

# JHCI

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## **Conversion of JHCI well-established nutrient function statements (WENFS) to Article 13 Claims**

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# Supporting information

## 1. GENERAL CONDITIONS

ALL well-established nutrient-function statements (WENFS) should take into account the following conditions:

- WENFS are linked to a health effect in the body which is based on a normal physiological function - not an enhanced function; function that reduces the risk of developing a disease; or, function that that can be attributed to the prevention, treatment or cure of a disease.
- WENFS are restricted to the vitamins and minerals listed in the Annex 1 to the Food Supplements Directive (2002/46/EC).
- WENFS are related to quantities of nutrients that can be obtained from a normal diet - not pharmacological quantities which may be present in foods or supplements.
- WENFS example wordings have not been considered in terms of their legal acceptability or meaningfulness to consumers.

## 2. SPECIFIC CONDITIONS

In addition to the above, specific conditions and points to note from the JHCI WENFS Report are presented in the list next to the relevant nutrient.

NB: The general and specific conditions shown above were developed by JHCI for the inclusion of statements in the JHCI WENFS Report. As such, this is not a comprehensive or exhaustive set of conditions for using health statements as health claims for food.

## 3. SOURCES OF EVIDENCE

Points to Note from the JHCI WENFS Report:

- Information provided by the USA's Institute of Medicine's (IOM) publications on Dietary Reference Intakes was used as a starting point for drawing up a list of possible functions, as these documents are internationally recognised and based on systematic reviews of in vivo evidence.
- Reports by reputable expert groups from the UK and Europe were also reviewed, both to cross-check and demonstrate consistency in the functions reported by the IOM and to anglicise the health statements for the UK population.
- The UK Expert Group on Vitamins and Minerals (EVM) had published its findings on Safe Upper Levels for Vitamins and Minerals in May 2003. As this final report was not published at the time that JHCI undertook its reviews of vitamins and minerals, draft reports of the EVM on Safe Upper Levels for Vitamins and Minerals were used instead.
- Whilst the JHCI WENFS process pre-determined the source documents to be used for reviewing all nutrients, this was not always possible. Many of the reports focused primarily on toxicity and safety data than on nutrient functions, therefore

additional sources were required for some nutrients. On such occasions, guidance was sought from the independent scientists for additional reputable source documents.

#### **4. EXAMPLES OF WORDING**

##### **a. Well-established nutrient function statements common to all vitamins and minerals**

All of the nutrients are essential and necessary for health and normal body functions including: reproduction; conception; development; growth and body maintenance. These statements are presented at the top of the list, whereby the word '*contributes*' indicates that all nutrients have an equally essential role in these general functions.

##### **b. Well-established nutrient function statements specific to certain vitamins and minerals**

The list includes specific, notable functions for individual nutrients. Some nutrients have a particularly significant role in the general functions mentioned above and have therefore warranted an additional statement. Such statements have been phrased, for example, as follows, '*Zinc contributes to normal reproductive development*, to indicate that the nutrient has an essential role over and above that which is common to all vitamins and minerals. The word '*necessary*' has been used when the structure / function cannot occur without the relevant nutrient.

##### **c. Identification of the primary role of the nutrient**

The statements are presented in terms of the nutrient's direct function (for example vitamin C as a co-factor in collagen formation), rather than an indirect, or secondary function (for example, collagen's role in the structure of skin).

#### **5. EXCEPTIONS**

The list includes two exceptions from the JHCI WENFS Report. The first is in relation to beta-carotene, but because it was considered to provide a valuable source of vitamin A for vegetarians. The second is in relation to fluoride, which did not strictly fit the JHCI criteria for either a 'normal structure' or 'normal function' statement for teeth, but was included because of its significant role in the maintenance of healthy teeth.

#### **6. FURTHER INFORMATION**

See the JHCI Final Technical Report on Well-established Nutrient Function Statements, 17<sup>th</sup> Dec 2003, for additional background and detailed information:

[http://www.food.gov.uk/multimedia/pdfs/jhci\\_healthreport.pdf](http://www.food.gov.uk/multimedia/pdfs/jhci_healthreport.pdf)

## Converted JHCI well-established nutrient function statements (WENFS) to Article 13 Claims

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
ALL	Reproduction	Refer page 2 above	<p>IOM DRV Reports</p> <p>Nutrition textbook</p> <p>SCF Reports</p> <p>EVM Reports</p> <p>Nutrition textbook</p> <p>Nutrition textbook</p>	<p>US Institute of Medicine - Dietary reference intakes for vitamins and minerals</p> <p><i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</p> <p>Reports of the European Scientific Committee on Food</p> <p>Draft reports of the UK Expert Group on Vitamins and Minerals</p> <p><i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.</p> <p><i>Introduction to Human Nutrition.</i> Edited on behalf of The Nutrition Society by Michael J. Gibney, Hester H. Vorster and Frans J. Kok. Blackwell Science, September 2002.</p>	'X' contributes to normal reproduction.
ALL	Conception	Refer page 2 above	<p>IOM DRV Reports</p> <p>Nutrition textbook</p> <p>SCF Reports</p>	<p>US Institute of Medicine - Dietary reference intakes for vitamins and minerals</p> <p><i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</p> <p>Reports of the European Scientific Committee on Food</p>	'X' contributes to normal conception.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			EVM Reports  Nutrition textbook  Nutrition textbook	Draft reports of the UK Expert Group on Vitamins and Minerals  <i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.  <i>Introduction to Human Nutrition.</i> Edited on behalf of The Nutrition Society by Michael J. Gibney, Hester H. Vorster and Frans J. Kok. Blackwell Science, September 2002.	
ALL	Development	Refer page 2 above	IOM DRV Reports  Nutrition textbook  SCF Reports  EVM Reports  Nutrition textbook  Nutrition textbook	US Institute of Medicine - Dietary reference intakes for vitamins and minerals  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  Reports of the European Scientific Committee on Food  Draft reports of the UK Expert Group on Vitamins and Minerals  <i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.  <i>Introduction to Human Nutrition.</i> Edited on behalf of The Nutrition Society by Michael J. Gibney, Hester H. Vorster and Frans J. Kok. Blackwell Science, September 2002.	'X' contributes to normal development.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
ALL	Growth	Refer page 2 above	IOM DRV Reports  Nutrition textbook  SCF Reports  EVM Reports  Nutrition textbook  Nutrition textbook	US Institute of Medicine - Dietary reference intakes for vitamins and minerals  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  Reports of the European Scientific Committee on Food  Draft reports of the UK Expert Group on Vitamins and Minerals  <i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.  <i>Introduction to Human Nutrition.</i> Edited on behalf of The Nutrition Society by Michael J. Gibney, Hester H. Vorster and Frans J. Kok. Blackwell Science, September 2002.	'X' contributes to normal growth.
ALL	Body maintenance	Refer page 2 above	IOM DRV Reports  Nutrition textbook  SCF Reports  EVM Reports	US Institute of Medicine - Dietary reference intakes for vitamins and minerals  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  Reports of the European Scientific Committee on Food  Draft reports of the UK Expert Group on Vitamins and Minerals	'X' contributes to normal body maintenance.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			Nutrition textbook	<i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.	
			Nutrition textbook	<i>Introduction to Human Nutrition.</i> Edited on behalf of The Nutrition Society by Michael J. Gibney, Hester H. Vorster and Frans J. Kok. Blackwell Science, September 2002.	
VITAMIN A	Normal vision	<p>Refer page 2 above AND</p> <p>a) Epidemiological studies have indicated that high levels of Vitamin A (retinol and retinoic acid) during pregnancy might increase the risk of birth defects (Safe Upper Levels for Vitamins and Minerals. Expert Group on Vitamins and Minerals, May 2003</p> <p>b) Beta-carotene can be converted to Vitamin A. Where beta-carotene is the main source the following statements could be preceded by: "Beta-carotene can be converted to Vitamin A. Vitamin A is necessary for / contributes to..."</p>	<p>IOM DRV Report</p> <p>Nutrition textbook</p> <p>SCF Report</p> <p>EVM Report</p> <p>Nutrition textbook</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>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</p> <p><i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Preformed Vitamin A (retinol and retinyl esters).</i> September 2002.</p> <p><i>Revised Review of Vitamin A.</i> Expert Group on Vitamins and Minerals. April 2002.</p> <p><i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.</p>	Vitamin A is necessary for normal vision.



Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
VITAMIN A	Skin and mucous membranes	<p>Refer page 2 above AND</p> <p>a) Epidemiological studies have indicated that high levels of Vitamin A (retinol and retinoic acid) during pregnancy might increase the risk of birth defects (Safe Upper Levels for Vitamins and Minerals. Expert Group on Vitamins and Minerals, May 2003</p> <p>b) Beta-carotene can be converted to Vitamin A. Where beta-carotene is the main source the following statements could be preceded by: "Beta-carotene can be converted to Vitamin A. Vitamin A is necessary for / contributes to..."</p>	<p>IOM DRV Report</p> <p>Nutrition textbook</p> <p>SCF Report</p> <p>EVM Report</p> <p>Nutrition textbook</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>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</p> <p><i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Preformed Vitamin A (retinol and retinyl esters).</i> September 2002.</p> <p><i>Revised Review of Vitamin A.</i> Expert Group on Vitamins and Minerals. April 2002.</p> <p><i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.</p>	Vitamin A is necessary for the normal structure and function of the skin and mucous membranes (such as in the lung, intestines, nose, eyes and female reproductive tract).
VITAMIN A	Cell differentiation	<p>Refer page 2 above AND</p> <p>a) Epidemiological studies have indicated that high levels of Vitamin A (retinol and retinoic acid) during pregnancy might increase the risk of birth defects (Safe Upper Levels for Vitamins and Minerals. Expert Group on Vitamins and Minerals, May 2003</p>	<p>IOM DRV Report</p> <p>Nutrition textbook</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>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</p>	Vitamin A is necessary for normal cell differentiation (such as in the immune system).

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>		b) Beta-carotene can be converted to Vitamin A. Where beta-carotene is the main source the following statements could be preceded by: "Beta-carotene can be converted to Vitamin A. Vitamin A is necessary for / contributes to..."	EVM Report  Nutrition textbook	<i>Revised Review of Vitamin A.</i> Expert Group on Vitamins and Minerals. April 2002.  <i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.	
VITAMIN D	Calcium and phosphorus absorption and utilisation	Refer page 2 above AND Sufficient vitamin D can be synthesised in the body with adequate exposure to sunlight).	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report  COMA Report	<i>Institute of Medicine Dietary Reference Intakes for calcium, phosphorus, magnesium, vitamin D, and fluoride.</i> Washington D.C. National Academy Press, 1997.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of vitamin D.</i> December 2002. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out157_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out157_en.pdf</a> ).  <i>Review of Vitamin D – Revised Version. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm-00-11r.pdf">http://www.food.gov.uk/multimedia/pdfs/evm-00-11r.pdf</a> ).  <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.	Vitamin D is necessary for the normal absorption and utilisation of calcium & phosphorus.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
VITAMIN D	Cell division	Refer page 2 above AND Sufficient vitamin D can be synthesised in the body with adequate exposure to sunlight).	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report	<i>Institute of Medicine Dietary Reference Intakes for calcium, phosphorus, magnesium, vitamin D, and fluoride.</i> Washington D.C. National Academy Press, 1997.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of vitamin D.</i> December 2002. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out157_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out157_en.pdf</a> ).  <i>Review of Vitamin D – Revised Version. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm-00-11r.pdf">http://www.food.gov.uk/multimedia/pdfs/evm-00-11r.pdf</a> ).	Vitamin D contributes to normal cell division.
VITAMIN D	Bone	Refer page 2 above AND Sufficient vitamin D can be synthesised in the body with adequate exposure to sunlight).	IOM DRV Report  Nutrition textbook  SCF Report	<i>Institute of Medicine Dietary Reference Intakes for calcium, phosphorus, magnesium, vitamin D, and fluoride.</i> Washington D.C. National Academy Press, 1997.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of vitamin D.</i> December 2002. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out157_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out157_en.pdf</a> ).	Vitamin D is necessary for the normal structure of bone.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			EVM Report  COMA Report	<i>Review of Vitamin D – Revised Version. Expert Group on Vitamins and Minerals. August 2002. (<a href="http://www.food.gov.uk/multimedia/pdfs/evm-00-11r.pdf">http://www.food.gov.uk/multimedia/pdfs/evm-00-11r.pdf</a>).</i>  <i>Nutrition and Bone Health: with particular reference to calcium and vitamin D. 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.</i>	
VITAMIN E	Antioxidant activity	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report	<i>Institute of Medicine Dietary Reference Intakes for Vitamin C, Vitamin E, selenium and carotenoids. Washington D.C. National Academy Press, 2000.</i>  <i>Encyclopedia of Human Nutrition 2E. Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</i>  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Vitamin E. April 2003. (<a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out195_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out195_en.pdf</a>).</i>  <i>Review of Vitamin E – Revised Version. Expert Group on Vitamins and Minerals. July 2002. (<a href="http://www.food.gov.uk/multimedia/pdfs/evm-00-13r.pdf">http://www.food.gov.uk/multimedia/pdfs/evm-00-13r.pdf</a>).</i>	Vitamin E is necessary for cell protection from the damage caused by free radicals (such as the oxidation of polyunsaturated fatty acids in red blood cell membranes).

