the product (containing more than 90 % polyphenols).		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
2061	Natural Grape Extract. From white grape skin. Solvent free	- Rich in polyphenols - Act as antioxidants - Antioxidant is a compound able to scavenge free radicals in the body and stop the oxidative chain reaction	In healthy balanced diet natural Grape antioxidants help to protect body's cells against free-radicals, and so make a contribution towards reinforcing body's defences With natural grape polyphenols With natural grape antioxidants
	Conditions of use - Daily recommended dose : 200mg to 800mg (equivalent to 1litre of grape juice or 1.4kg of fresh grape)		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
2083	Lycium Barbarum (Common Name : Wolfberry)	Antioxidant properties	Contains antioxidant/s; Is a source of antioxdiant/s. With antioxidant/s. Contributes to the cell protection against free radicals

			Can protect your cells and tissues from oxidation Can contribute to the total antioxidant capacity of the body
	Conditions of use - Whole fruits including seeds and flesh / The equivalent of 10 to 50 g of the whole fruit per day - całe owoce włącznie z pestkami i miąższem/ równowartośćod 10 do 50 g całego owoca na dzień - Whole fruits including seeds and flesh / concentrated fruit extract in combination with Schisandra fruit extract 500 mg/d - ganze Frucht mit Samen und Fruchtfleisch / Äquivalent von 10 - 50 g ganzer Früchte pro Tag		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
2087	Melissa officinalis (Common Name : Lemon Balm)	Antioxidant properties	Acts as an antioxidant Helps preventing oxidation Contributes to a good and calm rest
	Conditions of use - 80 – 240 mg of dried extract - Blatt / Übliche Konsumation als traditionelles LM im Rahmen der normalen Ernährung / Äquivalent von 1,5 – 4,5 g Blätter pro Tag. Blatt / Übliche Konsumation als traditionelles LM im Rahmen der normalen Ernährung. Blatt / Übliche Konsumation als traditionelles LM im Rahmen der normalen Ernährung / Äquivalent von 1,5 – 9 g Blätter pro Tag - liście/ zwykle konsumowane jako tradycyjny artykuł żywnościowy w normalnej diecie/ równowartość 1.5- 4.5 g liścia na dzień - Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1,5-4,5 g leaves per day - Blätter / Üblicher Verzehr als traditionelles Lebensmittel im Rahmen einer ausgewogenen Ernährung / Äquivalent von 1,5- 4,5 g Blättern pro Tag		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
2090	Matricaria recutita (Common Name : Chamomile Camomile)	Antioxidant properties	Contains antioxidant/s; Is a source of antioxdiant/s. With antioxidant/s. Contains naturally occuring antioxidants Antioxidants help protect you from free radicals Antioxidants help protect your cells and tissues from oxidation
	Conditions of use		

	- Flower / Usual consumption as traditional foodstuff in a normal diet - kwiat/ Zwykle konsumowany jako tradycyjny artykuł żywnościowy w normalnej diecie - Blüten/ Üblicher Verzehr als traditionelles Lebensmittel im Rahmen einer ausgewogenen Ernährung - Jugendliche, Erwachsene. Amount of consumption: 30 – 40. Period of consumption: nicht begrenzt		
2125	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Rosmarinus officinalis (Common Name : Rosemary)	Antioxidant properties	Contains naturally occurring antioxidants Antioxidants help protect you from radicals which cause cell damage Antioxidants help protect your cells and tissues from oxidative damage Antioxidants contribute to the total antioxidant capacity of the body
	Conditions of use - liście/ zwykle konsumowane jako tradycyjny artykuł żywnościowy w normalnej diecie/ równowartość 4-6g zioła na dzień - agesdosis Rosmarinextrakt: 120 mg–Erwachsene Tagesdosis Rosmarinextrakt: 120 mg–Erwachsene. - Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 2 g of herb per day - Blätter / Üblicher Verzehr als traditionelles Lebensmittel im Rahmen einer ausgewogenen Ernährung / Äquivalent von 4 - 6 g Kraut pro Tag		
2132	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Syzygium aramaticum. FLOWER BUD	Antioxidant	Has antioxidant properties
	Conditions of use - Powder: 1.0-0.05g/day		
2136	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Sambucus nigra (Common Name : Elderberry)	Antioxidative properties.	Show antioxidative activity and help protect against oxidative stress Contains naturally occurring antioxidants Antioxidants help protect you from radicals which cause cell damage antioxidants help protect your cells and tissues from oxidative damage

	Conditions of use - owoc, kwiaty/ zwykle konsumowane jako tradycyjny artykuł żywnościowy w normalnej diecie/ równowartość 5g kwiatów lub owoców na dzień - 400 ml Saft, einmalig - Frucht / Übliche Konsumation als traditionelles LM im Rahmen der normalen Ernährung / ein Äquivalent von 5 g Beeren pro Tag - Fruit, flowers / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 gram flowers or berries per day.		
2144	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Standardized grape seed extract [Dry extract from grape seeds of Vitis vinifera L. (Vitaceae), solvent of extraction Acetone/Water, 8.5 - 13.0% proanthocyanidins]	For antioxidant protection system	Contains naturally occurring antioxidants /for cells protection/helps protect cells from free radical damage, Antioxidants help protect the body cells from radicals which cause cell damage, Antioxidants help protect the body cells and tissues from oxidative damage
	Conditions of use - Seed / Usual consumption as traditional foodstuff in a normal diet 25-50 mg - Seed / Usual consumption as traditional foodstuff in a normal diet 25-50 mg		
2151	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Thymus vulgaris (Common Name : Thyme)	Antioxidant properties	Contains naturally occurring antioxidants Antioxidants help protect you from free radicals Antioxidants help protect your cells and tissues from oxidation Antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our
	Conditions of use - Flower, leaf / Equivalent to 10 g of leaf / The equivalent of 3-6 g herb per day - Blüte, Blatt / Verwendung als Gewürz in Lebensmitteln / Äquivalent von 10 g Blatt / Äquivalent von 3 – 6 g Kraut pro Tag - kwiat, liście/ zwykle konsumowane jako tradycyjny artykuł żywnościowy w normalnej diecie/ równowartość 3-6 g zioła na dzień - Blüten,Blätter /Üblicher Verzehr als traditionelles Lebensmittel im Rahmen einer ausgewogenen Ernährung/ Äquivalent von 3- 10 g Kraut pro Tag		
	Food or Food constituent	**Health Relationship**	**Proposed wording**

