

In certain situations the amount of the food or food constituent in a serving of food is less than that required to achieve the claimed physiological effect. In these cases, the amount of the food or food constituent required to produce the desired effect and the amount of the food or food constituent in a serving of stated size of the food should be declared as part of the function claim. (See Standards of Evidence, 8.5.4(1) of this Guide.)

8.5.3 Summary Table of Acceptable Function Claims as Applied to Food or Food Constituents

The function claims listed in Table 8-2 when used with the specified conditions would be acceptable. The table will be updated as new claims for food or food constituents are reviewed and found to be acceptable by Health Canada. See 8.5.4 of this Guide on acceptability of new function claims.

**Summary Table of Acceptable Function Claims as Applied to Food or Food Constituents
Table 8-2
(May 2009)**

Food or Food Constituent	Acceptable Claim	Conditions for Use
<p>Coarse Wheat Bran¹</p>	<p>a) (Naming the serving) of (naming the product) contains 7 grams (or naming the amount if more than 7 grams) of fibre from coarse wheat bran, which promotes laxation.</p> <p>b) (Naming the serving) of (naming the product) contains 7 grams (or naming the amount if more than 7 grams) of fibre from coarse wheat bran, which promotes regularity.</p> <p>c) (Naming the serving) of (naming the product) provides (naming the amount) of fibre from coarse wheat bran. Consuming 7 grams of fibre from coarse wheat bran (daily*) promotes laxation.</p> <p>d) (Naming the serving) of (naming the product) provides (naming the amount) of fibre from coarse wheat bran. Consuming 7 grams of fibre from coarse wheat bran (daily*) promotes regularity.</p>	<p>A Reasonable Daily Intake (RDI) (Part D; FDR; Schedule K) of the food or one serving contains a minimum of 7 grams of dietary fibre from coarse wheat bran.</p> <p>Where the RDI of a food product comprises one serving and the product provides a minimum of 7 grams of fibre from coarse wheat bran in one serving of stated size, claims (a) or (b) may be made.</p> <p>Where the RDI of a food product comprises more than one serving and the product provides less than 7 grams of fibre from coarse wheat bran in one serving of stated size, claims (c) or (d) may be made.</p> <p>See 8.10.2 of this Guide for more information on laxative and laxation claims.</p>

Food or Food Constituent	Acceptable Claim	Conditions for Use
<p>Green Tea (unfermented leaves and/or bud from <i>Camellia sinensis</i>)</p>	<p>Consumption of [1 cup (250 ml) of*] green tea helps to protect blood lipids from oxidation.</p> <p>[Consumption of 1 cup (250 ml) of*] green tea has an antioxidant effect in blood [or on blood lipids].</p> <p>[Consumption of 1 cup (250 ml) of*] green tea increases antioxidant capacity in the blood.</p>	<p>A green tea infusion brewed following manufacturer directions, which contains at least:</p> <ul style="list-style-type: none"> - 2.0 grams or more tea leaves per 250 ml, OR - 1 tea bag (containing 2 grams tea leaves) per 250 ml <p>OR</p> <p>A reconstituted green tea product (e.g. iced green tea) containing at least 0.8 grams freeze dried or spray dried tea infusion per reference amount and serving of stated size when prepared according to manufacturer directions.</p> <p>Advertising and/or labelling may include a precautionary statement indicating that a maximum of 9 cups per day should not be exceeded due to the caffeine content.</p>
<p>Psyllium¹</p>	<p>a) (Naming the serving) of (naming the product) contains 3.5 grams (or naming the amount if more than 3.5 grams) of fibre from psyllium seed, which promotes laxation.</p> <p>b) (Naming the serving) of (naming the product) contains 3.5 grams (or naming the amount if more than 3.5 grams) of fibre from psyllium seed, which promotes regularity.</p> <p>c) (Naming the serving) of (naming the product) provides (naming the amount) of fibre from psyllium seed. Consuming 3.5 grams of fibre from psyllium seed (daily*) promotes laxation.</p> <p>d) (Naming the serving) of (naming the product) provides (naming the amount) of fibre from psyllium seed. Consuming 3.5 grams of fibre from psyllium seed (daily*) promotes regularity.</p>	<p>A Reasonable Daily Intake (RDI) (Part D; FDR; Schedule K) of the food or one serving contains a minimum of 3.5 grams of dietary fibre from psyllium seed.</p> <p>Where the RDI of a food product comprises one serving and the product provides a minimum of 3.5 grams of fibre from psyllium seed in one serving of stated size, claims (a) or (b) may be made.</p> <p>Where the RDI of a food product comprises more than one serving and the product provides less than 3.5 grams of fibre from psyllium seed in one serving of stated size, claims (c) or (d) may be made.</p> <p>See 6.8.1 of this Guide for more information about the acceptability and labelling of fibre sources.</p>

* Use of the phrase shown in parentheses is optional. For the claims for green tea, "Consumption of 1 cup (250 ml) of" may be replaced by "Consumption of 1 cup of" or "Consumption of 250 ml of".

¹ Cummings JH. 2001. The effect of dietary fiber on fecal weight and composition. In: *CRC Handbook of Dietary Fiber in Human Nutrition*. 3rd ed. Spiller GA (ed.), pp 183-252. Boca Raton (FL): CRC Press.