

LIST OF HEALTH CLAIMS / SLOVENIA JANUARY 2008

No.	Food or food component	Health Relationship	Conditions of use	References	Example of wording
1	Apple vinegar, (cider vinegar)			Mohamed el-OA, Mohamed SM, Mohamed KA. 2001, The effect of cider vinegar on some nutritional and physiological parameters in mice. J Egypt Public Health Assoc., 76(1-2): 17-36	Diluted like spice maintains digestion.
2	Honey; fructose, glucose	Easily and directly assimilated by the body: ready for vigorous and energetic activity		1) Apimodia-Apitherapy; Prof. Th. Cherbuliez Standing commission of apitherapy Apimondia. Chapters: 1.01.1.04.1 The main constituents: sugars and water, 1.01.2.04- Energetic action of honey 2) Honey-Health and therapeutic Qualities. National Honey board, www.nhb.org	Honey is good source of simple sugar and protective substances.
3	Lutein	Eye health	>5 mg/day (regular consumption of lutein via dietary sources or/and supplementation)	Annex	Helps support eye health.

4	Natural mineral water: Magnesium	Metabolism/ function muscle		Monograph on water containing magnesium, Federal Gazette No.37,23.2.1994, p.1618; Gutenbrunner C., Hildebrandt G. Handbuch der Heilwasser-Trinkkuren. Sonntag Verlag. Stuttgart, 1994; Fazekas T., Selmeczi B., Stefanovits P. Magnesium in biological systems. Environmental and biomedical aspects. Akadémiai Kiadó, Budapest, 1994; Eschenbruch B. Wasser und Mineralstoffe in der Ernährungsmedizin. Umschau Zeitschriftenverlag. Frankfurt am Main. 1994.	Plays an important role in metabolism. Magnesium is important for good muscle function.
5	Natural mineral water: Calcium	Calcium deficiency		Monograph on water containing calcium, Federal Gazette No.115, 26.6.1990, p.3239; Gutenbrunner C., Hildebrandt G. Handbuch der Heilwasser-Trinkkuren. Sonntag Verlag. Stuttgart; Eschenbruch B. Wasser und Mineralstoffe in der Ernährungsmedizin. Umschau Zeitschriftenverlag. Frankfurt am Main. 1994.	Recommendable in the cases of increased calcium needs.
6	Natural mineral water: Sulphates as Mg-, Na- salts: MgSO ₄ , Na ₂ SO ₄	Digestion/Intestinal tract		Monograph on water containing sulphate, Federal Gazette No.115, 26.6.1990, p.3239; Gutenbrunner C., Hildebrandt G. Handbuch der Heilwasser-Trinkkuren. Sonntag Verlag. Stuttgart, 1994;	Sulphates promote emptying of bowel.

7	Natural mineral water: Hydrogencarbonates as Na-, Mg-, Ca-, salts: NaHCO ₃ , Mg(HCO ₃) ₂ , Ca(HCO ₃) ₂	Stomach acid in digestion		Monograph on water containing sodium hydrogencarbonate, Federal Gazette No.46,6.3.1990, p.1659; Gutenbrunner C., Hildebrandt G. Handbuch der Heilwasser-Trinkkuren. Sonntag Verlag. Stuttgart, 1994;	Hydrogencarbonates neutralize stomach acid.
8	Polyunsaturated Omega 3 fatty acids (EPA, DHA)		>0,5 g/day		In balanced diet helps to protect cardiovascular system.
9	Chlorella	Digestion/Intestinal tract			Promotes improved bowel function.

Annex: lutein

Evidence accepted by independent expert bodies and national and international committees

The positive statement issued by the French National Food Safety Agency (AFSSA) that lutein helps to protect the retina and lens from oxidation, and that it is one of the constituents of the retina and the lens, supports this general health relationship.

Evidence from individual references : clinical trials

- Davies NP, Morland AB, Macular pigments: their characteristics and putative role. Prog Retin Eye Res. 2004 Sep;23(5):533-59.

- Alves-Rodrigues A, Shao A. The science behind lutein. Toxicol Lett. 2004 Apr 15;150(1):57-83

- Bartlett H, Eperjesi F. A randomised controlled trial investigating the effect of nutritional supplementation on visual function in normal, and age-related macular disease affected eyes: design and methodology [ISRCTN78467674]. *Nutr J.* 2003 Oct 10;2:12.

- Hammond BR Jr, Wooten BR, Curran-Celentano J. Carotenoids in the retina and lens: possible acute and chronic effects on human visual performance. *Arch Biochem Biophys.* 2001 Jan 1;385(1):41-6.
- Sujak A, Gabrielska J, Grudzinski W, Borc R, Mazurek P, Gruszecki WI. Lutein and zeaxanthin as protectors of lipid membranes against oxidative damage: the structural aspects. *Arch Biochem Biophys.* 1999 Nov 15;371(2):301-7
- Seddon JM, Ajani UA, Sperduto RD, Hiller R, Blair N, Burton TC, Farber MD, Gragoudas ES, Haller J, Miller DT, et al. Dietary carotenoids, vitamins A, C, and E, and advanced age-related macular degeneration. Eye Disease Case-Control Study Group. *JAMA* 1995 Feb 22;273(8):622.
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- Moeller SM, Jacques PF, Blumberg JB. The potential role of dietary xanthophylls in cataract and age-related macular degeneration. *J Am Coll Nutr.* 2000 Oct;19(5 Suppl):522S-527S.

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- Nolan JM, Stack J, O'connell E, Beatty S. The relationships between macular pigment optical density and its constituent carotenoids in diet and serum, Invest Ophthalmol Vis Sci. 2007 Feb;48(2):571-82.