Consolidated list of Article 13 health claim
List of references received by EFSA

Part 4
IDs 3001 – 4262

(only for claims which passed the EFSA screening)

BACKGROUND

In accordance with Article 13 of Regulation (EC) No 1924/2006¹ Member States had provided the European Commission with lists of claims accompanied by the conditions applying to them and by references to the relevant scientific justification by 31 January 2008.

EFSA has received from the European Commission nine Access databases with a consolidated list of 4,185 main health claim entries with around 10,000 similar health claims. The similar health claims were accompanied by the conditions of use and scientific references. The nine Access databases were sent in three batches - in July 2008, in November 2008 and in December 2008.

Subsequently, EFSA combined the databases into one master database and re-allocated upon request of the Commission and Member States similar health claims which had been accidentally placed under a wrong main health claim entry (misplaced claims). During this process some Member States also identified a number of similar health claims which still needed to be submitted to EFSA (“missing claims”). These similar claims were also added to the database.

The references to the scientific justifications provided by Member States were either included in the database or were provided in separate files. In addition, full-text copies of references were provided directly to EFSA from stakeholders. The deadline for submission of these references was end of 2008. EFSA wishes to acknowledge the full-text copies of relevant literature provided by stakeholders until that date. In some instances, references provided to EFSA were referring to papers which were submitted for publication. In case the publication had in the meanwhile taken place EFSA has included the correct citation in the list of references and this may result in some references carrying a 2009 publication date.

EFSA has screened all health claims on the list using six criteria established by the NDA Panel to identify claims for which EFSA considers sufficient information has been provided for evaluation and those for which more information or clarification is needed before evaluation can be carried

out. For those claims for which EFSA considers sufficient information has been provided evaluation is being carried out according to the time schedule agreed between EFSA and the Commission.

Further information can be found on the EFSA website under the following link: http://www.efsa.europa.eu/EFSA/efsalocale-1178620753812_article13.htm.

LIST OF REFERENCES

The present document compiles the lists of references for claims with ID numbers between 3001 and 4262 and which passed the EFSA screening. The list takes into account references provided through different sources and those coming from misplaced or missing claims. The main health claim entries are sorted in ascending order of the ID number.
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ID 3004: “Morinaga Bifidobacterium longum BB536” and “Bowel Regularity”


ID 3005: “Morinaga Bifidobacterium longum BB536” and “Healthy Balance of Intestinal Bacteria”


ID 3012: “Food supplement, mixture of 4 probiotic bacteria (Lactibiane®): B. longum LA 101, Lb. acidophilus LA 102, L. lactis LA 103 and S. thermophilus LA 104” and “Intestinal transit”


ID 3013: “Food supplement, mixture of 4 probiotic bacteria (Lactibiane®): B. longum LA 101, Lb. acidophilus LA 102, L. lactis LA 103 and S. thermophilus LA 104” and “Intestinal comfort”


ID 3016: “Symbiotic: Probiotics (Lactobacillus helveticus CNCM I-1722, Bifidobacterium bifidum CNCM I-3426, Bifidobacterium infantis CNCM I-3424 ) and fructoligosaccharides from sucrose” and “Natural defences/Immune system”


6 Easo JG, Measham JD, Munroe J, Green-Johnson JM, 2002. Immunostimulatory actions of Lactobacilli: mitogenic induction of antibody production and spleen cell proliferation by Lactobacillus delbrueckii subsp. bulgaricus and Lactobacillus acidophilus. Food and Agricultural Immunology, 14, 73-83.


Kostrynska M, Dixon J, Lepp D, 2002b. Receptors recognized by bifidobacteria on intestinal epithelial cells. Poster presented at 3th symposium RRI-INRA-“Beyond antimicrobials- the future of gut microbiology”, Aberdeen, UK


ID 3017: “Combination of Probiotics (Lactobacillus helveticus CNCM I-1722, Lactobacillus rhamnosus CNCM I-1720, Bifidobacterium longum CNCM I-3470 and Saccharomyces cerevisiae boulardii)” and “Digestive system”


ID 3018: “Lactobacillus rhamnosus LGG®” and “Oral health/flora”


ID 3020: “Lactobacillus delbrueckii (lactis)” and “Beneficial effect on intestinal microflora, gut integrity, digestion”


ID 3026: “Lactobacillus casei Shirota (LeS)” and “Digestive system / bowel habit”


ID 3034: “Lactobacillus casei 101/37 (LMG P-17504)” and “Natural defenses (enhance NK cell activity) / immune system”

No references provided.

ID 3035: “Bifidobacterium adolescentis BA 02 (DSM 17103)” and “Microflora / intestinal transit”


ID 3036: “Bifidobacterium adolescentis EI-3-MB 239 (DSM 18350)” and “Microflora / intestinal health”


ID 3037: “Bifidobacterium adolescentis EI-18- MB 227-BA05 (DSM 18352)” and “Microflora / intestinal health”


ID 3038: “Bifidobacterium pseudocatenulatum EI-20- MB 116 (DSM 18353)” and “Microflora / intestinal health”


ID 3040: “Lactobacillus fermentum LF 10 (DSM 19187)” and “Microflora/ barrier effect/intestinal health”

1 BIOLAB Assicurazione Qualita’ srl, Study of antimycotic activity.

ID 3041: “Lactobacillus paracasei subsp. paracasei LPC 00 (LMG P-21380)” and “Microflora / intestinal health”

1 BIOLAB Assicurazione Qualita’ srl, Study of antimycotic activity.

ID 3042: “Lactobacillus paracasei subsp. paracasei LPC 00 (LMG P-21380)” and “Microflora / intestinal health”

1 Addeo F, Study conducted at the department of Food Science, Università degli Studi di Napoli "Federico II" Portici (in course of publication).

ID3043: “Lactobacillus gasseri CRL 1259 (acidophilus group)” “Barrier effect Vaginal health/flora”

ID 3044: “Lactobacillus crispatus CRL 1251” and “Vaginal health/flora”


ID 3045: “Lactobacillus salivarius subsp. salivarius CRL 1328” and “Vaginal health/flora”


ID 3046: “Lactobacillus paracasei subsp. paracasei CRL 1289” and “Vaginal health/flora”


ID 3054: “Lactobacillus paracasei subsp. paracasei LPC 00(LMG P-21380)+Lactobacillus rhamnosus LR 04(DSM 16605)+Bifidobacterium breve BR 03 (DSM 16604)” and “Microflora”

1 Addeo F, Sudy conducted at the department of Food Science, Università degli Studi di Napoli "Federico II" Portici (in course of publication).

ID 3056: “Bifidobacterium longum W11(LMG P-21586)” and “Microflora/intestinal transit/intestinal health”


ID 3061: “Lactobacillus casei LC 01(CNCM I-1572)” and “Microflora/intestinal transit/intestinal health”

1 Azienda ospedaliero universitaria consorziale policlinico di Bari, 2007. Studio clinico prot. DUO 05 Valutazione dell’effetto dei simbiotici sulla funzione intestinale dei pazienti con stipsi cronica idiomatica. Studio multicentrico, randomizzato, cross-over, indoppio cieco verso placebo. - Lactobacillus casei DG ed inulina (Enterolactis Duo) (Study in progress).
ID 3062: “Lactobacillus rhamnosus LR 04 (DSM 16605)” and “Microflora / intestinal transit”

1. Brunero M, Study in progress.

ID 3064: “Yoghurt based products containing Lactobacillus rhamnosus GG (LGG®)(Vifit®)” and “gut health / barrier function of the intestine”


ID 3066: “Wheat Bran and Wheat Bran Enriched Foods” and “Faecal bulking; Intestinal health”


ID 3071: “Juice Plus+® (juice concentrate from fruits and vegetables mixtures)” and “Protection of body tissues and cells from oxidative damage”


ID 3073: “Beta vulgaris (red beet juice, lactic acid fermented)” and “Intestinal flora”


11 Yoon KY, Woodams EE, Hang YD, 2005. Fermentation of beet juice by beneficial lactic acid bacteria. Lebensmittel Wissenschaft and Technologie [Food Science and Technology], 38, 73-75.

