

Livsmedelskategori, livsmedel eller livsmedelskomp. (näringsämne el övrigt ämne) Vilken fysiologisk effekt kan uppnås? Samband med hälsa Betingelser för när hälsopåståendet gäller Vetenskaplig bedömning. Typ av dokumentation Vetenskapliga referenser Förslag till formulering av hälsopåståendet COM Codes CIAA OCT LIST 1 Sweden

Food Category, food, or food component Health relationship Conditions for the claim to be valid Nature of evidence References Example of wording #A=Medicinal; #B=Article 14; #C=Article 10.3; #D=Misleading CIAA JULY

Version March 31, 2008
"Merged cells"

Refno SE-x

Thiamin (Vitamin B1)	Normal function of the nerve system Target group: whole population	The product shall be a source of thiamin. Normal daily intake of the product shall provide at least 15% of RDI.	Authoritative body	see the Swedish Reference list NNR (Chapter 20, p. 267-8) JHCI (p. 104-6)	Tiamin behövs för normal funktion av nervsystemet. Thiamin is necessary for normal function of the nerve system.	CT06, CT14		SE-1
Folate/folic acid	Normal foetal development/normal pregnancy outcome Target group: women who plan to become pregnant	The product shall be a source of folate. Normal daily intake of the product shall provide at least 15% of RDI.	Authoritative body	see the Swedish Reference list NNR (Chapter 24, p. 292) JHCI (p. 133-4) see the Swedish Reference list	Folat/folsyra behövs för normal fosterutveckling. #B Folate/folic acid is necessary for normal pregnancy outcome.#B	CT05, CT22		SE-2
Folate/folic acid	Normal red blood cell formation Target group: whole population	The product shall be a source of folate. Normal daily intake of the product shall provide at least 15% of RDI.	Authoritative body	see the Swedish Reference list: NNR (Chapter 24, p. 287) JHCI (p. 130-2)see the Swedish Reference list	Folat/folsyra behövs för normal bildning av röda blodkroppar. Folate/folic acid is necessary for normal red blood cell formation.	CT06, CT23		SE-3
Vitamin B ₁₂	Normal red blood cell formation Target group: primarily people who exclude animal products from their diet	The product shall be a source of vitamin B ₁₂ . Normal daily intake of the product shall provide at least 15% of RDI.	Authoritative body	see the Swedish Reference list: NNR (Chapter 25, p. 297) JHCI (p.140-2)	Vitamin B ₁₂ bidrar till bildningen av röda blodkroppar. Personer som äter endast vegetabiliska livsmedel riskerar att få i sig för lite vitamin B ₁₂ . Vitamin B12 is necessary for normal red blood cell formation. Persons eating only plant foods may have a low intake of vitamin B12.	CT06, CT23		SE-4

Vitamin B ₁₂	Normal nerve function Target group: primarily people who exclude animal products from their diet	The product shall be a source of vitamin B ₁₂ . Normal daily intake of the product shall provide at least 15% of RDI.	Authoritative body	see the Swedish Reference list: NNR (Chapter 25, p. 297) JHCI (p. 142-3)	Vitamin B ₁₂ behövs för normal funktion av nervsystemet. Personer som äter endast vegetabiliska livsmedel riskerar att få i sig för lite vitamin B ₁₂ . Vitamin B12 is necessary for normal function of the nerve system. Persons eating only plant foods may have a low intake of vitamin B12.	CT06, CT14		SE-5
Vitamin C	Enhanced iron absorption Target group: whole population, especially adolescents and fertile women	The product shall be a source of vitamin C. Normal daily intake of the product shall provide at least 15% of RDI.	Authoritative body	see the Swedish Reference list: NNR (Chapter 34, p. 356) JHCI (p. 154)	C-vitamin i en måltid förbättrar upptaget av järn. Vitamin C in a meal helps iron uptake.	CT06, CT23		SE-6
Vitamin D	Normal bone structure/strength Target group: whole population, especially adolescents and women	The product shall be a source of vitamin D. Normal daily intake of the product shall provide at least 15% of RDI.	Authoritative body	NNR (Chapter 17, p. 241-2) JHCI (p. 80-83 + 84-7)	D-vitamin behövs för normal benuppbbyggnad. Vitamin D is necessary for the normal structure and strength of bone.	CT06, CT10		SE-7
Calcium	Normal bone structure/strength Target group: whole population, but especially adolescents and women	The product shall be a source of calcium. Normal daily intake of the product shall provide at least 15% of RDI.	Authoritative body	see the Swedish Reference list: NNR (Chapter 29, p. 313-4) JHCI (p.159-62)	Kalcium behövs för normal benuppbbyggnad. Calcium is necessary for the normal structure and strength of bone.	CT06, CT10		SE-8
Iodine	Normal thyroid function – normal energy metabolism Target group: whole population	The product shall be a source of iodine. Normal daily intake of the product shall provide at least 15% of RDI.	Authoritative body	NNR (Chapter 36, p. 389-93) JHCI (p.197-9)	Jod behövs för normal funktion av sköldkörteln, och är därför viktigt för normal ämnesomsättning. Iodine is necessary for normal thyroid function, and is therefore important for normal metabolism.	CT06, CT24		SE-9

Iron	Normal red blood cell formation. Target group: whole population, but especially adolescents and fertile women	Meat, fish, seafood and poultry: Shall contain 10% of RDI* per 100g. Other products: Shall be a source of iron. Normal daily intake of the product shall provide at least 10% of RDI*. *Meat, fish, seafood and poultry contain heme iron with high bioavailability. Therefore, the conditions of use according to the Swedish Code are set to 10% of RDI, despite the fact that 15% of RDI is required for nutrient declaration.	Authoritative body	see the Swedish Reference list: NNR (Chapter 34, p. 355-6) JHCI (p. 176-9)	Järn behövs för normal bildning av röda blodkroppar. Iron is necessary for normal red blood cell formation.	CT06, CT23		SE-10
Potassium	Normal blood pressure regulation Target group: whole population	The product shall be a source of potassium. Normal daily intake of the product shall provide at least 15% of RDI. Upper level of Na expected to be included in the nutrient profiles, to be established.	Authoritative body	see the Swedish Reference list: NNR (Chapter 33, p. 349-351) JHCI (p. 227-228 "water and electrolyte balance"+ 228-229 "blood pressure")	Kalium kan bidra till ett hälsosamt lågt blodtryck. Potassium may promote a healthy low blood pressure.	CT06, CT23		SE-11

Selenium	Antioxidative function of the cell Target group: whole population	<p>“Source of selenium” is not defined since an RDI is not specified in the Directive 90/964/EEC. We therefore suggest that conditions of use are based on the RDI according to NNR 2004 (men 50µg/day, women 40ug).</p> <p>The suggested condition of use are: The product shall contain 15% of 45mg (6.8mg) per 100g (or per portion for portion sized products). Normal daily intake shall provide at least 6.8mg.</p>	Authoritative body	see the Swedish Reference list: JHCI p.236-7 NNR p.397	Selen behövs för antioxidativa funktioner i kroppens celler. Selenium is necessary for antioxidative functions in the body's cells.	CT06, CT21		SE-12
Sodium/salt	Effects on blood pressure Target group: whole population	<p>The products must have a lower sodium (Na) content than the limits given below, based on the product's finished eating weight:</p> <p>Meat, sausages and other meat products: 0.5% Fish products: 0.4% Cheese: 0.4% 0.7% Bread: 0.3% 0.7% Crisp bread, crackers and rusks: 0.5% 1.2% Breakfast cereals: 0.4% Bouillon, soups, and sauces: 0.2% 0.5% Prepared foods: 0.2%</p>	Authoritative body	see the Swedish Reference list: NNR (Chapter 32, p. 333) JHCI (p. 224-5)	<p>En kost med låg salthalt kan bidra till ett hälsosamt lågt blodtryck. A diet low in salt may promote a healthy low blood pressure.</p>	CT06, CT23		SE-13

Fatty acids – hard/saturated	Healthy blood cholesterol levels Target group: whole population	See Column H	Authoritative body	<p>see the Swedish Reference list: NNR (Chapter 11, p. 163-6)</p> <p>From column B</p> <p>Only product groups with significant relevance for the total fat content of the diet are appropriate for this claim. This applies primarily to the following groups: Cooking and baking fats (max 80% fat), oils (100% fat) intended for cooking, and dressings (max 30% fat). A maximum of 10% of the total fat content can be made up of hard fat. The total fat content and energy content of these products must be clearly stated. Margarine spreads, meat- and dairy products. A maximum of 30% of the total fat content can be made up of hard fat. For all product groups, a maximum of 2% of the total fat content may be made up of trans fatty acids (not including naturally occurring trans fatty acids from animal sources). Example: In a margarine spread with a total fat content of 30%, the hard fat content may not exceed 9 g/100 g and the trans fatty acid content may not exceed 0.6 g/100 g of the spread. For many people, a reduction of total fat consumption is desirable, and the total fat content should therefore be clearly stated in the labelling of oils and fats making this claim.</p> <p>Labelling should also state that the product should be used sparingly and is meant as a substitute for a corresponding normal product, and should not represent an additional source of fat.</p>	En kost med låg halt hårt/mättat fett bidrar till hälsosamt låga nivåer av kolesterol i blodet. A diet low in hard fat/saturated fatty acids promotes healthy cholesterol levels in the blood.	CT06, CT23		SE-14
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Fatty acids – hard/saturated	Maintain a healthy heart Target group: whole population	See Column H	Authoritative body	<p>see the Swedish Reference list: NNR (Chapter 11, p. 163-6)</p> <p>From column B</p> <p>Only product groups with significant relevance for the total fat content of the diet are appropriate for this claim. This applies primarily to the following groups: Cooking and baking fats (max 80% fat), oils (100% fat) intended for cooking, and dressings (max 30% fat). A maximum of 10% of the total fat content can be made up of hard fat. The total fat content and energy content of these products must be clearly stated. Margarine spreads, meat- and dairy products. A maximum of 30% of the total fat content can be made up of hard fat. For all product groups, a maximum of 2% of the total fat content may be made up of trans fatty acids (not including naturally occurring trans fatty acids from animal sources). Example: In a margarine spread with a total fat content of 30%, the hard fat content may not exceed 9 g/100 g and the trans fatty acid content may not exceed 0.6 g/100 g of the spread. For many people, a reduction of total fat consumption is desirable, and the total fat content should therefore be clearly stated in the labelling of oils and fats making this claim.</p> <p>Labelling should also state that the product should be used sparingly and is meant as a substitute for a corresponding normal product, and should not represent an additional source of fat.</p>	<p>En kost med låg halt mättat fett kan bidra till bibehållen hjärthälsa.#C A diet low in saturated fatty acids may help to maintain a healthy heart.#C</p>	CT03, CT23		SE-15
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Fatty acids – long chain omega-3 from fish	Maintain a healthy heart Target group: Whole population	See Column H	Authoritative body Review	<p>see the Swedish Reference list: NNR (Chapter 1, p. 165) EFSA (fatty acids) Harris 2007 Holub 2004, McKenney 2007, von Schacky 2007, Breslow 2006</p> <p>From column B The claim should be used only for fatty fish, products thereof, and products containing these raw materials. If the product is processed in a way that can reduce the bioavailability of added fatty acids, retained bioavailability must be documented. The conditions for using this claim should be similar to conditions for using a nutrition claim of the type “high in omega-3 fatty acids from fish”. However, both this and “source of omega-3 fatty acids from fish” should preferably be defined within the Regulation. Conditions of use for nutrition claims for omega-3 fatty acids in general should preferably also be defined. For nutrition claims on omega-3 fatty acids we suggest the following conditions, that have been used within the SE-edish Code*: “high in omega -3 fatty acids”: 0.7 g/100g “source of omega-3 fatty acids”: 0.35g/100g *Recommendation according to NNR 2004 is an intake of omega 3-fatty acids corresponding to 1 energy%. At an energy intake of 2000 kcal, this corresponds to 2.2 g of omega-3 fatty acids per day. Similarly to the requirement for “high in” vitamins and minerals, a product making the nutrition claim of “high in omega-3 fatty acids” should have a total content of omega-3 fatty acids corresponding to at least 30% of this amount (i.e., 0.7 g) per 100 g or serving. For the nutrition claim “source of omega-3 fatty acids”, the requirement is half this amount.</p>	<p>En kost rik på omega-3 fettsyror från fisk kan bidra till bibehållen hjärthälsa.#C A diet high in omega-3 fatty acids from fish may help to maintain a healthy heart.#C</p>	CT03, CT23		SE-16
Dietary fibre	Bowel regularity Target group: Whole population	The product shall be a source of dietary fibre. Normal daily consumption of the product shall provide at least 3.75g of dietary fibre (15% av 25g).	Authoritative body	see the Swedish Reference list: NNR (Chapter 12, p. 185)	Kostfiber bidrar till normal mag-tarmfunktion. Dietary fibre helps to maintain bowel regularity.	CT06, CT15		SE-17

