

LIST OF HEALTH CLAIMS - PART 1						
No	Food or Food component	Health Relationship	Conditions of use (if any) THE CONDITION OF USE OF 25% OF THE EFFECTIVE DAILY DOSE PER SERVING SHOULD APPLY UNLESS OTHERWISE SPECIFIED	Nature of evidence	References	Example of wording
MICRONUTRIENTS						
VITAMINS						
	VITAMINS		MUST AT LEAST BE A SOURCE OF VITAMIN/S AS PER ANNEX TO REGULATION 1924/2006		Regulation on Nutrition and Health Claims made on Foods 1924/2006 Directive on Nutrition Labelling for Foodstuffs 90/496/EEC	
1	Vitamins, in general	Development, growth, body maintenance, body metabolism and equilibrium		Authoritative Body Textbook	JHCI, NHPD, CH	-vitamin(s) help the development of all body structures; -vitamin(s) help to maintain a strong body; -vitamin(s) are essential for your body; -vitamin(s) are needed for body metabolism.
	Vitamin A		15% RDA of vitamin A is equivalent to 720 micrograms beta-carotene	Scientific Body Textbook	Garrow et al 2000; IOM 2001	
2		Bone growth and development of teeth		Authoritative Body Textbook	NHPD	-vitamin A is essential for healthy bone and teeth growth.
3		Cell differentiation including immune system		Authoritative Body Scientific Body Textbook	CH, JHCI, WHO See: Vitamin A and Immune function	-vitamin A is essential for the proper functioning of the immune system; -vitamin A is essential for the proper functioning of the cells.
4		Structure and function of the skin and mucous membranes (such as in the lung, intestines, nose, eyes and female reproductive tract)		Authoritative Body Textbook	CH, CEDAP, NHPD, JHCI	-vitamin A helps keep the skin and mucous membranes healthy.
5		Vision		Authoritative Body Textbook	JHCI, CH, CEDAP, FNFC, NHPD	-vitamin A is essential for normal vision.
6	Vitamin B1 (Thiamin)	Energy and Carbohydrate metabolism		Authoritative Body Textbook	CH, CEDAP, NHPD, JHCI, FNFC	-vitamin B1 (Thiamin) is needed to release the energy from foods; -vitamin B1 (Thiamin) is needed to release the energy from carbohydrates.
7		Cardiac function		Authoritative Body Scientific Body Textbook	JHCI, IOM 1998 See: Vitamin B1 and cardiac function	-vitamin B1 (Thiamin) is needed to keep the heart working properly.

8		Neurological function		Authoritative Body Textbook	CH, JHCI	-vitamin B1(Thiamin) helps keeping the nervous system working properly.
9	Vitamin B2 (Riboflavin)	Energy metabolism		Authoritative Body Textbook	CH, CEDAP, JHCI, NHPD	-Riboflavin contributes to the normal release of energy from foods.
10		Transport and metabolism of iron		Authoritative Body Textbook	JHCI	-vitamin B2 (Riboflavin) is needed for the normal transport and metabolism of iron in the body; -vitamin B2 (Riboflavin) helps the body to maintain a normal iron level.
11		Required for the normal structure of mucous membranes (such as the surface of the tongue, the mouth, eyes and intestines).		Authoritative Body Textbook	JHCI, CH	-vitamin B2 (Riboflavin) helps keep your skin and mucous membranes healthy.
12	Niacin (Vitamin B3)	Energy metabolism Nutrient utilisation		Authoritative Body Textbook	CH, CEDAP, NHPD, JHCI	-Niacin (vitamin B3) helps release the energy from foods.
13		Neurological functions		Authoritative Body Scientific Body Textbook	JHCI, CH, IOM 1998	-Niacin (vitamin B3) helps keep the nervous system functioning; -Niacin (vitamin B3) is needed for normal mental function.
14		Normal structure and function of skin and mucous membranes (such as the intestines)		Authoritative Body Textbook	JHCI, CH	Niacin helps keep your skin and mucous membranes healthy.
15	Pantothenic Acid (Vitamin B5)	Fat and carbohydrate metabolism		Authoritative Body Textbook	JHCI, CH, NHPD	-Pantothenic acid is needed for the body to use fats properly; -Pantothenic acid is needed for the body to release energy from foods.
16	Vitamin B6 (pyridoxine)	Protein and Glycogen/ stored carbohydrate metabolism		Authoritative Body, textbook	CEDAP, NHPD, FNFC, JHCI, CH	-vitamin B6 (pyridoxine) is needed for muscle function; -vitamin B6 (pyridoxine) is needed to release energy from carbohydrates stored in muscle; -vitamin B6 (pyridoxine) is necessary for the body to use protein.
17		Homocysteine metabolism		Authoritative Body Meta-analysis Individual Studies	JHCI See: Vitamin B6 and Homocysteine	-vitamin B6 (pyridoxine) contributes to the maintenance of normal blood homocysteine levels.
18		Transport and metabolism of iron		Authoritative Body	JHCI	-vitamin B6 (pyridoxine) helps the body handle iron.
19		Nervous system function		Authoritative Body Scientific Body Textbook	-Deutsche Gesellschaft für Ernährung (German Society of Nutrition) and Opinion of the Scientific Committee on Food (SCF) on the Tolerable upper Intake Level of Vitamin B6 October 2000. -Biesalski et al. 'Nutritional medicine', 2004	-vitamin B6 (pyridoxine) is important for the function of the nervous system.
20		Immune system function		Reviews Individual studies	See: Vitamin B6 and Immune function	-vitamin B6 (pyridoxine) is important for the immune system/natural defenses.

21	Folate/ Folic acid (Vitamin B9)	Foetal neural tube development		Authoritative Body Textbook	CH, JHCI, ANZFA	-Folate/ Folic acid (Vitamin B9) contributes to the normal growth of the foetus/unborn baby/baby in the womb; -Folate/ Folic acid (Vitamin B9) is necessary for foetal development/ the development of the foetus.
22		Cell division/multiplication: Nucleic acids and amino acids synthesis (such as in the gastrointestinal tract)		Authoritative Body Textbook	JHCI, CEDAP	-Folate/ Folic acid (Vitamin B9) is essential for cell division.
23		Blood formation		Authoritative Body Textbook	CH, JHCI, NHPD	-Folate/ Folic acid (Vitamin B9) is essential for healthy blood; -Folate/ Folic acid (Vitamin B9) is essential for blood formation.
24		Homocysteine metabolism		Authoritative Body Meta-analysis	JHCI See: Vitamin B9 and Homocysteine metabolism	-Folate/ Folic acid (Vitamin B9) helps maintain normal blood homocysteine levels.
25		Vascular function / Cardiovascular health	400 microgram/ day	Authorative bodies Reviews Meta-analysis Individual studies	See: Vitamin B9 and (Cardio)vascular health	-helps keep arteries/blood vessels healthy; -contributes to healthy arteries and vessels; -helps promote heart health.
26	Vitamin B12 (cyanocobalamin)	Cell division (such as in the gastrointestinal tract)		Authoritative Body Textbook	JHCI	-vitamin B12 (cyanocobalamin) is essential for cell division.
27		Blood formation		Authoritative Body Textbook	CH, JHCI, NHPD	-vitamin B12 (cyanocobalamin) is needed for blood formation; -vitamin B12 (cyanocobalamin) is needed for healthy blood.
28		Homocysteine metabolism		Authoritative Body Meta-analysis Individual Studies	JHCI See: Vitamin B12 and Homocysteine Metabolism	-vitamin B12 (cyanocobalamin) helps maintain normal blood homocysteine levels.
29		Neurological system: structure and function		Authoritative Body Scientific Body Textbook	JHCI, IOM 1998	-vitamin B12 (cyanocobalamin) is needed to keep the nervous system healthy; -vitamin B12 (cyanocobalamin) is needed for normal mental function.
30		Cognitive function in ageing		Authoritative Body Scientific Body Reviews Individual Studies	See: Vitamin B12 and cognitive function in ageing	-vitamin B 12 (cyanocobalamin) helps maintain cognitive performance as you get older.
31		Energy metabolism: propionate and amino acids		Textbook	See: Vitamin B12 and energy metabolism	-vitamin B12 (cyanocobalamin) is essential for energy metabolism / the transformation of food into energy.
32	Biotin	Protein and amino acid metabolism		Authoritative Body Scientific Body Textbook	CH See: Biotin	-Biotin is needed for the proper metabolism of proteins; -Biotin helps to build your proteins.
33		Fat, carbohydrate, energy metabolism		Authoritative Body Textbook	JHCI, NHPD See: Biotin	-Biotin helps release energy from fats; -Biotin is needed for the body to control carbohydrate supply.