ID 3074: “Beta vulgaris (red beet juice, lactic acid fermented)” and “Immune system”


3 Bergqvist SW, Andlid T, Sandberg AS, 2006. Lactic acid fermentation stimulated iron absorption by Caco-2 cells is associated with increased soluble iron content in carrot juice. Br J Nutr, 96, 705-711.

ID 3076: “Beta carota (carrot juice, lactic acid fermented)” and “Intestinal flora”

**ID 3078: “Dairy based products containing Lactobacillus rhamnosus GG (LGG®)” and “gut health / barrier function of the intestine”**


ID 3081: “Oats” and “Satiety/ weight control”


ID 3084: “Sugar-free chewing gum” and “Plaque formation”


ID 3085: “Sugar-free chewing gum with Xylitol” and “Plaque formation (Xylitol is not metabolised by bacteria that can lead to plaque growth)”


ID 3086: “Corn Oil with a guaranteed polyunsaturated fatty acids content (56% of total fatty acids), supplemented with vitamin E.” and “Corn Oil with a guaranteed polyunsaturated fatty acids content (56% of total fatty acids), supplemented with vitamin E.”


**ID 3089:** “Bifidobacterium (BB12) fortified cultured milk (Hodzeko-Amasi)” and “Maintain normal blood cholesterol”


**ID 3090:** “Choline” and “Reduction in homocysteine levels”


15 Pillai PB, Fanatico AC, Blair ME, Emmert JL, 2006 b. Homocysteine remethylation in broilers fed surfef choline or betaine and varying levels and sources of methionine from eight to twenty-two days of age. Poult Sci, 85, 1729-1736.


ID 3096: “Wheat dextrin” and “Reduction of glycemic response”


ID 3097: “Wheat dextrin” and “Mineral absorption”


ID 3099: “Calcium phosphoryl oligosaccharide” and “Dental health”


ID 3102: “Maharishi Ayurveda Amrit Kalash MA 4” and “Protection of body tissues, cells, membranes and lipids from oxidative damage (such as the oxidation of polyunsaturated fatty acids in red blood cell membranes)”

ID 3103: “Maharishi Ayurveda Amrit Kalash MA 5” and “Protection of body tissues, cells, membranes and lipids from oxidative damage (such as the oxidation of polyunsaturated fatty acids in red blood cell membranes)”


ID 3104: “Maharishi Ayurveda Mens’ Rasayana MA-631” and “Protection of body tissues, cells, membranes and lipids from oxidative damage (such as the oxidation of polyunsaturated fatty acids in red blood cell membranes)”

ID 3105: “Maharishi Ayurveda Herbal Coffee Substitute (MA704)” and “Protection of body tissues, cells, membranes and lipids from oxidative damage (such as the oxidation of polyunsaturated fatty acids in red blood cell membranes)”


ID 3106: “Maharishi Ayurveda Amrit Kalash MA 4” and “Antioxidant effect 1000 x greater than Vitamins C or E”


ID 3107: “Maharishi Ayurveda Amrit Kalash MA 5” and “Antioxidant effect 1000 x greater than Vitamins C or E”


ID 3108: “Maharishi Ayurveda Mens' Rasayana MA-631” and “Antioxidant effect 1000 x greater than Vitamins C or E”


ID 3109: “Maharishi Ayurveda Herbal Coffee Substitute (MA704)” and “Antioxidant effect 1000 x greater than Vitamins C or E”


ID 3117: “Maharishi Ayurveda Student Rasayana MA 724” and “Protection of brain tissues, cells, membranes and lipids from oxidative damage.”


ID 3119: “Scutellaria baicalensis Georgi (root) for use as a food supplement. (Common name: Chinese skullcap) Currently on the market as traditional tea decoctions and food supplements. (Also known as Ben Cao; Huang gin; Baikal Skullcap; Scutellariae Radix)” and “Supports joint function”


ID 3120: “Combination of extracts from Acacia catechu (heartwood) and Scutellaria baicalensis (root) for use as a food supplement (Lasoperin®)” and “Cognitive function, memory, and mental alert, mental endurance support”


12 Kesslak JP, Reynolds J, Heller R, Cognitive function after long-term treatment with multiple nutraceutical compound formulations with the primary constituents of Ginseng, Scutellaria baicalensis and Acacia catechu. Institute for Brain Aging and Dementia, University of California, Irvineand Cognitive Care, Inc.


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ID 3125: “Prickly Ash (bark) Zanthoxylum clava-herculis L. and Zanthoxylum americanum for use in food supplements. (Trunorin™)” and “Relieves Fluid congestion in the legs”


ID 3127: “Cordyceps sinensis” and “Adaptogen, supports energy level, invigoration of the body, supports immune system”

ID 3130: “C12-peption” and “Vascular health”


ID 3131: “Hyaluronic acid” and “helps to keep elasticity of skin”


ID 3133: “Alpha Lipoic acid (ALA)” and “Regeneration of genes, regeneration of gen transcription and the influence to activity NF-kapa B”

ID 3134: “Alpha Lipoic acid (ALA)” and “Fat metabolism”
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ID 3138: “Lecithin phosphatidyl choline” and “helps to keep normal cholesterol level”


**ID 3140: “Betasisosterol” and “helps to keep normal cholesterol level”**


**ID 3141: “Astaxanthin” and “High potent antioxidant.”**

ID 3142: “Astaxanthin” and “Joint health”


ID 3143: “Polyphenols” and “Antioxidant properties”


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ID 3144: “Isoflavones” and “helps to maintain mobility of joint during and after climacterium”


**ID 3145: “Spirulina” and “Glycemic health”**


**ID 3152: “Antioxidants in coffee” and “Oxidative stress reduction”**


ID 3154: “Isoflavones” and “helps to keep healthy termoregulation during climacterium”


ID 3156: “Zeolite - clinoptilolit” and “Might support the detoxication processes”


ID 3159: “Melon extract (containing SOD) /Wheat Gliadin” and “Endogenous antioxidant enzyme; general antioxidant benefits of SOD supplementation”

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ID 3162: “Alpha Lipoic acid (ALA)” and “Metabolism of glucose”


ID 3163: “Bovine lactoferrin” and “Skin health / skin impurities”


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ID 3165: “Clarinol™ and “Weight management”


ID 3166: “Xanthohumol enriched hop extract” and “antioxidant properties”


ID 3167: “Hop extract containing xanthohumol” and “antioxidant properties”


ID 3168: “Xanthohumol” and “antioxidant properties”


ID 3169: “Hop extract” and “Antioxidant properties”


ID 3170: “Xanthohumol enriched hop extract” and “relaxation properties”


ID 3174: “Xanthohumol enriched hop extract” and “free radical scavenger / fights free radicals”


ID 3175: “Hop extract containing xanthohumol” and “free radical scavenger / fights free radicals”


ID 3176: “Xanthohumol” and “Free radical scavenger / fights free radicals”

ID 3177: “Hop extract” and “free radical scavenger / fights free radicals”


ID 3183: “Lemon (Citrus limonum) - flavonoïdes” and “Antioxidant properties”


ID 3184: “Propolis” and “Throat comfort”

**ID 3185: “Glutaminian” and “Glutamine improves muscles metabolism”**


**ID 3186: “Choline” and “Choline is needed for lipids metabolism”**


**ID 3188: “Honey comb” and “The unique composition and ratio of effective substances adds energy to the human body”**


**ID 3189: “Honey comb” and “It stimulates the whole metabolism and the immune system”**


**ID 3193: “Graines de brocoli et extraits de graines de brocoli” and “Santé gastro-intestinale”**


ID 3194: “Phyllanthus amarus” and “Contributes to maintain a healthy blood sugar level”


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**ID 3199:** “Achillea ageratum L.” and “Helps to relax the gastrointestinal tract”


**ID 3200:** “Aesculus hippocastanum L.” and “Antioxidant”


ID 3207: “Alga wakame” and “Can protect cells and tissues against oxidative damage”

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ID 3216: “Amorphophallus konjac Koch” and “Antioxidant”


ID 3217: “Amorphophallus konjac Koch” and “Helps to maintain physiological lipid levels in the blood”