Soluble dietary fibre (beta-glukan) from oat and barley	Healthy blood cholesterol levels Target group: Whole population	This claim may be used for rolled oats/barley and oat/barley bran, as well as mixtures that contain these raw materials. For processed foods containing these, or other raw materials high in beta-glucans, a retained cholesterol-lowering effect after processing must be substantiated. The product must contain 0.75 g of beta-glucans per normal serving, or provide 3 g/day at a normal amount consumed.	Authoritative body Review	see the Swedish Reference list: FDA (oat) FDA (barley) Åman & Asp 2003 Åman 2006	Lösliga fibrer (beta-glukan) från havre/korn bidrar till hälsosamt låga nivåer av kolesterol i blodet. Soluble fibre from oat/barley promotes healthy blood levels of cholesterol.	CT06, CT23		SE-18
Soluble dietary fibre (beta-glukan) from oat and barley	Maintain a healthy heart Target group: Whole population	This claim may be used for rolled oats/barley and oat/barley bran, as well as mixtures that contain these raw materials. For processed foods containing these- or other raw materials high in beta-glucans, a retained cholesterol-lowering effect after processing must be substantiated. The product must contain 0.75 g of beta-glucans per normal serving, or provide 3 g/day at a normal amount consumed.	Authoritative body Review	see the Swedish Reference list FDA (oat) FDA (barley) Åman & Asp 2003, Åman 2006	Lösliga fibrer (beta-glukan) från havre/korn kan bidra till bibehållen hjärthälsa. #C Soluble fibre (beta-glucan) from oat/barley may help to maintain a healthy heart.#C	CT03, CT23		SE-19

Carbohydrates in pasta products	Low blood glucose response Target group: Whole population	This claim can be used for all pasta products, except autoclaved products. For mixed products, eg ready to eat meals, containing pasta – see no 21.	Human study Review	see the Swedish Reference list: Aston et al 2007 Henry et al 2005 Foster - Powell et al 2002	Kolhydrater i pasta ger ett lågt och långsamt blodsockersvar/har ett lågt glykemiskt index (GI). Carbohydrates in pasta products provide a low and slow blood sugar response/have a low glycaemic index (GI).	CT06, CT12		SE-20
Carbohydrates in products other than pasta	Low blood glucose response Target group: Whole population	Basic criteria: The GI-value of the product shall be determined by at least two independent determinations using appropriate methodology. GI must be below 55 in both determinations (glucose reference). The product shall contain at least 15 g (preferably 20g) available carbohydrates per serving. More details on the condition of use applied within the SE-edish Code on health claims are specified on the website of SNF: http://www.snf.ideon.se/snf/en/rh/GI_en.htm Within the SE-edish Code on health claims a pre-marketing evaluation has been required for the use of "low GI-claims". The food products evaluated are listed in Appendix 2.	Review Authoritative body	see the Swedish Reference list: Arvidsson-Lenner et al 2004 Brouns et al 2005 (methodology) FAO/WHO (GI) (methodology)	Livsmedel med lågt glykemiskt index (GI) medför ett lågt och långsamt blodsockersvar. Foods with a low glycaemic index (GI) give a low and slow blood glucose response.	CT06, CT12		SE-21

Energy	Body weight maintenance Target group: Whole population	Only products with significant relevance for the total energy intake are appropriate for this claim. Products carrying this claim must contain at least 30% less energy per 100 g than a comparable normal product*. For example, the claim can be made for products in the following product groups: Dairy products (e.g., yoghurt) Meat products (e.g., sausages etc.) Prepared foods (e.g., complete meals) *A "normal product" refers here to a comparable (but not energy-reduced) product from the same product category. E.g., milk, natural yoghurt and cultured milk products with 3% fat are considered "normal" products.	Authoritative body	see the Swedish Reference list: NNR (Chapter 9) WHO 916 (p. 63 (table) + p. 64 (text))	Livsmedel/produkter med sänkt energiinnehåll kan bidra till en hälsosamt låg kroppsvikt. Livsmedel/produkter med sänkt energiinnehåll kan bidra till en lägre kroppsvikt. Foods with reduced energy content may help to maintain a healthy low body weight. Foods with reduced energy content may contribute to a lower body weight.	CT08, CT12		SE-22
Products free from carbohydrates fermentable by caries bacteria	Maintained dental health Target group: Whole population	The product must be free from fermentable carbohydrates. Applicable primarily to products consumed frequently and/or between meals.	Authoritative body	see the Swedish Reference list: NNR (Chapter 3, p. 14 + Chapter 12, p. 188-9) WHO 916 (p.118 (table) + p. 116-117)	Livsmedel utan socker, eller andra kolhydrater som kan brytas ner av munnens bakterier, kan bidra till god tandhälsa. #C Foods free from sugar(s) and other carbohydrates broken down by bacteria in the mouth may promote healthy teeth.#C	CT03, CT16		SE-23

Whole grain (Fullkorn)	Maintain a healthy heart Target group: Whole population	The product must have a whole grain content of at least 50% calculated on the product's dry weight. The percentage of whole grain, based on dry weight, shall be included in the declaration of the product's ingredients, eg as follows: "Water, wheat flour, whole grain rye flour (X%, equivalent to Y% based on dry weight), sugar, salt." Whole grain refers to intact or ground whole seed kernels (i.e., cereal grains where all components contained in the grain seed, along with the seed shell, are included) of wheat, oats, barley and rye	Authoritative body Review	see the Swedish Reference list: FDA (whole grain a,b) Dossier from the EU-project "Healthgrain" - to be submitted as soon as it is available.	En hälsosam livsstil och en väl sammansatt kost rik på fullkorn kan bidra till bibehållen hjärthälsa. #C A healthy lifestyle and a well-balanced diet high in whole grain may contribute to a maintained healthy heart.#C	CT03, CT23		SE-24
Alfa-liponsyra // Alpha-lipoic-acid	Antioxidant properties	200-600 mg per day			Är en antioxidant som skyddar kroppens celler//An antioxidant that protects body's cells	CT06, CT21	328	SE- 25 and CIAA 326
Antioxidanter framställda från frukter, grönsaker och juicer //Antioxidant from processed fruits and vegetables and juices	Antioxidant properties	possible if one of the other claims concerning aspecific antioxidant is acceptable			Är en antioxidant som skyddar kroppens celler//An antioxidant that protects body's cells	CT06, CT21	330	SE- 26 and CIAA 328
Arabinogalaktan (extrakt från lärkträd) // Arabinogalactan (extract from larch tree)	Intestinal health	Min. 3 g/day			Upprätthåller en normal/regelbunden tarmfunktion //Support of normal/regular gut function	CT06, CT15	331	SE- 27 and CIAA 329

Arginin // Arginine	Vascular health	1500 mg per day			Upprätthåller/stödjer en normal/regelbunden blodcirkulation // Support of normal/regular blood circulation #C, #D	CT03, CT23	332	SE- 28 and CIAA 330
Bakteriellt lysat // Bacterial lysate	Immune health	150 mg per day (2x10 days, 14 day pause)			Bidrar till.. //Support.... Förstärker ett normalt immunförsvar//Strengthens the body's normal immune resistance#A	CT01, CT20	333	SE- 29 and CIAA 331
Betakaroten // Beta-Carotene	Antioxidant properties/Protection of DNA	Min 15% RDA of beta-carotene (as vitamin A, conversion factor 6)			Är en antioxidant som skyddar kroppens celler//An antioxidant that protects body's cells	CT03, CT21	335	SE- 30 and CIAA 333
Betakaroten // Beta-Carotene	Skin aging/Skin health	Minimum intake of 2 mg per day. Intake should not exceed 10 mg/d long term if ingested supplementary			Skyddar huden mot kraftig UV-strålning // Protect your skin from excessive UV-radiation #A or #B	CT01 or CT04, CT18	336	SE- 31 and CIAA 334
Betakaroten // Beta-Carotene	Immune health	Up to 10 mg/day			Bidrar till.. //Support.... Förstärker ett normalt immunförsvar//Strengthen the body's normal immune resistance#A	CT01, CT20	337	SE- 32 and CIAA 335
Betakaroten // Beta-Carotene	Immune health in relation to UV-radiation Antioxidative properties/protection against UV-induced erythema	Up to 10 mg per day (for 4 - 10 weeks) Up to 10 mg per day (for 8- 10 weeks)			Stärker hudens immunförsvar och skyddar mot kraftig UV strålning //Strengthen the immune defence of your skin/ Protect your skin from excessive UV-radiation. #A or #B	CT01 or CT04, CT20	338, 339	SE- 33 and CIAA 336 + SE- 34 and CIAA 337
Betasitosterol // Beta sitosterol	Cholesterol	1 g/day			Minskar blodets kolesterol genom att minska kolesterolupptaget // Reduce blood cholesterol by reducing cholesterol absorption #B	CT04, CT23	341	SE- 35 and CIAA 339

Betalainer // Betalains	Antioxidant properties	phytoconstituent's content in fruits and vegetables expressed in comparison with the daily needs and threshold for activity up to 16 mg			Är en antioxidant som skyddar kroppens celler//An antioxidant that protects body's cells	CT06, CT21	344	SE- 36 and CIAA 342
Bioflavonoider + Bioflavonoider från citrus// Bioflavonoids from citrus	Vein health + Vascular health	500 to 1000 mg per day / 100-150 mg in case of flavonoids such as proanthocyanidins from grape seeds or pine bark 700-1500 mg per day			Stärker venernas funktion och kan motverka åderbräck//Strengthens vein function and can counteract varicose vein #A	CT01, CT23	345, 346	SE- 37 and CIAA 343 + SE- 38 and CIAA 344
Bovine colostrum & Bovine lactoferrin	Immune health/source of immunoglobulins Antimicrobial / antiviral / innate host defense	1-4 g bovine colostrum per day (total quantity is dependent on the concentration of immunoglobulines in the colostrum preparation) 200 mg bLF per day			Bidrar till.. //Support.... Förstärker ett normalt immunförsvar//Strengthens the body's normal immune resistance#A	CT01, CT20	347, 348	SE- 39 and CIAA 345 + SE- 40 and CIAA 346
Grenade aminosyror // Branched chain amino acids (Leucine, Isoleucine, valine)	Muscle metabolism	Min 3g per day, taken during and immediately following the exercise			Bidrar till kroppens återhämtning efter fysisk ansträngning// Helps body's recovery after physical strain #C	CT03, CT11	349	SE- 41 and CIAA 347
Bromelain	Immune health	daily dosage: ≥ 200 mg (with activity 5 F.I.P/mg).			Bidrar till.. //Support.... Förstärker ett normalt immunförsvar//Strengthens the body's normal immune resistance#A	CT01, CT20	350	SE- 42 and CIAA 348
Kaffein// Caffeine (from tea/ coffee/chocolate or added in pure form)	Fat metabolism/Energy expenditure	Minimum of 150 mg per day / 5-15mg/kg bodywt caffeine			Förstärker/påskyndar kroppens energiförbränning//Helps body's recovery after physical strain	CT06, CT12	353	SE- 43 and CIAA 351