34		Normal structure and function of skin and mucosa		Textbook	See: Biotin	-Biotin helps to maintain healthy skin and mucosa.
35		Neurological system function		Scientific Body Textbook	IOM 1998	-Biotin is needed for normal mental function.
36	Vitamin K	Blood coagulation		Authoritative Body Textbook	CH, JHCI	-vitamin K is needed for blood clot to stop you bleeding.
37		Bone structure		Authoritative Body Scientific Body Meta-analysis Reviews Individual studies	JHCI, SCF, IOM See: Vitamin K and bone integrity	-vitamin K is needed to build and maintain healthy bones' -vitamin K is required for the normal structure of the bone; -vitamin K contributes to promote bone remineralization' -vitamin K helps to reduce bone loss.
38	Vitamin K2	Vascular health		Authoritative Body Scientific Body Meta-analysis Reviews Individual studies	SCF, IOM See: Vitamin K2 and Vascular Health	-vitamin K2 contributes to vascular health.
39	Vitamin C	Protection of body tissues and cells from oxidative damage		Authoritative Body Scientific Body Reviews Individual studies	CH, JHCI, FNFC, SNF See: Vitamin C and Antioxidant action	-vitamin C is an antioxidant that protects the body's cells.
40		Structure and function of blood vessels		Authoritative Body Textbook	JHCI	-vitamin C is necessary for keeping blood vessels healthy.
41		Connective tissue - structure and function: bones, teeth, gums, skin, healing processes		Authoritative Body Scientific Body Reviews Clinical trials Individual studies	JHCI, CH, NHPD, CEDAP See: Vitamin C and Connective tissue	-vitamin C is necessary to build and maintain healthy bone, teeth, cartilage, gums and skin; -vitamin C is necessary for wound healing.
42		Iron absorption	when consumed with iron-containing foods	Authoritative Body	CH, SNF, JHCI, CEDAP	-vitamin C contributes to iron absorption from food.
43		Neurological system function		Authoritative Body Scientific Body	JHCI IOM 2002	-vitamin C helps the nervous system work; -vitamin C is needed for normal mental function.
44		Immune system function	180mg per day	Textbooks Reviews Meta-analysis	See: Vitamin C and Immune function	-vitamin C is needed as part of the body's defences; -vitamin C helps support the body's immune system.
45		Energy metabolism: carnitine biosynthesis		Textbook	See: Vitamin C and Energy metabolism	-vitamin C is essential for the energy metabolism / the transformation of food into energy.
46	Vitamin D	Bone health/ bone strength Includes bone structure, bone mineralisation, bone density		Authoritative Body	CEDAP, CH, NHPD, DK, SNF, JHCI	-vitamin D is essential for the structure of bones/healthy bones; -vitamin D helps build and maintain strong/healthy bones; -vitamin D is necessary for adequate bone density; -vitamin D helps build strong bones.

47		Teeth mineralization		Authoritative Body	CEDAP, CH, NHPD, DK,	-vitamin D is needed for the development of healthy teeth.
48		Absorption and utilisation of Calcium, Phosphorus		Authoritative Body	JHCI, NHPD, CEDAP, CH, DK	-vitamin D is necessary for the absorption and utilisation of calcium and phosphorus; -vitamin D is necessary for Calcium up-take in bones.
49		Cell division		Authoritative Body	JHCI	-vitamin D is needed for cell division.
50		Immune system		Reviews Individual studies	See: Vitamin D and Immune function	-vitamin D is important for the immune system/natural defenses.
51		Muscle growth, development and function		Metanalysis Reviews Individual studies	See: Vitamin D and Muscle growth	-vitamin D helps build and maintain strong muscles; -vitamin D is needed for proper functioning of the muscles; -vitamin D helps maintain muscle function in ageing.
52	Vitamin E	Protection of body tissues, cells, membranes and lipids from oxidative damage (such as the oxidation of polyunsaturated fatty acids in red blood cell membranes)		Authoritative Body	JHCI, SNF, CH, CEDAP, NHPD, FNFC	-vitamin E is an antioxidant that protects the body's cells.
53		Normal immune system function	100-200 IU per day = approx 70-135mg	Textbooks Reviews Individual studies	See: Vitamin E and Immune function	-vitamin E contributes to a normal immune system function; -vitamin E helps to strengthen the body's defences; -vitamin E helps to boost cell-mediated immunity in older people.

MINERALS

	MINERALS		MUST AT LEAST BE A SOURCE OF MINERAL/S AS PER ANNEX TO REGULATION 1924/2006		Regulation on Nutrition and Health Claims made on Foods 1924/2006 Directive on Nutrition Labelling for Foodstuffs 90/496/EEC	
54	Minerals, in general	Development, growth, body maintenance, conception, reproductive function, equilibrium, co-factor in enzyme systems.		Authoritative Body Textbook	JHCI, SNF, CH, NHPD	-mineral(s) help the development of all body structures; -mineral(s) help to maintain a strong body; -mineral(s) are essential or your body; -mineral(s) contributes to normal reproduction and conception; -mineral(s) is a factor in the maintenance of good health; -we need mineral(s) to make the body functions work.
55	Calcium	Bone health/ bone strength (includes bone structure, bone mineralisation, bone density), structure of teeth		Authoritative Body Textbook Reviews	CEDAP, CH, DK, NHPD, NFA, SNF, JHCI See: Calcium and Bone health	-Calcium is essential for the structure of bones/healthy bones; -Calcium is needed to build and maintain strong/healthy bones; -Calcium is necessary for adequate bone density; -Calcium is needed for development of teeth.
56		Blood pressure		Scientific Body Expert Review Meta-analyses	AHA See: Calcium and Blood pressure	-Calcium is beneficial for blood pressure; -Calcium helps to keep a healthy blood pressure.
57		Blood coagulation		Authoritative Body Textbook	JHCI	-Calcium is needed for normal blood clotting.

58		Muscle function		Authoritative Body Textbook Monograph	CH, JHCI Monograph on water containing calcium, Federal Gazette No. 115, 26.6.1990, p. 3239	-Calcium is needed for muscle function (including function of heart muscle).
59		Nerve transmission/ function		Authoritative Body Textbook Monograph	CH, JHCI Monograph on water containing calcium, Federal Gazette No. 115, 26.6.1990, p. 3239	-Calcium is needed for normal nerve function.
60		Weight management		Textbook Reviews Individual studies	See: Calcium and Weight management	-Calcium helps manage your weight; -Calcium modulates energy metabolism; -Calcium contributes to weight control.
61		Colorectal cell protection		Review Meta-analysis Individual studies (RCT, Intervention study)	See: Calcium and Colorectal cell protection	-Calcium helps protect gut cells; -Calcium helps gut cells to maintain normal regulation of growth and development.
62	Magnesium	Bone and teeth structure		Authoritative Body Textbook	JHCI, CH, NHPD See: Magnesium and Bone health	-Magnesium is needed to build healthy bones and teeth.
63		Energy metabolism		Authoritative Body	CH, NHPD, JHCI	-Magnesium is essential for use of energy by the body.
64		Electrolyte balance		Authoritative Body	JHCI	-Magnesium is necessary for electrolyte balance.
65		Muscle function		Authoritative Body	JHCI, CEDAP, CH Monograph on water containing magnesium, Federal Gazette No. 37, 23.2.1994, p. 1618	-Magnesium is necessary for muscle function (including function of heart muscle).
66		Nerve transmission/ function		Authoritative Body	CEDAP, CH, JHCI Monograph on water containing magnesium, Federal Gazette No. 37, 23.2.1994, p. 1618	-Magnesium is necessary for nerve/ nervous system function.
67	Iron	Red blood cell and haemoglobin formation		Authoritative Body Textbook	JHCI, CEDAP, CH, NHPD, SNF	-Iron is needed for blood formation. -Iron is essential for making hemoglobin and red-blood cells.
68		Oxygen transport to the tissues		Authoritative Body Textbook	CEDAP, CH, NHPD, JHCI	-Iron is necessary for the transport of oxygen in the body.
69		Energy production		Authoritative Body Textbook	JHCI	-The body needs Iron for energy production.
70		Immune system		Authoritative Body Textbook Reports Reviews Individual studies	JHCI See: Iron	-Iron is necessary for the function of the immune system.
71		Neurological development in embryos		Authoritative Body Textbook	JHCI	-Iron is necessary for development of brain and nerves in embryos

72		Cognitive development and function		Authoritative Body Textbook Reports; reviews; individual studies	See: Iron	-Iron is necessary for mental/ cognitive development and function.
73		Metabolism of foreign substances		Authoritative Body Textbook	JHCI	-Iron is needed to allow the body metabolise drugs and other substances.
74	Copper	Protection of body tissues and cells from oxidative damage		Authoritative Body Scientific Body Textbook	JHCI, IOM 2001	-Copper contributes to cell protection from damage caused by free radicals.
75		Immune system		Authoritative Body Scientific Body Textbook	JHCI, IOM 2001	-Copper is needed for the function of the immune system.
76		Connective tissues		Authoritative Body Scientific Body Textbook	JHCI, IOM 2001	-Copper helps build connective tissues (such as in bone, lungs and the vascular system).
77		Energy production		Authoritative Body Scientific Body Textbook	JHCI, IOM 2001	-The body needs copper for energy production.
78		Neurological system structure and function		Authoritative Body Scientific Body Textbook	JHCI, IOM 2001	-Copper is needed for the nervous system to function.
79		Skin and hair pigment		Authoritative Body Scientific Body Textbook	JHCI, IOM 2001	-Copper is needed for colour (pigmentation) of skin and hair.
80		Transport and metabolism of iron		Authoritative Body Scientific Body Textbook	JHCI, IOM 2001	-Copper helps the body use iron; -Copper is needed for blood formation; -Copper contributes to the transport and metabolism of Iron to the body.
81	Iodine	Neurological/ mental and cognitive development (including in-utero)		Authoritative Body Scientific Body Textbook Reviews	JHCI, WHO See: Iodine and Cognitive development/ thyroid function	-Iodine is essential for neurological development; -Iodine is essential for mental development; -Iodine plays a role in development of the brain; -Iodine plays a role in mental performance/ activity.
82		Thyroid function and production of hormone, energy metabolism		Authoritative Body Textbook	JHCI, CEDAP, CH, NHP See: Iodine and Cognitive development/ thyroid function	-Iodine is needed for growth and function of the thyroid gland; -Iodine is essential for the production of thyroid hormones; -Iodine is needed for energy metabolism.
83	Fluoride	Tooth and enamel strength, remineralisation		Authoritative Body Textbook Monograph	JHCI, CEDAP, Monograph on water containing fluoride, Federal Gazette No. 37, 23.2.1994, p. 1618	-Fluoride strengthens the teeth/ enamel; -Fluoride helps protect the teeth; -Fluoride helps the teeth recover after meals.