ID 3218: “Amorphophallus konjac Koch” and “Supports immune defences”


ID 3219: “Andrographis Paniculata (King of Bitterness)” and “Respiratory health”


ID 3224: “Angelica sinensis Dlels” and “Can protect cells and tissues against oxidative damage, antioxidant”


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ID 3230: “Arctostaphylos uva-ursi Spre.” and “Contributes to maintain a healthy blood sugar level”


ID 3232: “Arctostaphylos uva-ursi Spre.” and “Free-radical scavenger”


ID 3239: “Arnica montana L.” and “Reduces edema”


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ID 3240: “Arnica montana L.” and “Skin whitening”


ID 3241: “Artemisia dracunculus” and “Antioxidant”


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ID 3274: “Birch Betula pendula Roth. / Betula pubescens Ehrh. Nom français : bouleau” and “Joint health”


ID 3277: “Calendula arvensis L.” and “Can protect cells and tissues against oxidative damage”


ID 3281: “Carbo ligni” and “Contributes to maintain healthy lipid blood level”


ID 3282: “Carbo ligni” and “Reduces intestinal gás”

ID 3283: "Cassia angustifolia Vahl." and "Contributes to physical well-being"

ID 3290: “Cassia nomame” and “Can protect cells and tissues against oxidative damage”


ID 3291: “Cassia nomame” and “Contributes to maintain a healthy blood sugar level”


ID 3293: “Cassia nomame” and “Contributes to weight management and reduces appetite sense”


ID 3297: “Cassia senna L.” and “Can protect cells and tissues against oxidative damage.”


ID 3299: “Cassia tora L. S.L.” and “Antioxidant”


ID 3302: “Cassia tora L. S.L.” and “Contributes to the maintenance of a normal blood pressure”


ID 3304: “Cassia tora L. S.L.” and “Helps smooth muscle contracting activities”


ID 3305: “Cassia tora L. S.L.” and “Helps to maintain physiological lipid levels in the blood”


ID 3307: “Castanea vesca” and “Antioxidant, can protect cells and tissues against oxidative damage”


ID 3310: “Castanea vesca” and “Helps to maintain a healthy intestinal microbial balance, contributes to the normal intestinal function”


ID 3312: “Chamomile (Matricaria chamomilla L.)” and “Respiratory health”


ID 3313: “Chamomilla recutita (L.) (Chamomile-extract)” and “relief of airways with common cold”


ID 3315: “Chywanaprash” and “Contains naturally occurring antioxidants”


ID 3316: “Cimicifuga racemosa Nutt.” and “Can protect cells and tissues against oxidative damage”


ID 3318: “Cimicifuga racemosa Nutt.” and “Contributes to physical well-being”


ID 3321: “Cinchona succirubra pav.” and “Helps to relax the gastrointestinal tract”


ID 3323: “Cinnamomum zeylanicum” and “May help maintain healthy blood sugar levels and healthy weight”


ID 3326: “Combination of extracts from Scutellaria baicalensis (root) and Acacia catechu (heartwood) for use in food supplements only (UnivestinTM, LimbrelTM, FlavocoxidTM)” and “Joint health”

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ID 3334: “Drosera rotundifolia L.” and “Helps to relax the gastrointestinal tract”


ID 3335: “Drosera rotundifolia Sundew Part used: whole plant” and “Drosera rotundifolia Sundew Part used: whole plant” (and respiratory health)


ID 3336: “Echinacea angustifolia DC” and “Supports immune defences”


ID 3339: “Echinacea pallida britton” and “Contributes to physical well-being”
ID 3341: “Echinacea pallida britton” and “Supports immune defences”


ID 3342: “Echinacea purpurea L. Moench (Common name: Echinacea)” and “Respiratory health”


ID 3345: “Eleutherococcus senticosus maxim.” and “Contributes to maintain a healthy blood sugar level”

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**ID 3347:** “Eleutherococcus senticosus maxim.” and “Imparts a fresh breath”


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ID 3349: “Epilobium angustifolium L.” and “Antioxidant, can protect cells and tissues against oxidative damage”


ID 3353: “Epilobium parviflorum” and “Antioxidant”


ID 3356: “Ficus carica L.” and “Antioxidant. Fruit is antioxidant”

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ID 3360: “Filipendula ulmaria - common name: meadowsweet” and “Renal elimination / organism draining”


**ID 3362: “Galium aparine L.” and “Antioxidant”**


**ID 3364: “Ginkgo biloba [dry extract GK501 Pharmaton Dry extract from leaves of Ginkgo biloba L., drug/native extract ratio (35 - 45) : 1, solvent of extraction Acetone/Water, 6.0% terpene lactones, 24.5% ginkgoflavonoids]” and “For cognitive performance/blood circulation”**


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**ID 3365: “Glycyrrhiza uralensis (Common Name: Liquorice)” and “Metabolic health / weight loss”**


ID 3366: “Goldenrod Solidago virgaurea” and “Goldenrod increase renal blood flow and increase the glomerular filtration rate”


ID 3371: “Grindelia robusta nutt.” and “Helps to relax the gastrointestinal tract”

ID 3372: “Guarana” and “support to metabolism, protection against derogative influence of stress and surroundings, stimulating effects”


ID 3373: “Gymnema (Gymnema sylvestre)” and “Appetite control”


ID 3375: “Gynostemma pentaphyllum” and “Contributes to maintain a healthy blood sugar level”


ID 3376: “Gynostemma pentaphyllum” and “Contributes to maintain healthy blood lipid level”


ID 3377: “Gynostemma pentaphyllum” and “Contributes to the health of cardiovascular system”


ID 3383: “Hamamelis virginiana L.” and “Helps to protect the skin from UV-induced oxidative damage and from UV-induced”


ID 3386: “Helichrysum italicum Don.” And “Antioxidant”


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ID 3391: “Hibiscus sabdariffa - common name: Hibiscus” and “Constipation / Intestinal Health”


ID 3393: “Hibiscus sabdariffa - common name: Hibiscus” and “Renal elimination / Organism draining”


ID 3397: “Ilex paraguariensis - common name : yerba mate, maté, kali chaye” and “Renal elimination / organism draining”


ID 3398: “Indian sarsaparilla” and “Helps to maintain healthy skin”


ID 3400: “Juglans regla L.” and “Antioxidant, can protect cells and tissues against oxidative damage”


ID 3402: “Juglans regia L.” and “Contributes to the normal function of the intestinal tract”


ID 3403: “Juglans regla L.” and “Helps to maintain physiological lipid and cholesterol levels in the blood”


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ID 3404: “Juglans regla L.” and “Supports the excretory function of the kidneys”


ID 3405: “Juniperus communis - common name: Juniper” and “Renal elimination / organism draining”


ID 3406: “Juniperus communis L.” and “Antioxidant, can protect cells and tissues against oxidative damage”


ID 3408: “Juniperus communis L.” and “Contributes to maintain a healthy blood sugar level.”


ID 3409: “Kaempferia Parviflora (Black ginger)” and “Antioxidant properties”


ID 3411: “Lagerstroemia speciosa –banaba” and “Contributes to the weight management”


ID 3412: “Laurus nobils L.” and “Can protect cells and tissues against oxidative damage effects, antioxidant”


ID 3418: “Lespedeza capitata mich” and “Can protect cells and tissues against oxidative damage”


ID 3419: “Lespedeza capitata mich” and “Helps to the maintenance of a normal blood pressure”


ID 3420: “Levisticum officinale - common name : Lovage” and “Renal elimination / Organism draining”


ID 3422: “Levomentholum” and “Respiratory Health”


ID 3423: “Lippia citriodora Kunth” and “Antioxidant”


ID 3430: “magnolia officinalis rehder” and “Contributes to the normal function of the intestinal tract”


ID 3431: “Maharishi Ayurveda Amrit Kalash MA 4” and “Antioxidant effect 1000 x greater than Vitamins C or E”


ID 3432: “Maharishi Ayurveda Amrit Kalash MA 5” and “Antioxidant effect 1000 x greater than Vitamins C or E”


ID 3433: Maharishi Ayurveda Amrit Kalash MA 7 Tablets” and “Antioxidant effect 1000 x greater than Vitamins C or E”