Kaffein // Caffeine (from tea/ coffee/chocolate or added in pure form)	Cognitive and mental performance	Min. 32 mg per day			Förstärker kortvarigt mental vakenhet // Strengthen briefly mental alertness #C	CT03, CT14	354	SE- 44 and CIAA 352
Kaffein // Caffeine (from tea/ coffee/chocolate or added in pure form)	Physical Performance (short term and endurance activities)	1-5mg/kg/day			Ökar kortvarigt kroppens fysiska kraft// Improves briefly physical performance#C	CT03, CT11	355	SE- 45 and CIAA 353
L-karnitin // Carnitine	Fat metabolism	Min 200 mg per day			Förstärker kroppens fettförbränning //Strenghtens body's fat burning	CT06, CT12	356	SE- 46 and CIAA 354
L-karnitin/Carnitine	Muscle metabolism / Recovery after exercise	A minimum of 200-500 mg per day			Bidrar till kroppens återhämtning efter fysisk ansträngning// Helps body's recovery after physical strain #C	CT03, CT11	357	SE- 47 and CIAA 355
L-karnitin Carnitine	Vegetarism	Min. 200 mg/day			Tillskott av L-karnitin som kan vara lågt hos vegetarianer //Supplement of carnitine which can be low in vegetarians #C and #D	CT03, CT22	359	SE- 48 and CIAA 357
Karotenoider från frukter och grönsaksjuicer // Carotenoids from fruits and vegetables juices	Antioxidant properties	30 % of observed intakes per day : 1.5 mg			Antioxidanter skyddar kroppens celler//Antioxidants protect body's cells	CT06, CT21	361	SE- 49 and CIAA 359
Kasein proteinhydrolysat // Casein protein hydrolysate	Physical performance	10-30 g protein consumption just before, during or directly after exercise per hour.			Bidrar till kroppens återhämtning efter fysisk ansträngning // Helps body's recovery after physical strain #C	CT03, CT11	362	SE- 50 and CIAA 360
Kitosan// Chitosan	Weight Management	1-6 g per day, 30 minutes before the main meals			Fiber från skaldjur för viktkontroll // Fiber from shellfish for weight control #C	CT03, CT12	364	SE- 51 and CIAA 361

Kondriotin// Chondroitin	Joint Health	120-800 mg/day			Kan medverka till att bibehålla en normal ledfunktion // Helps to maintain normal joints	CT06, CT10	367	SE- 52 and CIAA 364
Kakao flavanoler//Cocoa flavanols	Antioxidative properties	At least 168 mg per day			Antioxidanter som skyddar kroppens celler//Antioxidants protect body's cells	CT06, CT21	368	SE- 53 and CIAA 365
Kakao flavanoler//Cocoa flavanols	Vascular health	At least 88 mg of cocoa flavonols per day			Kan medverka till att upprätthålla en normal blodkärlsfunktion // Contribute to maintain a normal function of the vessels#A or #B	CT01 or CT04, CT23	369	SE- 54 and CIAA 366
Coenzym Q10 (Ubiquinone)	Heart health	100-200 mg per day			Kan bidra till ett friskt hjärta// #A or #C Contributes to a healthy heart Kan vidmakthålla ett hälsosamt hjärta// Maintains a healthy heart#C	CT01 or CT03, CT23	370	SE- 55 and CIAA 368
Coenzym Q10 (Ubiquinone)	Antioxidant properties	30-200 mg per day			Är en antioxidant som skyddar kroppens celler//Antioxidants protect body's cells	CT06, CT21	372	SE- 56 and CIAA 369
Hydrolyserat kollagen // Collagen hydrolysate	Joint health	10g per day (Type I collagen with an average Molecular Weight of up to 3.500 Dalton)			Kan medverka till att bibehålla en normal ledfunktion // Helps to maintain normal joints	CT06, CT10	373	SE- 57 and CIAA 370

Konjugerad linolensyra // Conjugated linoleic acid (CLA) Conjugated linoleic acid (CLA) ((cis-9, trans-11 conjugated linoleic acid, and trans-10, cis-12 conjugated linoleic acid (50:50) triglycerides)	Weight management Body Weight management	1.5-3.4 g CLA/day, CLA is a commercial mixture of 50:50 c10t12 and t9c11 isomers Product-specific claim: 3.4 g CLA per day			Kan medverka till viktkontroll genom ökad fettförbränning // Contributes to weight control by increased fat burning	CT08, CT12	374, 377	SE- 58 and CIAA 371 + SE- 59 and CIAA 374
Kreatin//Creatine	Energy metabolism	A minimum of 6-20g daily			Meverkar till ökad muskelstyrka vid kraftig fysisk ansträngning // Contributes to increased muscle strength at intensive physical strain	CT06, CT11	378	SE- 60 and CIAA 375
Proteinhydrolysat rikt på cystein// Cystein rich protein hydrolysates	Glutathione metabolism	3.4 g per day (cysteine content of 6%)			Bidrar till att öka ett av kroppens antioxidantförsvar// Contributes to an increased antioxidant defence of the body#B	CT04, CT21	379	SE- 61 and CIAA 376
Docosahexaensyra (DHA)//Docosahexaenoic acid (DHA)	Human Neurodevelopment Optimization of brain maturation	160 - 300 mg per day for pregnant and lactating women 55 - 160 mg per day			Bidrar till normal utveckling och funktion av hjärnan//Contributes to a normal development of the brain#B	CT05, CT14	380, 381	SE- 62 and CIAA 377 + SE- 63 and CIAA 378
Docosahexaensyra (DHA)//Docosahexaenoic acid (DHA)	Cognitive function in the elderly	720-1720 mg of DHA per day.			DHA kan upprätthålla mental minneshälsa hos äldre // DHA can maintain mental memory health in elderly #A or #B	CT01 or CT04, CT14	382	SE- 64 and CIAA 379
Docosahexaensyra (DHA)	Eye health	85 mg per day			DHA medverkar till att upprätthålla en normal funktion hos ögat // DHA contributes to a normal function fo the eye#B	CT04, CT17	383	SE- 65 and CIAA 380

Epigallo-catechin-3gallat (EGCG) och (vatten)extrakt av grönt te rikt på EGCG//Epigallo-catechin-3-gallate (EGCG) / Green tea extract, rich in EGCG	Weight management	115-300 mg per day			Kan i kombination med en hälsosam kost och motion medverka till viktkontroll genom ökad fettförbränning // In combination with a healthy diet and exercise contribute to weight control by increased fat burning	CT08, CT12	384	SE- 66 and CIAA 381
Epigallo-catechin-3gallat (EGCG) och (vatten)extrakt av grönt te rikt på EGCG//Epigallo-catechin-3-gallate (EGCG) / Green tea extract, rich in EGCG	Blood glucose levels	Based on intervention studies a daily intake of 84-386 mg EGCG in the field of glucose homeostasis can be regarded as adequate.			Kan i kombination med en hälsosam kost och livsstil bidra till hälsosamma blodsockernivåer // In combination with a healthy diet and lifestyle contribute to healthy blood sugar levels	CT06, CT12	385	SE- 67 and CIAA 382
Epigallo-catechin-3gallat (EGCG) och (vatten)extrakt av grönt te rikt på EGCG//Epigallo-catechin-3-gallate (EGCG) / Green tea extract, rich in EGCG	Cardio-vascular health	Based on studies with green tea a daily intake of EGCG from green tea ranging from 69 to 657 mg can be regarded as adequate			Bidrar till att hålla blodkärlen friska // Contribute to healthy blood vessels #Aor#C	CT01, CT03, CT23	386	SE- 68 and CIAA 383
Emulsion av palm- och havreolja// Formulated palm and oat oil emulsion	Weight management	5-12,5 g per day			Ger en förlängd mättnadskänsla // Contribute fo prolonged satiation	CT06, CT12	391	SE- 69 and CIAA 388
Glukomannan//Glucomanan	Weight management	3 g perday			En löslig kostfiber som ger en förlängd mättnadskänsla och kan därigenom bidra till ett lägre energiintag. // A soluble dietary fiber gives a prolonged satiety and thereby a lower energy intake	CT06, CT12	392	SE- 70 and CIAA 389

Glukosinolat//Glucosinolates	Immune health	Phytoconstituent's content in vegetables expressed in comparison with the daily needs and threshold for activity Up to 20 mg			Bidrar till. //Support.... Förstärker ett normalt immunförsvar//Strengthens the body's normal immune resistance#A	CT01, CT20	394	SE- 71 and CIAA 391
Glutamin//Glutamine	Immune health	50-400 mg/kg per day			Kan bidra till ett normalt immunförsvar vid kraftig fysisk ansträngning.Kan förstärka ett normalt immunförsvar// Can contribute to a normal immune defence at intensive physical strain. Can strenghten a normal immune defence.#A	CT01, CT20	396	SE- 72 and CIAA 393
Glutamin//Glutamine	Muscle function	50-900 mg/kg per day			Kan upprätthålla en normal muskeluppbyggnad efter kraftig fysisk ansträngning, såsom vid uthållighetssport eller annan intensiv sportutövning // Maintain a normal muscle build-up after intensive physical strain, as in persistent sport or other intensive sporting exercise	CT06, CT11	397	SE- 73 and CIAA 394
Lutein	Eye health	Minimum 6 mg/day (regular consumption of lutein via dietary sources or/and supplementation			Medverkar till att upprätthålla en normal funktion hos ögats näthinna // Contributes to maintain a normal function of eye retina#B	CT04, CT17	403	SE- 74 and CIAA 399
Lutein	Skin health	Minimum 10 mg/day (regular consumption of lutein via dietary sources or/and supplementation			En antioxidant som kan skydda huden mot kraftig UV strålning // An antioxidant that protects the skin for intensive UV radiation #A or #B	CT01 or CT04, CT18, CIAA404	404	SE- 75 and CIAA 400