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
VITAMIN K	Coagulation	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report	<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.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Vitamin K.</i> April 2003. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out196_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out196_en.pdf</a> ).  <i>Revised Review of Vitamin K. Expert Group on Vitamins and Minerals.</i> April 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm-01-09p.pdf">http://www.food.gov.uk/multimedia/pdfs/evm-01-09p.pdf</a> ).	Vitamin K is necessary for normal coagulation (blood clotting).
VITAMIN K	Bone	Refer page 2 above	IOM DRV Report  Nutrition textbook	<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.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.	Vitamin K contributes to the normal structure of bone.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			SCF Report  EVM Report  COMA Report	<i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Vitamin K.</i> April 2003. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out196_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out196_en.pdf</a> ).  <i>Revised Review of Vitamin K. Expert Group on Vitamins and Minerals.</i> April 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm-01-09p.pdf">http://www.food.gov.uk/multimedia/pdfs/evm-01-09p.pdf</a> ).  <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.	
THIAMIN	Carbohydrate metabolism	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report	<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 2000.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Vitamin B1.</i> July 2001. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out93_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out93_en.pdf</a> ).	Thiamin is necessary for the normal metabolism of carbohydrates.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			EVM Report	<i>Revised Review of Thiamin. Expert Group on Vitamins and Minerals. August 2002. (http://www.food.gov.uk/multimedia/pdfs/evm0014p.pdf).</i>	
THIAMIN	Neurological and cardiac systems	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report  Nutrition textbook	<i>Institute of Medicine Dietary reference intakes for thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, biotin and choline. Washington D.C. National Academy Press 2000.</i>  <i>Encyclopedia of Human Nutrition 2E. Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</i>  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Vitamin B1. July 2001. (http://www.europa.eu.int/comm/food/fs/sc/scf/out93_en.pdf).</i>  <i>Revised Review of Thiamin. Expert Group on Vitamins and Minerals. August 2002. (http://www.food.gov.uk/multimedia/pdfs/evm0014p.pdf).</i>  <i>Handbook of Nutrition and Food. Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.</i>	Thiamin is necessary for normal neurological and cardiac function.
RIBOFLAVIN	Release of energy from food	Refer page 2 above	IOM DRV Report	<i>Institute of Medicine Dietary reference intakes for thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, biotin and choline. Washington D.C. National Academy Press 2000.</i>	Riboflavin contributes to the normal release of energy from food.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			Nutrition textbook	<i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.	
			SCF Report	<i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Vitamin B2.</i> November 2000. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out80i_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out80i_en.pdf</a> ).	
			EVM Report	<i>Revised Review of Riboflavin. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/reviewriboflavin">http://www.food.gov.uk/multimedia/pdfs/reviewriboflavin</a> ).	
RIBOFLAVIN	Transport and metabolism of iron	Refer page 2 above	IOM DRV Report	<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 2000.	Riboflavin contributes to the normal transport and metabolism of iron in the body.
			Nutrition textbook	<i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.	
			SCF Report	<i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Vitamin B2.</i> November 2000. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out80i_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out80i_en.pdf</a> ).	
			Nutrition textbook	<i>Introduction to Human Nutrition.</i> Edited on behalf of The Nutrition Society by Michael J. Gibney, Hester H. Vorster and Frans J. Kok. Blackwell Science, September 2002.	



Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
RIBOFLAVIN	Mucous membranes	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  Nutrition textbook	<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 2000.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Vitamin B2.</i> November 2000. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out80i_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out80i_en.pdf</a> ).  <i>Introduction to Human Nutrition.</i> Edited on behalf of The Nutrition Society by Michael J. Gibney, Hester H. Vorster and Frans J. Kok. Blackwell Science, September 2002.	Riboflavin contributes to the normal structure of mucous membranes (such as the surface of the tongue, the mouth, eyes and intestines).
NIACIN	Release of energy from food	Refer page 2 above AND Sufficient niacin can be synthesised in the body with an adequate dietary intake of protein or tryptophan.)	IOM DRV Report  Nutrition textbook  SCF Report	<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 2000.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Levels of Nicotinic Acid and Nicotinamide (Niacin)</i> April 2002. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out80j_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out80j_en.pdf</a> ).	Niacin is necessary for the normal release of energy from food.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			EVM Report	<i>Review of Niacin – Revised Version. Expert Group on Vitamins and Minerals. August 2002. (<a href="http://www.food.gov.uk/multimedia/pdfs/evm-01-11r.pdf">http://www.food.gov.uk/multimedia/pdfs/evm-01-11r.pdf</a>).</i>	
			Nutrition textbook	<i>Introduction to Human Nutrition. Edited on behalf of The Nutrition Society by Michael J. Gibney, Hester H. Vorster and Frans J. Kok. Blackwell Science, September 2002.</i>	
NIACIN	Skin and mucous membranes	Refer page 2 above AND Sufficient niacin can be synthesised in the body with an adequate dietary intake of protein or tryptophan.)	IOM DRV Report	<i>Institute of Medicine Dietary reference intakes for thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, biotin and choline. Washington D.C. National Academy Press 2000.</i>	Niacin is necessary for the normal structure and function of skin and mucous membranes (such as in the intestines).
			Nutrition textbook	<i>Encyclopedia of Human Nutrition 2E. Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</i>	
			SCF Report	<i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Levels of Nicotinic Acid and Nicotinamide (Niacin) April 2002. (<a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out80j_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out80j_en.pdf</a>).</i>	
			EVM Report	<i>Review of Niacin – Revised Version. Expert Group on Vitamins and Minerals. August 2002. (<a href="http://www.food.gov.uk/multimedia/pdfs/evm-01-11r.pdf">http://www.food.gov.uk/multimedia/pdfs/evm-01-11r.pdf</a>).</i>	
			COMA Report	<i>Dietary Reference Values for Food Energy and Nutrients for the United Kingdom. Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects No. 41. DH: The Stationery Office, 1991.</i>	

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			Nutrition textbook	<i>Introduction to Human Nutrition.</i> Edited on behalf of The Nutrition Society by Michael J. Gibney, Hester H. Vorster and Frans J. Kok. Blackwell Science, September 2002.	
NIACIN	Neurological system	Refer page 2 above AND Sufficient niacin can be synthesised in the body with an adequate dietary intake of protein or tryptophan.)	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report  COMA Report  Nutrition textbook	<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 2000.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Levels of Nicotinic Acid and Nicotinamide (Niacin)</i> April 2002. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out80j_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out80j_en.pdf</a> ).  <i>Review of Niacin – Revised Version. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm-01-11r.pdf">http://www.food.gov.uk/multimedia/pdfs/evm-01-11r.pdf</a> ).  <i>Dietary Reference Values for Food Energy and Nutrients for the United Kingdom.</i> Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects No. 41. DH: The Stationery Office, 1991.  <i>Introduction to Human Nutrition.</i> Edited on behalf of The Nutrition Society by Michael J. Gibney, Hester H. Vorster and Frans J. Kok. Blackwell Science, September 2002.	Niacin is necessary for normal neurological function.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
PANTOTHENIC ACID	Fat metabolism	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report	<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 2000.</p> <p><i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</p> <p><i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Pantothenic Acid.</i> April 2002. (<a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out80k_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out80k_en.pdf</a>).</p> <p><i>Review of Pantothenic Acid. Expert Group on Vitamins and Minerals.</i> August 2002. (<a href="http://www.food.gov.uk/multimedia/pdfs/panto.pdf">www.food.gov.uk/multimedia/pdfs/panto.pdf</a>)</p>	Pantothenic acid is necessary for the normal metabolism of fat.
VITAMIN B6	Protein metabolism	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report	<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 2000.</p> <p><i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</p> <p><i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Vitamin B6.</i> October 2000. (<a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out80c_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out80c_en.pdf</a>).</p>	Vitamin B6 is necessary for the normal metabolism of protein.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			EVM Report	<i>Revised review of Vitamin B6. Expert Group on Vitamins and Minerals. August 2002. (<a href="http://www.food.gov.uk/multimedia/pdfs/EVM/00/19/P.pdf">http://www.food.gov.uk/multimedia/pdfs/EVM/00/19/P.pdf</a>).</i>	
VITAMIN B6	Transport and metabolism of iron	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report	<i>Institute of Medicine Dietary reference intakes for thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, biotin and choline. Washington D.C. National Academy Press 2000.</i>  <i>Encyclopedia of Human Nutrition 2E. Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</i>  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Vitamin B6. October 2000. (<a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out80c_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out80c_en.pdf</a>).</i>  <i>Revised review of Vitamin B6. Expert Group on Vitamins and Minerals. August 2002. (<a href="http://www.food.gov.uk/multimedia/pdfs/EVM/00/19/P.pdf">http://www.food.gov.uk/multimedia/pdfs/EVM/00/19/P.pdf</a>).</i>	Vitamin B6 is necessary for the normal transport and metabolism of iron in the body.
VITAMIN B6	Homocysteine metabolism	Refer page 2 above	IOM DRV Report  Nutrition textbook	<i>Institute of Medicine Dietary reference intakes for thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, biotin and choline. Washington D.C. National Academy Press 2000.</i>  <i>Encyclopedia of Human Nutrition 2E. Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</i>	Vitamin B6 contributes to the maintenance of normal blood homocysteine levels.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			SCF Report	<i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Vitamin B6.</i> October 2000. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out80c_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out80c_en.pdf</a> ).	
			EVM Report	<i>Revised review of Vitamin B6. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/EVM/00/19/P.pdf">http://www.food.gov.uk/multimedia/pdfs/EVM/00/19/P.pdf</a> ).	
FOLATE	Cell division	Refer page 2 above	IOM DRV Report	<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 2000.	Folate is necessary for normal cell division (such as in the gastrointestinal tract).
			Nutrition textbook	<i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.	
			SCF Report	<i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Folate.</i> October 2000. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out80e_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out80e_en.pdf</a> ).	
			EVM Report	<i>Review of Folic Acid. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm0018p.pdf">http://www.food.gov.uk/multimedia/pdfs/evm0018p.pdf</a> ).	
			COMA Report	<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.	