ID 3434: “Maharishi Ayurveda Herbal Coffee Substitute (MA704)” and “Antioxidant effect 1000 x greater than Vitamins C or E”


ID 3435: “Maharishi Ayurveda Mens' Rasayana MA-631” and “Antioxidant effect 1000 x greater than Vitamins C or E”


ID 3436: “Malva sylvestris - common name: Mallow” and “Constipation / Gastrointestinal health”


ID 3437: “Marrubium vulgare L.” and “Antioxidant”


ID 3438: “Marrubium vulgare L.” and “Contributes to maintain a healthy blood sugar level”


ID 3439: “Marrubium vulgare L.” and “Contributes to relaxation and mental and physical well-being”


ID 3440: “Marrubium vulgare L.” and “Contributes to the maintenance of a normal blood pressure”


ID 3441: “Marrubium vulgare L.” and “Helps to preserve a healthy vascular wall (helps to prevent microvascular extravasation)”


ID 3442: “Marrubium vulgare L.” and “Helps to relax the gastrointestinal tract”


**ID 3443:** “Matricaria recutita L. (Common name: Chamomile)” and “Respiratory health”


**ID 3444:** “Melaleuca alternifolia cheel” and “Can protect cells and tissues against oxidative damage”


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**ID 3450: “Melaleuca leucadendron L. var.viridiflora” and “Supports immune defences”**


ID 3454: “Mentha aquatica” and “Antioxidant”


ID 3456: “Morus nigra L.” and “Antioxidant, can protect cells and tissues against oxidative damage”


ID 3457: “Morus nigra L.” and “Contributes to maintain a healthy blood sugar level”


ID 3460: “Muira puama” and “Can protect cells and tissues against oxidative damage, antioxidant”


ID 3465: “Ocimum basilicum - common name: Basil” and “Renal elimination / Organism draining”


ID 3469: “Origanum majorana” and “Can protect cells and tissues against oxidative damage, antioxidant”


**ID 3471: “Origanum majorana” and “Contributes to maintain a healthy blood sugar level”**


ID 3472: “Origanum majorana” and “Contributes to relaxation physical well-being”


ID 3474: “Origanum majorana” and “Supports the gastrointestinal function”


ID 3479: “Peumus boldus molina” and “Can stimulate contraction of skeletal muscle”


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ID 3485: “Phyllanthus amarus” and “Can protect cells and tissues against oxidative damage”


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ID 3488: “Phyllanthus amarus” and “Contributes to the maintenance of a normal blood pressure”


Deb S and Mandal SK, 1996. TLC-densitometric determination of phyllanthin and hypophyllanthin in phyllanthus amarus (bhumiamalaki) and in polyherbal formulation. Indian Drugs, 33, 415-416.


Lim YY and Murtijaya J, 2007. Antioxidant properties of Phyllanthus amarus extracts as affected by different drying methods. LWT-Food Science and Technology, 40, 1664-1669.


ID 3489: “Phyllanthus amarus” and “Contributes to the normal function of the intestinal tract”


Deb S and Mandal SK, 1996. TLC-densitometric determination of phyllanthin and hypophyllanthin in phyllanthus amarus (bhumiamalaki) and in polyherbal formulation. Indian Drugs, 33, 415-416.


Lim YY and Murtijaya J, 2007. Antioxidant properties of Phyllanthus amarus extracts as affected by different drying methods. LWT-Food Science and Technology, 40, 1664-1669.


ID 3491: “Phyllanthus amarus” and “Helps to maintain physiological lipid levels in the blood”


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ID 3492: “Phyllanthus amarus” and “supports the excretory function of the kidneys”


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ID 3493: “Piceae aetheroleum” and “Respiratory health”


ID 3494: “Picrorhiza kurroa Royle” and “Antioxidant”

ID 3495: “Picrorhiza kurroa Royle” and “Contributes to physical well-being”


ID 3500: “Pimpinella major (L.) Hudson (Common name: Great burnet)” and “Respiratory health”


ID 3501: “Pimpinella saxifraga L. (Common name: Burnet saxifrage)” and “Respiratory health”


ID 3505: “Pinus pinaster Ait. Sub Sp. Atlantica French maritime pine bark” and “Whole population, antioxidant properties”


ID 3507: “Piper Methysticum Forster” and “Can protect cells and tissues against oxidative damage”


ID 3510: “Plantago Lanceolata L.” and “Contributes to maintain a normal intestinal function”

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ID 3512: “Plantago Lanceolata L.” and “Helps to maintain a healthy intestinal microbial balance”


ID 3514: “Plantago Lanceolata L.” and “Supports immune defences”


ID 3520: “Pleurotus ostreatus (oyster mushroom)” and “Antioxidant properties”


ID 3522: “Polygoni multiflori (Common Name: Fleece flower)” and “Cardiovascular health”


ID 3523: “Populus tremuloides Michx” and “Joint health”


ID 3524: “Primula Officinalis Hill” and “Antioxidant”


ID 3525: “Primula Officinalis Hill” and “Helps to maintain the heart health”


ID 3528: “Prunella Vulgaris L.” and “Contributes to maintain a healthy blood sugar level”


ID 3531: “Pulmonaria officinalis L. (Common name: Common Lungwort)” and “Respiratory health”

ID 3533: “Rehmannia glutinosa (Common Name: Chinese foxglove)” and “Vascular health”


ID 3534: “Rehmannia glutinosa (Common Name: Chinese foxglove)” and “Glucose metabolism”


ID 3540: “Rheum Emodi Wall” and “Contributes to maintain a healthy blood sugar level”


ID 3541: “Rheum Officinale Baill” and “Antioxidative”


ID 3547: “Rheum palmatum (Common Name: Rhubarb)” and “Intestinal health”

ID 3549: “Rheum palmatum L. var. tagunticum maxim” and “Can protect cells and tissues against oxidative damage”

The file of references provided was not readable.

ID 3554: “Rheum Undulatum L.” and “Contributes to maintain a healthy blood sugar level”


ID 3555: “Rheum Undulatum L.” and “Contributes to physical well-being”


ID 3556: “Rheum Undulatum L.” and “Contributes to the maintenance of a normal blood pressure”


**ID 3561: “Rosae x centifolia L. (Common name: Cabagge rose)” and “Respiratory health”**


**ID 3570: “Ruta Graveolens L.” and “Supports the excretory function of the kidneys”**


ID 3571: “Salvia miltiorrhiza” and “Antioxidant properties”


ID 3572: “Salvia miltiorrhiza (Common Name: Red rooted sage)” and “Vascular health”


ID 3574: “Salvia officinalis L. (Common name: Sage)” and “Respiratory health”

**Monographie der Kommission E, 1990. Bundesanzeiger, 50.**


**ESCOP (The European Scientific Cooperative on Phytotherapy), 2003. ESCOP Monographs: The Scientific Foundation of Herbal Medicinal Products. Thieme, Stuttgart.**

**Swissmedic (Schweizerisches Heilmittelinstitut), 2007. Anleitung zum Einreichen von Zulassungsgesuchen für Husten- und Halsbonbons sowie Pastillen der Abgabekategorie E im Meldeverfahren.**


**ID 3575: “Salvia sclarea L.” and “Contributes to body defences against external agents”**

1. Atanassova-Shopova S, Roussinov K, Markova M, 1969. Pharmacological studies of Bulgarian plants with a view to their anticonvulsive effect. 5. Izv Inst Fiziol (Sofiia), 12, 205-216.


ID 3577: “Santalum album L.” and “Contributes to body defences against external agents”


ID 3579: “Satureja montana L. S.L.” and “Contributes to body defences against external agents”


ID 3582: “Silybum marianum Gaertn” and “Contributes to body defences against external agents”


Hwang I-s, Han E-j, Bak J-s, Kim J-g, Chough N-j, 2006. Determination of Silybin of Nutraceutical Herbal Preparations Using HPLC-PDA. Natural Product Sciences, 12, 166-173.


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Pandey GP and Srivastava PN, 1993. Therapeutic efficacy of some indigenous preparations against paracetamol induced liver damage in rabbits. Indian Veterinary Medical Journal, 17, 14-17.


