



EFSA* Approved Omega-3 Fatty Acid Health Claims

20/04/2014

Substance	Claim type	Claim	Conditions of use of the claim	EFSA opinion reference	Health relationship	Status
Docosahexaenoic acid (DHA)	Art 13 (1)	<i>“DHA contributes to the maintenance of normal vision”</i>	The claim may be used only for food which contains at least 40 mg of DHA per 100 g and per 100 kcal. In order to bear the claim information shall be given to consumer that the beneficial effect is obtained with a daily intake of 250 mg DHA	2010;8(10):1734, 2011;9(4):2078	Maintenance of normal vision	Approved
Docosahexaenoic acid (DHA)	Art 13 (1)	<i>“DHA contributes to maintenance of the normal brain function”</i>	The claim may be used only for food which contains at least 40 mg of DHA pr 100 g and per 100 kcal. In order to bear the claim information shall be given to consumer that the beneficial effect is obtained with a daily intake of 250 mg DHA	2010;8(10):1734, 2011;9(4):2078	Maintenance of normal brain function	Approved
Eicosapentaenoic acid and Docosahexaenoic acid (EPA/DHA)	Art 13 (1)	<i>“EPA and DHA contributes to the normal function of the heart”</i>	The claim may be used only for food which is at least a source of EPA and DHA as referred to in the claim SOURCE OF OMEGA 3 FATTY ACIDS as listed in the Annex to Regulation (EC) No 1924/2006. In order to bear the claim information shall be given to the consumer that the beneficial	2010;8(10):1796, 2011;9(4):2078	Maintenance of normal cardiac function	Approved

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			effect is obtained with a daily intake of 250 mg of EPA and DHA.			
Docosahexaenoic acid (DHA)	Art 13 (1)	<i>“DHA contributes to the maintenance of normal blood triglycerides level”</i>	The claim may only be used for food which provides a daily intake of 2 g of DHA and which contains DHA in combination with EPA. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of DHA. When the claim is used on food supplement and/or fortified foods information shall also be given to the consumer not to exceed a supplemental daily intake of 5 g of EPA and DHA combined	2010;8(10):1734	Maintenance of normal (fasting) blood concentration of triglycerides	Approved
Eicosapentaenoic acid and Docosahexaenoic acid (EPA/DHA)	Art 13 (1)	<i>“DHA and EPA contributes to the maintenance of normal blood pressure”</i>	The claim may only be used for food which provides a daily intake of 3 g of DHA and EPA. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 3 g of DHA and EPA. When the claim is used on food supplement	2009;7(9); 1263 2010;8(10):1796	Maintenance of normal blood pressure	Approved

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			and/or fortified foods information shall also be given to the consumer not to exceed a supplemental daily intake of 5 g of EPA and DHA combined			
Eicosapentaenoic acid and Docosahexaenoic acid (EPA/DHA)	Art 13 (1)	<i>“DHA and EPA contributes to the maintenance of normal blood triglycerides level”</i>	The claim may only be used for food which provides a daily intake of 2 g of DHA and EPA. In order to bear the claim, information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 2 g of DHA and EPA. When the claim is used on food supplement and/or fortified foods information shall also be given to the consumer not to exceed a supplemental daily intake of 5 g of EPA and DHA combined	2009;7(9); 1263 2010;8(10):1796	Maintenance of normal (fasting) blood concentration of triglycerides	Approved
Docosahexaenoic acid (DHA)	Art 14 (1)(b)	<i>“Docosahexaenoic acid (DHA) maternal intake contributes to the normal development of the eye of the foetus and breastfed infants.”</i>	Information shall be given to pregnant and lactating women that the beneficial effect is obtained with a daily intake of 200 mg of DHA in addition to the recommended daily intake for omega-3 fatty acids for	Q-2008-675	N/A	Approved

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			adults, i.e.: 250 mg DHA and eicosapentaenoic acid (EPA). The claim can be used only for food which provides a daily intake of at least 200 mg DHA.			
Docosahexaenoic acid (DHA)	Art 14 (1)(b)	<i>“Docosahexaenoic acid (DHA) maternal intake contributes to the normal brain development of the fetus and breastfed infants”</i>	Information shall be given to pregnant and lactating women that the beneficial effect is obtained with a daily intake of 200 mg of DHA in addition to the recommended daily intake for omega-3 fatty acids for adults, i.e.: 250 mg DHA and EPA. The claim can be used only for food which provides a daily intake of at least 200 mg DHA	Q-2008-773	N/A	Approved
Docosahexaenoic acid (DHA)	Art 14 (1)(b)	<i>“Docosahexaenoic acid (DHA) intake contributes to the normal visual development of infants up to 12 months of age.”</i>	Information shall be given to the consumer that the beneficial effect is obtained with a daily intake of 100 mg of DHA. When the claim is used on follow-on formula, the food shall contain at least 0,3 % of the total fatty acids as DHA.	Q-2008-211 Q-2008-688 Q-2008-689	N/A	Approved

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