2154	Vaccinium macrocarpon (Common Name : Cranberry)	Antioxidant properties	Contains antioxidant/s; Is a source of antioxdiant/s. With antioxidant/s. Contains naturally occuring antioxidants Antioxidants help protect you from free radicals Antioxidants help protect your cells and tissues from oxidation
	Conditions of use - owoce/zwykle konsumowane jako tradycyjny artykuł żywnościowy w normalnej diecie/ równowartość minimum 15ml soku z żurawin lub 800 mg owocu żurawiny na dzień - Fruit. The equivalent of mininum 15 ml of cranberry juice or 800 mg of cranberry solids per day - Food supplement containing 500 mg/day of cranberry extract (Vaccinium macrocarpon). The cranberry extract is the patented CranMax extract. - Früchte/ Üblicher Verzehr als traditionelles Lebensmittel im Rahmen einer ausgewogenen Ernährung/ Äquivalent von mind. 15 ml Cranberrysaft oder 800 mg fester Beerenbestandteile pro Tag		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
2156	Vitis vinifera (Common Name : Grape)	Antioxidant properties	Contains antioxidant/s; Is a source of antioxdiant/s. With antioxidant/s. Contains naturally occuring antioxidants Antioxidants help protect you from free radicals Antioxidants help protect your cells and tissues from oxidation
	Conditions of use - Erwachsene. Period of consumption: entspr. mind. 250 ml Rotwein - Früchte, Blätter, Samen / Üblicher Verzehr als traditionelles Lebensmittel im Rahmen einer ausgewogenen Ernährung / Äquivalent von 5 g Blättern pro Tag - owoc, liście, nasiona/ zwykle konsumowane jako tradycyjny artykuł żywnościowy w normalnej diecie/ równowartość 5g liścia na dzień - Fruit, leaf, seed / Usual consumption as ttradtional foodstuff in a normal diet / The equivalent of 5 g of leaf per day or Leaf/equivalent of 360-720 mg per day of dry extract of red vine leave (4-6:1) - Marc 6x250mg/jour		
	Food or Food constituent	**Health Relationship**	**Proposed wording**

2181	Emblica officinalis (common name: Emblica officinalis)	Antioxidant properties	Contains naturally occurring antioxidants Antioxidants help protect you from radicals which cause cell damage Antioxidants help protect your cells and tissues from oxidative damage Antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body´s defences; Contains antioxidant/s Is a source of antioxdiant/s. With antioxidant/s.
	Conditions of use - Fruits/ an extracts about 100 –500 mg - Fruit/ The equivalent of 3-6 g of dried fruit per day		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
2188	Grapefrukt//Citrus paradisi (Common Name : Grapefruit)	Antioxidant properties	Har en antioxidant effekt som kan skydda kroppens celler. Antioxidant effect protecting body´s cells
	Conditions of use - Observing the recommended daily dose - Fruit / The equivalent of 250 ml of fresh grapefruit juice		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
2193	Acerola	Antioxidant activity	Acerola is a major dietary source of antioxidants/ Antioxidants from dietary sources contribute to the protection against free radicals which cause cell oxidation/ Contributes to the protection of cells and tissues from oxidation/ Help strengthen our body's natural defences against oxidative stress
	Conditions of use - at least 10 g per day		
	Food or Food constituent	**Health Relationship**	**Proposed wording**

2263	Guava	Antioxidative activity	Guava is a major dietary source of antioxidants/ Antioxidants from dietary sources contribute to the protection against free radicals which cause cell oxidation/ Contributes to the protection of cells and tissues from oxidation/ Help strengthen our body's natural defences against oxidative stress
	Conditions of use - at least 30 g per day		
2321	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Pitanga	Antioxidant activity	Pitanga is a major dietary source of antioxidants/ Antioxidants from dietary sources contribute to the protection against free radicals which cause cell oxidation/ Contributes to the protection of cells and tissues from oxidation/ Help strengthen our body's natural defences against oxidative stress
	Conditions of use - at least 100 g per day - At least 100 g per day / Used as part of a multibotanical combination		
2475	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Phoenix dactylifera (Date)	Antioxidant activity	Helps eliminate harmful substances from the body and ensures lively mind
	Conditions of use - Extract of fruit: 47 mg / Used as part of a multibotanical combination		
2511	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Name of Food product: Terminalia arjuna Description of food in terms of food legislation categories: Food supplement Was food on Irish market before 1st July 2007: No	Health benefits of food: Terminalia arjuna posesses antioxidant activity. Do benefits relate to a disease risk factor: No Target group: Adults aged 18 years and over with some	Exact wording of claim as it appears on product: Terminalia arjuna protects the bodys cells through its antioxidant action. Examples of any alternative wording that may be used in relation to claim:

		exceptions If exceptions describe: Pregnant and lactating women, and children. Reasons for excluding these groups: These groups of people should avoid taking Terminalia arjuna just as they should avoid taking any unnecessary supplements due to being vunerable groups.	An antioxidant that protects the bodys cells Has antioxidant activity A source of antioxidant Helps strengthen the bodys natural defences against oxidative stress Acts as an antioxidant Helps to reduce oxidative stress Contributes to the antioxidative functions of the body Contributes to the bodys total antioxidant capacity Protects cells and tissues from oxidative damage Has an antioxidant effect. Is claim a picture: No
	Conditions of use - Number of nutrients/other substances that are essential to claimed effect: 1. Names of nutrient/other substances and Quantity in Average daily serving: 400 miligrams Terminalia arjuna. Weight of average daily food serving: 400 miligram(s). Daily amount to be consumed to produce claimed effect: 400 miligram(s). Number of food portions this equates to in everyday food portions: 2. Are there factors that could interfere with bioavailability: No. Length of time after consumption for claimed effect to become apparent: up to 6 weeks. Is there a limit to the amount of food which should be consumed in order to avoid adverse health effects: No. Other conditions for use: This beverage must be consumed as part of a varied, balanced, and healthy lifestyle. Two beverages must be consumed daily in order to gain benefit. This product should be avoided by pregnant and lactating women, and children.		
2641	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	extract of Silybum marianum	antioxidant	
	Conditions of use - 15 drops of extract are equal of 130,2 mg of silybum seeds		
2653	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Extract from the red grapes skin	antioxidant effects	Helps to protect cells from the free-radical damage Helps to protect cells from the damage caused by free-radical
	Conditions of use - at least 1g/day		
	Food or Food constituent	**Health Relationship**	**Proposed wording**