ID 3583: “Silybum marianum Gaertn” and “Contributes to maintain a healthy blood sugar level”


Hwang I-s, Han E-j, Bak J-s, Kim J-g, Chough N-j, 2006. Determination of Silybin of Nutraceutical Herbal Preparations Using HPLC-PDA. Natural Product Sciences, 12, 166-173.


Pandey GP and Srivastava PN, 1993. Therapeutic efficacy of some indigenous preparations against paracetamol induced liver damage in rabbits. Indian Veterinary Medical Journal, 17, 14-17.


ID 3593: “Sorbus domestica” and “Antioxidant”


ID 3597: “Tabebuia avellanedae” and “Can protect cells and tissues against oxidative damage”


**ID 3600: “Tabebuia avellanedae” and “Contributes to the maintenance of a normal blood pressure”**

ID 3602: “Tabebuia avellanedae” and “Supports the excretory function of the kidneys”


ID 3606: “Tanacetum Parthenium Sch. Bip.” and “Can protect cells and tissues against oxidative damage”


ID 3609: “Taraxacum Officinale Weber” and “Contributes to the normal stomach and liver function”


ID 3611: “Thymol crystals” and “Reduces cough, dissolves mucus and reduces inflammation”

1 EMEA (European Medicines Agency), 2004. Final Proposal for a Core Data on Thymi Herba. EMEA/HMPWP/343/03.

ID 3614: “Thymus zygis L.” and “Respiratory health”

1 Thyme (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations.
ID 3615: “Tilia cordata Mill.” and “Respiratory health”


ID 3617: “Tilia platyphyllos Scop.” and “Respiratory health”

7 Steinmetz EF, 1957. Codex Vegetabilis. Published by the author, Amsterdam.

ID 3622: “Trigonella foenum-graecum L.” and “Contributes to maintain a healthy blood sugar level”


ID 3624: “Mucopolysaccharides” and “Mucopolysaccharides are related to joint health”

No references provided.

ID 3625: “Triticum repens” and “Contributes to maintain a healthy blood sugar level”


ID 3628: “Turnera Diffusa Willd.” and “Contributes to maintain a healthy blood sugar level”

ID 3630: “Turnera Diffusa Willd.” and “Contributes to weight management by modulating gastric emptying”


ID 3637: “Verbascum denisiflorium Bertol.” and “Respiratory Health”


ID 3638: “Verbascum phlomoides L.” and “Respiratory Health”

ID 3640: “Verbena officinalis L.” and “Respiratory Health”


ID 3645: “Veronica officinalis L.” and “Respiratory Health”


ID 3646: “Viola odorata L.” and “Can protect cells and tissues against oxidative damage”


ID 3650: “Viscum album L.” and “Helps to maintain physiological cholesterol levels in the blood”

1 No authors listed, 1983. Iscador. CA Cancer J Clin, 33, 186-188.
4 Augustin M, Bock PR, Hanisch J, Karasmann M, Schneider B, 2005. Safety and efficacy of the long-term adjuvant treatment of primary intermediate- to high-risk malignant melanoma (UICC/AJCC stage II and III) with a standardized fermented European mistletoe (Viscum album L.) extract. Results from a multicenter, comparative, epidemiological cohort study in Germany and Switzerland. Arzneimittelforschung, 55, 38-49.


ID 3652: “Vitex agnus-castus L. and “Can protect cells and tissues against oxidative damage”


ID 3662: “Ajuga Chamaepitys Schreb.” and “Antioxidant”


ID 3663: “Aloysia triphylla - common name: Verveine odorante” and “Renal elimination / organism draining”


ID 3668: “Panax ginseng (Common Name: Asian, Korean ginseng)” and “Cognitive performance”


ID 3669: “Panax ginseng (Common Name: Ginseng)” and “Glucose metabolism”
ID 3670: “Panax ginseng extract G115 Pharmaton, [Dry extract from roots of Panax ginseng C.A.Meyer, drug/native extract ratio (3-7): 1, solvent of extraction Ethanol/Water, 4.0% ginsenosides]” and “Helps to maintain good cognitive performance. Supports memory performance”


ID 3673: “Panax Ginseng” and “Alertness”


ID 3678: “Pinus pinaster Ait Sub Sp. Atlantica (French Maritime Pine)” and “Antioxidant property”


ID 3679: “Rosa canina (Common Name: Rose Hip)” and “Antioxidant properties”


ID 3685: “Maharishi Ayurveda MA-471” and “Supports normal glucose and cholesterol levels”

ID 3687: “Pineapple (Ananas comosus L.)” and “Skin curves / Cellulitis”


ID 3688: “Fraxinus excelsior - common name: ash” and “Control of weight”


ID 3693: “Prunus cerasus - common name: Sour cherry” and “Renal elimination / Organism draining”

ID 3698: “Camelia sinensis (green tea)” and “Supports metabolism / fat oxidation”


ID 3699: “Boswelia serrata (Common Name: Frankincense)” and “Joint health”


ID 3701: “Cynara scolymus (Common Name: Artichoke)” and “Antioxidant properties”


ID 3702: “Cynara scolymus (Common Name: Artichoke)” and “Heart health / blood lipids”


ID 3705: “Panax ginseng (Common Name: Ginseng)” and “Antioxidant properties”


ID 3706: “Vaccinium myrtillus L.” and “Antioxidant”


ID 3707: “Fucus (Fucus vesiculosus L.)” and “Weight control / satiety”


ID 3708: “Fucus vesiculosus (Common Names: Kelp)” and “Weight Management”


ID 3709: “Galega officinalis (Common Name: French Honeysuckle)” and “Lactation”

ID 3712: “Melissa extract [Dry extract from leaves of Melissa officinalis L., drug/native extract ratio (4-6): 1, solvent of extraction Methanol/Water, min 1.8% rosmarinic acid]” and “Antioxidants activity”


ID 3713: “Melissa extract [Dry extract from leaves of Melissa officinalis L., drug/native extract ratio (4-6): 1, solvent of extraction Methanol/Water, min 1.8% rosmarinic acid]” and “For insomnia and mental health”


8 Schwander J and Mann C, 1999 The pupil unrest index as a measure of sleep restoration in patients with psychophysiological insomnia.


ID 3716: “Thymus serpyllum L.” and “Respiratory health”


ID 3718: “Achyranthes aspera seed” and “Weight balance and appetite”


ID 3721: “Aloe vera, ferox, bardadensis, hybrids or vera or spicata (Common Name: Bitter aloe)” and “Gastrointestinal health”


ID 3722: “Althae officinalis - common name: Marsh mallow, Althea” and “Constipation / Gastrointestinal health”

ID 3723: “Althaea officinalis L. (Common name: Marshmallow)” and “Respiratory health”


ID 3724: “Amorphophallus Konjac Koch” and “Contributes to maintain a healthy blood sugar level”

ID 3725: “Amorphophallus Konjac Koch” and “Contributes to weight management”


ID 3726: “Ananas: Pineapple powder (Ananas sativus) obtained from fruit juice and stems and Dry aqueous extract of pineapple standardized at 2% of bromelain” and “Slimming (cellulitis draining)”


ID 3729: “Andrographis Paniculata (King of Bitterness)” and “Antioxidant properties”


ID 3730: “Andrographis Paniculata (King of Bitterness)” and “Glucose metabolism”


ID 3733: “Angelica archangelica L.” and “Contributes to maintain physiological gastric pH and digestive health”


Yazdanparast R, Alavi HR, Bazarganian A, 2000. Two new compounds from Artemisia dracunculus L. Journal of Faculty of Pharmacy, Tehran University of Medical Sciences, 8, 42-44.

ID 3738: “Calendula officinalis L. (Common names: Common Marygold, Marigold)” and “Respiratory health”


ID 3739: “Cassia acutifolia Del.” and “Contributes to the normal function of the intestinal tract”


ID 3740: “Cassia angustifolia Vahl.” and “Contributes to the normal function of the intestinal tract”

ID 3741: “Cassia senna (cassia angustifolia) (Common Name: Senna)” and “Intestinal health”

1 Service Public Fédéral, Santé Public, Sécurité de la Chaîne Alimentaire et Environnement. Moniteur Belge, 25.03.2005 Ed.2 : Maximum dosage for food supplements 18 mg sennoside B equivalent per adult per day.