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
FOLATE	Developing neural tube	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report  COMA Report	<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 2000.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Folate.</i> October 2000. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out80e_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out80e_en.pdf</a> ).  <i>Review of Folic Acid. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm0018p.pdf">http://www.food.gov.uk/multimedia/pdfs/evm0018p.pdf</a> ).  <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.	Folate is necessary for the normal structure of the neural tube in developing embryos.
FOLATE	Blood formation	Refer page 2 above	IOM DRV Report  Nutrition textbook	<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 2000.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.	Folate is necessary for normal blood formation.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			EVM Report  COMA Report	<i>Review of Folic Acid. Expert Group on Vitamins and Minerals. August 2002.</i> ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm0018p.pdf">http://www.food.gov.uk/multimedia/pdfs/evm0018p.pdf</a> ).  <i>Folic Acid and the Prevention of Disease. 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.</i>	
FOLATE	Homocysteine metabolism	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report  COMA Report	<i>Institute of Medicine Dietary reference intakes for thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, biotin and choline. Washington D.C. National Academy Press 2000.</i>  <i>Encyclopedia of Human Nutrition 2E. Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</i>  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Folate. October 2000.</i> ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out80e_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out80e_en.pdf</a> ).  <i>Review of Folic Acid. Expert Group on Vitamins and Minerals. August 2002.</i> ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm0018p.pdf">http://www.food.gov.uk/multimedia/pdfs/evm0018p.pdf</a> ).  <i>Folic Acid and the Prevention of Disease. 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.</i>	Folate contributes to the maintenance of normal blood homocysteine levels.



Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
VITAMIN B12	Cell division	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report	<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 2000.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Vitamin B12.</i> October 2000. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out80d_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out80d_en.pdf</a> ).  <i>Revised review of Vitamin B12. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/EVM/00/20/P">http://www.food.gov.uk/multimedia/pdfs/EVM/00/20/P</a> ).	Vitamin B12 is necessary for normal cell division (such as in the gastrointestinal tract).
VITAMIN B12	Blood formation	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report	<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 2000.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Vitamin B12.</i> October 2000. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out80d_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out80d_en.pdf</a> ).	Vitamin B12 contributes to normal blood formation.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			EVM Report	<i>Revised review of Vitamin B12. Expert Group on Vitamins and Minerals. August 2002. (<a href="http://www.food.gov.uk/multimedia/pdfs/EVM/00/20/P">http://www.food.gov.uk/multimedia/pdfs/EVM/00/20/P</a>).</i>	
VITAMIN B12	Neurological system	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report	<i>Institute of Medicine Dietary reference intakes for thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, biotin and choline. Washington D.C. National Academy Press 2000.</i>  <i>Encyclopedia of Human Nutrition 2E. Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</i>  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Vitamin B12. October 2000. (<a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out80d_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out80d_en.pdf</a>).</i>  <i>Revised review of Vitamin B12. Expert Group on Vitamins and Minerals. August 2002. (<a href="http://www.food.gov.uk/multimedia/pdfs/EVM/00/20/P">http://www.food.gov.uk/multimedia/pdfs/EVM/00/20/P</a>).</i>	Vitamin B12 is necessary for the normal structure and function of the neurological system.
VITAMIN B12	Homocysteine metabolism	Refer page 2 above	IOM DRV Report  Nutrition textbook	<i>Institute of Medicine Dietary reference intakes for thiamin, riboflavin, niacin, vitamin B6, folate, vitamin B12, pantothenic acid, biotin and choline. Washington D.C. National Academy Press 2000.</i>  <i>Encyclopedia of Human Nutrition 2E. Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</i>	Vitamin B12 contributes to the maintenance of normal blood homocysteine levels.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			SCF Report  EVM Report  Nutrition textbook	<i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Vitamin B12.</i> October 2000. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out80d_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out80d_en.pdf</a> ).  <i>Revised review of Vitamin B12. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/EVM/00/20/P">http://www.food.gov.uk/multimedia/pdfs/EVM/00/20/P</a> ).  <i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.	
BIOTIN	Fat metabolism and energy production	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report	<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 2000.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Biotin.</i> September 2001. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out106_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out106_en.pdf</a> ).  <i>Revised Review of Biotin. Expert Group on Vitamins and Minerals.</i> April 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/biotin.pdf">www.food.gov.uk/multimedia/pdfs/biotin.pdf</a> )	Biotin contributes to normal fat metabolism and energy production.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
VITAMIN C	Connective tissue	Refer page 2 above	IOM DRV Report  Nutrition textbook  EVM Report	<i>Institute of Medicine Dietary Reference Intakes for Vitamin C, Vitamin E, selenium and carotenoids.</i> Washington D.C. National Academy Press, 2000.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Revised review of Vitamin C. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/vitaminc.pdf">www.food.gov.uk/multimedia/pdfs/vitaminc.pdf</a> ).	Vitamin C is necessary for the normal structure and function of connective tissue (such as that required for normal gums, skin, healing processes, bone and cartilage).
VITAMIN C	Blood vessels	Refer page 2 above	IOM DRV Report  Nutrition textbook  EVM Report	<i>Institute of Medicine Dietary Reference Intakes for Vitamin C, Vitamin E, selenium and carotenoids.</i> Washington D.C. National Academy Press, 2000.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Revised review of Vitamin C. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/vitaminc.pdf">http://www.food.gov.uk/multimedia/pdfs/vitaminc.pdf</a> ).	Vitamin C is necessary for the normal structure and function of blood vessels.
VITAMIN C	Iron absorption	Refer page 2 above	IOM DRV Report	<i>Institute of Medicine Dietary Reference Intakes for Vitamin C, Vitamin E, selenium and carotenoids.</i> Washington D.C. National Academy Press, 2000.	Vitamin C contributes to the absorption of iron from food.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			Nutrition textbook  EVM Report	<i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Revised review of Vitamin C. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/vitaminc.pdf">http://www.food.gov.uk/multimedia/pdfs/vitaminc.pdf</a> ).	
VITAMIN C	Antioxidant activity	Refer page 2 above	IOM DRV Report  Nutrition textbook  EVM Report	<i>Institute of Medicine Dietary Reference Intakes for Vitamin C, Vitamin E, selenium and carotenoids.</i> Washington D.C. National Academy Press, 2000.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Revised review of Vitamin C. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/vitaminc.pdf">http://www.food.gov.uk/multimedia/pdfs/vitaminc.pdf</a> ).	Vitamin C contributes to cell protection from the damage caused by free radicals (such as epithelial cell integrity).
VITAMIN C	Neurological system	Refer page 2 above	IOM DRV Report  Nutrition textbook	<i>Institute of Medicine Dietary Reference Intakes for Vitamin C, Vitamin E, selenium and carotenoids.</i> Washington D.C. National Academy Press, 2000.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.	Vitamin C is necessary for normal neurological function.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			EVM Report	<i>Revised review of Vitamin C. Expert Group on Vitamins and Minerals. August 2002. (<a href="http://www.food.gov.uk/multimedia/pdfs/vitaminc.pdf">http://www.food.gov.uk/multimedia/pdfs/vitaminc.pdf</a>).</i>	
CALCIUM	Bones and teeth	Refer page 2 above	IOM DRV Report	<i>Institute of Medicine Dietary Reference Intakes for calcium, phosphorus, magnesium, vitamin D, and fluoride. Washington D.C. National Academy Press, 1997.</i>	Calcium is necessary for the normal structure of bones and teeth.
			Nutrition textbook	<i>Encyclopedia of Human Nutrition 2E. Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</i>	
			SCF Report	<i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Calcium. April 2003. (<a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out194_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out194_en.pdf</a>).</i>	
			EVM Report	<i>Review of Calcium. Expert Group on Vitamins and Minerals. March 2002. (<a href="http://www.food.gov.uk/multimedia/pdfs/evm0112p.pdf">http://www.food.gov.uk/multimedia/pdfs/evm0112p.pdf</a>).</i>	
			Nutrition textbook	<i>Handbook of Nutrition and Food. Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.</i>	
			COMA Report	<i>Nutrition and Bone Health: with particular reference to calcium and vitamin D. 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.</i>	