2654	Extract from Hibiscus Chinensis	antioxidant effects	helps to protect cells from the demage caused by free-radical has cardioprotective effects
	Conditions of use - at least 1g/day		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
2668	Extract of olive leafs (oleuropein)	natural antioxidant protect organism from oxidative damage powerful antioxidants beneficial to human health	Natural antioxidant, protect organism from oxidative demage, natural way to avoid risks caused by oxidation and peroxidation process
	Conditions of use - 700 mg of olive leaf extract per day		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
2673	Ginseng, extract from root	Acting as antioxidants.	Strengthening the human body, supply of lacking energy and positive life force. Antioxidant.
	Conditions of use - To be used 200 mg 1 - 2 times per day, where necessary within 1 - 2 months. Not intended for children.		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
2734	Purslane (Portulaca oleracea L.)	Antioxidant properties	Contributes to cell protection form the damage caused by free radical, due to its antioxidant properties. Helps to protect the body against free radicals. Provides antioxidant protection. Protects the body's cells. Can protect you from radicals which cause cell damage. Can protect your cells and tissues from oxidative damage. Can contribute to the total antioxidant capacity of the body.
	Conditions of use - Whole plant - At least 1 g of plant per day		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
2795	Bilberry / flavonols + anthocyanidines	Antioxidativity Cardiovascular system	- Due to many different phenolic compounds bilberry, like many other

			berries, has a strong antioxidative property. - The antioxidant compounds prevent the oxidation of harmful LDL cholesterol.
	Conditions of use - Bilberry containing anthocyanidines 800 mg/100 g = daily serving, 400 mg/50 g = serving, and flavonoids 5 mg/100 g = daily serving, 2.5 mg/50 g = serving. - Bilberry with 5 mg/100 g=daily serving, 2.5 g/50 g=serving of flavonols and 800 mg/100 g=daily serving, 400 mg/50 g=serving of anthocyanidines. - Food supplement with 240-480 mg of bilberry extract containing 50-100 mg of anthocyanins in the daily dose.		
2800	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Bilberry + pine bark	Antioxidativity	Antioxidant addition.
	Conditions of use - Food supplement with 40 mg of bilberry extract, 20 mg of mixture of bilberry leaf extract and powder, 60 mg of pine bark extract and 200 mg of bilberry powder.		
2817	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Iceland moss extract (Cetraria islandica)	Antioxidativity	Nature's antioxidant.
	Conditions of use - Iceland moss extract in which a daily dose is equivalent to 360-1080 mg of dried Iceland moss (Cetraria islandica).		
2823	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Oregano (Oreganum vulgare)	Antioxidativity	Antioxidant effect.
	Conditions of use - Food supplement with 10-20 mg of oregano (Oreganum vulgare) in the daily dose.		
2832	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Wheat sprouts	Antioxidativity	Strong plant antioxidant. Protect cells from premature ageing.
	Conditions of use - Food supplement with 600-1200mg of wheat sprout powder in the daily dose.		
2835	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Yerba mate extract (Ilex paraguarensis)	Antioxidativity	Strong plant antioxidant. Protects cells.
	Conditions of use - Food supplement with 1200 g/day of yerba mate extract (Ilex paraguarensis) (equivalent to 6000 mg of plant).		
	Food or Food constituent	**Health Relationship**	**Proposed wording**

2849	Natural Grape Extract. From grape seed. Solvent free	- Rich in polyphenols - Act as antioxidants - Antioxidant is a compound able to scavenge free radicals in the body and stop the oxidative chain reaction	In healthy balanced diet natural Grape antioxidants help to protect body's cells against free-radicals, and so make a contribution towards reinforcing body's defences With natural grape antioxidants With natural grape
	Conditions of use - Daily recommended dose : 200mg to 800mg (equivalent to 1litre of grape juice or 1.4kg of fresh grape)		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
2854	Bilberry Vaccinium myrtillus	Function as antioxidant	Bilberry is rich in the antioxidants anthocyanidins
	Conditions of use - 300 mg extract equal to 10 g bilberry/day (60 mg anthocyanidins).		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
2855	Blackcurrant Ribes nigrum	Antioxidant properties	Blackcurrant is rich in the antioxidants anthocyanins Blackcurrant is rich in antioxidants
	Conditions of use - 50 mg anthocyanins equal to on average 20 g black currants. The doses will on average provide 25% of the daily intake of anthocyanins - Amount of consumption: 200 Gramm (g)		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
2857	Ecklonia cava Kjellman (brown seaweed) extract	Antioxidant effects	Ecklonia cava [brown seaweed] extract: Contains antioxidants Helps to control inflammatory responses [in the body] Offers protection from reactive oxygen species.
	Conditions of use - Recommended daily dose is from 400 mg to 1,200 mg extract per day		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
2866	Rosemary Rosmarinus officinalis	Antioxidant properties	Rosemary is rich in the antioxidants carnosic and carnosol Rosemary is rich in the antioxidant carnosol

			Rosemary is rich in the antioxidant carnosic
	Conditions of use - 50 mg dried leaf per day		
3166	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	xanthohumol enriched hop extract	antioxidant properties	Xanthohumol protects body cells from harmful free radicals which damage cells, protects them from oxidation induced cell stress and reinforces cell protection
	Conditions of use - wellness drink / RDA 10mg		
3167	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Hop extract containing xanthohumol	antioxidant properties	Xanthohumol protects body cells from harmful free radicals which damage cells, protects them from oxidation induced cell stress and reinforces cell protection.
	Conditions of use - wellness drink / RDA 10mg		
3168	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	xanthohumol	antioxidant properties	Xanthohumol protects body cells from harmful free radicals which damage cells, protects them from oxidation induced cell stress and reinforces cell protection.
	Conditions of use - wellness drink / RDA 10mg		
3169	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Hop extract	antioxidant properties	Xanthohumol protects body cells from harmful free radicals which damage cells, protects them from oxidation induced cell stress and reinforces cell protection.
	Conditions of use - wellness drink / RDA 10mg		
3174	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	xanthohumol enriched hop extract	free radical scavenger / fights free radicals	Xanthohumol protects body cells from harmful free radicals which damage cells, protects them from oxidation

			induced cell stress and reinforces cell protection.
	Conditions of use - wellness drink / RDA 10mg		
3175	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Hop extract containing xanthohumol	free radical scavenger / fights free radicals	Xanthohumol protects body cells from harmful free radicals which damage cells, protects them from oxidation induced cell stress and reinforces cell protection.
	Conditions of use - wellness drink / RDA 10mg		
3176	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	xanthohumol	free radical scavenger / fights free radicals	Xanthohumol protects body cells from harmful free radicals which damage cells, protects them from oxidation induced cell stress and reinforces cell protection.
	Conditions of use - wellness drink / RDA 10mg		
3177	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Hop extract	free radical scavenger / fights free radicals	Xanthohumol protects body cells from harmful free radicals which damage cells, protects them from oxidation induced cell stress and reinforces cell protection.
	Conditions of use - wellness drink / RDA 10mg		
3183	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Lemon (Citrus limonium) - flavonoïdes	Antioxidant properties	Acts as a natural antioxidant. Helps to reduce oxidative stress. Helps to reduce aging effects. Necessary for cells protection. Improves the antioxidant defensive system.
	Conditions of use - Lemon extract- at least 9 mg lemon extract per day		
3200	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	AESCULUS HIPPOCASTANUM L.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.