Lycopene	Skin health	Min. 6 mg/day			Kan medverka till att skydda huden mot kraftig UV strålning // Contributes to protect the skin for intensive UV radiation #A or #B	CT01 or CT04, CT18	405	SE- 76 and CIAA 401
Lycopene + Lycopenes from tomato juices (406)	Antioxidant properties/Antioxidant properties (protection of DNA)/Heart health/Antioxidant properties	7-16 mg/day / Up to 12 mg/day/ 40-60 mg per day/ Estimated sufficient intakes: 6 to 10 mg per day			Är en antioxidant som skyddar kroppens celler//Antioxidant protects body's cells	CT06, CT21	407-410	SE- 77-SE-80 and CIAA 403 to 406
Phytosterols (mixture of Beta-sitosterol, Campesterol, Stigmasterol, Brassicasterol, Stigmastanol, Ergostanol, Campestanol)	Cholesterol metabolism	Cholesterol metabolism Min. 1 g per day			Kan bidra till att sänka halten kolesterol i blodet // Contributes to the reduction of blood cholesterol #B	CT04, CT23, CIAA421	421	SE- 81 and CIAA 417
Polyphenols from processed fruits and vegetables and juices / Polyphenols (general and from grape, olive and cacao in particular) / Polyphenols from olive (olive fruit, olive mill waste waters or olive oil)	Antioxidant properties	30 % of observed intakes per day : 0.3 g Min. 30% of intakes per day / Intakes are 3000 to 5000 ORAC unit per day 20 g of an olive oil with a polyphenol content of 200 mg/kg / Min 2 mg per day of hydroxytyrosol			Har en antioxidant verkan som kan skydda kroppens celler // /Antioxidant effect protecting body's cells	CT06, CT21	423-425	SE- 82 to SE-84 and CIAA 419 to 421
Polyfenoler från rött vin / Polyphenols from red wine	Antioxidant properties / Lipid metabolism/ Vascular functions	Min 300 mg per day			Har en antioxidant verkan som kan bidra till att hålla blodkärlen friska // Has an antioxidant effect maintaining blood vessels healthy #A	CT01, CT21, CT23	427-429	SE- 85 to SE-87 and CIAA 423 to 425

Polyfenoler från te /Polyphenols from tea	Antioxidant properties / Hearth health	240-540 mg of polyphenols per day			Har en antioxidanteffekt som skyddar kroppens celler //Has antioxidant effect protecting body's cells	CT06, CT21	430	SE- 88 and CIAA 426
Quercetin	Antioxidant properties	phytoconstituent's content in fruits and vegetables expressed in comparison with the daily needs and threshold for activity Up to 40 mg			Är en antioxidant som kan bidra till att upprätthålla / stödja kroppens motståndskraft// Is an antioxidant which can contribute to body's resistence #B	CT04, CT19	432	SE- 89 and CIAA 428
Silica / kiselgur // Silica / Silicious earth	Essential part of the connective tissues, skin and hair	Typical intake: 20-500 mg silicon per day			Traditionellt använt för att stärka hud, hår och naglar //Traditionally used for strengthening skin, hair and nails #C	CT03, CT18	435	SE- 90 and CIAA 431
Soja isoflavoner//Soy Isoflavones	Menopause	35 to 100 mg of soy isoflavones per day			Kan bidra till välbefinnandet hos kvinnor i övergångsåldern // Contributes to womens well- being during menopause #C	CT03, CT12	436	SE- 91 and CIAA 432
Soja isoflavoner//Soy Isoflavones	Bone health	40 to 100 mg of soy isoflavones			Kan medverka till att (hos kvinnor) behålla normal benstruktur vid ökad ålder // Contributes to the maintenance of normal bone strength at increased age	CT06, CT10	437	SE- 92 and CIAA 433
Sterols/ stanols and their esters	Heart health and artery health because of LDL cholesterol lowering	See reference section			Kan bidra till att sänka halten kolesterol i blodet // Contributes to the reduction of blood cholesterol #B	CT04, CT23	440	SE- 93 and CIAA 436
Zeaxantin	Eye health and vision	1-3 mg/day, if taken together with lutein.			Kan medverka till att upprätthålla en normal funktion hos ögats näthinna// Contributes to maintain a normal function of eye retina #B	CT04, CT17	446	SE- 94 and CIAA 438

Särskilt preparerad vitlök (Åldrad vitlök) //Allium sativum (aged garlic) (Common Name : Aged garlic)	Heart Health	Bulb, leaf / The equivalent of 10 mg per day			Kan bidra till att sänka kolesterolhalten i blodet // Contributes to the reduction of blood cholesterol #B	CT04, CT23	458	SE- 95 and CIAA 450
Vitlök/ Allium sativum (Common Name : Garlic)	Heart Health/ Blood lipids	Bulb, leaf / The equivalent of minimum 4 mg of alliin or 2-5 mg of alliin per day			Kan bidra till att sänka kolesterolhalten i blodet// Contributes to the reduction of blood cholesterol #B	CT04, CT23	459	SE- 96 and CIAA 451
Aronia melanocarpa (Common Name :Chokeberry)	Antioxidant properties/source of anthocyanins and polyphenols with antioxidant activity	Fruit / The equivalence of anthocyanins content of 9-15 g of fresh fruits per day (45 – 60 mg anthocyanins calculated as cyanidin-3-0-galactoside per day)			Har en antioxidant verkan som kan skydda kroppens celler//Antioxidant effect protecting body's cells	CT06, CT21	473	SE- 97 and CIAA 465
Aspalathus linearis (Common Name: Rooibos/Red bush)	Antioxidant properties	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 2 g per consumption occasion			Har en antioxidant verkan som kan skydda kroppens celler//Antioxidant effect protecting body's cells	CT06, CT21	476	SE- 98 and CIAA 468
Camelia sinensis (Common Name: Tea)	Protection of body tissues and cells from oxidative damage Heart health	Leaf / 300 ml of brewed tea (1.5 cups or a large mug). Sufficient serving of a tea drink to deliver 540 mg of tea solids 720 ml of brewed tea/ day with or without milk. Sufficient serving of a tea drink to deliver 1.5-2.0g equivalent amount of tea solids.			Har en antioxidant verkan som kan skydda kroppens celler//Antioxidant effect protecting body's cells	CT06, CT21	488, 491	SE- 99 and CIAA 479 + SE- 100 and CIAA 482

Camelia sinensis (Common Name: Tea)	Physical and mental stimulation (hydration and caffeine)	200ml (1 cup) of black tea (equivalent to 0.4-0.5g/serving tea solids)			Te verkar stimulerande och uppiggande // Tea is having an effect of being stimulating and keeping you alert#C	CT03, CT11	489	SE- 101 and CIAA 480
Camelia sinensis (Common Name: Tea)	Weight management/metabolism of lipids	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of minimum 150 mg caffeine, 115-270 mg EGCG, and 375 mg Catechins / The equivalent of 240 mg of polyphenols per day			Kan i kombination med en hälsosam kost och motion medverka till viktkontroll genom ökad fettförbränning // In combination with a healthy diet and exercise contribute to weight control by increased fat burning	CT08, CT12	492	SE- 102 and CIAA 483
Cikoria // Cichorium intybus (Common Name : Chicory)	Intestinal health	600-1000 g per day.			Cikoria innehåller ämnen som är bra för (främjar) tarmens funktion // Contains substances good for (promotes) gut function #C	CT03, CT15	509	SE- 103 and CIAA 497
Ceylonkanel // Cinnamomum cassia, zeylanicum (Common Name : Cinnamon)	Glucose metabolism	Bark / Usual consumption as traditional foodstuff in a normal diet / 1 g of cinnamon powder per day			Kan i kombination med en hälsosam kost och livsstil bidra till hälsosamma blodsockernivåer // In combination with a healthy diet and lifestyle contribute to healthy blood sugar levels	CT06, CT12	513	SE- 104 and CIAA 501
Grapefrukt//Citrus paradisi (Common Name : Grapefruit)	Antioxidant properties	Fruit / The equivalent of 250 ml of fresh grapefruit juice			Har en antioxidant effekt som kan skydda kroppens celler. //Antioxidant effect protecting body's cells	CT06, CT21	CT06, CT21, CIAA522	SE- 105 and CIAA 510
Kolanöt//Cola acuminata/nitida (vera) (Common Name : Cola nut)	Invigoration of the body	Fruit / Usual consumption as traditional foodstuff in a normal diet			Har en uppiggande inverkan// Supports alertness #C	CT03, CT14	524	SE- 106 and CIAA 512

Koriander // Coriandrum sativum (Common Name: Coriander)	Appetite / Digestive health	Fruit / Usual consumption as traditional foodstuff in a normal diet			Kan stärka/främja aptit och matsmältning // Strengthen /promoting appetite and digestion #C	CT03, CT12	526-527	SE- 107 and SE- 108 and CIAA 514 and 515
Gurkmeja//Curcuma longa (Common Name : Turmeric, kunyit, curcumin)	Intestinal and digestive health	Root / The equivalent of 1.5-3 g of turmeric root per day			Kan stärka/främja aptit och matsmältning// Strengthen /promoting appetite and digestion#C	CT03, CT12	536	SE- 109 and CIAA 523
Kronärtskocka // Cynara scolymus (Common Name: Artichoke)	Intestinal and liver health	Leaf, flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g dried artichoke leaf per day			Kan stärka/främja aptit och matsmältning// Strengthen /promoting appetite and digestion#C	CT03, CT12	544	SE- 110 and CIAA 531
Gullgentiana// Gentiana lutea (Common Name : Gentian)	Appetite / Gastrointestinal health	Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0,3 g root per day			Kan stärka/främja aptit och matsmältning// Strengthen /promoting appetite and digestion#C	CT03, CT12	581	SE- 111 and CIAA 565
Korallticka/Maitake svamp//Griffola fondosa (Common Name : Maitake)	Immune health	Mushroom / 0.5 to 1 mg per kg of body weight (35-70 mg) per day			Bidrar till.. //Support.... Förstärker ett normalt immunförsvar//Strengthens the body's normal immune resistance#A	CT01, CT20	590	SE- 112 and CIAA 574
Humle/Humulus lupulus (Common Name : Hops)	Menopause	Flower / The equivalent of 100-250 µg of 8-prenylaringenin / Target group: Women during menopause			Kan bidra till välbefinnandet hos kvinnor i övergångsåldern // Contributes to womens well-being during menopause #C	CT03, CT12	603	SE- 113 and CIAA 586

Ilex paraguariensis (Common Name : Yerba mate)	Invigoration of the body	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3 g leaves as tea per day			Har en uppiggande inverkan#C och ökar den fysiska och psykiska prestationsförmågan#C	CT03, CT11, CT14	609	SE- 114 and CIAA 592
Trädekvamp / Ekskivling //Lentinula edodes (Common Name : Shiitake)	Immune health	Dried mushroom / The equivalent of 6-16 g LEM (Lentinan edodes mycelium extract)			Bidrar till.. //Support.... Förstärker ett normalt immunförsvar//Strengthens the body's normal immune resistance#A	CT01, CT20	617	SE- 115 and CIAA 600
Goji bär//Lycium Barbarum (Common Name :Wolfberry)	Antioxidant properties	Whole fruits including seeds and flesh / The equivalent of 10 to 50 g of the whole fruit per day		Note: (not approved yet within EU as novel food)	Har en antioxidant effekt som kan skydda kroppens celler // Antioxidant effect protecting body's cells	CT06, CT21	626	SE- 116 and CIAA 609
Nattljus (olja)//Oenothera paradoxa (Common Name : Evening Primrose)	Heart Health	Seed / The equivalent of 1.5 – 3.0 g of seeds oil per day			Tillskott av nyttiga fleromättade fettsyror // Supplement of nutritious unsaturated fatty acids #D	CT02, CT23	651	SE- 117 and CIAA 632
Ginseng//Panax Ginseng (Common Name: Asean, Korean ginseng)	Invigoration of the body	Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.5 – 2g dry root			Har en uppiggande inverkan och ökar den psykiska och fysiska prestationsförmågan // Supports alertness and increase the mental and physical performance#C	CT03, CT11, CT14	658	SE- 118 and CIAA 639
Ginseng//Panax Ginseng (Common Name: Asean, Korean ginseng)	Immune health	Root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.6 – 2g dry root			Bidrar till.. //Support.... Förstärker ett normalt immunförsvar//Strengthens the body's normal immune resistance#A	CT01, CT20	660	SE- 119 and CIAA 641