84	Selenium	Protection of body tissues and cells from oxidative damage		Authoritative Body Scientific Body Reviews	JHCI, CH, NHPD, WHO See: Selenium and Antioxidant activity	-Selenium is necessary for cells' protection; -Selenium helps scavenging free radicals.
85		Immune system		Authoritative Body Scientific Body Reviews	JHCI, WHO. See: Selenium and Immune system	-Selenium is necessary for the function of the immune system.
86		Iodine utilisation for thyroid hormone production		Authoritative Body	JHCI See: Selenium and Thyroid function	-Selenium is needed by the body to use iodine in the production of thyroid hormones.
87	Zinc	Immune system		Authoritative Body Scientific Body Textbook	JHCI, IOM 2001 See: Zinc and immune function	-Zinc is necessary for the function of the immune system; -Zinc helps to support a healthy immune system.
88		DNA synthesis/ cell division		Authoritative Body Textbook	JHCI, CEDAP	Zinc is needed for cell division.
89		Skin and wound healing		Authoritative Body Textbook	JHCI	-Zinc is needed for healthy skin; -Zinc helps in wound healing.
90		Protection of body tissues and cells from oxidative damage		Textbook, Critical Reviews, Individual Studies	See: Zinc and Antioxidant action	-Zinc is necessary for cells' protection; -Zinc helps scavenging free radicals.
91		Bone formation		Textbook Reviews Individual Studies	See: Zinc and Bone formation	-Zinc helps build and maintain strong bones.
92	Manganese	Protection of body tissues and cells from oxidative damage		Authoritative Body Scientific Body	JHCI, WHO See: Manganese and Antioxidant action	-Manganese is necessary for cells' protection; -Manganese helps scavenging free radicals.
93		Bone formation		Authoritative Body	JHCI	-Manganese helps build and maintain strong bones.
94		Energy metabolism		Authoritative Body	JHCI	The body needs manganese to produce energy.
95	Sodium	Water and electrolyte balance		Authoritative Body Textbook	JHCI	-Sodium is necessary for water and electrolyte balance throughout the body.
96		Rehydration	20 - 50 mmol/L Na ⁺ and 200-330 mOsm/kg (with readily available carbohydrate providing at least 75% energy which should be 80-350 kcal per litre)	Authoritative Body	SCF Report on composition and specification of food intended to meet the expenditure of intense muscular effort, especially for sportsmen SCF/CS/NUT/SPORT/5 Final (corrected) 28 February 2001	-For the replenishment of lost salts due to sweating and dehydration.
97		Nutrient absorption		Authoritative Body	JHCI	-Sodium aids the absorption of nutrients during digestion (such as the active transport of nutrients and water from the gut).
98	Potassium	Water and electrolyte balance		Authoritative Body Textbook	JHCI	-Potassium is necessary for water and electrolyte balance throughout the body.
99		Signal transduction and muscle contraction		Textbook	See list of textbook references	-Potassium is needed for muscle function including the heart.

100		Blood pressure		Authoritative Body Meta-analysis	FDA Authoritative Statement FDA Docket No. 00Q-1582 See: Potassium and Blood pressure	-Increasing Potassium intake helps maintain healthy blood pressure; -Potassium helps promote healthy blood pressure; -Potassium is important for keeping blood pressure healthy.
101	Chloride as Na-, K-, Ca-, Mg-salts	Water and electrolyte balance		Authoritative Body Textbook	JHCl	-Chloride is necessary for water and electrolyte balance throughout the body.
102		Stomach acid and digestion		Authoritative Body Textbook	JHCl	-Chloride is necessary for the production of the hydrochloric acid in the stomach, which is required for digestion.
103	Phosphorus/Phosphates as Na-, K-, Ca-, Mg-salts	Bone and teeth structure		Authoritative Body Textbook	JHCl, CH, NHPD	-Phosphorus is necessary for the structure of bone and teeth.
104		Cell membrane's structure (in the form of phospholipids)		Authoritative Body Textbook	JHCl	-Phosphorus is necessary for the structure of cell membranes
105		Energy metabolism		Authoritative Body Textbook	JHCl	-Phosphorus is necessary for normal energy metabolism.
106	Citrates as Na-, K-, Ca-, Mg-salts	Acid/ base balance and bone health		Reviews Individual studies	See: Citrates and Acid base/ bone health	-Citrates (e.g. potassium citrate) reduce dietary acid load. -Citrates (e.g. potassium citrate) help maintain acid-base balance and support bone health. -Citrates (e.g. potassium citrate) maintain bone strength.
MACRONUTRIENTS						
PROTEIN						
	Protein		MUST AT LEAST BE A SOURCE OF PROTEIN AS PER ANNEX TO REGULATION 1924/2006			
107	Protein	Supply of metabolic energy		Textbook	See list of textbook references	-proteins provide energy to the body
108	Protein/ essential amino acids	Essential for growth, development and maintenance of the body/body tissues/body function.		Textbook	See list of textbook references	-protein is essential for normal growth and development; -proteins help to build and maintain a strong body; -essential amino acids are needed for maintenance of muscles; -protein supports body functions; -proteins are needed to transport other nutrients around the body.
109	Protein	Bone health		Review Individual studies (Intervention studies/clinical trials, Epidemiological studies, Animal studies)	See: Protein and Bone health	-protein contributes to the bone health; -protein has beneficial effects on bone health.

110	Protein	Satiety / Weight management	Conditions of "high protein" from HC regulation 1924/2006 (i.e.20% E from protein)	Reviews Individual studies	See: Protein and Satiety/ weight management	-foods/ meals/ diets rich in protein help you feel fuller for longer to help manage your weight; -protein promotes satiety.
CARBOHYDRATES						
111	Carbohydrates	Supply of metabolic energy		Scientific Body Textbooks	IOM, See list of textbook references	-carbohydrates provide energy to the body.
112	Carbohydrates with a low glycaemic index (GI)	Impact on blood glucose / Glycemic control / Glycemic response	Where low GI = GI score of less than or equal to 55, assessed from the incremental area under the blood glucose response curve of a portion of the food/ product providing 50g available carbohydrate (minimum 10g), measured over 2 hours, and expressed as a percentage of the response to 50g glucose or white bread where GI = 100. Reference: WHO/FAO 1998; Brouns et al 2005.	Textbook (Encyclopedia) Meta-analyses Reviews Individual studies	See: Carbohydrates - low GI - Blood Glucose	-low GI carbohydrates sustain steady blood sugar levels.
113	Carbohydrates with a low glycaemic index (GI)	Serum cholesterol	Idem	Textbook (Encyclopedia) Meta-analyses Reviews Individual studies Epidemiological evidence	See: Carbohydrates - low GI - Cholesterol	-a low GI [carbohydrate] diet helps to maintain healthy cholesterol levels.
114	Carbohydrates with a low glycaemic index (GI)	Satiety	Idem	Reviews Individual studies	See: Carbohydrates - low GI - Satiety	-low GI [carbohydrate] foods help you feel fuller for longer.
115	Carbohydrates with a low glycaemic response	Low impact on blood glucose / Low glycemic response / Improved blood glucose control (= benefits discussed with respect to the dietary management of body weight regulation, insulin sensitivity, obesity, diabetes, metabolic syndrome)	The glycemic response is not more than half that of glucose.....see Reference list for details	Expert reviews Reviews Meta-analyses Individual studies	See: Carbohydrates with a low glycaemic response	-low glycemic carbohydrates / low glycemic [carbohydrate] diet helps maintain and improve blood glucose control; -low glycemic carbohydrates / low glycemic [carbohydrate] diet helps in the management of regular blood glucose levels; -low glycemic carbohydrates / low glycemic [carbohydrate] diet helps maintain insulin sensitivity; -low glycemic carbohydrates / low glycemic [carbohydrate] diet supports body weight regulation; -low glycemic carbohydrates / low glycemic [carbohydrate] diet contributes to weight control.