			Useful to protect the skin from UV-induced oxidative damage. Helps protect against the free radicals action due to UV exposure or severe ambiance conditions Protection against the free radicals action due to stress, alcoholics,UV exposure or polluted ambiance conditions.
	Conditions of use - Extract (tit. escin 10%): 250-350 mg 2 times daily. 0.5-1.2 ml liquid fruit extract; 2-4 ml liquid bark extract daily		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
3212	ALOE FEROX MILL.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Useful to protect the skin from UV-induced oxidative damage. Helps protect against the free radicals action due to UV exposure or severe ambiance conditions Protection against the free radicals action due to stress, alcoholics,UV exposure or polluted ambiance conditions.
	Conditions of use - Titrated and stand. exctracts in acemannan: 400-800 mg 1-2 times daily; 10-30 mg/day of hydroxyanthracene glycosides (hydroxy anthraquinones calculated as barbaloin), for 1 week		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
3216	AMORPHOPHALLUS KONJAC KOCH	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Useful to protect the skin from UV-induced oxidative damage. Helps protect against the free radicals action due to UV exposure or severe ambiance conditions Antioxidants reducing the production of oxidative cholesterol. Protection against the free radicals action due to stress, alcoholics,UV exposure or polluted ambiance conditions.
	Conditions of use		

	- 30-60 mg/kg/day, divided in 2 doses		
3232	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	ARCTOSTAPHYLOS UVA- URSI SPRE.	Free-radical scavenger	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Useful to protect the skin from UV-induced oxidative damage. Helps protect against the free radicals action due to UV exposure or severe ambiance conditions Protection against the free radicals action due to stress, alcoholics,UV exposure or polluted ambiance conditions.
	Conditions of use - Extract (tit. arbutin 6%): 200 mg 4 times daily. Extract (tit. arbutin min. 10%): 7-10 mg/kg, divided in 2 doses with empty stomach		
3241	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	ARTEMISIA DRACUNCULUS	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Useful to protect the skin from UV-induced oxidative damage. Helps protect against the free radicals action due to UV exposure or severe ambiance conditions Protection against the free radicals action due to stress, alcoholics,UV exposure or polluted ambiance conditions.
	Conditions of use - 2 cups tea (25 g of fresh mugwort leaf infused in 500 ml water) daily for six days; 1-2 cps thrice daily at mealtimes		
3256	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	ASTRAGALUS MEMBRANACEUS BUNG.	Antioxidant, can protect cells and tissues against oxidative damage	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Useful to protect the skin from UV-induced oxidative damage. Helps protect against the free radicals action due to UV exposure or severe ambiance conditions Protection against the free radicals action due to stress,

			alcoholics,UV exposure or polluted ambiance conditions. Useful to protect from free radicals which cause cells and tissues damage. Anti-oxidant and anti-ageing activity.
	Conditions of use - Dried root: 1-30 g daily; six 250-500 mg cps/day powdered root; tincture (1:5): 3-6 ml three times daily or 15-30 drops twice daily; tea (120 g of the fresh, whole root in about one quart of water): 2-4 cups daily		
3269	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	BELLIS PERENNIS L.	Can protect cells and tissues against oxidative damage	Useful to protect the skin from UV-induced oxidative damage. Helps protect against the free radicals action due to UV exposure or severe ambiance conditions Protection against the free radicals action due to stress, alcoholics,UV exposure or polluted ambiance conditions.
	Conditions of use - 1 cup of tea from 2 teaspoons of dried plant		
3277	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	CALENDULA ARVENSIS L.	Can protect cells and tissues against oxidative damage	Protection against the free radicals action due to stress, alcoholics,UV exposure or polluted ambiance conditions.
	Conditions of use - 2 cups of decoction daily (30 g flowers and leaves in water); 10-40 drops tincture daily; fresh finely chopped leaves or compresses with decoction/tincture or oil (75 g fresh flowers in 1 oil glass) for application on skin		
3290	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	CASSIA NOMAME	Can protect cells and tissues against oxidative damage	Increases the physiological resistance of the organism in case of severe ambiance conditions.
	Conditions of use - 50-200 mg cps daily		
3297	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	CASSIA SENNA L.	Can protect cells and tissues against oxidative damage.	Increases the physiological resistance of the organism in case of severe ambiance conditions.
	Conditions of use - 0.5-2 g dry leaves; 15–30 mg hydroxyanthracene derivatives, calculated as sennoside B,		

	once daily at night, up to two to three times a week		
3299	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	CASSIA TORA L. S.L.	Antioxidant	Useful to protect from free radicals which cause cells and tissues damage. Anti-oxidant and anti-ageing activity.
	Conditions of use - Seeds: 10-15 g per day. Torrefied seeds: 5-10 g in the form of a decoction, powder or pills. Alcoholic or vinegar maceration of pounded fresh leaves: external use		
3307	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	CASTANEA VESCA	Antioxidant, can protect cells and tissues against oxidative damage.	Helps protect against the free radicals action due to UV exposure or severe ambiance conditions.
	Conditions of use - Tea: 2-4 g of cut leaves in water; 700-800 ml fluid extract 3-4 times daily		
3315	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Chywanaprash	Contains naturally occurring antioxidants	Healthy living A tonic for healthy living Contains naturally occuring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/ antioxidants contribute to the total antioxidant capacity of the body and m
	Conditions of use - Jam 0.5-6g/day		
3316	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	CIMICIFUGA RACEMOSA NUTT.	Can protect cells and tissues against oxidative damage	Useful to protect from free radicals which cause cells and tissues damage. Anti-oxidant and anti-ageing activity.
	Conditions of use - Dried extract (tit. triterpenic glycosides as 27-desoxyactein min. 2.5%): 0.6-1.0 mg/kg/day, divided in 2 doses with empty stomach		
3337	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	ECHINACEA PALLIDA BRITTON	Antioxidant.	Useful to protect from free radicals which cause cells and tissues damage. Anti-oxidant and anti-ageing activity.