Guarana // Paulinia cupana (Common Name : Guarana)	Cognitive performance	Fruit, seed, stem / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 10 mg of caffen or the equivalent of 75 mg of herb			Har en uppiggande inverkan// Supports alertness #C	CT03, CT14	664	SE- 120 and CIAA 645
Loppfröskal//Plantago ovata/ispaghula (Common Name: Psyllium Husk)	Cholesterol	Seed / the equivalent of 6 g per day			Kan med en hälsosam kost och hälsosam livsstil sänka kolesterol i blodet// In combination with a healthy diet and lifestyle contribute to healthy blood cholesterol levels #B	CT04, CT23	674	SE- 121 and CIAA 657
Granatäpple//Punica granatum (Common Name: Pomgranade)	Cardiovascular health	Fruit / The equivalent of 50-240 ml pomegranate juice or 78 - 330 mg punicalagin			Har en antioxidant effekt som kan skydda kroppen celler // Antioxidant effect protecting body's cells	CT06, CT21	680	SE- 122 and CIAA 663
Rosenrot//Rhodeola rosea (Common Name: Rhodiola)	Invigoration of the body	Root / Usual consumption as traditional foodstuff in a normal diet			Ger ökat välbefinnande, ökad ork och mental förmåga // Helps to increased well-being, increased strength and mental ability#C Ökar prestationsförmågan // Helps increase performance #C Anpassar kroppens förmåga att motstå stress // Adapts body ability to resist stress #C	CT03, CT14 CT03, CT14 CT03, CT14	685 685 685	SE- 123 and CIAA 668
Björnbär//Rubus fruticosus (Common Name: Blackberry)	Antioxidant properties	Fruit, leaf / Usual consumption as traditional foodstuff in a normal die			Har en antioxidant effekt som kan skydda kroppen celler// Antioxidant effect protecting body's cells	CT06, CT21	698	SE- 124 and CIAA 681

Hallon//Rubus idaeus (Common Name: Raspberry)	Antioxidant properties	Leaf / Usual consumption as traditional foodstuff in a normal die			Har en antioxidant effekt som kan skydda kroppen celler // Antioxidant effect protecting body's cells	CT06, CT21	701	SE- 125 and CIAA 684
Salvia//Salvia officinalis (Common Name: Sage)	Stomach health	Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3-9 g of leaves per day			Kan stärka/främja aptit och matsmältning // Strengthen /promoting appetite and digestion#C	CT03, CT12	706	SE- 126 and CIAA 689
Fläderbär//Sambucus nigra (Common Name: Elderberry)	Antioxidative properties.	Fruit, flowers / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 gram flowers or berries per day.			Har en antioxidant effekt som kan skydda kroppen celler // Antioxidant effect protecting body's cells	CT06, CT21	714	SE- 127 and CIAA 694
Fjärilsranka / Schizandra// Schisandra chinensis (Common Name:Magnolia)	Physical and mental health	Fruit, leaf/ Usual consumption as traditional foodstuff in a normal diet			Ger ökat välbefinnande, ökad ork och mental förmåga#C Ökar prestationsförmågan // Helps increase performance #C Anpassar kroppens förmåga att motstå stress // Adapts body ability to resist stress #C	CT03, CT11, CT14 CT03, CT11, CT14 CT03, CT14	717 717 717	SE- 128 and CIAA 700
Rödklöver//Trifolium pratense (Common Name: Red Clover)	Menopause	Aerial parts / The equivalent of 40-80 mg isoflavones per day			Kan bidra till välbefinnandet hos kvinnor i övergångsåldern // Contributes to womens well-being during menopause #C	CT03, CT12	739	SE- 129 and CIAA 722

Bockhornsklöver//Trigonella foenumgraecum (Common Name: Fenugreek)	Glucose metabolism	Seed / Usual consumption as traditional foodstuff in a normal diet / The equivalent of min. 90 mg of total saponins per day			Kan i kombination med en hälsosam kost och livsstil bidra till hälsosamma blodsockernivåer // In combination with a healthy diet and lifestyle contribute to healthy blood sugar levels	CT06, CT12	740	SE- 130 and CIAA 723
Tranbär//Vaccinium macrocarpon (Common Name : Cranberry)	Antioxidant properties	Fruit. The equivalent of minimum 15 ml of cranberry juice or 800 mg of cranberry solids per day			Har en antioxidant effekt som kan skydda kroppen celler // Antioxidant effect protecting body's cells	CT06, CT21	757	SE- 131 and CIAA 740
Blåbär//Vaccinium myrtillus (Common Name: Blueberry, billberry)	Antioxidant properties	Fruit, leaf / Usual consumption as traditional foodstuff in a normal diet			Har en antioxidant effekt som kan skydda kroppen celler // Antioxidant effect protecting body's cells	CT06, CT21	760	SE- 132 and CIAA 743
Vindruvor//Vitis vinifera (Common Name: Grape)	Antioxidant properties	Fruit, leaf, seed / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g of leaf per day			Har en antioxidant effekt som kan skydda kroppen celler // Antioxidant effect protecting body's cells	CT06, CT21	769	SE- 133 and CIAA 752

Naturligt astaxanthin från den encelliga grönalgen Haematococcus pluvialis	Inverkan på ögonens funktion	Daglig dos 4-8 mg astaxanthin. Effekt uppnås efter regelbundet intag under 2-4 veckor	Humanstudier, Djurstudier	<p>Nakamura A, Isobe R, Otaka Y, Abematsu Y, Nakata D, Honma C, Sakurai S, Shimada Y, Horiguchi M. Changes in visual function following peroral Astaxanthin. Jpn J of Clinical Ophthalmology 2004; 58(6):1051-1054.</p> <p>Kenji S, Kazuhiro O, Takuya N, Yasuhiro S, Shinki C, Kazuhiko Y, Hiroki T, Takehara I, Shigeaki O. Effect of Astaxanthin on accommodation and asthenopia – Efficacy-identification study in healthy volunteers. J of Clinical Therapeutics and Medicines 2005; 21(6):543-556.</p> <p>Nitta T, Ohgami K, Shiratori K, Shinmei Y, Chin S, Voshida K, Tsukuhra H, Ohno S. Effects of Astaxanthin on accommodation and asthenopia – dose finding study in healthy volunteers. J of Clinical Therapeutics and Medicines 2005; 21(5):637-650.</p> <p>Nanako T, Masayoshi K. Effects of Astaxanthin on accommodative recovery. J of Clinical Therapeutics and Medicines 2005; 21(4):431-436.</p> <p>Yasunori N, Miharu M, Jiro T, Akitoshi K, Yoshiharu H, Yuri S, Hiroki T. The effect of Astaxanthin on retinal capillary blood flow in normal volunteers. J of Clinical Therapeutics and Medicines 2005; 21(5):537-542.</p> <p>Miyawaki H, Takahashi J, Tsukahara H, Takehara I. Effects of Astaxanthin on human blood. Ohgami K, Shiratori K, kotake S, Nishida T, Mizuki N, Yazawa K, Ohno S. Effects of Astaxanthin on human blood. Suzuki Y, Ohgami K, Shiratori K, Jin X-H, Ilieva I, Koyama Y, Yazawa K, Yoshida K, Kawano T, Wu T-H, Liao J-H, Hou W-C, Huang F-Y, Maher T J, Hu C-C. Astaxanthin protects against oxidative damage in human blood. J of Clinical Therapeutics and Medicines 2005; 21(5):537-542.</p>	Astaxanthin bidrar till pigga och alerta ögon#C Astaxanthin promote sharp and alert eyes.#C	CT03, CT17	SE-134
Naturligt astaxanthin från den encelliga grönalgen Haematococcus pluvialis	Musklernas funktion	Daglig dos 4-8 mg astaxanthin. Personer som tränar hårt bör ta 8 mg astaxanthin per dag. Effekt uppnås efter regelbunden användning i 4 – 24 veckor.	Humanstudier, Djurstudier, Epidemiologiska studier	<p>Sawaki K, Yoshigi H, Aoki K, koikawa N, Azumane A, Keneko K, Yamaguchi M. Sports performance benefits from taking natural Astaxanthin characterized by visual acuity and muscular fatigue improvement in humans. J of Clinical Therapeutics and Medicine 2002; 18(9):73-88.</p> <p>Malmsten C L. Dietary supplementation with Astaxanthin-rich algal meal improves strength endurance. A double blind placebo controlled study on male students. Unpublished.</p> <p>Aoi W, Naito Y, Sakuma K, Kuchide M, Toduda H, Maoka T, Toyokuni S, Oka S, Yasuhara M, Yoshikawa T. Astaxanthin limits exercise-induced skeletal and cardiac muscle damage in mice. Antioxidants and Redox Signalling 2003; 5(1):139-144.</p> <p>Ikeuchi M, Koyama T, Takahashi J, Yazawa K. Effects of Astaxanthin supplementation on exercise-induced fatigue in mice. Biol Pharm Bull 2006; 29(10):2106-2110.</p> <p>Semba R D, Blaum C, Guralnik J M, Moncrief D T, Ricks M O, Fried L P. Carotenoid and vitamin E status are associated with indicators of sarcopenia among older women living in the community. Aging Clin Exp Res 2003; 15:482-487</p>	Astaxanthin ger musklerna god uthållighet och alert kropp vid träning#C Astaxanthin maintains good muscle persistence and alert body at exercise.#C	CT03, CT11	SE-135

