

Nutrition and health claims for mineral containing products in the EU

Introduction Regulation (EU) 1924/2006 harmonized the provisions on nutrition and health claims in the Member States in the EU in order to ensure the effective functioning of the internal market while providing a high level of consumer protection.

What is a claim, nutrition and health claim?

Claim: any message or representation, which is not mandatory under Community or National legislation, including pictorial, graphic or symbolic representation, in any form, which states, suggests or implies that a food has particular characteristics.

Nutrition claim: any claim which states, suggests or implies that food has particular beneficial nutritional properties due to, among else, the nutrients it contains.

Health claim: any claim that states, suggests or implies that a relationship exists between a food category, a food or one of its constituents and health.

Each type of claim has subtypes, based on level of nutrient (nutrition claims) and based on administrative procedure for approval of claim (health claim). (See Figure 1)

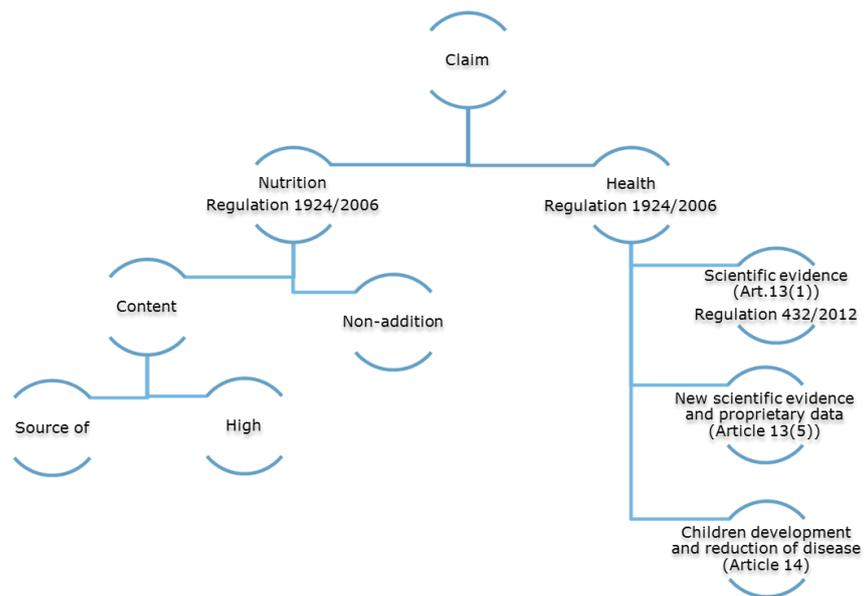


Figure 1: Types of claims in EU-Regulation (EU) 1924/2006

What makes your product eligible for a claim?

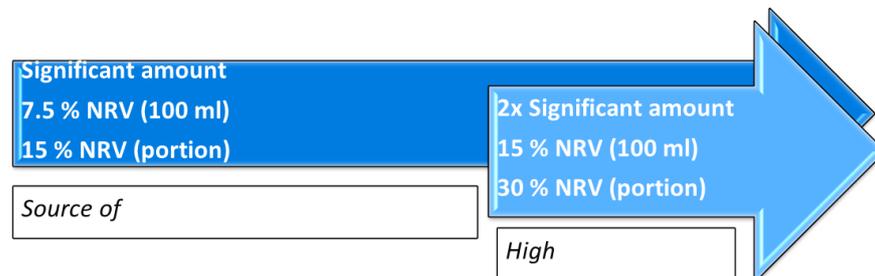


Figure 2: Conditions for nutrient content claims in beverages: “source of” and “high” - Regulation (EU) 1924/2006

For a product to be considered as “source of mineral”, it needs to contain at least a significant amount of the mineral it refers to. Those significant amounts are defined both per 100 ml and per portion. (see Figure 2) Food other than beverages, should contain 15% NRV per 100ml, 100g or per portion

To make a “high mineral” claim, product shall contain twice the amount prescribed for a “source of”. (see Figure 2)

The significant amount is calculated based on the Nutrient Reference Value (NRV) for the mineral. (see Table 1)

Mineral	NRV general population (mg)	RV infants and young children (mg)
Calcium	800	550
Potassium	2000	1000
Magnesium	375	80
Zinc	10	5
Iron	14	8

Table 1: NRVs for minerals in Purac portfolio – Regulation (EU) 1169/2011

Calculate per 100 ml or portion?