	Conditions of use - Dried extract (tit. echinacoside min 0.6%): 12-13 mg/kg/day, divided in 2 doses with empty stomach. Daily echinacoside dose: 0.2-0.3 mg/kg. Duration of treatment should not exceed 8 weeks		
3349	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	EPILOBIUM ANGUSTIFOLIUM L.	Antioxidant, can protect cells and tissues against oxidative damage.	Useful to protect from free radicals which cause cells and tissues damage. Anti-oxidant and anti-ageing activity. Increases the physiological resistance of the organism in case of severe ambiance conditions.
	Conditions of use - Infusion: 60-120 ml, 5 or 6 times a day; aerial part: 350 mg cps, 1 cps twice daily		
3353	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	EPILOBIUM PARVIFLORUM	Antioxidant.	Useful to protect from free radicals which cause cells and tissues damage. Anti-oxidant and anti-ageing activity. Increases the physiological resistance of the organism in case of severe ambiance conditions.
	Conditions of use - Tea: 1.5-2 g finely chopped herb in water		
3356	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	FICUS CARICA L.	Antioxidant. Fruit is antioxidant.	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions.
	Conditions of use - Tea decoction: 1 cup daily of 13 g leaves		
3362	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	GALIUM APARINE L.	Antioxidant.	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions.
	- Dried herb: 2–4 g thrice daily; fluid extract (1:1 25%): 2–4 ml thrice daily; tincture (1:5		

	25%): 4–10 ml thrice daily		
3374	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	GYNOSTEMMA PENTAPHYILLUM	Antioxidant.	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions.
	- iście/ 6-60 g suchych liści na dzień (napar) - 30-150 mg 100% gypnosides per day		
3383	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	HAMAMELIS VIRGINIANA L.	Helps to protect the skin from UV-induced oxidative damage and from UV-induced.	Antioxidant helps to protect against the free radicals action due to a long UV exposure. Food supplement supports the physiological activity helping the tissue trophies, skin, hair, nails. Food supplement supports the physiological activity against the aging of skin.
	Conditions of use Cortex for internal use: 2-10 g as decoction for mouthwash, 2-3 g daily as tea, 2-4 ml of tincture diluted as mouthwash thrice daily. Cortex and leaves for external use: 5-10 g cortex as decoction in 250 ml water. Leaves for internal use: 2-3 g as infusion or 2-4 ml liquid extract (1:1, 50° ethanol) thrice daily. Leaves for ext. use: ointment with 10% liquid extract, suppositories with 200 mg of dried extract max twice daily		
3386	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	HELICHRYSUM ITALICUM DON.	Antioxidant.	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Antioxidants reducing the production of oxidative cholesterol.
	Conditions of use 15 g helichrysum in 1 l water for topical use; infusion (1 spoon) of flowers in 2.5 dl water: 2 cups daily; tincture (fresh flowers, alcohol 65°): 50 drops 3 times daily; fluid extract: 1/2-1 teaspoon 3-4 times daily		
3400	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	JUGLANS REGlA L.	Antioxidant, can protect cells and tissues against oxidative damage.	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Antioxidants reducing the production of oxidative

			cholesterol.Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions.
	Conditions of use - For poultices and hipbaths: 2-3 g leaves to 100 ml water; 20-84 g/day (4 shelled walnuts equal approximately 20 g) daily; decoction of leaves: - 1 g in 100 ml water, 1 cup after meals; tincture: 3 g leaves in 100 ml wine; infusion: 5 g dried leaves in 2.5 dl water, 1 cup daily with empty stomach		
3406	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	JUNIPERUS COMMUNIS L.	Antioxidant, can protect cells and tissues against oxidative damage.	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Useful to protect from free radicals which cause cells and tissues damage. Anti-oxidant and anti-ageing activity.Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions.
	Conditions of use - Tea: 3 g of chopped drug (wood) in water; 0.1 ml or 20-100 mg of the essential oil; for max 4 weeks. Juniper oil and juniper tar should not be taken by mouth		
3409	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Kaempferia Parviflora (Black ginger)	Antioxidant properties	antioxidants can protect you from radicals which cause cell damage; antioxidants can protect your cells and tissues from oxidative damage; antioxidants contribute to the total antioxida
	Conditions of use - Dried root: 500 mg		
3412	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	LAURUS NOBILlS L.	Can protect cells and tissues against oxidative damage effects, antioxidant.	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions. Increases the physiological resistance of the organism in case of severe ambiance

			conditions.
	Conditions of use - Essential oil (from leaves and berries): 1-2 drops 2-3 times daily; topical use: diluted 4-6 % in oil or alcoholic sol. or in water. Infusion of berries: 2 g in 100 ml water, 2 cups daily; berries powder: 1 teaspoon daily; infusion of leaves: 3 g in 100 ml water, 3 cups daily		
3418	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	LESPEDEZA CAPITATA MICH.	Can protect cells and tissues against oxidative damage.	Increases the physiological resistance of the organism in case of severe ambiance conditions.
	Conditions of use - Dried extract (aerial part): 80-200 mg twice daily		
3423	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	LIPPIA CITRIODORA KUNTH	Antioxidant.	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions.
	Conditions of use - 5 g/daily plant; decoction: several daily doses of 3 tablespoonsful		
3437	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	MARRUBIUM VULGARE L.	Antioxidant.	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions.
	Conditions of use - Daily 4.6 g herb or 2-6 tablespoonfuls of expressed juice		
3444	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	MELALEUCA ALTERNIFOLIA CHEEL	Can protect cells and tissues against oxidative damage.	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions.

	Conditions of use - Essential oil (9% cineol, 40% terpineol, 3% eucaliptol) for topical use: pure only for skin mycosis, diluted in creams, aerosol, etc, for all different uses		
3448	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	MELALEUCA LEUCADENDRON L. VAR.CAJAPUTI R.	Antioxidant.	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions.
	Conditions of use - Cajeput oil: 1-10 drops diluted in water, sugar, emulsion. External dosage: dilute in carrier oil and apply 3 or 4 times a day		
3454	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	MENTHA AQUATICA	Antioxidant.	Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions. Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.
	Conditions of use - Mint oil: 0.1-0.4 ml; inhalation, 3-4 drops added to 150 ml hot water 3 times daily; 1-5% essential oil as a nasal ointment. MInt leaves: infusion, 3-6 g daily; 2-3 ml tincture (1:5 in 45% ethanol) 3 times daily; 1 ml of spirits (10% oil and 1% leaf extract, mixed with water); dried herb extract: 0.8-4 g 3 times daily		
3456	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	MORUS NIGRA L.	Antioxidant, can protect cells and tissues against oxidative damage.	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Useful to protect the skin from UV-induced oxidative damage. Helps protect against the free radicals action due to UV exposure or severe ambiance conditions. Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions. Increases the physiological resistance of the organism in case of severe ambiance conditions.