<p>Naturligt astaxanthin från den encelliga grönalgen <i>Haematococcus pluvialis</i></p>	<p>Inverkan på mag- och tarmhälsa.</p>	<p>Daglig dos 4-40 mg astaxanthin per dag. Dosering om mer än 20 mg astaxanthin per dag under högst 4 veckor i följd.</p> <p>Effekt uppnås vid regelbunden användning efter 1-2 veckor.</p>	<p>Humanstudier, Djurstudier</p>	<p>Lignell Å, Surace R, Böttiger Pa, Borody T J. The safety, tolerability and efficacy of the antioxidant astaxanthin on the treatment of <i>Helicobacter pylori</i> infection. 12th Intern. Carotenoid Symp. Cairns, 1999.</p> <p>Kupcinskas L, Lafolie P, Lignell Å, Kiudelis G, Jonaitis L, Adamonis K, Andersen L P, Wadström T. Efficacy of the natural antioxidant astaxanthin in the treatment of functional dyspepsia in patients with or without <i>Helicobacter pylori</i> infection; a prospective, randomized, double blind, and placebo-controlled study. In press.</p> <p>Lignell Å. Treatment of dyspepsia. PCT patent application WO 00/23064.</p> <p>Wetscher G J, Hinder R A, Bagchi D, Hinder P R, Bagchi M, Perdikis G, McGinn T. Reflux esophagitis in humans is mediated by oxygen-derived free radicals. <i>Am J Surg</i> 1995; 170(6):552-557.</p> <p>Oh T Y, Lee J S, Ahn B O, Cho H, Kim W B, Kim Y B, Surh Y J, Cho S W, Lee K M, Hahm K B. Oxidative stress is more important than acid in the pathogenesis of reflux oesophagitis in rats. <i>Gut</i> 2001; 49:364-371.</p> <p>Wang X, Willén R, Wadström T. Astaxanthin-rich algal meal and Vitamin C inhibit <i>helicobacter pylori</i> infection in BALB/cA mice. <i>Antimicrobial agents and</i></p> <p>Bennedsen M, Wang X, Willén R, Wadström T, Andersen L P. Treatment of H. p</p> <p>Kim J-H, Choi S-K, Choi S-Y, Kim H-K, Chang H-I. Suppressive effect of Astaxanthin on</p> <p>Nishikawa Y, Minenaka Y, Ichimura M, Tatsumi K, Nadamoto T, Urabe K. Effect of astaxanthin on</p> <p>Oh T Y, Lee J S, Ahn B O, Cho H, Kim W B, Kim Y B, Surh Y J, Cho S W, Hahm K M, Hahm K B. Oxidative stress is more important than acid in the pathogenesis of reflux oesophagitis in rats. <i>Gut</i> 2001; 49:364-371.</p> <p>Kim J H, Kim Y S, Song G G, Park J J, Chang H I. Protective effect of Astaxanthin on</p> <p>Sjunnesson H, Sturegard E, Willén R, Wadström T. High intake of selenium, beta-carotene, and</p> <p>Wetscher G J, Perdikis G, Kretchmar D H, Stinson R G, Bagchi D, Redmond E J</p>	<p>Astaxanthin främjar en god magfunktion#C Astaxanthin improves stomach comfort.#C</p>	<p>CT03, CT15</p>		<p>SE-136</p>
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Naturligt astaxanthin från den encelliga grönalgen Haematococcus pluvialis	Inverkan på hudens egenskaper	Daglig dos 2-4 mg astaxanthin. Effekt uppnås efter regelbunden användning i 2-4 veckor.	Humanstudier, Djurstudier, In vitro studier	<p>Yamashita E. The effects of a dietary supplement containing Astaxanthin on skin condition. Carotenoid Science 2006; 10:91-95.</p> <p>Yamashita E. Cosmetic benefit of dietary supplements containing Astaxanthin and tocotrienol on human skin. Food Style 2002; 21(6):112-117.</p> <p>Heinrich U, Tronnier H, Stahl W, Béjot M, Maurette J-M. Antioxidant supplements improve parameters related to skin structure in humans. Skin Pharmacol Physiol 2006; 19:224-231.</p> <p>Arakane. Superior skin protection via Astaxanthin. Carotenoid Science 2002; 5:21-24.</p> <p>Black H S. Radical interception by carotenoids and effects on UV carcinogenesis. Nutrition and Cancer 1998; 31(3):212-217.</p> <p>O'Connor I, O'Brien N. Modulation of UVA light-induced oxidative stress by β-carotene, lutein and Astaxanthin in cultured fibroblasts. J of dermatological science 1998; 16:226-230.</p> <p>O'Callaghan Y, O'Brien N. The effect of carotenoids and tocopherols in the protection of human fibroblast cells against UVA-induced DNA damage. J of Dermatological Science 2004; 34:231-233.</p> <p>Savouré N et al. Vitamin A status and metabolism of cutaneous polyamines in the skin. J of Pathology 2007; 211(2):241-251.</p> <p>Lyons N M, O'Brien N M. Modulatory effects of an algal extract containing Astaxanthin on skin ageing. J of Pathology 2007; 211(2):241-251.</p> <p>Baumann L. Skin ageing and its treatment. J of Pathology 2007; 211(2):241-251.</p>	Astaxanthin är bra för hudens fuktighet och elasticitet samt skyddar mot UV-strålning.#A Astaxanthin promotes skin moisture and elasticity plus protect against UV-irradiation.#A	CT01, CT18		SE-137
Naturligt astaxanthin från den encelliga grönalgen Haematococcus pluvialis	Spermiernas funktion	Daglig dos 16 mg astaxanthin. Effekt uppnås efter regelbunden användning i 3 månader.	Humanstudier, Djurstudier, In vitro studier	<p>Comhaire F H, El Garem Y, Mahmoud A, eertmans F, Schoonjans F. Combined conventional/antioxidant « astaxanthin » treatment for male infertility : a double blind, randomized trial. Asian J Androl 2005; 7(3):257-262.</p> <p>Heczko KH. Einfluss der zufütterung von karotenoidem astaxanthin auf die fruchtbarkeit von warmbluthengsten. Dissertation 2004. NBN-prüfziffer urn:nbn:de:gbv:95-89485.</p>	Astaxanthin främjar spermierna/sädescellernas rörlighet och funktion.#C Astaxanthin promotes sperms motility and functionality.#C	CT03, CT19		SE-138