ID 3744: “Cetraria islandica (L.) Acharius s.l. (Common name: Iceland Moss)” and “Respiratory health”

ID 3745: “Cimicifuga racemosa (Actea racemosa) (Common Name: Black Cohosh)” and “Menopause”


ID 3748: “Curcuma longa/domestica (Common Name: Turmeric, kunyit, curcumin)” and “Joint Health”


Srivastava KC, 1989. Extracts from two frequently consumed spices--cumin (Cuminum cyminum) and turmeric (Curcuma longa)--inhibit platelet aggregation and alter eicosanoid biosynthesis in human blood platelets. Prostaglandins Leukot Essent Fatty Acids, 37, 57-64.

**ID 3749: “Drosera rotundifolia (Sundew)” and “Respiratory / immune health”**


**ID 3756: “Eleutherococcus Senticosus Maxim” and “Supports immune defences”**


Schmolz MW, Sacher F, Aicher B, 2001. The synthesis of Rantes, G-CSF, IL-4, IL-5, IL-6, IL-12 and IL-13 in human whole-blood cultures is modulated by an extract from Eleutherococcus senticosus L. roots. Phytother Res, 15, 268-270.


ID 3758: “Eucalypti aetheroleum” and “Respiratory health”


ID 3760: “Eucalyptus globulus La-Bill. (Common name: Eucalyptus)” and “Respiratory health”

15 Steinmetz EF, 1957. Codex Vegetabilis. Published by the author, Amsterdam.


ID 3761: “Ficus carica L.” and “Helps to maintain a healthy intestinal microbial balance, contributes to maintain a normal intestinal function”

1. Alwan AH and Al-Bayati ZAF, 1988. Effects of Milk Latex of Fig (Ficus carica) on 3H-Benz (a) pyrene Binding to Rat Liver Microsomal Protein. Pharmaceutical Biology, 26, 209-213.


ID 3767: “Ginkgo biloba (Common Name: Ginkgo)” and “Antioxidant properties”


ID 3768: “Ginkgo biloba (Common Name: Ginkgo)” and “Cognitive function”


UMMC (University of Maryland Medical Centre), Ginkgo biloba, http://www.umm.edu/altmed/articles/ginkgo-biloba-000247.htm.


ID 3770: “Harpagophytum procumbens (Common Name: Devil's craw)” and “Joint health”


**ID 3775: “Marrubium vulgare L. (Common Name: Horehound (white))” and “Respiratory health”**


**ID 3780: “Olea europaea L.” and “Antioxidant”**


ID 3781: “Olea europaea L.” and “Contributes to the maintenance of a normal blood pressure”


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ID 3782: “Olea europaea L.” and “Contributes to maintain a healthy blood sugar level”


**ID 3783:** “Olea europaea, olive tree (nom français: olivier)” and “Elimination”


**ID 3784:** “Papaver rhoeas L. (Common name: Fieldpoppy)” and “Respiratory health”


**ID 3786:** “Peumus boldus Molina” and “Antioxidant”


Rakotonirainy MS and Lavédrine B, 2005. Screening for antifungal activity of essential oils and related compounds to control the biocontamination in libraries and archives storage areas. International Biodeterioration and Biodegradation, 55, 141-147.


ID 3790: “Plantago lanceolata L.” and “Antioxidative”


ID 3791: “Plantago lanceolata L. (Common name: Ribwort plantain)” and “Respiratory health”


ID 3792: “Polygonum aviculare (Common Name: Knotweed)” and “Respiratory health”


ID 3793: “Primula elatior L. Hill. (Common name: Oxlip)” and “Respiratory health”


ID 3797: “Propolis” and “Can protect cells and tissues against oxidative damage”


Esanu V, 1981. Recent advances in the chemotherapy of herpes virus infections. Virologie, 32, 57-77.


ID 3800: “Prunella vulgaris L.” and “Can protect cells and tissues against oxidative damage”


ID 3802: “Prunella vulgaris L.” and “Supports immune defences”


ID 3803: “Rhamnus purshiana DC” and “Contributes to the normal function of the intestinal tract”


ID 3805: “Rheum palmatum L. var. tagunticum maxim” and “Supports immune defences”

The file of references provided was not readable.

ID 3809: “Rosmarinus officinalis Rosemary (nom français: Romarin)” and “Elimination”

ID 3812: “Ruta graveolens L.” and “Helps to relax the gastrointestinal tract”


ID 3813: “Salvia officinalis (Common Name: Sage)” and “Antioxidant properties”


ID 3815: “Salvia sclarea L.” and “Can protect cells and tissues against oxidative damage”

1 Atanassova-Shopova S, Roussinov K, Markova M, 1969. Pharmacological studies of Bulgarian plants with a view to their anticonvulsive effect. 5. Izv Inst Fiziol, 12, 205-216.


ID 3816: “Santalum album L.” and “Can protect cells and tissues against oxidative damage”


ID 3817: “Satureja montana L. S.L.” and “Can protect cells and tissues against oxidative damage”


ID 3818: “Schisandra chinensis Baill.” and “Can protect cells and tissues against oxidative damage”


ID 3822: “Silybum marianum Gaertn.” and “Can protect cells and tissues against oxidative damage”


Hwang I-s, Han E-j, Bak J-s, Kim J-g, Chough N-j, 2006. Determination of Silybin of Nutraceutical Herbal Preparations Using HPLC-PDA. Natural Product Sciences, 12, 166-173.


Pandey GP and Srivastava PN, 1993. Therapeutic efficacy of some indigenous preparations against paracetamol induced liver damage in rabbits. Indian Veterinary Medical Journal, 17, 14-17.


ID 3824: “Solidago virgaurea L.” and “Can protect cells and tissues against oxidative damage”


ID 3825: “Tamarix gallica L.” and “Can protect cells and tissues against oxidative damage”


ID 3828: “Taraxacum officinale Weber” and “Can protect cells and tissues against oxidative damage”


ID 3829: “Thymus vulgaris L.” and “Respiratory health”

1 Thyme (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations.


ID 3832: “Trigonella foenum-graecum L.” and “Helps to maintain physiological lipid levels in the blood”


**ID 3835: “Urtica dioica (Common Name: Nettle)” and “Joint health”**

ID 3836: “Vaccinium vitis-idaea L.” and “Can protect cells and tissues against oxidative damage”


**ID 3838: “Verbena officinalis L.” and “Can protect cells and tissues against oxidative damage”**


**ID 3839: “Viscum album L.” and “Can protect cells and tissues against oxidative damage”**

1 No authors listed, 1983. Iscador. CA Cancer J Clin, 33, 186-188.


Augustin M, Bock PR, Hanisch J, Karasmann M, Schneider B, 2005. Safety and efficacy of the long-term adjuvant treatment of primary intermediate- to high-risk malignant melanoma (UICC/AJCC stage II and III) with a standardized fermented European mistletoe (Viscum album L.) extract. Results from a multicenter, comparative, epidemiological cohort study in Germany and Switzerland. Arzneimittelforschung, 55, 38-49.


ID 3840: “Viscum album L.” and “Contributes to body defences against external agents”

1 No authors listed, 1983. Iscador. CA Cancer J Clin, 33, 186-188.
5 Augustin M, Bock PR, Hanisch J, Karasman M, Schneider B, 2005. Safety and efficacy of the long-term adjuvant treatment of primary intermediate- to high-risk malignant melanoma (UICC/AJCC stage II and III) with a standardized fermented European mistletoe (Viscum album L.) extract. Results from a multicenter, comparative, epidemiological cohort study in Germany and Switzerland. Arzneimittelforschung, 55, 38-49.


ID 3841: “Viscum album L.” and “Supports immune defences”

1 No authors listed, 1983. Iscador. CA Cancer J Clin, 33, 186-188.

Augustin M, Bock PR, Hanisch J, Karas mann M, Schneider B, 2005. Safety and efficacy of the long-term adjuvant treatment of primary intermediate- to high-risk malignant melanoma (UICC/AJCC stage II and III) with a standardized fermented European mistletoe (Viscum album L.) extract. Results from a multicenter, comparative, epidemiological cohort study in Germany and Switzerland. Arzneimittelforschung, 55, 38-49.