	Conditions of use - 2-4 ml mulberry syrup; 4.5-15 g powder or decoction; leaves infusion: 10 g in 100 water 2-3 glasses daily		
3460	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	MUIRA PUAMA	Can protect cells and tissues against oxidative damage, antioxidant.	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Increases the physiological resistance of the organism in case of severe ambiance conditions.
	Conditions of use - Leaves, stem, and roots: 0.5-1.5 g/day for two weeks		
3469	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	ORIGANUM MAJORANA	Can protect cells and tissues against oxidative damage, antioxidant.	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.
	Conditions of use - 1 teaspoon of the whole plant in a cup of water, 2-3 times daily; 5-6 drops essential oil		
3484	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	PHYLLANTHUS AMARUS	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.
	Conditions of use - Tea: 1-2 cups/day (1-2 teaspoons/cup; tincture:1-3 ml/day; phyllantus: 600-900 mg daily		
3485	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	PHYLLANTHUS AMARUS	Can protect cells and tissues against oxidative damage	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.
	Conditions of use - Tea: 1-2 cups/day (1-2 teaspoons/cup; tincture:1-3 ml/day; phyllantus: 600-900 mg daily		
3494	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	PICRORHIZA KURROA ROYLE	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.
	Conditions of use - 400-1500 mg/day standardized (4% kutkin) encapsulated powder extract, with dosages up to 3.5 g/day		
	Food or Food constituent	**Health Relationship**	**Proposed wording**

3505	Pinus pinaster Ait. Sub Sp. Atlantica French maritime pine bark	Whole population Antioxidant properties	Helps maintain good health by protecting cells & tissues through its antioxidant property.
	Conditions of use - The product must conform to USP specifications*. The equivalent to up to 150 g of pine bark daily		
3507	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	PIPER METHYSTlCUM FORSTER	Can protect cells and tissues against oxidative damage.	Increases the physiological resistance of the organism in case of severe ambiance conditions.
	Conditions of use - Dried rhizome or extract (60-120 mg of kavalactones) daily, for max 2 months		
3520	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Pleurotus ostreatus (oyster mushroom)	Pleurotus ostreatus and Antioxidant properties	antioxidants can protect you from radicals which cause cell damage antioxidants can protect your cells and tissues from oxidative damage; antioxidants contribute to the total antioxida
	Conditions of use - The equivalent of 2grams dried Pleurotus ostreatus per day		
3524	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	PRIMULA OFFlCINALIS HILL.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.
	Conditions of use - 0.5-1.5 g of radix as decoction (max 5-10 g)		
3541	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	RHEUM OFFICINALE BAILL.	Antioxidative	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.
	Conditions of use - As laxative, 30-120 mg hydroxyanthracene derivatives, corresponding to 1.2-4.8 g drug; as stomachic, 3-9 mg of hydroxyanthracene deriv. (0.12-0.36 g drug)		
3549	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	RHEUM PALMATUM L. VAR. TAGUNTICUM MAXIM	Can protect cells and tissues against oxidative damage	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Increases the physiological

			resistance of the organism in case of severe ambiance conditions. Supports the immune system and the body's defence (antioxidant).
	Conditions of use - 1 g of root daily; 15-50 mg hydroxyanthracene derivatives daily, preferably taken in one dose at night, for max 2 weeks		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
3571	Salvia miltiorrhiza	Antioxidant properties	Contains naturally occuring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage/antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body´s defences
	Conditions of use - Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1-1.5 g of dried leaves		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
3593	SORBUS DOMESTICA	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Protection against the free radicals action due to stress, alcoholics,UV exposure or polluted ambiance conditions
	Conditions of use - Hydroglyceroalcoholic gemmae extract: 795 mg daily		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
3597	TABEBUIA AVELLANEDAE	Can protect cells and tissues against oxidative damage	Increases the physiological resistance of the organism in case of severe ambiance conditions.
	Conditions of use - kora/ zwykle konsumowane jako tradycyjny artykuł żywnościowy w normalnej diecie - 13-18 g inner bark/500 ml/day; three 505 mg cps, 3 times daily		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
3606	TANACETUM PARTHENIUM SCH. BIP.	Can protect cells and tissues against oxidative damage	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or

			increased amount of nutrients. Increases the physiological resistance of the organism in case of severe ambiance conditions.
	Conditions of use - 125 mg dry leaves/day with at least 0.2% parthenolide. Dried extract (tit. parthenolide min.0.5%): 6-7 mg/kg/day, divided in 2 doses with empty stomach		
3646	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	VIOLA ODORATA L.	Can protect cells and tissues against oxidative damage	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Protection against the free radicals action due to stress, alcoholics,UV exposure or polluted ambiance conditions
	Conditions of use - Infusion: 1 teaspoonful herb in acup of water, three times a day; tincture: 1-2 ml three times a day		
3652	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	VITEX AGNUS-CASTUS L.	Can protect cells and tissues against oxidative damage	Increases the physiological resistance of the organism in case of severe ambiance conditions
	Conditions of use - Fluid extract: 1-2.5 ml of 1:2 fluid extract daily; dried fruit: 1.5-3 mg daily of dried fruit - daily by decoction; dried extracts in pill or capsule form: 2-500 mg twice-daily		
3662	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	AJUGA CHAMAEPITYS SCHREB.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Useful to protect the skin from UV-induced oxidative damage. Helps protect against the free radicals action due to UV exposure or severe ambiance conditions Protection against the free radicals action due to stress, alcoholics,UV exposure or polluted ambiance conditions.
	Conditions of use -		

