

**8.6.4 Summary Table of Acceptable Nutrient Function Claims**

The nutrient function claims listed in Table 8-3 are considered to be acceptable. Other nutrient function claims may also be acceptable and will be evaluated case by case. The table will be updated as new nutrient function claims are reviewed and found to be acceptable by Health Canada. See 8.6.5 of this Guide on acceptability of new nutrient function claims.

**Summary Table of Acceptable Nutrient Function Claims**

**Table 8-3**  
**(updated May 2009)**

NUTRIENT	ACCEPTABLE NUTRIENT FUNCTION CLAIMS <sup>1</sup>
PROTEIN	<ul style="list-style-type: none"> <li>- helps build and repair body tissues</li> <li>- helps build antibodies</li> </ul>
FAT	<ul style="list-style-type: none"> <li>- supplies energy</li> <li>- aids in the absorption of fat-soluble vitamins</li> </ul>
DHA	<ul style="list-style-type: none"> <li>- DHA, an omega-3 fatty acid, supports the normal physical development of the brain, eyes and nerves primarily in children under two years of age.<sup>2</sup></li> </ul>
ARA	<ul style="list-style-type: none"> <li>- ARA, an omega-6 fatty acid, supports the normal physical development of the brain, eyes and nerves primarily in children under two years of age.<sup>2</sup></li> </ul>
CARBOHYDRATE	<ul style="list-style-type: none"> <li>- supplies energy</li> <li>- assists in the utilization of fats</li> </ul>
VITAMIN A	<ul style="list-style-type: none"> <li>- aids normal bone and tooth development</li> <li>- aids in the development and maintenance of night vision</li> <li>- aids in maintaining the health of the skin and membranes</li> </ul>
VITAMIN D	<ul style="list-style-type: none"> <li>- factor in the formation and maintenance of bones and teeth</li> <li>- enhances calcium and phosphorus absorption and utilization</li> </ul>
VITAMIN E	<ul style="list-style-type: none"> <li>- a dietary antioxidant</li> <li>- a dietary antioxidant that protects the fat in body tissues from oxidation</li> </ul>
VITAMIN C	<ul style="list-style-type: none"> <li>- a factor in the development and maintenance of bones, cartilage, teeth and gums</li> <li>- a dietary antioxidant</li> <li>- a dietary antioxidant that significantly decreases the adverse effects of free radicals on normal physiological functions</li> <li>- a dietary antioxidant that helps to reduce free radicals and lipid oxidation in body tissues</li> </ul>
THIAMINE (VITAMIN B <sub>1</sub> )	<ul style="list-style-type: none"> <li>- releases energy from carbohydrate</li> <li>- aids normal growth</li> </ul>
RIBOFLAVIN (VITAMIN B <sub>2</sub> )	<ul style="list-style-type: none"> <li>- factor in energy metabolism and tissue formation</li> </ul>
NIACIN	<ul style="list-style-type: none"> <li>- aids in normal growth and development</li> <li>- factor in energy metabolism and tissue formation</li> </ul>
VITAMIN B <sub>6</sub>	<ul style="list-style-type: none"> <li>- factor in energy metabolism and tissue formation</li> </ul>
FOLATE	<ul style="list-style-type: none"> <li>- aids in red blood cell formation</li> <li>- a factor in normal early fetal development<sup>3</sup></li> <li>- a factor in the normal early development of the fetal brain and spinal cord<sup>3</sup></li> </ul>
VITAMIN B <sub>12</sub>	<ul style="list-style-type: none"> <li>- aids in red blood cell formation</li> </ul>

NUTRIENT	ACCEPTABLE NUTRIENT FUNCTION CLAIMS <sup>1</sup>
PANTOTHENIC ACID	- factor in energy metabolism and tissue formation
CALCIUM	- aids in the formation and maintenance of bones and teeth
PHOSPHORUS	- factor in the formation and maintenance of bones and teeth
MAGNESIUM	- factor in energy metabolism, tissue formation and bone development
IRON	- factor in red blood cell formation
ZINC	- factor in energy metabolism and tissue formation
IODINE	- factor in the normal function of the thyroid gland
SELENIUM	- a dietary antioxidant involved in the formation of a protein that defends against oxidative stress

1. The following two **general nutrient function claims** are permissible for all nutrients [B.01.311, B.01.312, D.01.006, D.02.004]:
  - "Energy (or Name of the nutrient) is a factor in the maintenance of good health."
  - "Energy (or Name of the nutrient) is a factor in normal growth and development."
2. Note that this is a change from the claim previously allowed for DHA. This claim is based on available scientific evidence indicating that the development of the brain, eyes, and nerves in the human infant takes places very early starting in late pregnancy and up to 2 years of age. The Institute of Medicine in their 2005 report\* stated that "The developing brain accumulates large amounts of DHA during the pre- and postnatal development and this accumulation continues throughout the first 2 years after birth". \**Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids*. Washington, (DC): National Academies Press; 2005. P. 444-5
3. In order to make these two claims for folate, the food must contain at least 40 micrograms of folate (20% Daily Value) per reference amount and per serving of stated size. This is a higher minimum amount than usual for a nutrient function claim for a vitamin because the function referred to in these two claims is associated with an intake that is higher than the Daily Value. These claims should not be used on foods intended solely for children under 2 years of age.

### 8.6.5 Acceptability of New Nutrient Function Claims

This section applies to nutrients that meet the following criteria:

- a) the nutrient is one for which a Recommended Dietary Allowance (RDA), Adequate Intake (AI), or Acceptable Macronutrient Distribution Ranges (AMDR) have been established by the Institute of Medicine of the US National Academies,
- AND
- b) the function reflects consensus among the broad scientific community and has been published by an authoritative scientific body as its current position with regard to the function(s) within the past 15 years.

Authoritative scientific bodies include the Institute of Medicine (Dietary Reference Intake report series) and the European Food Safety Authority.