The significant amount can optionally be added in a portion instead of in 100 ml. The condition is that the product contains a single portion per pack. When the product contains multiple portions, the significant amount needs to be present in every 100 ml.

Authorized health claims on minerals Article 13(1) Regulation 1924/2006

The European Commission asked the European Food Safety Authority (EFSA) for a scientific opinion over a consolidated list of health claims from all the Member States. EFSA established a cause and effect relationship for many of these claims and the ones approved by the European Commission have been published in Regulation (EU) 432/2012. This list applies as of 14 December 2012. The list of permitted claims minerals in Purac portfolio is shown in Table 2. All food business operators can use the approved claims as long as they respect the conditions for use and the proposed wording by EFSA.

New health claims under Article 13(5) and Article 14

Figure 3 shows the application procedure for authorization of (new) health claims.

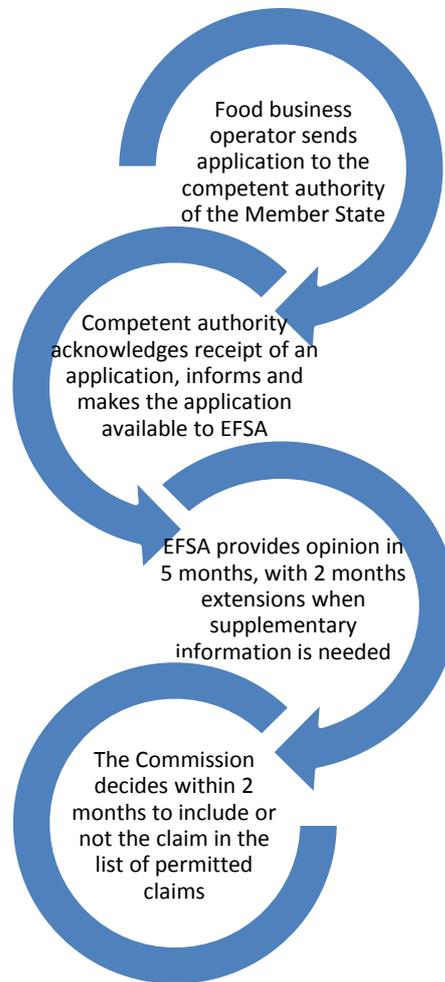


Figure 3: Application procedure for authorization of health claim

Claim (target)	Ca	Mg	K	Fe	Zn
Cell division and differentiation					
Cell division					
Maintenance of normal bones					
Maintenance of normal teeth					
Normal muscle function					
Normal neurotransmission					
Normal blood clotting					
Normal energy-yielding metabolism					
Normal function of digestive enzymes					
Reduction of tiredness and fatigue					
Normal functioning of the nervous system					
Normal physiological function					
Electrolyte balance					

Normal protein synthesis					
Maintenance of normal blood pressure					
Normal formation of red blood cells and haemoglobin					
Normal oxygen transport in the body					
Normal function of the immune system					
Normal cognitive function					
Normal DNA synthesis					
Protection of cells from oxidative stress					
Normal fertility and reproduction					
Normal metabolism of fatty acids					
Normal acid-base metabolism					
Normal vitamin A metabolism					
Maintenance of normal vision					
Maintenance of normal skin					
Maintenance of normal testosterone levels in the blood					
Normal carbohydrate metabolism					
Maintenance of normal hair					
Maintenance of normal nails					
Normal macronutrient metabolism					

Table 2: Authorized health claims Regulation 432/2006, in relation to Purac mineral portfolio.

Conclusions Food business operators can use the already approved nutrition and health claims when their product is eligible for those claims. Products are eligible to make a claim when they contain a significant amount of the mineral.