116	Carbohydrates with a reduced glycemic response	Lower impact on blood glucose/ lower glycemic response; improved blood glucose control	The glycemic response is at least 30% reduced compared to a regular food, without increasing the fat content, Assessed from blood glucose response curve (e.g. test food vs traditional food)	Expert reviews Reviews Individual studies Meta-analysis	See: Carbohydrates with a reduced glycemic response	-due to its (modified) carbohydrate composition, this food has a lower blood glucose and insulin response; -this food has a [x%] lower impact on blood sugar levels than comparable foods and thus helps to maintain more steady blood sugar levels; -[graphical presentations of blood glucose response curves].
117	Carbohydrates	Physical endurance		Authoritative Body	See: Carbohydrates and physical endurance	-carbohydrate-containing foods have a beneficial impact on exercise performance; -carbohydrate is a key energy source prior to exercise.
118	Carbohydrates	Reconstitution of liver and muscle glycogen stores		Authoritative Body	See: Carbohydrates and physical endurance	-carbohydrate-containing foods help to rebuild liver and muscle glycogen stores after exercise.
119	Carbohydrates providing a source of glucose	Cognitive/ mental performance; alertness; attention; memory		Peer reviewed individual studies PASSCLAIM	See: Carbohydrate/Glucose and cognitive performance	-glucose is the preferred source of energy for the brain and central nervous system; -glucose improves mental performance; -the delivery of glucose has beneficial effects on feelings of alertness, attention and memory.
120	Carbohydrates - non-cariogenic e.g. isomaltulose; tagatose, polyols, polydextrose. Absence of, or low , fermentable carbohydrates	Dental health	According to US 21CFR§101.80: the food shall not lower plaque pH below 5,7 by bacterial fermentation during consumption and up to 30 min after consumption, as determined by plaque pH telemetry, and other comparable methods.	Authoritative Body	SNF, FDA, FOSHU, CH(LMV), ADA, WHO 2003 See: Carbohydrates Non-cariogenic/absence of fermentable	-food X is kind to teeth; -food/drink X is safe for teeth; -X food helps keep teeth healthy when used between meals in place of [food] made with fermentable sugars; -helps keep teeth healthy; -use of graphic device such as toothfriendly logo.
121	Isomaltulose	Reduced speed of digestion and absorption results in lower glycemic and insulinemic response		Critical reviews Individual studies	See: Isomaltulose and Low glycaemic response	-isomaltulose is fully yet slowly digested and absorbed; -isomaltulose is slowly released; -isomaltulose is a slow release form of energy; -isomaltulose has a low glycemic and low insulinemic response; -isomaltulose provides energy in form of blood glucose over a longer period of time.
122	Lactose	Calcium absorption		Reviews Individual studies	See: Lactose and Calcium absorption	-lactose supports calcium absorption.
123	Polyols	Remineralisation of teeth		Authoritative bodies Reviews Individual studies	See: Polyols and Remineralisation of teeth	-promotes remineralisation of teeth when used after meals

124	Polyols	Low glycemic properties		Authoritative bodies Reviews Individual studies	See: Polyols and Low glycaemic properties	-polyols induce a low glycemic and low insulinemic response - polyols induce a low blood sugar rise (+ explanation + simplified figure of blood glucose response curves) - polyols help controlling blood sugar and insulin levels - polyols help to maintain blood sugar levels - polyols improve blood glucose control - polyols have a lower impact on blood sugar levels than traditional product; -suitable for those following a low glycemic diet.
FATS						
125	Fats	Supply of metabolic energy		Scientific Body Textbook	IOM 2002	-fats are a source of energy for the body
126	Fats	Cell growth/cell functioning and structure		Scientific Body Textbook	IOM 2002	-fats are essential to the body.
127	Fats (fatty acids higher than c-10)	Absorption of fat soluble vitamins		Scientific Body Textbook	IOM 2002	-fats are needed to absorb fat soluble-vitamins
128	Fats (containing EFA)	Essential fatty acids (EFA) supply		Scientific Body Textbook	IOM 2002	-this product provides you with essential fatty acids, which cannot be produced by your own body.
129	Saturated fats/fatty acids (decrease)	Blood cholesterol and artery/heart health		Authoritative Body Scientific Body	JHCI, SNF, NFA, IOM 2002; WHO 2003	-decreasing saturated fatty acids helps lowering cholesterol and maintaining a healthy heart; -controls your cholesterol; -lowering LDL cholesterol helps result in more elastic and reactive vessels.
130	Unsaturated fats/ fatty acids (poly and/or mono unsaturates)	Blood cholesterol and artery/heart health		Authoritative Body Metanalysis Reviews	See: Lipid 1	-decreasing saturated fats and increasing unsaturated fats helps lowering cholesterol and maintaining a healthy heart; -lowering LDL cholesterol helps result in more elastic and reactive vessels.
131	Unsaturated fats/fatty acids	Function of the cell membrane		Scientific Body Textbook	IOM 2002	-help to maintain the function and fluidity of the cellular membranes.
132	Essential fatty acid Linoleic Acid (LA - omega 6)	Growth and development and maintenance of body functions		Scientific Body Textbook	IOM 2002	-linoleic acid (omega 6) is essential for growth and development.
133	Essential fatty acid Linoleic Acid (LA - omega 6)	Brain development and maturation of neurosensorial functions		Textbook	See list of textbook references	-LA acid contributes to mental and cognitive development.
134	Essential fatty acid Linoleic Acid (LA - omega 6)	Molecule precursors regulating cell functions (prostaglandins, leucotrienes)		Scientific Body Expert Reviews Textbook	IOM 2002 WHO/FAO Fats and oils in human nutrition Report of a joint expert consultation. Rome, 19-26 October 1993 British Nutrition Foundation (1999) Briefing Paper: n-3 Fatty Acids and Health.	-Linoleic acid (omega 6) is important for healthy vascular function and the immune system.
135	Essential fatty acid Linoleic Acid (LA - omega 6)	Blood cholesterol		Scientific Body Reviews	WHO 2003; IOM 2002 See: Lipid 1	-Linoleic acid (omega 6) lowers blood cholesterol.

136	Essential fatty acid Linoleic Acid (LA - omega 6)	Artery/ Heart health		Scientific Body Reviews	WHO 2003; IOM 2002 See: Lipid 1 and Lipid 2	-eating Linoleic acid (omega 6) promotes/ contributes to artery and heart health; -eating Linoleic acid (omega 6) promotes/ contributes to blood flow/ circulation.
137	Essential fatty acid Alpha-linolenic acid (LNA - omega 3)	Growth and development and maintenance		Scientific Body Textbook	IOM 2002	-Alpha-linolenic acid (omega 3) is essential for normal growth and development.
138	Essential fatty acid Alpha-linolenic acid (LNA - omega 3)	Brain development and maturation of neurosensory functions		Textbook	See list of textbook references	-Alpha-linolenic acid (omega 3) contributes to mental and cognitive development; -LNA helps to keep your nervous system healthy.
139	Essential fatty acid Alpha-linolenic acid (LNA - omega 3)	Molecule precursors regulating cell functions (prostaglandins, leucotrienes)		Scientific Body Expert Reviews Textbook	IOM 2002 WHO/FAO Fats and oils in human nutrition Report of a joint expert consultation. Rome, 19- 26 October 1993 British Nutrition Foundation (1999) Briefing Paper: n-3 Fatty Acids and Health.	-Alpha-linolenic acid (omega 3) is important for healthy vascular function and immune system and blood clotting.
140	Essential fatty acid Alpha-linolenic acid (LNA - omega 3)	Blood cholesterol		Scientific Body Reviews	WHO 2003; IOM 2002 See: Lipid 1	-Alpha-linolenic acid (omega 3) lowers blood cholesterol.
141	Essential fatty acid Alpha-linolenic acid (LNA - omega 3)	Artery/Heart health		Scientific Body Reviews	WHO 2003; IOM 2002 See: Lipid 1 and Lipid 2	-eating Alpha-linolenic acid (omega 3) promotes/ contributes heart health.
142	Essential fatty acid Alpha-linolenic acid (LNA - omega 3)	A high LNA to LA ratio has positive effects on eicosanoids and thus protects against inflammatory and thrombotic reactions		Authoritative Body Reviews Observational studies	See: Lipid 3	'-LNA contributes to the good balance in essential fatty acids in the diet and as such improves your health.
143	Long chain Omega 3 fatty acids	Brain development, cognitive development and cognitive function		Textbook	See: Lipid 4	-long chain omega-3 fatty acids play a role in normal brain and mental development.
144	Long chain Omega 3 fatty acids	Cardiovascular/ heart health	0.43g per day (serving - 1/3 to 1/4 of this)	Authoritative Body Reviews	SNF/FDA/JHCI WHO 2003; AHA 2006 See: Lipid 5	-a diet rich in long chain omega 3 fatty acids keeps the arteries healthy; -a diet rich in long chain omega 3 fatty acids promotes a healthy heart.
145	Long chain Omega 3 fatty acids	Blood pressure - n-3 LC-PUFA cause relaxation in the neighbouring blood vessel to dilate influencing blood pressure	3 to 4 g per day	Meta-analyses Human intervention Animal studies	See: Lipid 6	-n-3 LC-PUFA help maintain a healthy blood pressure.
146	Long chain Omega 3 fatty acids	Lowering of both fasting and postprandial levels of blood triglycerides	>1.5g per day (BNF CVD 2005 p.217)	Human intervention Animal studies	See: Lipid 7	-contributes to heart health; -helps control levels of triglycerides (type of blood fat).
147	Long chain Omega 3 fatty acids	Endothelial function/arterial function	>1.5g per day (BNF CVD 2005 p.217)	Human intervention Animal studies	See: Lipid 8	-n-3 LC-PUFA have a beneficial effect on the function of the arteries
148	Long chain Omega 3 fatty acids	Normal immune system function		Reviews	See: Lipid 9	-long chain Omega 3 fatty acids are important for a healthy immune system; -LC n3 PUFA help reduce inflammation.