	Food or Food constituent	Health Relationship	Proposed wording
3678	Pinus pinaster Ait Sub Sp. Atlantica (French Maritime Pine)	Antioxidant property	French maritime pine bark helps to maintain good health by protecting cells & tissues through its antioxidant property.
	Conditions of use - The product must conform to USP specifications*. (* USP Monograph- Maritime Pine- U.S.P.-30/NF- 25 (2007), Dietary Supplements/Maritime, pp. 964-965). USP Monograph- Maritime Pine Extract - U.S.P. 30/NF- 25 (2007), Dietary Supplements/Maritime, pp. 965-966. The equivalent to up to 150 g of pine bark. The equivalent to up to 150g of pine bark daily representing a daily dose of 150 mg of French maritime pine bark extract		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
3679	Rosa canina (Common Name : Rose Hip)	Antioxidant properties	Good source of antioxidants/contains naturally occuring antioxidants antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body´s defences antioxidants can protect you from radicals which cause cel damage; antioxidants can protect your cels and tissues from oxidative damage
	Conditions of use - Fruit, spurious fruit, fruit peels, root / Usual - consumption as tradtional foodstuf in a normal - diet/ The equivalent of min. 200 mg of - preparations standardised to 3% rosavin and 1% - salidroside		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
3701	Cynara scolymus (Common Name : Artichoke)	Antioxidant properties	Contains antioxidant/s; Is a source of antioxdiant/s. With antioxidant/s. contains naturally occuring antioxidants; antioxidants can protect you from free radicals ; antioxidants can protect your cells and tissues from

			oxidation ; antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body´s defences
	Conditions of use - liście, kwiaty/ zwykle konsumowane jako tradycyjny artykuł żywnościowy w normalnej diecie/ równowartość 20-50 g suszonych liści karczocha na dzień - Leaf, flower / Usual consumption as traditional foodstuff in a normal diet / The euivalent of 20-50 g dried artichoke leaf per day		
3705	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Panax ginseng (Common Name : Ginseng)	Antioxidant properties	Contributes to cell protection
	Conditions of use - Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.6 – 2g dry root		
3712	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Melissa extract [Dry extract from leaves of Melissa officinalis L., drug/native extract ratio (4 - 6) : 1, solvent of extraction Methanol/Water , min 1.8% rosmarinic acid]	Antioxidants activity	Acts as an antioxidant/helps preventing oxidative damage
	Conditions of use - 80 – 240 mg of dried extract		
3729	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Andrographis Paniculata (King of Bitterness)	Antioxidant properties	Good source of antioxidants/contains naturally occuring antioxidants; antioxidants can protect you from radicals which cause cell damage;antioxidants can protect your cells and tissues from oxidative damage; antioxidants contribute to the total antioxida
	Conditions of use - dried herb: 200 mg of extract		
3767	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Ginkgo biloba (Common Name : Ginkgo)	Antioxidant properties	Contains naturally occuring antioxidants /antioxidants help protect you from free radicals /antioxidants help protect your

			cells and tissues from oxidation /antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body´s defences
	Conditions of use - Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4.2-16.1 g crude leaf		
3780	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	OLEA EUROPAEA L.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.
	Conditions of use - 250-500 mg (standardized extract), 1-3 times a day. Tea: 3-4 cups, 2 teaspoonfuls of herb per cup throughout the day (dietary supplement should be standardized to 4-23% oleuropein per dose)		
3786	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	PEUMUS BOLDUS MOLINA	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Increases the physiological resistance of the organism in case of severe ambiance conditions.
	Conditions of use - 1/2 cup of a leaf infusion one or two times daily with meals; 2-4 ml of a 4:1 tincture twice daily; 1-2 g of powdered leaf in tablets or capsules twice daily		
3790	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	PLANTAGO LANCEOLATA L.	Antioxidative	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.
	Conditions of use - 3-6 g daily for external or internal use; tea: 2-4 g of the chopped drug in water		
3797	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	PROPOLIS	Can protect cells and tissues against oxidative damage.	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Increases the physiological resistance of the organism in case of severe ambiance conditions.

	Conditions of use - Dried extract: 8-10 mg/kg/day, divided in 2-3 doses with empty stomach. Total flavonoids (tit. galangin): 0.8-0.9 mg/kg/day		
3800	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	PRUNELLA VULGARIS L.	Can protect cells and tissues against oxidative damage	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Increases the physiological resistance of the organism in case of severe ambiance conditions.
	Conditions of use - 0.75-4 g dried shoots and young leaves daily; topical: 30 g dried shoots and young leaves		
3813	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Salvia officinalis (Common Name : Sage)	Antioxidant properties	Contains antioxidant/s; Is a source of antioxdiant/s. With antioxidant/s. Contains naturally occuring antioxidants /antioxidants help protect you from free radicals /antioxidants help protect your cells and tissues from oxidation /antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body´s defences
	Conditions of use - ziele/ zwykle konsumowane jako tradycyjny artykuł żywnościowy w normalnej diecie/ równowartość 1.5 -9 g suszonych liści - Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1-1.5 g of dried leaves - Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1.5-9 g of dried leaves		
3815	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	SALVIA SCLAREA L.	Can protect cells and tissues against oxidative damage	Protection against the free radicals action due to stress, alcoholics,UV exposure or polluted ambiance conditions
	Conditions of use - Infusion: 60-120 ml, 3 or 4 times daily; powdered leaves: 1.3-2 g; tincture (76%): 1-60 drops		
3816	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	SANTALUM ALBUM L.	Can protect cells and tissues	Increases the physiological

		against oxidative damage	resistance of the organism in case of severe ambiance conditions.
	Conditions of use - 1-1.5 g essential oil; 10-20 g comminuted drug for decoctions for max 6 weeks. Fluid extract: 1-2 teaspoon		
3817	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	SATUREJA MONTANA L. S.L.	Can protect cells and tissues against oxidative damage	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.
	Conditions of use - Infusion: 60-120 ml, several times daily; 0.9-5.4 ml fluid extract		
3822	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	SILYBUM MARIANUM GAERTN.	Can protect cells and tissues against oxidative damage	Protection against the free radicals action due to stress, alcoholics,UV exposure or polluted ambiance conditions
	Conditions of use - 12-15 g whole or powdered seed. Dried extract (tit. sylimarin min.1.0%): 10-15 mg/kg/day, divided in 2-3- doses with empty stomach		
3824	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	SOLIDAGO VIRGAUREA L.	Can protect cells and tissues against oxidative damage	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.
	Conditions of use - 3-4 g dried herb for herbal tea, 2-4 times daily; liquid extract: 0.5-2 ml, 3 times daily; tincture: 0.5-2 ml, 3 times daily; dried extract: 350-450 mg, 3 times daily, for 2-4 weeks		
3825	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	TAMARIX GALLICA L.	Can protect cells and tissues against oxidative damage	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Increases the physiological resistance of the organism in case of severe ambiance conditions.
	Conditions of use - Cortex decoction: 3 g for a cup, 3 times daily		
3828	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	TARAXACUM OFFICINALE WEBER	Can protect cells and tissues against oxidative damage	Protection against the free radicals action due to stress, alcoholics,UV exposure or polluted ambiance conditions

