

Brussels, 6 June 2007

**Explanatory cover note**  
**to the food industry's contribution to the list of claims according to**  
**Article 13 (3) of the regulation 1924/2006 of the European Parliament and**  
**of the Council of 20 December 2006 on nutrition and health claims made**  
**on foods**

- 1) This contribution should be considered as the first part of the total industry contribution on Article 13. It covers the sections: vitamins, minerals, carbohydrates, protein, fats, fibre and probiotics. And it contains 252 health relationships. The second part will follow by latest the 30 July 2007.
- 2) This contribution is a joint initiative of the Confederation of the Food and Drink Industries of the EU (CIAA), European Responsible Nutrition Alliance (ERNA), European Federation of Health Products Manufacturers (EHPM) and European Botanical Forum (EBF).
- 3) The attached contribution is based on the guidelines according to Richardson et al 2007<sup>1</sup>.
- 4) This contribution does not represent in itself a list of industry-approved claims and has no legal effect.
- 5) The Table of health relationships should be considered together with the List of Scientific References.
- 6) Where the health relationship has been approved by an Authoritative Body (i.e. a regulatory body) such as CEDAP, FDA or JHCI this is indicated in the reference column. The details of the various Authoritative Bodies are provided at the beginning of the List of Scientific References under General Sources of Evidence. The list does not mention all the individual references as reviewed by these Authoritative Bodies.
- 7) Where reference is made in the reference column to Scientific Bodies such as WHO, IOM, AHA, details are provided in the List of Scientific References under General Sources of Evidence.
- 8) Where reference is made to Textbooks in the column Nature of Evidence this means Textbooks that are used in teaching Nutrition on accredited University courses. Examples of these textbooks are provided in the List of Scientific References under General Sources of Evidence.
- 9) Where a mention is made in the "References" column to "See: [X]", please consult the respective paragraph in the List of Scientific References. The index of the List of Scientific References appears in the order of the health relationships in the Table.

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<sup>1</sup> Richardson DP, Binns NM, Viner P. Guidelines for an evidence-based review system for the scientific justification of diet and health relationships under Article 13 of the new European legislation on nutrition and health claims. Food Science and Technology Bulletin 2007 3: 83-97

- 10) Health relationships combining two or more nutrients/ substances were not included in the list. However these may be claimed providing the individual elements are included in the list.
- 11) Probiotics were defined as: "*Live micro-organisms which when administered in adequate amounts confer a health benefit on the host*" according to Guidelines for the Evaluation of Probiotics in Food, Joint FAO/WHO Working Group Report on Drafting Guidelines for the Evaluation of Probiotics in Food London, Ontario, Canada, April 30 and May 1, 2002.
- 12) All the information provided is pdf written. Files in workable electronic version: Excel and Word may be made available from CIAA secretariat. Contact person: Elena Cogalniceanu [e.Cogalniceanu@ciao.eu](mailto:e.Cogalniceanu@ciao.eu)