149	Cholesterol	Blood cholesterol and heart health		Textbook Meta-analysis	See: Lipid 10	-foods low in cholesterol help manage blood cholesterol.
FIBRE						
150	Dietary fibre	Bowel function	Conditions of "source of" from HC regulation 1924/2006, specific conditions of use are listed in the list of references	Authoritative Body	SNF, NHPD, JHCI, NFA See: Dietary Fibre and Bowel Function	-dietary fibre helps to maintain normal bowel/colonic function; -dietary fibre promotes regularity; -ensures a healthy digestive system/function;
151	Dietary fibre	Satiety	Condition of use to meet the definition of "high fibre" (6g/100g) and provide at least 5g of total dietary fibre per serving of food which can reasonably be consumed in one day	Textbooks Individual studies	See: Dietary Fibre and Satiety	-foods high in fibre help you to feel full for longer to help maintain your body weight.
152	Dietary fibre	Reduction of glycemic response	Conditions of "source of" from HC regulation 1924/2006, specific conditions of use are listed in the list of references	Authoritative Body Individual human studies	See: Dietary fibre and Glycemic response	-dietary fibre as part of diet low in sugars; -dietary fibre is suitable for diabetics; -dietary fibre induces a low glycemic response; -dietary fibre helps to control/ balance blood insulin/glucose level.
153	Oats/ Oat beta-glucan	Blood cholesterol	1. Whole oats,/rolled oats/whole oat flour (min 4% beta-glucan), oat bran (min 5.5% beta glucan) 2. 3g beta glucan/ day - a portion or in an amount that is customarily consumed in a day should contain at least 0,75g of beta-glucan.	Authoritative body Meta-analyses Randomized controlled trials	US FDA, UK JHCI , SE SNF, CH BAG, NL- Nutrition Center See: Dietary fibre - Oat beta-glucan and Cholesterol	-oats help reduce cholesterol.
154	Barley/ barley beta-glucan	Blood cholesterol levels	3g/day	Authoritative Body Barley (FDA)	See: Dietary fibre - Barley beta-glucan and Cholesterol	-barley helps reduce cholesterol.
155	Acacia gum (gum arabic)	Prebiotic action: increase in beneficial bacteria in the colon	6g/day	Authoritative Body Individual studies	See: Dietary fibre - Acacia gum and prebiotic action	-acacia gum is a bifidogenic fibre; -acacia gum has a prebiotic effect; -acacia gum stimulates the growth of beneficial bacteria in the colon; -acacia gum beneficially modulates the intestinal flora.
156	Acacia gum (gum arabic)	Improved intestinal conditions (pH, SCFA production) and intestinal functions	10g/day	Authoritative Body Individual studies	See: Dietary fibre - Acacia gum and Improved intestinal conditions	-acacia gum promotes good intestinal health; -acacia gum improves bowel functions & gut comfort; -acacia gum stimulates metabolic activity.

157	Inulin / oligofructose / Oligofructose-enriched inulin (specific selection of short & long chains) from chicory	Prebiotic / Bifidogenic	5g/ day	Authoritative Body Human Intervention Trials In-vitro trials Expert opinions	See: Dietary fibre - Inulin from chicory 1	-inulin/oligofructose/ oligofructose enriched inulin from chicory stimulates the growth of Bifidobacteria in the colon; -inulin/oligofructose/ oligofructose enriched inulin from chicory beneficially affects the intestinal flora; -inulin/oligofructose/ oligofructose enriched inulin from chicory is prebiotic; -inulin/oligofructose/ oligofructose enriched inulin from chicory promote healthy/balanced/good gut bacteria.
158	Inulin / FOS (β2→1 linked fructans)	Prebiotic/ Bifidogenic; Digestive Health	5g/ day	Books and Review Papers Human Studies Animal Studies In-Vitro Studies Chemistry References	See: Dietary Fibre - Inulin / FOS (β2→1 linked fructans)	-Inulin (or FOS) promotes healthy gut bacteria or microflora; -Inulin (or FOS) is a prebiotic; -Inulin (or FOS) is bifidogenic; -Inulin (or FOS) promotes good digestive health; -Inulin (or FOS) promotes gastrointestinal /bowel/gut/colonic health; -Inulin (or FOS) promotes proper bowel function.
159	Inulin/oligofructose from chicory	Improved intestinal conditions (pH, SCFA production) and intestinal functions	5g/day	Authoritative Body Individual studies	See: Dietary fibre - Inulin from chicory 2	-inulin/oligofructose from chicory improves intestinal conditions; -inulin/oligofructose from chicory promotes intestinal health.
160	Inulin / oligofructose / oligofructose-enriched inulin (specific selection of short & long chains) from chicory	Improves digestive/ bowel function	8g/day	Human Intervention Trials Expert opinions	See: Dietary fibre - Inulin from chicory 3	-promotes/ supports digestive health; -improves regularity; -improves digestive/ bowel function.
161	Inulin/ oligofructose from chicory	Cholesterol lowering	9g/ day	Individual and animal studies	See: Dietary fibre - Inulin from chicory 4	-inulin/ oligofructose from chicory helps to reduce cholesterol
162	Inulin/oligofructose from chicory	Improved Calcium absorption	8g/ day	Human studies Animal studies	See: Dietary fibre - Inulin from chicory 5	-inulin/ oligofructose enhances calcium absorption
163	Oligofructose-enriched inulin (specific selection of short & long chains) from chicory	Increased Calcium absorption	8 g/day	Human Intervention trials Animal studies Review and Expert opinions	See: Dietary fibre - Inulin from chicory 6	-increases/ promotes/ enhances Calcium absorption.
164	Oligofructose-enriched inulin (specific selection of short & long chains) from chicory	Increased bone mineral density	8 g/day	Human Intervention trials Animal studies Review and Expert opinions	See: Dietary fibre - Inulin from chicory 7	-increased bone mineral density; -increased bone strength.

165	Chicory oligofructose	Increased inner protection/ resistance	12g/ day	Human intervention trials Supporting animal trial Expert opinions	See: Dietary fibre - Inulin from chicory 8	-contributes to your body's natural defences; -supports/ increases your internal protection/ resistance.
166	Fructooligosaccharides from sucrose	Prebiotic / Bifidogenic	2.5g/ day	Authoritative Body Reviews Individual studies	See: Dietary fibre - Fructooligosaccharides from sucrose 1	-fructooligosaccharides from sucrose / oligofructose stimulates the growth of Bifidobacteria in the colon; -fructooligosaccharides/ oligofructose beneficially affects the intestinal flora; -fructooligosaccharides/ oligofructose are prebiotics; -fructooligosaccharides/ oligofructose promote healthy/good/balanced gut bacteria.
167	Fructooligosaccharides from sucrose	Improved intestinal conditions (pH, SCFA production) and intestinal functions	5g/ day	Authoritative Body Individual studies	See: Dietary fibre - Fructooligosaccharides from sucrose 2	-fructooligosaccharides from sucrose/ oligofructose promote healthy conditions in the colon; -fructooligosaccharides/ oligofructose improve bowel function; -fructooligosaccharides/ oligofructose improve gut comfort.
168	Fructooligosaccharides from sucrose	Increase mineral (Ca/ Mg) absorption	10g/ day	Individual studies Animal studies	See: Dietary fibre - Fructooligosaccharides from sucrose 3	-fructooligosaccharides/ oligofructose enhance/ promote/ increase magnesium absorption; -fructooligosaccharides/ oligofructose enhance/ promote/ increase calcium absorption; -fructooligosaccharides/ oligofructose support isoflavone activity on bone health.
169	Fructooligosaccharides from sucrose	Reduction in blood plasma lipids	8g/ day	Individual studies Animal studies	See: Dietary fibre - Fructooligosaccharides from sucrose 4	Fructooligosaccharide/oligofructose: - improve blood lipids -combined to a balanced diet lower blood cholesterol
170	Galacto-oligosaccharides	Prebiotic/ Bifidogenic	2,5 g/day	Reviews Individual studies (adults and infants)	See: Dietary fibre - Galacto-oligosaccharides and Prebiotic action	-GOS stimulates the growth of Bifidobacteria in the colon; -GOS beneficially affects the intestinal flora; -GOS are prebiotics/bifidogenic; -GOS improve healthy intestinal condition.
171	Xylo-oligosaccharides	Prebiotic/ Bifidogenic	2,6g/ day	Individual studies Animal and in vitro studies	See: Dietary fibre - Xylooligosaccharides and prebiotic action	-stimulates a healthy intestinal flora; -stimulates the growth of bifidobacteria
172	Resistant starch	Favours a normal colon metabolism	17g/ day	Animal studies Human studies In vitro studies	See: Dietary fibre - Resistant starch 1	-Resistant starch helps favour a normal colon metabolism; -Resistant starch is a butyrogenic fiber, butyrate participates to a normal colonic function and metabolism.
173	Sugar beet fibre	Blood glucose control	10g/ day	Human studies	See: Dietary fibre - Sugar beet fibre 1	-sugar beet fibre helps to balance blood sugar levels.
174	Sugar beet fibre	Contributes to lower cholesterol levels	25-40g/ day	Human studies Animal studies	See: Dietary fibre - Sugar beet fibre 2	-sugar beet fibre helps to lower blood LDL cholesterol; -sugar beet fibre improves your cholesterol profile.
175	Polydextrose	Improves the bowel function	4g/ day	Authoritative bodies Reviews Human studies Animal studies	See: Dietary fibre - Polydextrose and Bowel function	- polydextrose promotes good intestinal health; -polydextrose improves bowel function and gut comfort; -polydextrose stimulates metabolic activity.