ID 3845: “Angelica sinensis (Common Name: Angelica)” and “Blood system”


ID 3846: “Argania spinosa (Common Name: Argan)” and “Cardiovascular health”


**ID 3848: “Cinchona pubescens (Common Name: Cinchona / Peruvian bark)” and “Appetite / Digestive health”**


**ID 3849: “Cistus incanus (Common Name: Hairy rockrose)” and “Antioxidant activity”**


**ID 3851: “Eucalyptus globulus (Common Name: Eucalyptus)” and “Glucose metabolism”**


**ID 3852: “Filipendula ulmaria (Spiraea ulmaria) (Common Name: meadowsweet)” and “Respiratory health”**


**ID 3853: “Galeopsis segetum (Common Name: Hemp-nettle)” and “Respiratory health”**

ID 3854: “Gynostemma pentaphylum (Common Name: Jiaogulan)” and “Antioxidant properties”


ID 3856: “Humulus lupulus (Common Name: Hops)” and “Antioxidant properties”


ID 3858: “Humulus lupulus (Common Name: Hops)” and “Menopause”


ID 3863: “Illicium verum (Common Name: Star anise)” and “Respiratory health”


Steinmetz EF, 1957. Codex Vegetabilis. Published by the author, Amsterdam.
ID 3870: “Panax ginseng (Common Name: Asian, Korean ginseng)” and “Cognitive performance”


ID 3871: “Panax ginseng (Common Name: Asian, Korean ginseng)” and “Glucose metabolism”

ID 3872: “Pelargonium reniforme/sidoids (Common Name: Geranium)” and “Respiratory health”


ID 3875: “Rhamnus frangula (Common Name: Buckthorn)” and “Intestinal health”


ID 3876: “Rheum officinalis (Common Name: Rhubarb)” and “Intestinal health”


ID 3884: “Salix alba (Common Name: Willow)” and “Joint health”


ID 3886: “Sanicula europaea (Common Name: Sanicle)” and “Respiratory health”


ID 3888: “Tilia ssp. / Tilia cordata / Tilia parvifolia / Tilia platyphyllos (Common Name: Linden)” and “Antioxidant properties”


ID 3892: “Uncaria tomentosa (Common name: cat's claw)” and “Joint health”

2 Harvard Medical School, Cat's Claw (Uncaria tomentosa, Uncaria guianensis), http://www.intelihealth.com.
5 UMMC (University of Maryland Medical Centre), Cat's claw, http://www.umm.edu/altmed/articles/cats-claw-000229.htm.

ID 3895: “Usnea barbata (Common Name: Old Men's Beard)” and “Health of the upper respiratory tract”


ID 3897: “Verbena officinalis (Common Name: Vervein)” and “Lactation”


ID 3899: “Aloe vera (Common Name: Aloe)” and “Antioxidant properties”


ID 3900: “Aloe vera (Common Name: Aloe)” and “Depurative, detoxificant”


ID 3901: “Amorphophallus konjac KOCH (Common Name: Konjac)” and “Intestinal health / Bowel function”


ID 3904: “Boswellia serrata (Common Name: Frankincense)” and “Joint health”


ID 3915: “Filipendula ulmaria (Spiraea ulmaria) (Common Name: Meadowsweet)” and “Urinary elimination”


ID 3916: “Galium aparine L. (Common name: Cleavers, Clivers)” and “Detoxification”


ID 3919: “Grindelia robusta Nutt. (Common name: Gumweed, tarweed)” and “Respiratory health”


ID 3922: “Helichrysum italicum Don. / Helichrysum angustifolium (Common Name: immortelle, curry plant)” and “Respiratory health”


ID 3924: “Ilex paraguariensis (Common Name: Yerba mate)” and “Weight management / Metabolism of lipids”


ID 3926: “Linum usitatissimum (Common Name: flaxseed, linseed)” and “Gut health”


ID 3928: “Matricaria recutita (Common Name: Chamomile Camomile)” and “Digestive health”

ID 3932: “Plantago ovata/ispaghula (Common Name: Psylium Husk)” and “Conditions in which an increased daily intake of fibre”


ID 3933: “Plantago ovata/ispaghula (Common Name: Psylium Husk)” and “Intestinal / Occasional constipation / conditions in which easy defecation with soft stools is desirable (during pregnancy, haemorrhoids, etc.)”


ID 3935: “Trigonella foenum-graecum L. - Fenugreek. semen” and “Supports immune defences”


ID 3940: “Fennel (Foeniculum vulgare)” and “Supports activity of lacteal glands”


**ID 3941:** “Fennel (Foeniculum vulgare)” and “Supports secretion of mucus”


**ID 3943:** “Harpagophytum procumbens (Common Name: Devil’s Claw - root)” and “Joint health”


**ID 3944:** “Humulus lupulus (Common Name: Hops)” and “Cholesterol”


**ID 3947:** “Aloe ferox, bardadensis, hybrids or vera or spicata (Common Name: Bitter aloe)” and “Intestinal health / Bowel function”


**ID 3948:** “Coriandrum sativum L. (Common name: coriander)” and “Appetite & digestion”


ID 3952: “Trigonella foenum-graecum (Common name: Fenugreek)” and “Appetite”


ID 3957: “Aloe vera, ferox, bardadensis, hybrids or vera or spicata (Common name: Bitter aloe)” and “Gastrointestinal health”


### ID 3963: “Asparagus racemosus root” and “Stress / mental / sleep”


### ID 3967: “Angelica archangelica L. (Common name: Angelica)” and “Respiratory health”

1. Angelica (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations.

### ID 3970: “Adhatoda vasica leaf & whole plant” and “Respiratory”


### ID 3971: “Aegle marmelos leaf” and “Sugar metabolism”


ID 3972: “Aegle marmelos unripe fruit” and “Digestion”


ID 3974: “Asphaltum / Shilajit - purified” and “Digestion and metabolism of carbohydrates and lipids”


ID 3975: “Asphaltum / Shilajit - purified” and “Weight”


ID 3978: “Asphaltum / Shilajit - purified” and “Bones / joints”


ID 3979: “Asphaltum / Shilajit - purified” and “Immunity”


ID 3984: “Azadirachta indica bark” and “Antioxidant / anti-inflammatory / antipyretic”

ID 3985: “Azadirachta indica leaf” and “Sugar metabolism and eye function”

ID 3986: “Bacopa monnieri” and “Memory enhancer”


ID 3993: “Bauhinia variegata bark” and “Lipid metabolism”


ID 3997: “Boerhaavia diffusa root” and “Urinary / diuretic”


ID 4002: “Boswellia serrata resin” and “Heart & blood”


ID 4006: “Cimicifuga racemosa (Actea racemosa) (Common Name : Black Cohosh )” and “Menopause”


ID 4007: “Curcumin obtained from turmeric oleoresin” and “Required for its health benefit properties like anti-oxidant”


ID 4009: “Curcuma longa rhizome” and “Immunity. Antioxidant”


ID 4012: “Curcuma longa rhizome” and “Joints & bones”


ID 4017: “Commiphora mukul (Common Name : Guggulu)” and “Cholesterol”


ID 4018: “Cissus quadrangularis extract” and “Weight control/slimming Inhibition of dietary fat absorption Inhibition of dietary sugar absorption”


ID 4019: “Commiphora mukul purified exudate” and “Cardiovascular, lipid metabolism and weight”


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ID 4020: “Commiphora mukul purified exudate” and “Joints & bones”


ID 4021: “Commiphora mukul purified exudate” and “Antioxidant & immunity”


**ID 4028: “Convolvulus pluricaulis whole plant” and “Cardiovascular”**


**ID 4029: “Calendula officinalis L.(Common names: Common Marygold, Marigold)” and “Respiratory health”**


ID 4030: “Cetraria islandica (L.) Acharius s.l.(Common name: Iceland Moss)” and “Respiratory health”


ID 4031: “Drosera rotundifolia L.(Common name: Sundew)” and “Respiratory health”


**ID 4032: “Echinacea purpurea L. Moench (Common name: Echinacea)” and “Respiratory Health”**


**ID 4034: “Eucalyptus globulus (Common Name : Eucalyptus)” and “Glucose metabolism”**


**ID 4035: “Eucalyptus globulus La-Bill.(Common name: Eucalyptus)” and “Respiratory Health”**


ID 4041: “Emblica officinalis fruit rind” and “Cardiovascular”


ID 4042: “Emblica officinalis fruit rind” and “Antioxidant. Immunity”


8 Kumar GS, Nayaka H, Dharmesh SM, Salimath PV, 2006. Free and bound phenolic antioxidants in amla (Emblica officinalis) and turmeric (Curcuma longa). Journal of Food Composition and Analysis, 19, 446-452.