Naturligt astaxanthin från den encelliga grönalgen Haematococcus pluvialis		Daglig dos 2-8 mg astaxanthin. Effekt uppnås efter regelbunden användning i 2 – 12 veckor.	Humanstudier, Djurstudier	<p>Karppi J, Rissanen T H, Nyssönen K, Kaikkonen J, Olsson A G, Voutilainen S, Salonen J T. Effects of astaxanthin supplementation on lipid peroxidation. Int J for Vitamin and Nutrition Research 2007; 77(1):3-11.</p> <p>Iwamoto T, Hosoda K, Hirano R, Kurata H, Matsumoto A, Miki W, Kamiyama M, Itakura H, Yamamoto S, Kondo K. Inhibition of low-density lipoprotein oxidation by Astaxanthin. J Atheroscler Thromb 2000; 7(4):216-222.</p> <p>Lockwood S F, Gross G J. Disodium Disuccinate Astaxanthin (Cardax™): Antioxidant and Antiinflammatory Cardioprotection. Cardiovascular drug reviews 2005; 23(3): 199-216.</p> <p>Hussein G, Nakamura M, Zhao Q, Iguchi T, Goto H, Sankawa U, Watanabe H. Antihypertensive and neuroprotective effects of Astaxanthin in experimental animals. Bio Pharm Bull 2005; 28(1):47-52.</p> <p>Li W, Hellsten A, Jacobsson L S, Blomqvist H M, Olsson A G, Yuan X-M. Alpha-tocopherol and Astaxanthin decrease macrophage infiltration, apoptosis and vulnerability in atheroma of hyperlipidaemic rabbits. J of Molecular and Cellular Cardiology 2004; 37:969-978.</p> <p>Lauver D A, Lockwood S F, Lucchesi B R. Disodium disuccinate Astaxanthin (C</p> <p>Hussein G, Goto H, Oda S, Sankawa U, Matsumoto K, Watanabe H. Antihypertensive effects of Astaxanthin in experimental animals. J of Molecular and Cellular Cardiology 2004; 37:969-978.</p> <p>Olaizola M. The health benefits of Haematococcus Astaxanthin: cardiovascular health. J of Molecular and Cellular Cardiology 2004; 37:969-978.</p> <p>Hussein G, Goto H, Oda S, Iguchi T, Sankawa U, Matsumoto K, Watanabe H. Astaxanthin decreases macrophage infiltration, apoptosis and vulnerability in atheroma of hyperlipidaemic rabbits. J of Molecular and Cellular Cardiology 2004; 37:969-978.</p> <p>Nakao R, Nelson O L, Park J S, Mathison B, Thompson P A, Chew B P. Biphaseic effects of Astaxanthin on atherosclerosis in hyperlipidaemic rabbits. J of Molecular and Cellular Cardiology 2004; 37:969-978.</p> <p>Setnikar I, Senin P, Rovati L C. Antiatherosclerotic efficacy of policosanol, red yeast rice, and Astaxanthin in hyperlipidaemic rabbits. J of Molecular and Cellular Cardiology 2004; 37:969-978.</p>	Astaxanthin är bra för hjärta och kärl#C Astaxanthin contributes to heart and vascular health.#C	CT03, CT23		SE-139
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<p>Naturligt astaxanthin från den encelliga grönalgen <i>Haematococcus pluvialis</i></p>	<p>Immunsystemet</p>	<p>Daglig dos 2-16 mg astaxanthin. Effekt uppnås efter regelbunden användning 2-16 veckor.</p>	<p>Humanstudier, Djurstudier, In vitro studier</p>	<p>Iwamoto T, Hosoda K, Hirano R, Kurata H, Matsumoto A, Miki W, Kamiyama M, Itakura H, Yamamoto S, Kondo K. Inhibition of low-density lipoprotein oxidation by Astaxanthin. <i>J Atheroscler Thromb</i> 2000; 7(4):216-222. Karppli J, Rissanen T H, Nyssönen K, Kaikkonen J, Olsson A G, Vuotilanen S, Salonen J T. Effects of astaxanthin supplementation on lipid peroxidation. <i>Int J for Vitamin and Nutrition Research</i> 2007; 77(1):3-11. Comhaire F H, El Garem Y, Mahmoud A, eertmans F, Schoonjans F. Combined conventional/antioxidant « astaxanthin » treatment for male infertility : a double blind, randomized trial. <i>Asian J Androl</i> 2005; 7(3):257-262. Mahmoud F F, Haines D D, Abul H T, Abal A T, Onadeko B O, Wise J A. In vitro effects of astaxanthin combined with ginkgolide B on T lymphocyte activation in peripheral blood mononuclear cells from asthmatic subjects. <i>J Pharmacol sci</i> 2004; 94:129-136. Lockwood S F, Penn M S, Hazen S L, Bikádi Z, Zsila F. The effects of oral CardaxTM (disodium disuccinate Astaxanthin) on multiple independent oxidative stress markers in a mouse peritoneal inflammation model: influence on 5-lipoxygenase in vitro and in vivo. <i>Life sciences</i> 2006; 79:162-174. Hussein G, Sankawa U, goto H, Matsumoto K, Watanabe H. Astaxanthin, a carotenoids with potential in human health. <i>Life sciences</i> 2006; 79:162-174. Mortensen A, Skibsted L H. relative stability of carotenoids radical cations and homologue tocopheroxyl radicals. <i>Life sciences</i> 2006; 79:162-174. Mortensen A, Skibsted L H, Sampson J, Rice-Evans C, Everrett S A. Comparative mechanisms and rates of free radical scavenging by carotenoids and tocopherol. <i>Free Radic Biol Med</i> 2005; 48:1150-1155. 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Lee S-J, Bai S-K, Lee K-S, Namkoong S, Na H-J, Ha K-S, Han J-A, Yim S-V, Chang K, Kwon Y-G, Lee S K, Kim</p>	<p>Astaxanthin är en biologiskt aktiv antioxidant som skyddar kroppens celler och bidrar till att främja immunsystemets funktion. Astaxanthin is strong antioxidant protecting the cells in the body and it helps to maintain the immune system.</p>	<p>CT06, CT20</p>		<p>SE-140</p>
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<p>Mjölprotein-koncentrat med högt innehåll av fosfolipider (effektiv komponent fosfatidylserin);</p> <p>Milk protein concentrate with a high content of phospholipids. (Effective component: Phosphatidylserine);</p> <p>Lacprodan®PL-20</p>	<p>Minskning av stress</p> <p>Förbättrad minnesfunktion</p> <p>Stress reduction</p> <p>Enhanced memory function</p>	<p>13,5 g Lacprodan® PL-20 per dag i tre veckor (~310 mg fosfatidylserin per dag)</p> <p>200-600 mg fosfatidylserin per dag i 30-60 dagar</p> <p>13.5 g Lacprodan® PL-20 per dag i three weeks (~310 mg phosphatidylserine per day)</p> <p>200-600 mg phosphatidylserine per day in 30-60 days</p>	<p>Scientific investigations</p>	<p>Hellmann, J. et al. Data in preparation - confidential. Intervention study (N=46). Study finished in may 2006</p> <p>Studies supporting our claim:</p> <p>McDaniel MA, Maier SF and Einstein GO. "Brain-specific" nutrients: A memory cure? Nutrition 2003; 19:957-975.</p> <p>Ransmyr G, Plörer S, Gerstenbrand F and Bauer G. Clin trials J 1987;24(1): 62-72.</p> <p>Amaducci L. Phosphatidylserine in the treatment of Alzheimer's disease: Results of a multicenter study. Psychopharmacology bulletin 1988; 24(1): 130-134.</p> <p>Crook T, Petrie W, Wells C and Massari DC. Effects of phosphatidylserine in Alzheimer's disease. Psychopharmacology bulletin 1992; 28(1): 61-66.</p> <p>Engel RR, Satzger W, Günther W, Kathmann N, Bove D, Gerke S, Münch U and Hippus H. Double-blind cross-over study of phosphatidylserine vs. placebo in patients with early dementia of the Alzheimer type. Eur Neuropsychopharmacology 1992;2:149-155.</p> <p>Fünfgeld EW, Baggen M, Nedwitek P, Richstein B, Mistlberger G. Double-blind study with phosphatidylserine (PS) in parkinsonian patients with senile dementia of Alzheimer's type (SDAT). Alzheimer's disease and related disorders</p> <p>Allegro L, Favaretto V and Ziliotto G. Oral phosphatidylserine in elderly patients</p> <p>Caffara P and Santamaria V. The effects of phosphatidylserine in patients with r</p> <p>Cenacchi T, Bertoldin T, Farina C, Fiori MG, Crepaldi G and participating invest</p> <p>Granata Q and Di Michele J. Phosphatidylserine in elderly patients. Clin Tri J 19</p> <p>Schreiber S, Kampf-Sherf O, Gorfine M, Kelly D, Oppenheim Y and Lerer B. An</p> <p>Sinforani E, Agostinis C, Merlo P, Gualtieri S, Mauri M and Mancuso A. Cogniti</p> <p>Villardita C, Grioli S, Salmeri G, Nicoletti F and Pennisi G. Multicentre clinical t</p> <p>Brambilla F, Maggioni M, Cenacchi T, Sacerdote P and Panerai AR. T-lymphocy</p> <p>Brambilla F and Maggioni M. Blood levels of cytokines in elderly patients with r</p> <p>Brambilla F, Maggioni M, Panerai AE, Sacerdote P and Cenacchi T. □-Endorphi</p> <p>Maggioni M, Picotti GB, Bondiolotti GP, Panerai A, Cenacchi T, Nobile P and B</p> <p>Benton D, Donohoe RT, Silliance B and Nabb S. The influence of phosphatidyls</p> <p>Helhammer J, Fries E, Buss C, Engert V. Tuch A, Rutenberg D and Helhammer J</p> <p>Monteleone P, Maj M, Beinat L, Natale M and Kemali D. Blunting by chronic ph</p>	<p>Minskar mental och emotionell stress och förbättrar minnet.#B</p> <p>Reduce mental and emotional stress and enhance memory.#B</p>	<p>CT04, CT14</p>		<p>SE-141</p>
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<p>Vassleproteinisolat</p> <p>Whey protein isolate</p> <p>(Lacprodan®DI-9212)</p>	<p>Ökar muskelsyntesen</p> <p>Increase muscle synthesis</p>	<p>0,25 g/kg kroppsvikt</p> <p>Lacprodan®DI-9212</p> <p>0.25 g/kg BW</p> <p>Lacprodan®DI-9212</p>	<p>Scientific investigations</p>	<p>Esmarck, B., Kongsgaard, M., Sylvestersen, A., Just, J., Larsen, G., Oehenslaeger, T., Simonsen, L., Graverholdt, G. and Kjaer, M. Similar muscle hypertrophy in elderly individuals receiving either whey hydrolysate or whey intact protein after resistance exercise. (Submitted, Journal of Applied Physiology – data confidential). Intervention study (N=30, n=10, age=75).</p> <p>Esmarck, B., Diederichsen, L.P., van Hall, G., Olesen, J.L., Smith, K., Rennie, M.J. and Kjaer, M. Protein turnover in elderly for 24h after resistance exercise: Influence of intact vs. hydrolyzed whey protein (paper in draft – data confidential). Intervention study (N=12, age=71).</p> <p>Studies supporting our claim:</p> <p>Tipton, K.D. et al (2004) Ingestion of Casein and Whey Proteins Result in Muscle Anabolism after Resistance Exercise. Med. Sci. Sports Exerc. 36: 2073–2081</p> <p>Tracy G. et al. (2007) Feeding Meals Containing Soy or Whey Protein after Exercise Stimulates Protein Synthesis and Translation Initiation in the Skeletal Muscle of Male Rats. Journal of Nutrition 137: 357–362</p> <p>Douglas Paddon-Jones et al (2006) Differential stimulation of muscle protein synthesis by whey protein isolate and casein. J Appl Physiol 95: 2220–2226</p> <p>Esmarck, B. et al. (2001) Timing of postexercise protein intake is important for muscle hypertrophy in elderly individuals. J Appl Physiol 91: 261–269</p> <p>Esmarck, B., Andersen, J.L., Olsen, S., Mizuno, M., Kjaer, M. Timing of protein</p>	<p>Ökar muskelsyntesen.#C</p> <p>Increases muscle synthesis#C</p>	<p>CT03, CT11</p>		<p>SE-142</p>
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<p>Växt: Rosenrot, Rhodiola rosea L., Arctic root</p>	<p>1. Hantering av tillfällig stress.</p> <p>2. För friska personer som utsätts för tillfällig stress.</p>	<p>1. Dagsdos: 600 mg torkad rot, motsvarande 2000 mg färsk rot.</p> <p>2. Effekten uppträder direkt.</p> <p>3. Effekten för barn och gravida är ej känd.</p>	<p>1. Critical Reviews</p> <p>2. Human studies</p> <p>3. Supporting data</p> <p>4. Textbook</p>	<p>1. Reviews</p> <p>Khanum F., et al. Rhodiola rosea: A Versatile Adaptogen Comprehensive reviews in food science and food safety, 2005 4, 55-62</p> <p>Panossian A. and Wagner H., Stimulating Effect of Adaptogens: An Overview with Particular Reference to their Efficacy following Single Dose Administration Phytother. Res. 2005, 19, 819-838</p> <p>Morgan M. and Bone K., Rhodiola: the Arctic adaptogen. Townsend Letter for Doctors and Patients (Phytotherapy Review & Commentary), May, 2005</p> <p>Brown R. P., et al., Rhodiola rosea: A Phytomedicinal Overview, HerbalGram., 2002 56, 40-52</p> <p>Monograph Rhodiola rosea. Alternative Medicine Review, 2002, 7(5), 421-423</p> <p>Kelly G. S., Rhodiola rosea: A Possible Plant Adaptogen Alternative Medicine Review, 2001, 6(3), 293-302</p> <p>2. Human studies</p> <p>Shevtsov V. A. et al., A randomized trial of two different doses of a SHR-5 Rhodiola rosea extract versus placebo and control of capacity for mental work, Phytomedicine, 2003 10, 95-105</p> <p>Darbinyan V. et al., Rhodiola rosea in stress induced fatigue – A double blind cross-over study of a standardized extract SHR-5 with a repeated low-dose regimen</p> <p>Spasov, A. A. et al., A double-blind, placebo-controlled pilot study of the stimulant effect of Rhodiola rosea extract on physical performance</p> <p>De Bock K. et al., Acute Rhodiola rosea intake can improve endurance exercise performance</p> <p>3. Supporting data</p> <p>Panossian A. et al., Plant adaptogens III. Earlier and more recent aspects and conclusions</p> <p>4. Text Book</p> <p>Sandberg F. and Bohlin L., Fytoterapi: Växtbaserade Läkemedel. Stockholm, Sweden, 2004</p>	<p>Bra för fysisk och mental stresshantering.#C</p> <p>Good for handling of physical and mental stress#C</p>	<p>CT03, CT14</p>		<p>SE-143</p>