176	Polydextrose	Prebiotic / Bifidogenic	4g/ day	Human studies In vitro studies	See: Dietary fibre - Polydextrose and Prebiotic action	<ul style="list-style-type: none"> - polydextrose stimulate the growth of beneficial bacteria in the gut; - polydextrose stimulates the growth of Bifidobacteria in the colon; - polydextrose stimulate the growth of Lactobaccilli bacteria in the gut; - prebiotics promote healthy/well-balanced gut bacteria/flora;
177	Pectins	Blood cholesterol lowering	6g/ day	Reviews Meta-analysis Individual studies (human)	See: Dietary fibre - Pectins 1	-pectins help to reduce blood cholesterol to promote heart health
178	Pectins	Reduces the postprandial levels of glucose	10g/ day	Rewiews Individual studies (human)	See: Dietary fibre - Pectins 2	-helps to manage your blood glucose and insulin levels after (carbohydrate rich) meals

PROBIOTIC INGREDIENTS						
179	<i>Bacillus subtilis</i> BP6	Intestinal / digestive health	at least 10 ⁷ cfu/day	Review Textbook Animal & In Vitro Studies	See: Probiotic 1	<ul style="list-style-type: none"> - for good intestinal health; - promotes and maintains intestinal health; - promotes and maintains intestinal function; - promotes intestinal health during travel; - promotes intestinal health during treatment with antibiotics; - supports healthy gastrointestinal flora; - for good digestive health; - promotes and stimulates good bowel movement; - supports normal bowel regularity; - supports normal digestion; - promotes good digestion; - promotes regularity; - has bifidogenic properties in the digestive tract; - stimulates natural resistance in the digestive tract.
180	<i>Bifidobacterium animalis</i> Lafti B94 (CBS118.529)	Intestinal flora	at least 10 ¹¹ cfu/day	Human studies Supportive in vitro and in vivo animal evidence	See: Probiotic 2	<ul style="list-style-type: none"> -enhances levels of beneficial microflora; -balances your intestinal microflora; -beneficially affects the intestinal flora; -supports a balanced beneficial gastro-intestinal micro flora.
181	<i>Bifidobacterium animalis ssp. lactis</i> Bb-12 ®	Intestinal flora	at least 10 ⁹ cfu/day	individual human studies	See: Probiotic 3	<ul style="list-style-type: none"> -boosts the level of natural good bacteria in your body, which can aid digestion; -supports a healthy digestive system; -beneficially affects the intestinal flora.
182	<i>Bifidobacterium animalis ssp. lactis</i> BB-12® and <i>Lactobacillus</i> LA-5®	Digestive system	at least 10 ⁹ cfu/day	Human study Animal study In vitro study	See: Probiotic 4	<ul style="list-style-type: none"> -improves the microflora in elderly; -beneficially affects the microflora; -helps to keep your digestive system in balance; -helps maintain a healthy digestive system; -helps maintain a healthy gut flora.
183	<i>Bifidobacterium animalis ssp. lactis</i> BB-12® and <i>Lactobacillus paracasei</i> ssp. <i>paracasei</i> CRL-431®	Digestive system	at least 10 ⁸ cfu/day	Human study Animal study In vitro study	See: Probiotic 5	<ul style="list-style-type: none"> -helps against slow transit; -improves the gastrointestinal flora.
184	<i>Bifidobacterium animalis ssp. lactis</i> BB-12®, <i>Lactobacillus acidophilus</i> LA-5®, <i>Lactobacillus bulgaricus</i> LBY-27® and <i>Streptococcus thermophilus</i> STY-31®	Gut flora	at least 10 ⁹ cfu/day	Human study Animal study In vitro study	See: Probiotic 6	<ul style="list-style-type: none"> -helps maintain a healthy gut flora.

185	<i>Bifidobacterium animalis ssp. lactis</i> CNCM I-2494 / DN-173 010	Intestinal transit	at least 10 ¹⁰ cfu/ day fermented milk product daily consumption	Authoritative bodies Critical reviews Individual studies	See: Probiotic 7	-helps to improve your natural digestive transit; -helps slow transit; -helps your natural regularity; -helps to naturally regulate digestion; -helps to regulate your intestinal flora; -helps your intestinal rhythm.
186	<i>Bifidobacterium bifidum</i> CNCM I-373	Digestive Health	at least 10 ⁹ cfu/day daily intake	Textbook Critical reviews	See: Probiotic 8	-helps maintain a healthy gut flora.
187	<i>Bifidobacterium bifidum</i> I-3426	Digestive health	at least 1x10 ⁹ cfu/day	Human studies Review articles	See: Probiotic 9	-helps maintain a healthy gut flora; -helps to recover after antibiotics or chemotherapeutics medication.
188	<i>Bifidobacterium breve</i> I-3425	Digestive health	at least 1x10 ⁹ cfu/day	Human study	See: Probiotic 10	-helps balance the intestinal flora; -helps maintain digestive health.
189	<i>Bifidobacterium breve</i> Yakult (BbY)	Digestive system / Intestinal flora	at least 10 ⁹ cfu/day	Human study Animal study In vitro study	See: Probiotic 11	-contributes to a healthy digestive system by supporting a well-balanced gut flora through an increased number of (beneficial) bifidobacteria in the large intestine/large bowel.
190	<i>Bifidobacterium infantis</i> I-3424	Digestive health	at least 1x10 ⁹ cfu/day	Review	See: Probiotic 12	-helps maintain digestive health.
191	<i>Bifidobacterium longum</i> I-3470	Digestive health	at least 1x10 ⁹ cfu/day	Human studies	See: Probiotic 13	-helps balance the intestinal flora; -helps maintain digestive health.
192	<i>Lactobacillus acidophilus</i> CNCM I-1722	Digestive health	at least 10 ⁹ cfu/day daily intake	Textbook Critical reviews	See: Probiotic 14	-helps maintain a healthy gut flora.
193	<i>Lactobacillus acidophilus</i> CUL21 NCIMB 30156 <i>Lactobacillus acidophilus</i> CUL 60 NCIMB 30157 <i>Bifidobacterium adolescentis</i> CUL 17 NCIMB 30153 <i>Bifidobacterium lactis</i> (<i>animalis</i> ssp. <i>lactis</i>) CUL 34 NCIMB 30172	Gut flora	at least 2.4x10 ¹⁰ cfu/day	Human Studies (Double blind placebo controlled randomised studies), in vitro studies	See: Probiotic 15	-improves intestinal environment and functionality; -maintains healthy digestive system; -supports good digestive function; -maintains balance of healthy microflora; -influences composition of gut flora after taking antibiotics; -stimulates the proportions of friendly bacteria after taking antibiotics; -reduces the occurrence of antibiotic resistant bacteria in the gut flora after taking antibiotics.
194	<i>Lactobacillus acidophilus</i> Lafti L10 (CBS 116.411)	Digestive Health	at least 5x10 ⁹ cfu/day	Human studies Animal studies In vitro studies	See: Probiotic 16	-helps to reduce GI discomfort; -improves your feeling of (intestinal) comfort; -helps you feel better; -reduces overall severity of gastro-intestinal complaints; -helps to reduce GI complaints.
195	<i>Lactobacillus acidophilus</i> Lafti L10 (CBS 116.411)	Intestinal flora	at least 5x10 ⁹ cfu/day	Human studies Supportive in vitro and in vivo animal evidence	See: Probiotic 17	-enhances levels of beneficial microflora; -balances your intestinal flora; -beneficially affects the intestinal flora; -supports a balanced beneficial gastro-intestinal micro flora.

196	<i>Lactobacillus acidophilus</i> NCFM ATCC SD5221	Gut health	at least 10 ⁹ cfu/day	Individual studies (human intervention and animal studies) Review article	See: Probiotic 18	-helps to improve the level of natural good bacteria in your body; -helps to aid digestion and well-being; -helps to reduce Gastro Intestinal discomfort; -maintains the balance of healthy microflora; -beneficially affect the intestinal flora; -reduces lactose intolerance symptoms.
197	<i>Lactobacillus helveticus</i> I-1722	Digestive health	at least 1x10 ⁹ cfu/day	Human studies Review article	See: Probiotic 19	- Helps balance the intestinal flora - Helps maintain digestive health - Helps to reduce gastro-intestinal discomfort - Maintains the balance of healthy microflora
198	<i>Lactobacillus casei</i> Lafti L26 (CBS 116.412)	Intestinal flora	at least 5x10 ⁹ CFU	Human studies Animal & in vitro studies	See: Probiotic 20	-enhance levels of beneficial microflora; -balance your intestinal microflora; -beneficially affect the intestinal flora; -supports a balanced beneficial gastro-intestinal micro flora.
199	<i>Lactobacillus casei</i> I-3429	Digestive health	at least 1x10 ⁹ cfu/day	Human study	See: Probiotic 21	-helps balance the intestinal flora; -helps maintain digestive health; -contributes to the gut health by increasing number of beneficial bacteria and decreasing of harmful substances in the gut.
200	<i>Lactobacillus casei</i> Shirota (LcS)	Gut health	at least 10 ⁹ cfu/day	Authoritative Bodies Human study Animal study In vitro study	See: Probiotic 22	contribute to the gut health by: - supporting a well-balanced gut flora through an increased number of beneficial bacteria; - decreasing harmful substances in the gut; - improving intestinal environment; - improving the metabolic activity of the gut flora; - supporting the gut barrier function.
201	<i>Lactobacillus casei</i> Shirota (LcS)	Digestive system / bowel habit	at least 10 ⁹ cfu/day	Authoritative Bodies Human study Animal study In vitro study	See: Probiotic 23	helps maintain a healthy digestive system by: - improving sub-optimal bowel habits; - modulating bowel activity; - improving stool frequency; - contributing to healthy bowel habits.
202	<i>Lactobacillus gasseri</i> PA 16/8 and <i>Bifidobacterium bifidum</i> MF 20/5	Intestinal flora / digestive health	at least 10 ⁸ cfu/day	Individual human studies Animal studies In-vitro study	See: Probiotic 24	-helps to maintain a healthy gut flora; -beneficial for maintaining a healthy intestinal flora; -contributes to a healthy digestive system by supporting a well-balanced gut flora through an increased number of beneficial bacteria and decreasing harmful substances in the gut.