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			BNF Taskforce Report  ILSI Monograph	<i>Calcium</i> . The Report of the British Nutrition Foundation Task Force. The British Nutrition Foundation, 1989.  <i>Calcium in Nutrition</i> . Michael Gurr. ILSI Europe Concise Monograph Series. 1999. International Life Sciences Institute.	
CALCIUM	Nerves and muscle	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report  Nutrition textbook	<i>Institute of Medicine Dietary Reference Intakes for calcium, phosphorus, magnesium, vitamin D, and fluoride</i> . Washington D.C. National Academy Press, 1997.  <i>Encyclopedia of Human Nutrition 2E</i> . Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Calcium</i> . April 2003. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out194_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out194_en.pdf</a> ).  <i>Review of Calcium. Expert Group on Vitamins and Minerals</i> . March 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm0112p.pdf">http://www.food.gov.uk/multimedia/pdfs/evm0112p.pdf</a> ).  <i>Handbook of Nutrition and Food</i> . Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.	Calcium is necessary for normal nerve and muscle function.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			COMA Report  BNF Taskforce Report	<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.  <i>Calcium.</i> The Report of the British Nutrition Foundation Task Force. The British Nutrition Foundation, 1989.	
CALCIUM	Coagulation	Refer page 2 above	SCF Report  EVM Report  Nutrition textbook  BNF Taskforce Report  ILSI Monograph	<i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Calcium.</i> April 2003. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out194_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out194_en.pdf</a> ).  <i>Review of Calcium. Expert Group on Vitamins and Minerals.</i> March 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm0112p.pdf">http://www.food.gov.uk/multimedia/pdfs/evm0112p.pdf</a> ).  <i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.  <i>Calcium.</i> The Report of the British Nutrition Foundation Task Force. The British Nutrition Foundation, 1989.  <i>Calcium in Nutrition.</i> Michael Gurr. ILSI Europe Concise Monograph Series. 1999. International Life Sciences Institute.	Calcium is necessary for normal coagulation (blood clotting).



Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
MAGNESIUM	Energy metabolism	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report  COMA Report	<i>Institute of Medicine Dietary Reference Intakes for calcium, phosphorus, magnesium, vitamin D, and fluoride.</i> Washington D.C. National Academy Press, 1997.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Magnesium.</i> September 2001. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out105_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out105_en.pdf</a> ).  <i>Review of Magnesium. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm-01-13.pdf">http://www.food.gov.uk/multimedia/pdfs/evm-01-13.pdf</a> ).  <i>Dietary Reference Values for Food Energy and Nutrients for the United Kingdom.</i> Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects No. 41. DH: The Stationery Office, 1991.	Magnesium is necessary for normal energy metabolism.
MAGNESIUM	Electrolyte balance	Refer page 2 above	IOM DRV Report  SCF Report	<i>Institute of Medicine Dietary Reference Intakes for calcium, phosphorus, magnesium, vitamin D, and fluoride.</i> Washington D.C. National Academy Press, 1997.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Magnesium.</i> September 2001. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out105_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out105_en.pdf</a> ).	Magnesium is necessary for normal electrolyte balance.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			EVM Report	<i>Review of Magnesium. Expert Group on Vitamins and Minerals. August 2002. (http://www.food.gov.uk/multimedia/pdfs/evm-01-13.pdf).</i>	
MAGNESIUM	Nerve and muscle	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report  COMA Report	<i>Institute of Medicine Dietary Reference Intakes for calcium, phosphorus, magnesium, vitamin D, and fluoride. Washington D.C. National Academy Press, 1997.</i>  <i>Encyclopedia of Human Nutrition 2E. Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</i>  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Magnesium. September 2001. (http://www.europa.eu.int/comm/food/fs/sc/scf/out105_en.pdf).</i>  <i>Review of Magnesium. Expert Group on Vitamins and Minerals. August 2002. (http://www.food.gov.uk/multimedia/pdfs/evm-01-13.pdf).</i>  <i>Dietary Reference Values for Food Energy and Nutrients for the United Kingdom. Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects No. 41. DH: The Stationery Office, 1991.</i>	Magnesium is necessary for normal nerve and muscle function.
MAGNESIUM	Bone and teeth	Refer page 2 above	IOM DRV Report	<i>Institute of Medicine Dietary Reference Intakes for calcium, phosphorus, magnesium, vitamin D, and fluoride. Washington D.C. National Academy Press, 1997.</i>	Magnesium is necessary for the normal structure of bone and teeth.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			<p>Nutrition textbook</p> <p>EVM Report</p> <p>COMA Report</p>	<p><i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</p> <p><i>Review of Magnesium. Expert Group on Vitamins and Minerals.</i> August 2002. (<a href="http://www.food.gov.uk/multimedia/pdfs/evm-01-13.pdf">http://www.food.gov.uk/multimedia/pdfs/evm-01-13.pdf</a>).</p> <p><i>Dietary Reference Values for Food Energy and Nutrients for the United Kingdom.</i> Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects No. 41. DH: The Stationery Office, 1991.</p>	
IRON	Oxygen transport	Refer page 2 above	<p>IOM DRV Report</p> <p>Nutrition textbook</p> <p>EVM Report</p> <p>BNF Taskforce 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>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</p> <p><i>Review of Iron – Revised Version. Expert Group on Vitamins and Minerals.</i> August 2002. (<a href="http://www.food.gov.uk/multimedia/pdfs/evm-01-12r.pdf">http://www.food.gov.uk/multimedia/pdfs/evm-01-12r.pdf</a>)</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 is necessary for the normal transport of oxygen in the body.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
IRON	Energy production	Refer page 2 above	IOM DRV Report  Nutrition textbook  EVM Report  BNF Taskforce Report	<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.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Review of Iron – Revised Version. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm-01-12r.pdf">http://www.food.gov.uk/multimedia/pdfs/evm-01-12r.pdf</a> )  <i>Iron. Nutritional and physiological significance.</i> The Report of the British Nutrition Foundation Task Force. T.J. Press (Padstow) Ltd, 1995.	Iron contributes to normal energy production.
IRON	Metabolism of foreign substances	Refer page 2 above	Nutrition textbook  EVM Report  BNF Taskforce Report	<i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Review of Iron – Revised Version. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm-01-12r.pdf">http://www.food.gov.uk/multimedia/pdfs/evm-01-12r.pdf</a> )  <i>Iron. Nutritional and physiological significance.</i> The Report of the British Nutrition Foundation Task Force. T.J. Press (Padstow) Ltd, 1995.	Iron contributes to the body's ability to metabolise drugs and other substances.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
IRON	Immune system	Refer page 2 above	IOM DRV Report  Nutrition textbook  EVM Report  BNF Taskforce Report	<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.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Review of Iron – Revised Version. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm-01-12r.pdf">http://www.food.gov.uk/multimedia/pdfs/evm-01-12r.pdf</a> )  <i>Iron. Nutritional and physiological significance.</i> The Report of the British Nutrition Foundation Task Force. T.J. Press (Padstow) Ltd, 1995.	Iron is necessary for the normal function of the immune system.
IRON	Blood formation	Refer page 2 above	IOM DRV Report  Nutrition textbook  EVM Report	<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.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Review of Iron – Revised Version. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm-01-12r.pdf">http://www.food.gov.uk/multimedia/pdfs/evm-01-12r.pdf</a> )	Iron contributes to normal blood formation.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			BNF Taskforce Report	<i>Iron. Nutritional and physiological significance. The Report of the British Nutrition Foundation Task Force. T.J. Press (Padstow) Ltd, 1995.</i>	
IRON	Neurological development in embryos	Refer page 2 above	IOM DRV Report  Nutrition textbook  EVM Report  BNF Taskforce Report	<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. Washington D.C. National Academy Press, 2001.</i>  <i>Encyclopedia of Human Nutrition 2E. Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</i>  <i>Review of Iron – Revised Version. Expert Group on Vitamins and Minerals. August 2002. (<a href="http://www.food.gov.uk/multimedia/pdfs/evm-01-12r.pdf">http://www.food.gov.uk/multimedia/pdfs/evm-01-12r.pdf</a>)</i>  <i>Iron. Nutritional and physiological significance. The Report of the British Nutrition Foundation Task Force. T.J. Press (Padstow) Ltd, 1995.</i>	Iron is necessary for normal neurological development in embryos.
COPPER	Connective tissues	Refer page 2 above	IOM DRV Report  Nutrition textbook	<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. Washington D.C. National Academy Press, 2001.</i>  <i>Encyclopedia of Human Nutrition 2E. Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</i>	Copper contributes to the normal structure of connective tissues (such as in bone, lungs and the vascular system).

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			SCF Report	<i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Copper.</i> March 2003. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out176_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out176_en.pdf</a> ).	
			EVM Report	<i>Draft Review of Copper. Expert Group on Vitamins and Minerals.</i> May 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/reviewofcopper.pdf">http://www.food.gov.uk/multimedia/pdfs/reviewofcopper.pdf</a> ).	
			COMA Report	<i>Dietary Reference Values for Food Energy and Nutrients for the United Kingdom.</i> Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects No. 41. DH: The Stationery Office, 1991.	
COPPER	Transport and metabolism of iron	Refer page 2 above	IOM DRV Report	<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.	Copper contributes to the normal transport and metabolism of iron in the body.
			Nutrition textbook	<i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.	
			SCF Report	<i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Copper.</i> March 2003. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out176_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out176_en.pdf</a> ).	
			EVM Report	<i>Draft Review of Copper. Expert Group on Vitamins and Minerals.</i> May 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/reviewofcopper.pdf">http://www.food.gov.uk/multimedia/pdfs/reviewofcopper.pdf</a> ).	

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			COMA Report	<i>Dietary Reference Values for Food Energy and Nutrients for the United Kingdom.</i> Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects No. 41. DH: The Stationery Office, 1991.	
COPPER	Antioxidant activity	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report  COMA Report	<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.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Copper.</i> March 2003. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out176_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out176_en.pdf</a> ).  <i>Draft Review of Copper. Expert Group on Vitamins and Minerals.</i> May 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/reviewofcopper.pdf">http://www.food.gov.uk/multimedia/pdfs/reviewofcopper.pdf</a> ).  <i>Dietary Reference Values for Food Energy and Nutrients for the United Kingdom.</i> Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects No. 41. DH: The Stationery Office, 1991.	Copper contributes to cell protection from the damage caused by free radicals (for example, as a constituent of superoxide dismutase).



Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
COPPER	Energy production	Refer page 2 above	IOM DRV Report  Nutrition textbook	<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.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.	Copper is necessary for normal energy production.
COPPER	Neurological system	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  COMA Report	<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.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Copper.</i> March 2003. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out176_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out176_en.pdf</a> ).  <i>Dietary Reference Values for Food Energy and Nutrients for the United Kingdom.</i> Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects No. 41. DH: The Stationery Office, 1991.	Copper is necessary for normal neurological function.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
COPPER	Immune system	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report  COMA Report	<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.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Copper.</i> March 2003. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out176_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out176_en.pdf</a> ).  <i>Draft Review of Copper. Expert Group on Vitamins and Minerals.</i> May 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/reviewofcopper.pdf">http://www.food.gov.uk/multimedia/pdfs/reviewofcopper.pdf</a> ).  <i>Dietary Reference Values for Food Energy and Nutrients for the United Kingdom.</i> Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects No. 41. DH: The Stationery Office, 1991.	Copper is necessary for the normal function of the immune system.
COPPER	Skin and hair pigment	Refer page 2 above	IOM DRV Report	<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.	Copper is necessary for normal colouration of skin and hair.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			Nutrition textbook  SCF Report	<i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Copper.</i> March 2003. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out176_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out176_en.pdf</a> ).	
IODINE	Production of thyroid hormones	Refer page 2 above	IOM DRV Report  Nutrition textbook  EVM Report	<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.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Revised Review of Iodine. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm0006p.pdf">http://www.food.gov.uk/multimedia/pdfs/evm0006p.pdf</a> )	Iodine is necessary for the normal production of thyroid hormones.
IODINE	Neurological development	Refer page 2 above	IOM DRV Report  Nutrition textbook	<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.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.	Iodine is necessary for normal neurological development.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			SCF Report  EVM Report  COMA Report	<p><i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Iodine. September 2002. (<a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out146_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out146_en.pdf</a>).</i></p> <p><i>Revised Review of Iodine. Expert Group on Vitamins and Minerals. August 2002. (<a href="http://www.food.gov.uk/multimedia/pdfs/evm0006p.pdf">http://www.food.gov.uk/multimedia/pdfs/evm0006p.pdf</a>)</i></p> <p><i>Dietary Reference Values for Food Energy and Nutrients for the United Kingdom. Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects No. 41. DH: The Stationery Office, 1991.</i></p>	
IODINE	Energy metabolism	Refer page 2 above	Nutrition textbook  SCF Report  EVM Report  COMA Report	<p><i>Encyclopedia of Human Nutrition 2E. Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</i></p> <p><i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Iodine. September 2002. (<a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out146_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out146_en.pdf</a>).</i></p> <p><i>Revised Review of Iodine. Expert Group on Vitamins and Minerals. August 2002. (<a href="http://www.food.gov.uk/multimedia/pdfs/evm0006p.pdf">http://www.food.gov.uk/multimedia/pdfs/evm0006p.pdf</a>)</i></p> <p><i>Dietary Reference Values for Food Energy and Nutrients for the United Kingdom. Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects No. 41. DH: The Stationery Office, 1991.</i></p>	Iodine is necessary for normal energy metabolism.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
ZINC	Immune system	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report  COMA Report	<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.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Zinc.</i> March 2003. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out177_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out177_en.pdf</a> ).  <i>Revised Review of Zinc. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/reviewofzinc.pdf">http://www.food.gov.uk/multimedia/pdfs/reviewofzinc.pdf</a> ).  <i>Dietary Reference Values for Food Energy and Nutrients for the United Kingdom.</i> Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects No. 41. DH: The Stationery Office, 1991.	Zinc is necessary for the normal function of the immune system.
ZINC	Cell division	Refer page 2 above	IOM DRV Report	<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.	Zinc is necessary for normal cell division.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			<p>Nutrition textbook</p> <p>SCF Report</p> <p>EVM Report</p> <p>COMA Report</p>	<p><i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</p> <p><i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Zinc. March 2003.</i> (<a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out177_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out177_en.pdf</a>).</p> <p><i>Revised Review of Zinc. Expert Group on Vitamins and Minerals.</i> August 2002. (<a href="http://www.food.gov.uk/multimedia/pdfs/reviewofzinc.pdf">http://www.food.gov.uk/multimedia/pdfs/reviewofzinc.pdf</a>).</p> <p><i>Dietary Reference Values for Food Energy and Nutrients for the United Kingdom.</i> Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects No. 41. DH: The Stationery Office, 1991.</p>	
ZINC	Reproductive development	Refer page 2 above	<p>IOM DRV Report</p> <p>Nutrition textbook</p> <p>SCF 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>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</p> <p><i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Zinc. March 2003.</i> (<a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out177_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out177_en.pdf</a>).</p>	Zinc contributes to normal reproductive development.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			EVM Report	<i>Revised Review of Zinc. Expert Group on Vitamins and Minerals. August 2002. (<a href="http://www.food.gov.uk/multimedia/pdfs/reviewofzinc.pdf">http://www.food.gov.uk/multimedia/pdfs/reviewofzinc.pdf</a>).</i>	
ZINC	Skin and wound healing	Refer page 2 above	Nutrition textbook  SCF Report  EVM Report  COMA Report	<i>Encyclopedia of Human Nutrition 2E. Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</i>  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Zinc. March 2003. (<a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out177_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out177_en.pdf</a>).</i>  <i>Revised Review of Zinc. Expert Group on Vitamins and Minerals. August 2002. (<a href="http://www.food.gov.uk/multimedia/pdfs/reviewofzinc.pdf">http://www.food.gov.uk/multimedia/pdfs/reviewofzinc.pdf</a>).</i>  <i>Dietary Reference Values for Food Energy and Nutrients for the United Kingdom. Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects No. 41. DH: The Stationery Office, 1991.</i>	Zinc contributes to the normal structure of skin and normal wound healing.
MANGANESE	Bone formation	Refer page 2 above	IOM DRV Report  Nutrition textbook	<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. Washington D.C. National Academy Press, 2001.</i>  <i>Encyclopedia of Human Nutrition 2E. Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</i>	Manganese contributes to normal bone formation.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			SCF Report  Nutrition textbook	<i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Manganese.</i> October 2000. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out80f_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out80f_en.pdf</a> ).  <i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.	
MANGANESE	Energy metabolism	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report  Nutrition textbook	<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.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Manganese.</i> October 2000. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out80f_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out80f_en.pdf</a> ).  <i>Review of Manganese – Revised Version. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm9922p.pdf">http://www.food.gov.uk/multimedia/pdfs/evm9922p.pdf</a> ).  <i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.	Manganese contributes to normal energy metabolism.



Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
MANGANESE	Antioxidant activity	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  Nutrition textbook	<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.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Manganese.</i> October 2000. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out80f_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out80f_en.pdf</a> ).  <i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.	Manganese contributes to cell protection from the damage caused by free radicals (such as the superoxide free radical).
SODIUM	Water and electrolyte balance	Refer page 2 above AND It is essential that consumers continue to be encouraged to reduce sodium intake	Nutrition textbook  SCF Report  EVM Report	<i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Report of the Scientific Committee for Food (Thirty-first series) on 'Nutrient and energy intakes for the European Community' (1992).</i>  <i>Review of Sodium Chloride. Expert Group on Vitamins and Minerals.</i> April 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm0108p.pdf">http://www.food.gov.uk/multimedia/pdfs/evm0108p.pdf</a> ).	Sodium is necessary for normal water and electrolyte balance throughout the body.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			Nutrition textbook  COMA Report	<i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.  <i>Dietary Reference Values for Food Energy and Nutrients for the United Kingdom.</i> Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects No. 41. DH: The Stationery Office, 1991.	
SODIUM	Nutrient absorption	Refer page 2 above AND It is essential that consumers continue to be encouraged to reduce sodium intake	SCF Report  EVM Report  Nutrition textbook  COMA Report	<i>Report of the Scientific Committee for Food (Thirty-first series) on 'Nutrient and energy intakes for the European Community'</i> (1992).  <i>Review of Sodium Chloride. Expert Group on Vitamins and Minerals.</i> April 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm0108p.pdf">http://www.food.gov.uk/multimedia/pdfs/evm0108p.pdf</a> ).  <i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.  <i>Dietary Reference Values for Food Energy and Nutrients for the United Kingdom.</i> Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects No. 41. DH: The Stationery Office, 1991.	Sodium is necessary for the normal absorption of nutrients during digestion (such as the active transport of nutrients and water from the gut).
POTASSIUM	Water and electrolyte balance	Refer page 2 above AND It is essential that consumers continue to be encouraged to increase potassium intake	Nutrition textbook  SCF Report	<i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Report of the Scientific Committee for Food (Thirty-first series) on 'Nutrient and energy intakes for the European Community'</i> (1992).	Potassium is necessary for normal water and electrolyte balance throughout the body.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			EVM Report  Nutrition textbook	<i>Revised review of Potassium. Expert Group on Vitamins and Minerals. August 2002. (http://www.food.gov.uk/multimedia/pdfs/potassium.pdf)</i>  <i>Handbook of Nutrition and Food. Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.</i>	
SELENIUM	Antioxidant activity	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report  Nutrition textbook	<i>Institute of Medicine Dietary Reference Intakes for Vitamin C, Vitamin E, selenium and carotenoids. Washington D.C. National Academy Press, 2000.</i>  <i>Encyclopedia of Human Nutrition 2E. Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.</i>  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Selenium. October 2000. (http://www.europa.eu.int/comm/food/fs/sc/scf/out80g_en.pdf).</i>  <i>Revised review of Selenium. Expert Group on Vitamins and Minerals. August 2002. (http://www.food.gov.uk/multimedia/pdfs/selenium.pdf).</i>  <i>Handbook of Nutrition and Food. Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.</i>	Selenium is necessary for cell protection from some types of damage caused by free radicals.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			COMA Report	<i>Dietary Reference Values for Food Energy and Nutrients for the United Kingdom</i> . Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects No. 41. DH: The Stationery Office, 1991.	
SELENIUM	Utilization of iodine in the production of thyroid hormones	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report  COMA Report	<i>Institute of Medicine Dietary Reference Intakes for Vitamin C, Vitamin E, selenium and carotenoids</i> . Washington D.C. National Academy Press, 2000.  <i>Encyclopedia of Human Nutrition 2E</i> . Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Opinion of the Scientific Committee on Food (SCF) on the Tolerable Upper Intake Level of Selenium</i> . October 2000. ( <a href="http://www.europa.eu.int/comm/food/fs/sc/scf/out80g_en.pdf">http://www.europa.eu.int/comm/food/fs/sc/scf/out80g_en.pdf</a> ).  <i>Revised review of Selenium. Expert Group on Vitamins and Minerals</i> . August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/selenium.pdf">http://www.food.gov.uk/multimedia/pdfs/selenium.pdf</a> ).  <i>Dietary Reference Values for Food Energy and Nutrients for the United Kingdom</i> . Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects No. 41. DH: The Stationery Office, 1991.	Selenium is necessary for the normal utilization of iodine in the production of thyroid hormones.
SELENIUM	Immune system	Refer page 2 above	Nutrition textbook	<i>Encyclopedia of Human Nutrition 2E</i> . Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.	Selenium is necessary for the normal function of the immune system.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
<i>continued from previous</i>			Nutrition textbook	<i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.	
FLUORIDE	Teeth	Refer page 2 above AND The following statement relates to an enhanced function rather than an essential function (See page 22, WENFS Report for further details)	IOM DRV Report  SCF Report  Nutrition textbook	<i>Institute of Medicine Dietary Reference Intakes for calcium, phosphorus, magnesium, vitamin D, and fluoride.</i> Washington D.C. National Academy Press, 1997.  <i>Report of the Scientific Committee for Food (Thirty-first series) on 'Nutrient and energy intakes for the European Community' (1992).</i>  <i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.	Fluoride contributes to the maintenance of healthy teeth.
CHLORIDE	Water and electrolyte balance	Refer page 2 above	SCF Report  EVM Report  Nutrition textbook  COMA Report	<i>Report of the Scientific Committee for Food (Thirty-first series) on 'Nutrient and energy intakes for the European Community' (1992).</i>  <i>Review of Sodium Chloride. Expert Group on Vitamins and Minerals.</i> April 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm0108p.pdf">http://www.food.gov.uk/multimedia/pdfs/evm0108p.pdf</a> ).  <i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.  <i>Dietary Reference Values for Food Energy and Nutrients for the United Kingdom.</i> Report of the Panel on Dietary Reference Values. Report on Health and Social Subjects No. 41. DH: The Stationery Office, 1991.	Chloride is necessary for normal water and electrolyte balance throughout the body.

Food or food component	Health relationship	Conditions (if any)	Nature of evidence	References	Example of wording
CHLORIDE	Stomach acid and digestion	Refer page 2 above	EVM Report  Nutrition textbook	<i>Review of Sodium Chloride. Expert Group on Vitamins and Minerals. April 2002.</i> ( <a href="http://www.food.gov.uk/multimedia/pdfs/evm0108p.pdf">http://www.food.gov.uk/multimedia/pdfs/evm0108p.pdf</a> ).  <i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.	Chloride is necessary for the normal production of hydrochloric acid in the stomach, which is required for digestion.
PHOSPHORUS	Bone and teeth	Refer page 2 above	IOM DRV Report  Nutrition textbook  SCF Report  EVM Report  Nutrition textbook	<i>Institute of Medicine Dietary Reference Intakes for calcium, phosphorus, magnesium, vitamin D, and fluoride.</i> Washington D.C. National Academy Press, 1997.  <i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.  <i>Report of the Scientific Committee for Food (Thirty-first series) on 'Nutrient and energy intakes for the European Community'</i> (1992).  <i>Review of Phosphorus. Expert Group on Vitamins and Minerals.</i> August 2002. ( <a href="http://www.food.gov.uk/multimedia/pdfs/reviewofphosphorous.pdf">http://www.food.gov.uk/multimedia/pdfs/reviewofphosphorous.pdf</a> ).  <i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.	Phosphorus is necessary for the normal structure of bone and teeth.
PHOSPHORUS	Cell membranes	Refer page 2 above	IOM DRV Report	<i>Institute of Medicine Dietary Reference Intakes for calcium, phosphorus, magnesium, vitamin D, and fluoride.</i> Washington D.C. National Academy Press, 1997.	Phosphorus is necessary for the normal structure of cell membranes, in the form of phospholipids.

			SCF Report	<i>Report of the Scientific Committee for Food (Thirty-first series) on 'Nutrient and energy intakes for the European Community' (1992).</i>	
			EVM Report	<i>Review of Phosphorus. Expert Group on Vitamins and Minerals. August 2002.</i> ( <a href="http://www.food.gov.uk/multimedia/pdfs/reviewofphosphorous.pdf">http://www.food.gov.uk/multimedia/pdfs/reviewofphosphorous.pdf</a> ).	
			Nutrition textbook	<i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.	
PHOSPHORUS	Energy metabolism	Refer page 2 above	IOM DRV Report	<i>Institute of Medicine Dietary Reference Intakes for calcium, phosphorus, magnesium, vitamin D, and fluoride.</i> Washington D.C. National Academy Press, 1997.	Phosphorus is necessary for normal energy metabolism.
			Nutrition textbook	<i>Encyclopedia of Human Nutrition 2E.</i> Editor-in-chief, Michele J. Sadler, editors, J.J. Strain, Benjamin Caballero. San Diego : Academic Press, c1999.	
			SCF Report	<i>Report of the Scientific Committee for Food (Thirty-first series) on 'Nutrient and energy intakes for the European Community' (1992).</i>	
			EVM Report	<i>Review of Phosphorus. Expert Group on Vitamins and Minerals. August 2002.</i> ( <a href="http://www.food.gov.uk/multimedia/pdfs/reviewofphosphorous.pdf">http://www.food.gov.uk/multimedia/pdfs/reviewofphosphorous.pdf</a> ).	
			Nutrition textbook	<i>Handbook of Nutrition and Food.</i> Edited by Carolyn D Berdanier...[et al.]. Boca Raton, Fla.: CRC Press, 2002.	