	Conditions of use - Dried extract (tit. inulin 40% and sesquiterpenic lactones): 100-300 mg, 2-3 times daily		
3836	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	VACCINIUM VITIS-IDAEA L.	Can protect cells and tissues against oxidative damage	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Increases the physiological resistance of the organism in case of severe ambiance conditions. Against the damages caused by oxidative stress and free radicals on the skin..
	Conditions of use - 2-5 g fruits daily; decoction: 1 g leaves in 100 ml water, 2-3 tablespoons 2-3 times daily; 5-20 drops fresh leaves macerated in glycerine and alcohol, for min. 3 months		
3838	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	VERBENA OFFICINALIS L.	Can protect cells and tissues against oxidative damage	Increases the physiological resistance of the organism in case of severe ambiance conditions
	Conditions of use - Tea: 1.5 g finely chopped herb in water; infusion 2-4 g/day; tincture 40 drops thrice daily; fluid extract: 2-4 ml/day		
3839	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	VISCUM ALBUM L.	Can protect cells and tissues against oxidative damage	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.
	Conditions of use - Dried leaves: 2-6 g (infusion); tincture (1:5, alcohol 45%): 1-3 ml; fluid extract (1:1, alcohol 25%): 0.5 ml; dried exctract (4:1): 100-250 mg, thrice daily. Mistletoe lectin I: 0.5 ng/kg to 1 mg/kg twice weekly		
3849	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Cistus incanus (Common Name : Hairy rockrose)	Antioxidant activity	Contains antioxidant/s; Is a source of antioxdiant/s. With antioxidant/s. Contains naturally occurring antioxidants /antioxidants help protect you from free radicals /antioxidants help protect your cells and tissues from oxidation /antioxidants contribute to the total antioxidant capacity of the body and may help strengthen

			our body's defences /support of the immune system
	Conditions of use - Herb / 4-6 g herb (infusion)		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
3854	Gynostemma pentaphylum (Common Name : Jiaogulan)	Antioxidant properties	Contains antioxidant/s; Is a source of antioxdiant/s. With antioxidant/s. Can scavage the activity of oxygen free radicals '- Protects the body from oxidation; - Antioxidants can protect your cells and tissues from oxidation
	Conditions of use - Leaf / 6-60g of dried leaf per day (infusion)		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
3856	Humulus lupulus (Common Name : Hops)	Antioxidant properties	Contains antioxidant/s; Is a source of antioxdiant/s. With antioxidant/s. Contains naturally occuring antioxidants /antioxidants help protect you from free radicals /antioxidants help protect your cells and tissues from oxidation /antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body´s defences
	Conditions of use - Grains (Lupuli flos/glandula) / Usual consumption as traditional foodstuff in a normal diet - Grains (Lupuli flos/glandula), strobilus / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5-10 g of powder per day		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
3888	Tilia ssp. / Tilia cordata / Tilia parvifolia / Tilia platyphyllos (Common Name : Linden)	Antioxidant properties	Contains antioxidant/s; Is a source of antioxdiant/s. With antioxidant/s. Contains naturally occuring antioxidants /antioxidants help protect you from free radicals /antioxidants help protect your cells and tissues from oxidation /antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body´s defences

	Conditions of use - Flower / Equivalent to 10 g of leaf - Inflorescences / flower: Usual consumption as traditional foodstuff in a normal diet / Equivalent to 10 g of Inflorescences		
3899	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Aloe vera (Common Name : Aloe)	antioxidant properties	Contains antioxidant/s; Is a source of antioxdiant/s. With antioxidant/s. Has antioxidant properties /acts as free radical scavengers /contains naturally occuring antioxidants / antioxidants help protect you from free radicals /antioxidants help protect your cells and tissues from oxidation /antioxidants contribute to the total antioxidant capacity of the body and help strengthen our body´s defences
	Conditions of use - Leaf fresh gel / 30-90 ml or equivalent preparations - Usual consumption as traditional foodstuff in a normal diet. [aloe barbadensis, aloin =0.1mg/kg]		
3916	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Galium aparine L. (Common name: Cleavers, Clivers)	detoxification	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions.
	Conditions of use - flos, herba c. floribus / 6-12g of drug daily /6-12ml of ethanolic extract daily / 9-45ml of juicedaily / equivalent preparations		
4007	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Curcumin obtained from turmeric oleoresin	Required for its health benefit properties like anti-oxidant	Helps reduce the inflammation and oxidative stress
	Conditions of use - Rhizome, 1 to 3 g per day - ADI 0 to 300mg/kg. The desired dosage of curcumin is 250 mg twice a day. 500mg Curcumin oral for 6 weeks, 2 gm per day with no adverse effect. Up to 1125 mg per day dose.		
4150	**Food or Food constituent**	**Health Relationship**	**Proposed wording**
	Terminalia belerica FRUIT	Antioxidant properties:	Antioxidants help protect you

		Protection of body tissues, cells, membranes and lipids from oxidative damage (such as the oxidation of polyunsaturated fatty acids in red blood cell membranes)	from radicals which cause cell damage/antioxidants help protect your cells, tissues and organs from oxidative damage. Antioxidants contribute to the total antioxidant capacity of the body and may help strengthen your body's defences. Helps protect your body's cells, tissues and organs
	Conditions of use - Powder: 2.0-0.1g/day; aqueous extract 1.0-0.05g/day.		
	Food or Food constituent	**Health Relationship**	**Proposed wording**
4163	Terminalia chebula, FRUIT PERICARP	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)	Contains a high amount of naturally occurring antioxidants. Antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells, tissues and organs from oxidative damage Antioxidants contribute to the total antioxidant capacity of the body and may help strengthen your body's defences. Helps protect your body's cells, tissues and organs Cellular protactive reducing the effects of aging Rejuvenating/anti-oxidant
	Conditions of use - Powder: 2.0-0.1g/day; aqueous extract 1.0-0.05g/day, 0.5-3g/day, Fruit		

GLOSSARY / ABBREVIATIONS

FOX	Ferrous oxidation-xylenol orange
FRAP	Ferric reducing ability of plasma
LDL	Low-density lipoproteins
MDA	Malondialdehyde
ORAC	Oxygen radical absorbance capacity
ROS	Reactive oxygen species
TBARS	Thiobarbituric acid-reactive substances
TEAC	Trolox-equivalent antioxidant capacity
TRAP	Total reactive antioxidant potential