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<p>Extrakt av växt: Extrakt av Rosenrot, Rhodiola rosea L., Arctic root</p>	<p>1. Hantering av tillfällig stress. 2. För friska personer som utsätts för tillfällig stress.</p>	<p>1. Dagsdos: 150-200 mg extrakt av torkad rot, varav 9 mg rosaviner och 2.5 mg salidrosid. 2. Effekten uppträder direkt. 3. Effekten för barn och gravida är ej känd. 4. Etanol/vatten extrakt. 5. 7-12 mg rosaviner/dag; rosaviner/salidrosid kvot = 3: 0.8-1</p>	<p>1. Critical Reviews 2. Human studies 3. Supporting data 4. Textbook</p>	<p>1. Critical Reviews Khanum F., et al. Rhodiola rosea: A Versatile Adaptogen Comprehensive reviews in food science and food safety, 2005 4, 55-62 Panossian A. and Wagner H., Stimulating Effect of Adaptogens: An Overview with Particular Reference to their Efficacy following Single Dose Administration Phytother. Res. 2005, 19, 819-838 Morgan M. and Bone K., Rhodiola: the Arctic adaptogen. Townsend Letter for Doctors and Patients (Phytotherapy Review & Commentary), May, 2005 Brown R. P., et al., Rhodiola rosea: A Phytomedicinal Overview, HerbalGram., 2002 56, 40-52 Monograph Rhodiola rosea. Alternative Medicine Review, 2002, 7(5), 421-423 Kelly G. S., Rhodiola rosea: A Possible Plant Adaptogen Alternative Medicine Review, 2001, 6(3), 293-302 2. Human studies Shevtsov V. A. et al., A randomized trial of two different doses of a SHR-5 Rhodiola rosea extract versus placebo and control of capacity for mental work, Phytomedicine, 2003 10, 95-105 Darbinyan V. et al., Rhodiola rosea in stress induced fatigue – A double blind cross-over study of a standardized extract SHR-5 with a repeated low-dose regimen Spasov, A. A. et al., A double-blind, placebo-controlled pilot study of the stimulant effect of Rhodiola rosea extract on physical performance De Bock K. et al., Acute Rhodiola rosea intake can improve endurance exercise performance 3. Supporting data Panossian A. et al., Plant adaptogens III. Earlier and more recent aspects and conclusions 4. Text Book Sandberg F. and Bohlin L., Fytoterapi: Växtbaserade Läkemedel. Stockholm, Sweden, 2002</p>	<p>Bra för fysisk och mental stresshantering.#C Good for handling of physical and mental stress#C</p>	<p>CT03, CT14</p>		<p>SE-144</p>
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<p>choline-stabilized orthosilicic acid (ch-OSA)[1]</p>	<p>Helps support hair quality by helping to maintain healthy connective tissue in the dermis. Healthy women and men.</p>	<p>Daily intake of 10 mg silicon (Si) in the form of choline-stabilized orthosilicic acid (ch-OSA); 5 mg Si in the morning and 5 mg Si in the evening.</p>	<ol style="list-style-type: none"> 1. Authoritative body 2. Human intervention studies <ol style="list-style-type: none"> 2.1. Randomized controlled trials 2.2. Physiological trials 3. Supporting evidence <ol style="list-style-type: none"> 3.1. Animal studies 3.2. In vitro studies 	<ol style="list-style-type: none"> 1) Opinion of the scientific panel on dietetic products, nutrition and allergies on a request from the Commission related to the tolerable upper intake level of silicon: Request n° EFSA-Q-2003-018. The EFSA Journal 2004, 60, 1-11. http://www.efsa.europa.eu/EFSA/Scientific_Opinion/opinion_nda_07_ej6_0_silicon_en1,2.pdf 2) Effect of oral intake of choline-stabilized orthosilicic acid on hair tensile strength and morphology in women with fine hair. Wickett R.R., Kossmann E., Barel A., Demeester N., Clarys P., Vanden Berghe D., Calomme M. Submitted to Arch Dermatol Res for publication and presented as oral presentation at the Fifth International Congress on Hair Research, Vancouver, 2007; manuscript available upon request: katrijn.criel@biominerals.be 3) Effect of oral intake of choline-stabilized orthosilicic acid on skin, nails and hair in women with photodamaged skin. Barel A.O., Calomme M., Timchenko A., De Paepe K.; Demeester N., Rogiers V., Clarys P., Vanden Berghe D., Arch Dermatol Res, 297:147-153, 2005. 4) Absorption of silicon in healthy subjects. Calomme M.R., Cos P., D'Haeseleer S., Arch Dermatol Res, 297:147-153, 2005. 5) Silicon absorption from stabilized orthosilicic acid and other supplements. Calomme M.R., Cos P., D'Haeseleer S., Arch Dermatol Res, 297:147-153, 2005. 6) Bioavailability of silicon from food and food supplements. Van Dyck K., Calomme M.R., Cos P., D'Haeseleer S., Arch Dermatol Res, 297:147-153, 2005. 7) Supplementation of calves with stabilized orthosilicic acid. Calomme M.R., Cos P., D'Haeseleer S., Arch Dermatol Res, 297:147-153, 2005. 8) Silicon deprivation decreases collagen formation in wounds and bone, Arch Dermatol Res, 297:147-153, 2005. 9) Orthosilicic acid stimulates collagen type I synthesis in skin, Arch Dermatol Res, 297:147-153, 2005. 	<p>helps improve hair thickness</p> <p>helps maintain hair strength and hair elasticity</p> <p>helps improve hair volume</p> <p>helps maintain healthy</p>	<p>CT06, CT18 CT06, CT18 CT06, CT18 CT03, CT18</p>		<p>SE-145</p>
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<p>choline-stabilized orthosilicic acid (ch-OSA)[1]</p>	<p>Maintenance and promotion of healthy connective tissue in bone by stimulating bone collagen synthesis.</p> <p>Healthy women and men.</p>	<p>Daily intake of 6-10 mg silicon (Si) in the form of choline-stabilized orthosilicic acid (ch-OSA); 3-5 mg Si in the morning and 3-5 mg Si in the evening.</p>	<ol style="list-style-type: none"> 1. Authoritative body 2. Human intervention studies <ol style="list-style-type: none"> 2.1. Randomized controlled trials 2.2. Physiological trials 3. Observational/Epidemiological cohort study 4. Review articles 5. Supporting evidence <ol style="list-style-type: none"> 5.1 Animal studies 5.2 In vitro studies 	<p>Opinion of the scientific panel on dietetic products, nutrition and allergies on a request from the Commission related to the tolerable upper intake level of silicon: Request n° EFSA-Q-2003-018. The EFSA Journal (2004), 60, 1-11. http://www.efsa.europa.eu/EFSA/Scientific_Opinion/opinion_nda_07_ej60_silicon_en1,2.pdf</p> <ol style="list-style-type: none"> 2) Effect on Bone Turnover and BMD of Low Dose Oral Silicon as an Adjunct to Calcium/Vitamin D3 in a Randomized, Placebo-Controlled Trial. Spector T. et al., J Bone Miner Res, 20 (Suppl 1), SA421, 2005. 3) Choline-stabilized orthosilicic acid supplementation as an adjunct to Calcium/Vitamin D3 stimulates markers of bone formation in osteopenic females: a randomized, placebo-controlled trial. Spector T. et al., manuscript submitted for publication.; manuscript available upon request: katrijn.criel@biominerals.be 4) Absorption of silicon in healthy subjects. Calomme M.R., Cos P., D'HAese P.C., Vingerhoets R., Lamberts L.V., De Broe M.E., Van Hoorebeke C., Vanden Berghe D.A. In: Metal Ions in Biology and Medicine volume 5, ed. Ph Collery et al., John Libbey Eurotext, Paris, 228 5) Silicon absorption from stabilized orthosilicic acid and other supplements 6) Bioavailability of silicon from food and food supplements. Van Dyck K., 7) Silicon intake is a major dietary determinant of bone mineral density in 8) Dietary silicon intake is positively associated with bone mineral density 9) Silicon and bone health. Jugdaosingh R., J Nutr Health Aging, 11(2):99 10) Partial prevention of long-term femoral bone loss in aged ovariectomized 11) Effect of choline stabilized orthosilicic acid on bone density in chicks. 12) Supplementation of calves with stabilized orthosilicic acid. Calomme M 13) Orthosilicic acid stimulates collagen type I synthesis and osteoblast di 	<p>helps support bone quality by stimulating bone collagen</p> <p>helps maintain strong bones</p> <p>helps maintain bone mineral density</p> <p>helps maintain healthy bones#C</p>	<p>CT06, CT18 CT06, CT18 CT06, CT18 CT03, CT18</p>		<p>SE-146</p>
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<p>choline-stabilized orthosilicic acid (ch-OSA)[1]</p>	<p>Maintenance and promotion of healthy connective tissue in skin by stimulating collagen synthesis in the dermis.</p> <p>Healthy women and men</p>	<p>Daily intake of 10 mg silicon (Si) in the form of choline-stabilized orthosilicic acid (ch-OSA); 5 mg Si in the morning and 5 mg Si in the evening</p>	<p>1. Authoritative body 2. Human intervention studies 2.1. Randomized controlled trials 2.2. Physiological trials 3. Supporting evidence 3.1. Animal studies 3.2. In vitro studies</p>	<p>1) Opinion of the scientific panel on dietetic products, nutrition and allergies on a request from the Commission related to the tolerable upper intake level of silicon: Request n° EFSA-Q-2003-018. The EFSA Journal (2004), 60, 1-11. http://www.efsa.europa.eu/EFSA/Scientific_Opinion/opinion_nda_07_ej6_0_silicon_en1,2.pdf 2) Effect of oral intake of choline-stabilized orthosilicic acid on skin, nails and hair in women with photodamaged skin. Barel A., Calomme M., Timchenko A., De Paepe K., Demeester N., Rogiers V., Clarys P., Vanden Berghe D., Arch Dermatol Res, 297:147-153, 2005. 3) Choline-stabilized orthosilicic acid supplementation as an adjunct to Calcium/Vitamin D3 stimulates markers of bone formation in osteopenic females: a randomized, placebo-controlled trial. Spector T. et al., manuscript submitted for publication.; manuscript available upon request: katrijn.criel@biominerals.be 4) Remodelling of the human dermis after application of salicylate silanol. Herreros F.O.C., Cintia M.L., Adam R.L., Machado de Moralis A., Metzger K., Arch Dermatol Res, 299: 41-45, 2007. 5) Absorption of silicon in healthy subjects. Calomme M.R., Cos P., D'Haeseleer S., Arch Dermatol Res, 299: 41-45, 2007. 6) Silicon absorption from stabilized orthosilicic acid and other supplements. 7) Bioavailability of silicon from food and food supplements. Van Dyck K., Calomme M., Arch Dermatol Res, 299: 41-45, 2007. 8) Supplementation of calves with stabilized orthosilicic acid. Calomme M., Arch Dermatol Res, 299: 41-45, 2007. 9) Silicon deprivation decreases collagen formation in wounds and bone, Arch Dermatol Res, 299: 41-45, 2007. 10) Orthosilicic acid stimulates collagen type I synthesis in skin, Arch Dermatol Res, 299: 41-45, 2007.</p>	<p>helps reduce the appearance of wrinkles#B helps improve skin elasticity stimulates collagen in skin maintains healthy collagen in skin#C helps maintain healthy skin#C</p>	<p>CT04, CT18 CT06, CT18 CT06, CT18 CT03, CT18 CT03, CT18</p>		<p>SE-147</p>
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Calcium phosphoryl oligosaccharide	Dental health	Incorporated in toothfriendly confectionery such as chewing gum candies and chocolate at levels of about 2 – 2.5%	Scientific reports and review	<p>Inaba D., Kamasaka H., Minami K., Nishimura T., Kuriki T., Imai S. and Yonemitsu M. (2002a). Remineralization of enamel by phosphoryl-oligosaccharides (POs) supplied by chewing gum; Part II. Intraoral evaluation. J. Dent. Hlth 52 (2): 112 - 118.</p> <p>Inaba D., Minami K., Kamasaka H. and Yonemitsu M. (2002b). Effects of phosphoryl-oligosaccharides (POs) on remineralization of enamel lesions in vitro. Dent. J. Iwate Med. Univ. 27: 197 – 202.</p> <p>Inaba D., Minami K., Kamasaka H. and Yonemitsu M. (2002c). Remineralization of enamel and dentin by a chewing-gum containing phosphoryl oligosaccharide calcium (POs-Ca) in situ. Dent. J. Iwate Med. Univ. 27: 203 – 209.</p> <p>Inaba D., Minami K., Kamasaka H., Kuriki T., Imai S. and Yonemitsu M. (2003). Intraoral effects of phosphoryl-oligosaccharide calcium on remineralization of enamel lesions. J. Dent. Hlth. 53: 8 – 12.</p> <p>Kamasaka H., Inaba D., Minami K., Kenji T., Nishimura T., Kuriki T., Imai S., Hanada N. and Yonemitsu M. (2004). Application of phosphoryl oligosaccharides of calcium (POs-Ca) for oral health. J. Appl. Glycosci., 51: 129-134.</p> <p>Kamasaka H., Inaba D., Minami K., Nishimura T., Kuriki T. and Yonemitsu M. (2005). Intraoral effects of phosphoryl-oligosaccharide calcium on remineralization of enamel lesions. J. Dent. Hlth. 56: 8 – 12.</p> <p>Kamasaka H., Inaba D., Minami K., Nishimura T., Kuriki T., Imai S. and Yonemitsu M. (2006). Present status of studies on phosphoryl-oligosaccharides for oral health. J. Dent. Hlth. 57: 112 – 118.</p>	<p>remineralizes/restores tooth enamel after meals#B</p> <p>increases tooth surface hardness#B</p> <p>helps strengthen teeth</p>	CT04, CT16 CT04, CT16 CT06, CT16		SE-148
Alpha-cyclodextrin (a soluble dietary fiber)	Glucose homeostasis	5 – 10 g/meal	<p>Scientific report</p> <p>Scientific report</p>	<p>Diamantis I. & Bär, A. (2002). Effect of alpha-cyclodextrin on the glycemic index (GI) and insulinemic index (II) of starch in human volunteers. Unpublished study report included in the novel food application for alpha-cyclodextrin.</p> <p>Buckley J.D. et al.(2006). Dose-dependent inhibition of the post-prandial glycaemic response to a standard carbohydrate meal following incorporation of alpha-cyclodextrin. Ann. Nutr. Metabol., 50:108-114.</p>	<p>Attenuates the rise in blood glucose / insulin after a meal #B</p> <p>Moderates the blood glucose/insulin response to a meal#B</p>	CT04, CT12 CT04, CT12		SE-149

<p>Black rice (<i>Oriza sativa indica</i>), consumed as such, or the bran (pigment fraction) of black rice used as a food ingredient in foods, in particular yoghurts, baked products, food supplements and certain foods for a particular nutritional use.</p>	<p>heart health vascular health</p>	<p>More than 5 g black rice bran per day or the equivalent amount of bran pigment</p>	<p>Scientific report</p>	<p>see the Swedish Reference list: Guo et al. (2007). Hu et al. (2003) Kil et al. (2006). Ling et al. (2001) Ling et al. (2002). Wang et al. (2007) Xia et al. (2003) Xia et al. (2006) Zhang et al. (2006).</p>	<p>helps keep the heart and arteries healthy #C helps reduce blood cholesterol #B helps protect the body tissue and cells from oxidative damage #A</p>	<p>CT03, CT23 CT04, CT23 CT01, CT23</p>		<p>SE-150</p>
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