

Table of claims

Food category, food or food component	Health relationship	Suggested conditions of use	Nature of evidence	References	Example of wording
Folate	Developing neural tube	<p>The product must contain at least 15% of the RDA.</p> <p>To also present a statement which conveys that there is a risk that excess folate consumption (over 1mg/day) may mask B12 deficiency particularly in the elderly and vegans.</p>	<p>IOM DRV Expert Report</p> <p>COMA Expert Report</p> <p>SCF Expert Opinion</p> <p>EVM Expert Report</p>	<p><i>Institute of Medicine Dietary reference intakes for thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, biotin and choline.</i> Washington D.C. National Academy Press 1998.</p> <p><i>Folic Acid and the Prevention of Disease.</i> Report of the Committee on Medical Aspects of Food and Nutrition Policy. Report on Health and Social Subjects No. 50. DH: The Stationery Office, 2000.</p> <p><i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Folate.</i> October 2000. (http://www.europa.eu.int/comm/food/fs/sc/scf/out80e_en.pdf).</p> <p><i>Review of Folic Acid. Expert Group on Vitamins and Minerals.</i> August 2002. (http://www.food.gov.uk/multimedia/pdfs/evm0018p.pdf).</p>	Folate is necessary for the normal structure of the neural tube in developing embryos.

<p>Calcium</p>	<p>Required for normal structure of bones and teeth</p>	<p>The product must contain at least 15% of the RDA.</p> <p>The following statement should be included on products containing more than 1500mg of calcium “This amount of calcium may cause mild stomach upset in sensitive individuals.”</p>	<p>IOM DRV Expert Report</p> <p>SCF Expert Opinion</p> <p>EVM Expert Report</p> <p>COMA Expert Report</p> <p>BNF Taskforce Expert Report</p>	<p><i>Institute of Medicine Dietary Reference Intakes for calcium, phosphorus, magnesium, vitamin D, and fluoride.</i> Washington D.C. National Academy Press, 1997.</p> <p><i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Calcium.</i> April 2003. (http://www.europa.eu.int/comm/food/fs/sc/scf/out194_en.pdf).</p> <p><i>Review of Calcium. Expert Group on Vitamins and Minerals.</i> March 2002. (http://www.food.gov.uk/multimedia/pdfs/vm0112p.pdf).</p> <p><i>Nutrition and Bone Health: with particular reference to calcium and vitamin D.</i> Report of the Subgroup on Bone Health, Working Group on the Nutritional Status of the Population of the Committee on Medical Aspects of Food and Nutrition Policy. Report on Health and Social Subjects No. 49. DH: The Stationery Office, 1998.</p> <p><i>Calcium.</i> The Report of the British Nutrition Foundation Task Force. The British Nutrition Foundation, 1989.</p>	<p>Calcium helps build strong bones and teeth.</p>
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			ILSI Monograph	<i>Calcium in Nutrition</i> . Michael Gurr. ILSI Europe Concise Monograph Series. 1999. International Life Sciences Institute.	
Iron	Contribution to normal blood cell formation and oxygen transport in the body	<p>The product must contain at least 15% of the RDA.</p> <p>To also present a statement which conveys that too much iron decreases absorption of other trace elements.</p> <p>The following statement should be included on products containing more than 20mg of Iron “This amount of Iron may cause mild stomach upset in sensitive individuals.”</p>	<p>IOM DRV Expert Report</p> <p>EVM Expert Report</p> <p>BNF Taskforce Expert Report</p>	<p><i>Institute of Medicine Dietary Reference Intakes for vitamin A, vitamin K, arsenic, boron, chromium, copper, iodine, iron, manganese, molybdenum, nickel, silicon, vanadium and zinc</i>. Washington D.C. National Academy Press, 2001.</p> <p><i>Review of Iron – Revised Version. Expert Group on Vitamins and Minerals</i>. May 2003. http://www.food.gov.uk/multimedia/pdfs/evm-01-12r.pdf.</p> <p><i>Iron. Nutritional and physiological significance</i>. The Report of the British Nutrition Foundation Task Force. T.J. Press (Padstow) Ltd, 1995.</p>	Iron helps make red blood cells, which carry oxygen around the body.