

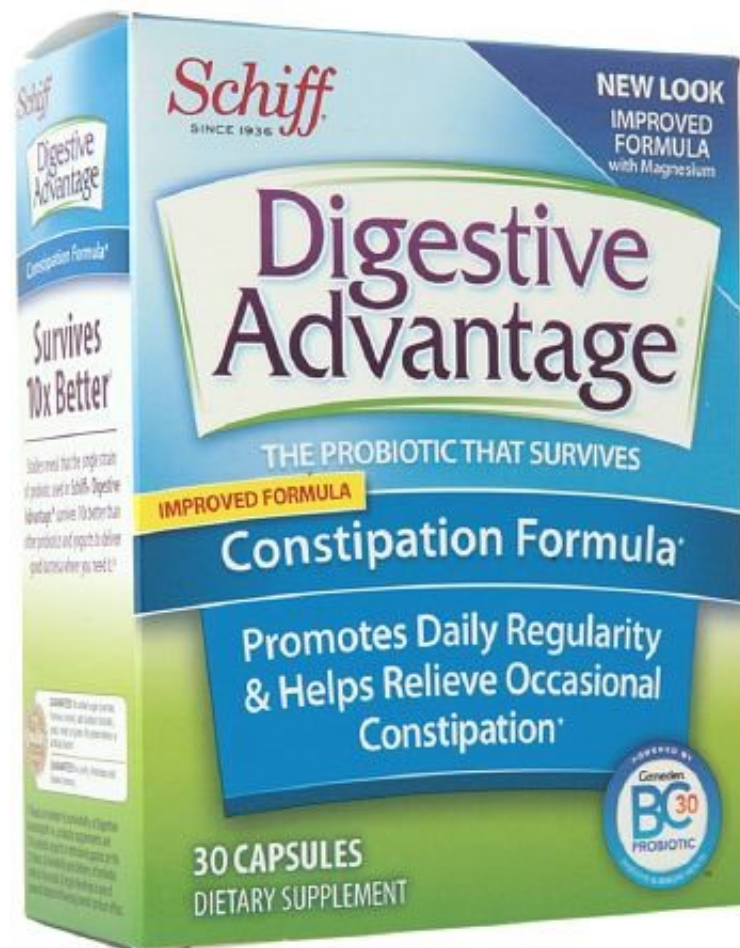
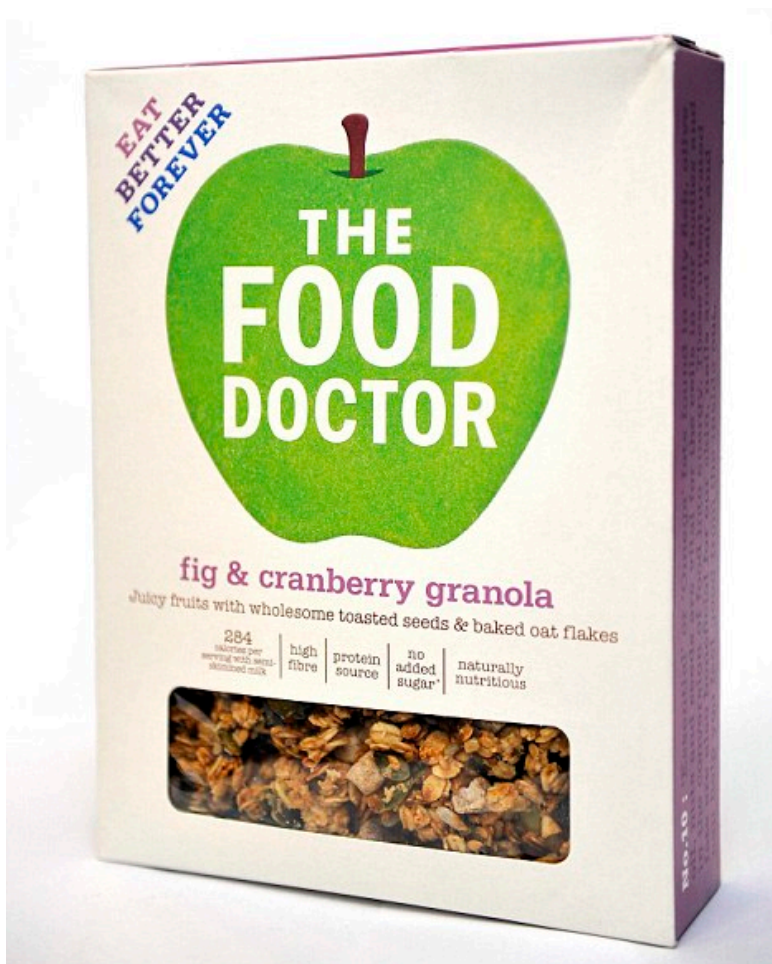


# Nutrition and health claims regulations in the EU

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Regulation 1924/2006  
of the European Parliament and of the  
Council of 20 December 2006  
on nutrition and health claims made on  
foods

# 1924/2006

- Definitions
- Basic rules (wording, beneficial effect for health, significant amount)
- List of the nutrition claims
- Health claims' authorization procedure
- Register of the claims

# Claim

Any message or representation, which is not mandatory under EU or national legislation **including pictorial, graphic or symbolic** representation in any form which **states, suggests or implies** that a food has particular characteristics



# Health claims

Biotin contributes to normal psychological function

- Function claims

Calcium helps to reduce the loss of bone mineral in post-menopausal women. Low bone mineral density is a risk factor for osteoporotic bone fractures

- Reduction of disease risk claims

Calcium is needed for normal growth and development of bone in children.

- Growth and development of children claims

Regulation 1924/2006

# Health claims

## OPTION 1: EU Register on nutrition and health claims

Art.13(1)	Choline	Choline contributes to normal homocysteine metabolism	The claim may be used only for food which contains at least 82,5 mg of choline per 100 g or 100 ml or per single portion of food.	Contribution to normal homocysteine metabolism	2011;9(4):2056	Commission Regulation (EU) 432/2012 of 16/05/2012
Art.13(1)	Choline	Choline contributes to normal lipid metabolism	The claim may be used only for food which contains at least 82,5 mg of choline per 100 g or 100 ml or per single portion of food.	Contribution to normal lipid metabolism	2011;9(4):2056	Commission Regulation (EU) 432/2012 of 16/05/2012





# Non-specific claims

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# Non-specific claims

- easy, attractive statements which make reference to general, non-specific benefits of a food for overall good health or health-related well-being
- examples: *superfood, superfruit, well-being, healthy, healthful*
- specific authorised health claim accompanying the statement should be made 'next to' or 'following' a non-specific claim

# Medical claims are prohibited

[...] food information shall not attribute to any food the property of preventing, treating or curing a human disease, nor refer to such properties

Art. 7.3.Regulation 1169/2011

# Application of reg.1924/2006

- Labelling
- Advertising
- Presentation

labels, leaflets, website, KOL recommendations, website tabs, social media, and more

**Food labelling** —> **FOOD INFORMATION TO CONSUMERS** (reg. 1169/2011)

# European Union Court of Justice

- Definition of the health claim
- Application of reg. 1924/2006 in B2B

# Weak points

- Health claims for botanical substances
- Nutrient profiles
- Food innovations (?)
- Supervision (official control) at national level  
(*market controls market*)

# Summary

- Regulation 1924/2006 has not been fully implemented
- EU NHC regulatory system - mix of science and politics



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