203	<i>Lactobacillus gasseri</i> CECT5714 and <i>Lactobacillus coryniformis</i> CECT5711	Intestinal flora and intestinal transit	at least 10 ⁸ cfu/day dairy fermented product periods of 3-4 weeks daily consumption	Individual human studies: adults and children	See: Probiotic 25	-balances your healthy intestinal flora; -protects the intestinal tract; -improves your intestinal transit.
204	<i>Lactobacillus helveticus</i> CNCM I-1722 and <i>Bifidobacterium longum</i> CNCM I-3470	Digestive system	at least 3x10 ⁹ cfu/ day	Individual human studies Animal and in vitro studies (supporting)	See: Probiotic 26	-reduces stress-induced gastro-intestinal discomfort.
205	<i>Lactobacillus helveticus</i> CNCM I-1722 and <i>Lactobacillus rhamnosus</i> CNCM I-1720	Digestive system	at least 3x10 ⁹ cfu/ day	Individual human studies Animal and in vitro studies (supporting)	See: Probiotic 27	-helps gastro-intestinal comfort/ transit.
206	<i>Lactobacillus johnsonii</i> La-19/CLbA5 and <i>Bifidobacterium animalis</i> ssp. <i>lactis</i> Bf-6/Bif-6/CB111 (<i>Biogarde®/Bioghurt®/Bigarde®/Bighurt®-Cultures</i>)	Intestinal flora / digestive health	at least 10 ⁸ cfu/day	Scientific / Authoritative bodies Text book Reviews Human studies Animal & in vitro studies	See: Probiotic 28	-Biogarde®/Bioghurt®/Bigarde®/Bighurt®-Cultures support the natural beneficial gut flora; -Biogarde®/Bioghurt®/Bigarde®/Bighurt®-Cultures support the natural beneficial gut flora and activate/stimulate thereby the metabolism and the natural defences.
207	<i>Lactobacillus johnsonii</i> NCC 533 (La1) (<i>Pasteur culture collection</i> CNCM I-1225)	Gut health	at least 10 ⁸ cfu/day Fermented milk	individual human studies	See: Probiotic 29	-regulates your intestinal transit; -balances your intestinal flora; -supports healthy digestive system.
208	<i>Lactobacillus paracasei</i> NCC 2461 (ST11) (<i>Pasteur culture collection</i> CNCM I-2116)	Gut health	at least 10 ⁹ cfu/day Fermented milk	individual human studies	See: Probiotic 30	-balances your intestinal flora; -supports/protects digestive system; -improves digestive comfort; -reduces/ relieves gut discomfort; -reduces bowel disturbances; -reduces/relieves common digestive complaints; -reduces/ relieves bloating.
209	<i>Lactobacillus plantarum</i> Rosell-1012	Digestive health	at least 1x10 ⁹ cfu/day	Human studies In vitro study	See: Probiotic 31	-helps balance the intestinal flora; -helps maintain digestive health.

210	<i>Lactobacillus plantarum</i> 299v	Digestive system	at least 20x10 ⁹ cfu/ day	Authoritative body Individual human studies Animal and in vitro studies (supporting)	See: Probiotic 32	-reduces flatulences/ bloating.
211	<i>Lactobacillus reuteri</i> ATCC 55730	Intestinal flora	at least 1x10 ⁸ cfu/day daily consumption	Individual human studies	See: Probiotic 33	-beneficially affects the intestinal flora; -supports a healthy intestinal flora; -balances the intestinal flora.
212	<i>Lactobacillus rhamnosus</i> ATCC53103 (LGG®)	Gastro-intestinal health	Food matrix: at least 10 ⁸ cfu/day Capsules, tablets etc: at least 10 ⁹ cfu/day	Authoritative bodies Meta-analyses Critical review articles Individual human studies Animal studies In vitro studies	See: Probiotic 34	-LGG® acts as a part of the natural, beneficial intestinal microbota; -LGG® supports beneficial microbiota and healthy intestinal metabolism; -LGG® supports a healthy digestive tract and mucosal barrier function; -LGG® balances intestinal activity.
213	<i>Lactobacillus rhamnosus</i> I-1720	Digestive health	at least 1x10 ⁹ cfu/day	Human studies Review article	See: Probiotic 35	-beneficially affects the intestinal flora; -supports a healthy intestinal flora.
214	<i>Propionibacterium freudenreichii</i> SI 41 and <i>Propionibacterium freudenreichii</i> SI 26 Propio-Fidus®	Intestinal flora	at least 10 ¹⁰ cfu/day daily consumption	Individual human studies	See: Probiotic 36	-is viable and active during intestinal transit and beneficially affects the intestinal flora by increasing bifidobacteria.
215	<i>Saccharomyces boulardii</i> (trade name PXN68)	Digestive health	at least 2x10 ⁹ cfu/day	Human studies Meta-analysis	See: Probiotic 37	-suitable for travelling; -maintains the fine balance of the intestinal microflora; -helps to stimulate the body's natural defences; -reduces symptoms of travelling addicted diarrhea.
216	<i>Sacharomyces cerevisiae</i> var <i>boulardii</i>	Digestive system	at least 4x10 ⁹ cfu/ day	Meta analysis + in vitro studies (supporting)	See: Probiotic 38	-helps maintain intestinal flora/comfort.
217	<i>Streptococcus thermophilus</i> I-3428	Digestive health	at least 1x10 ⁹ cfu/day	Human studies	See: Probiotic 39	-helps balance the intestinal flora; -helps maintain digestive health.
218	<i>Bifidobacterium animalis</i> ssp. <i>lactis</i> Bb-12 ®	Natural defence / immune system	at least 10 ⁹ cfu/day yoghurt daily consumption	Individual human studies	See: Probiotic 40	-support your natural defences; -strengthen the natural defense.

219	<i>Bifidobacterium animalis ssp. lactis BB-12, Lactobacillus acidophilus LA-5, Lactobacillus bulgaricus LBY-27 and Streptococcus thermophilus STY-31</i>	Natural defence / immune system	at least 10^9 cfu/day	Human study Animal study In vitro study	See: Probiotic 41	-enhances/supports your bodys natural defence.
220	<i>Bifidobacterium animalis ssp. lactis BB-12® and Lactobacillus acidophilus La-5®</i>	Natural defence / immune system	at least $4,6 \times 10^8$ cfu/day	Human study Animal study In vitro study	See: Probiotic 42	-helps to support your natural defences; -helps to strenghten the natural defense; -helps to stimulate the immune system.
221	<i>Bifidobacterium bifidum I-3426</i>	Immune defenses / support of immunity	at least 1×10^9 cfu/day	Human studies Review articles	See: Probiotic 43	-helps to strenghten your body's natural defences; -stimulates the specific and non specific immune system; -strengthens immune system in case of allergy; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens immune system and resistance of organism against bacterial contamination.
222	<i>Bifidobacterium breve I-3425</i>	Immune defenses / support of immunity	at least 1×10^9 cfu/day	Human study	See: Probiotic 44	-helps body's natural defences; -stimulates the specific and non specific immune system; -strengthens immune system in case of allergy; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens immune system and resistance of organism against bacterial contamination.
223	<i>Bifidobacterium infantis I-3424</i>	Immune defenses / support of immunity	at least 1×10^9 cfu/day	Human study Review article	See: Probiotic 45	-helps body's natural defences; -stimulates the specific and non specific immune system; -strengthens immune system in case of allergy; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens immune system and resistance of organism against bacterial contamination.

224	<i>Bifidobacterium lactis</i> HNO19 AGAL NM97/09513	Natural defence/immune system	at least 10 ⁹ cfu/day	Individual studies (human intervention animal studies and in vitro studies) review articles	See: Probiotic 46	-helps to strengthen your body's natural defences; -helps to strengthen the natural defenses of elderly; -contributes to enhance your body's resistance; -helps to positively influence a healthy immune system.
225	<i>Bifidobacterium longum</i> I-3470	Immune defenses / support of immunity	at least 1x10 ⁹ cfu/day	Human studies	See: Probiotic 47	-helps body's natural defences; -stimulates the specific and non specific immune system; -strengthens immune system in case of allergy; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens immune system and resistance of organism against bacterial contamination.
226	<i>Lactobacillus acidophilus</i> CUL21 NCIMB 30156 <i>Lactobacillus acidophilus</i> CUL 60 NCIMB 30157 <i>Bifidobacterium adolescentis</i> CUL 17 NCIMB 30153 <i>Bifidobacterium lactis</i> (<i>animalis</i> ssp. <i>lactis</i>) CUL 34 NCIMB 30172	Natural defence and support of the immune system	at least 2.4x10 ¹⁰ cfu/day	Human Studies (Double blind placebo controlled randomised studies)	See: Probiotic 48	-helps to improve the body's natural defences; -helps to strengthen the immune system; -helps to regulate the body's immune response; -helps to maintain a dominance of friendly bacteria particularly in the elderly receiving antibiotics in hospital environment; -helps to boost the natural defenses among the elderly.
227	<i>Lactobacillus acidophilus</i> Lafti L10 (CBS 116.411)	Natural defence / immune system	at least 2x10 ¹⁰ cfu/day	Human studies Animal studies In vitro studies	See: Probiotic 49	-strengthens the natural defences; -helps to restore the immune balance.
228	<i>Lactobacillus acidophilus</i> NCFM ATCC SD5221	Natural resistance/defence	at least 10 ⁹ cfu/day	Individual studies (human intervention and animal studies) Review article	See: Probiotic 50	-helps to strengthen your body's natural defences; -helps to strengthen the natural defenses; -helps to strengthen the natural defences of your body; -contributes to enhance your body's resistance.
229	<i>Lactobacillus helveticus</i> I-1722	Immune defenses / support of immunity	at least 1x10 ⁹ cfu/day	Human studies Review articles Animal study	See: Probiotic 51	-enhances the body's natural defences; -stimulates the specific and non specific immune system; -strengthens immune system in case of allergy; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens the immune system and resistance of organism against bacterial contamination.

230	<i>Lactobacillus casei</i> CNCM I-1518 / DN-114 001	Natural defence	at least 10^{10} cfu/day fermented milk product daily consumption all population	Authoritative bodies Critical reviews Individual studies	See: Probiotic 52	-helps to strengthen natural defences; -helps to support body's defences; -activates natural defense; -helps to support body's defences; -helps to strengthen body's defences; -helps you to be more resistant.
231	<i>Lactobacillus casei</i> I-3429	Immune defenses / support of immunity	at least 1×10^9 cfu/day	Human studies	See: Probiotic 53	-helps body's natural defences; -stimulates the specific and non specific immune system; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens immune system and resistance of organism against bacterial contamination.
232	<i>Lactobacillus casei</i> Shirota (LcS)	Natural resistance / defence	at least 10^9 cfu/day	Human study Animal study In vitro study	See: Probiotic 54	contributes to/supports the body's natural resistance/defence by: -supporting a well-balanced gut flora through an increased number of beneficial bacteria; -decreasing harmful substances in the gut; -improving intestinal environment; -improving the metabolic activity of the gut flora; -supporting the gut barrier function.
233	<i>Lactobacillus casei</i> Shirota (LcS)	Natural resistance / defence (enhance NK cell activity)	at least 10^9 cfu/day	Human study Animal study In vitro study	See: Probiotic 55	-contributes to/ supports the body's natural resistance/ defence.
234	<i>Lactobacillus casei</i> Shirota (LcS)	Natural defence (regulation of cell development)	at least 10^9 cfu/day	Human study Animal study In vitro study	See: Probiotic 56	contributes to/ supports the body's natural resistance/ defence by: -protecting from irregular cell development; -contributing to healthy cell development.
235	<i>Lactobacillus fermentum</i> CECT5716	Natural defence / immune system	at least 10^9 - 10^{10} cfu/day powder culture (pills) daily intake period of 3-4 weeks	Human and animal trials	See: Probiotic 57	-help/ contribute/ participate in increasing the natural defenses; -help/ contribute/ participate to strengthen the immune system; -help/ contribute/ participate to equilibrate the immune response.
236	<i>Lactobacillus gasseri</i> CECT5714 and <i>Lactobacillus coryniformis</i> CECT5711	Natural defence / immune system	at least 10^8 cfu/day dairy fermented product period of 3-4 weeks daily consumption	Human trials: adults and children	See: Probiotic 58	-help/ contribute/ participate in increasing the natural defenses; -help/ contribute/ participate to strengthen the immune system; -help/ contribute/ participate to equilibrate the immune response.
237	<i>Lactobacillus gasseri</i> PA 16/8, <i>Bifidobacterium bifidum</i> MF 20/5 and <i>Bifidobacterium longum</i> SP 07/3	Natural defence / immune system	at least 10^7 cfu/day	Human studies Animal studies	See: Probiotic 59	-strengthens the immune system; -enhances the body's natural defences.

238	<i>Lactobacillus johnsonii</i> La-19/CLbA5 and <i>Bifidobacterium animalis</i> ssp. <i>lactis</i> Bf-6/Bif-6/CB111 (Biogarde®/Bioghurt®/Bigarde®/Bighurt®-Cultures)	Natural / immune defences	at least 10 ⁸ cfu/day	Scientific / Authoritative bodies Text book Reviews Human studies Animal & in vitro studies	See: Probiotic 60	-Biogarde®/Bioghurt®/Bigarde®/Bighurt®-Cultures activate/ stimulate the body's natural (immune) defences.
239	<i>Lactobacillus johnsonii</i> NCC 533 (La1) (Pasteur culture collection CNCM I-1225)	Natural defence/immune system	at least 10 ⁹ cfu/day Fermented milk and spray-dried	individual human studies	See: Probiotic 61	-increases your natural defences; -actively supports your immune system; -strengthens your immune defences.
240	<i>Lactobacillus paracasei</i> NCC 2461 (ST11) (Pasteur culture collection CNCM I-2116)	Natural defence/immune system	at least 10 ⁹ cfu/day Fermented milk and spray-dried	individual human studies	See: Probiotic 62	-increases your natural defences; -actively supports your immune system; -strengthens your immune defences; -supports your immune system during the pollen season; -reinforces your immune system to cope with airborne allergens; -strengthens your immune system to cope with pollen season; -makes you feel better during pollen season.
241	<i>Lactobacillus paracasei</i> ssp. <i>paracasei</i> CRL-431	Natural defence / immune system	at least 10 ¹⁰ cfu/day	Human study Animal study In vitro study	See: Probiotic 63	-strengthen/ support your body's natural defence; -strengthen/ support the immune system.
242	<i>Lactobacillus plantarum</i> Rosell-1012	Immune defenses / support of immunity	at least 1x10 ⁹ cfu/day	Human study In vitro study	See: Probiotic 64	-helps body's natural defences; -stimulates the specific and non specific immune system; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens immune system and resistance of organism against bacterial contamination.
243	<i>Lactobacillus reuteri</i> ATCC 55730	Natural defence	at least 10 ⁸ cfu/day daily consumption	Individual human studies	See: Probiotic 65	-helps to strengthen the natural defences; -helps to support the natural defences; -helps to support the body's defences; -helps to strengthen the body's defences.
244	<i>Lactobacillus rhamnosus</i> ATCC53103 (LGG®)	Natural defence, immune response	Food matrix: at least 10 ⁸ cfu/day, Capsules, tablets: at least 10 ⁹ cfu/day	Critical reviews Individual studies Animal and in vitro studies	See: Probiotic 66	-LGG® support/enhances body's natural defence systems; -LGG® supports/enhances natural immune response; -LGG® - Natural defence.
245	<i>Lactobacillus rhamnosus</i> HN001 AGAL NM97/09514	Natural defence/immune system	at least 10 ⁹ cfu/day	Individual studies (human intervention animal studies and in vitro studies)	See: Probiotic 67	-helps to strengthen your body's natural defences; -helps to strengthen the natural defenses of elderly; -contributes to enhance your body's resistance; -helps to positively influence a healthy immune system.

246	<i>Lactobacillus rhamnosus I-1720</i>	Immune defenses / support of immunity	at least 1×10^9 cfu/day	Human studies	See: Probiotic 68	-helps body's natural defences; -stimulates the specific and non specific immune system; -strengthens immune system in case of allergy; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens immune system and resistance of organism against bacterial contamination.
247	<i>Streptococcus thermophilus I-3428</i>	Immune defenses / support of immunity	at least 1×10^9 cfu/day	Human studies	See: Probiotic 69	-helps body's natural defences; -stimulates the specific and non specific immune system; -healthy functional flora is preventing before potentially pathogenic microorganism; -strengthens immune system and resistance of organism against bacterial contamination.
248	<i>Lactobacillus rhamnosus GR 1 (ATCC 55826) and Lactobacillus reuteri RC-14 (ATCC 55845)</i>	Vaginal health/flora	at least 10^9 cfu/day	Peer-reviewed publications Human intervention studies Supporting data: animal, in vitro, cellular and molecular studies of genotype	See: Probiotic 70	-supports/ promotes/ helps maintain a healthy vaginal microflora; -helps to restore and maintain a normal vaginal microflora; -maintain/ support/ promote vaginal health.
249	<i>Lactobacillus acidophilus LA14</i>	Urogenital tract /Natural vaginal defence	at least 1×10^9 cfu/day	Human study Review article	See: Probiotic 71	-helps during the treatment of urogenital disorders; -suitable during and after the use of antibiotics; -helps to restore and maintain normal vaginal microflora; -supports epithelial immunity.
250	<i>Lactobacillus rhamnosus LR(3)</i>	Urogenital tract /Natural vaginal defence	at least 1×10^9 cfu/day	Human studies Review article	See: Probiotic 72	-helps during the treatment of urogenital disorders; -suitable during and after the use of antibiotics; -helps to restore and maintain normal vaginal microflora; -supports epithelial immunity.
251	<i>Lactobacillus johnsonii NCC 533 (La1) (Pasteur culture collection CNCM I-1225)</i>	Skin health	at least 5×10^9 cfu/day Powder	individual human studies	See: Probiotic 73	-La1 helps to fight against UV damages; -La1 reinforces skin defences altered by UV; -La1 helps to preserve skin health.
252	<i>Lactobacillus paracasei NCC 2461 (ST11) (Pasteur culture collection CNCM I-2116)</i>	Skin health	at least 10^9 cfu/day Powder	individual human studies	See: Probiotic 74	-ST11 helps to reinforce skin barrier function; -ST11 helps to reduce the reactivity of skin; -ST11 helps to reduce the sensitivity of skin; -ST11 helps to preserve skin health.