ID 4043: “Emblica officinalis fruit rind” and “Glucose metabolism”


ID 4049: “Ephedra (Ephedra sinica) / Ma huang” and “Weight loss”


ID 4050: “Glycyrrhiza glabra root” and “Respiratory”


20 Steinmetz EF, 1957. Codex Vegetabilis. Published by the author, Amsterdam.

ID 4053: “Glycyrrhiza glabra root” and “Immunity, antioxidant”


ID 4056: “Glycyrrhiza glabra root” and “Joints and bones”


ID 4057: “Gymnema Sylvestre” and “Weight management / Glucose metabolism / Lipid metabolism”


ID 4059: “Herbal Infusion, including fixed combination of valerian root, lemon balm leaves and chamomile flowers” and “Promoting and maintaining sleep”


**ID 4062: “Hemidesmus indicus root” and “Genitourinary”**


**ID 4063: “Humulus lupulus (Common Name: Hops)” and “Menopause”**


ID 4064: “Hydrastis canadensis (Common Name: Golden seal)” and “Immune health”


ID 4066: “Hyssopus officinalis L. (Common name: Hyssop)” and “Respiratory health”

1 Health Canada, Monograph Hyssop.


ID 4067: “Ipomoea turpethum root” and “Digestion and elimination”


ID 4070: “Levomentholum (Common name: Menthol)” and “Respiratory health”


ID 4071: “Marrubium vulgare L. (Common name: Horehound (white))” and “Respiratory health”


ID 4075: “Mucuna pruriens seed” and “Reproduction”


ID 4077: “Mucuna pruriens seed” and “Antioxidant and Immunity”


ID 4078: “Menthae arvensis aetheroleum (Common names: Mint oil, Cornmint oil)” and “Respiratory health”


ID 4079: “Matricaria recutita L. (Common name: Chamomile)” and “Respiratory health”

ID 4081: “Nardostachys jatamansi rhizome” and “Nervous system”

ID 4088: “Nardostachys jatamansi rhizome” and “Heart”

ID 4093: “Pimpinella saxifraga L. (Common name: Burnet saxifrage)” and “Respiratory health”

ID 4094: “Pimpinella major (L.) Hudson (Common name: Great burnet)” and “Respiratory health”

ID 4095: “Piceae aetheroleum (Common name: fir needle oil)” and “Respiratory health”
ID 4096: “Plantago lanceolata L. (Common name: Ribwort plantain)” and “Respiratory health”


ID 4098: “Rosa centifolia petals” and “Mental”


ID 4106: “Rubia cordifolia root” and “Digestion”


ID 4108: “Rubia cordifolia root” and “Urinary and sugar metabolism”


ID 4109: “Rubia cordifolia root” and “Antioxidant and immunity”


ID 4111: “Rosae x centifolia L. (Common name: Cabagge rose)” and “Respiratory health”


ID 4115: “Santalum album heartwood” and “Blood”


ID 4120: “Santalum album heartwood” and “Digestion”


ID 4122: “Sida cordifolia root and whole plant” and “Mental excitation / sleep / stress”


**ID 4126: “Sida cordifolia root and whole plant” and “Antioxidant and immunity”**


3 Dixit SP, 1978. Experimental studies on the immunological aspects of atibala (Abutilon indicum (Linn.) Sw.), mahabala (Sida rhombifolia Linn.), bala (Sida cordifolia Linn.) and bhumbala (Sida veronicaefolia Lam.). JRIM, 13, 50-66.


**ID 4133: “Symplocos racemosa bark” and “Blood”**


**ID 4135: “Symplocos racemosa bark” and “Mouth”**


**ID 4137: “Symplocos racemosa bark” and “Joints”**

ID 4143: “Salvia officinalis L. (Common name: Sage)” and “Respiratory health”


ID 4144: “Salvia lavandulaefolia essential oil” and “For cognitive performance”


ID 4146: “Trifolium pratense (Common Name: Red Clover)” and “Menopause”

1. AFSSA (Agence Française de Sécurité Sanitaire des Aliments), 2005. Safety and benefits of phytoestrogens found in food.


ID 4148: “Terminalia belerica fruit” and “Digestion”


ID 4150: “Terminalia belerica fruit” and “Antioxidant properties: protection of body tissues, cells, membranes and lipids from oxidative damage (such as the oxidation of polyunsaturated fatty acids in red blood cell membranes)”

ID 4156: “Terminalia chebula fruit pericarp” and “Gastrointestinal health and nutrition / digestion”


ID 4160: “Terminalia chebula fruit pericarp” and “Respiratory”


ID 4162: “Terminalia chebula fruit pericarp” and “Cardiovascular and cholesterol”


ID 4163: “Terminalia chebula fruit pericarp” and “Antioxidant properties: protection of body tissues, cells, membranes and lipids from oxidative damage (such as the oxidation of polyunsaturated fatty acids in red blood cell membranes)”


ID 4165: “Terminalia chebula fruit pericarp” and “Urinary and glucose metabolism”


ID 4166: “Thymus serpyllum L. (Common name: Wild thyme)” and “Respiratory health”


ID 4167: “Thymus vulgaris L. (Common name: Thyme)” and “Respiratory health”

1. Thyme (Health Products and Food Branch of Health Canada, the Natural Health Products Directorate, NHPD) Food and Drug Regulations.

ID 4168: “Thymus zygis L. (Common name: Thyme)” and “Respiratory health”


ID 4169: “Tilia cordata Mill. (Common names: Bast-small-leaved lime, Linden)” and “Respiratory health”


ID 4170: “Tilia platyphyllos Scop. (Common names: Large-leaved lime, Linden)” and “Respiratory health”

ID 4173: “Tinospora cordifolia stem” and “Liver and lipid metabolism”


ID 4175: “Tinospora cordifolia stem” and “Joints and bones”


ID 4181: “Tribulus terrestris fruit” and “Cardiovascular”


ID 4185: “Trigonella foenum-graecum seed” and “Postpartum care, elimination and menses”


ID 4186: “Trigonella foenum-graecum seed” and “Glucose metabolism”


ID 4187: “Trigonella foenum-graecum seed” and “Lipid metabolism”


ID 4188: “Verbena officinalis L. (Common name: Common vervain)” and “Respiratory Health”


ID 4189: “Verbascum denisiflorium Bertol. (Common names: Common Mullein, Mullein)” and “Respiratory Health”


ID 4190: “Verbascum phlomoides L. (Common names: Orange Mullein, Mullein)” and “Respiratory Health”


ID 4191: “Water-ethanol extract of Caralluma fimbriata” and “Helps reduce size of waist”


ID 4192: “Water-ethanol extract of Caralluma fimbriata” and “Helps reduce body weight”


ID 4193: “Water-ethanol extract of Caralluma fimbriata” and “Helps reduce appetite”


ID 4194: “Withania somnifera root” and “Mental, stress and sleep”


9 Khan B, Ahmad SF, Bani S, Kaaul A, Suri KA, Satti NK, Athar M, Qazi GN, 2006. Augmentation and proliferation of T lymphocytes and Th-1 cytokines by Withania somnifera in stressed mice. Int Immunopharmacol, 6, 1394-1403.
ID 4198: “Withania somnifera root” and “Reproduction”


ID 4200: “Zingiber officinale rhizome” and “Immunity and antioxidant”


**ID 4202: “Gélatine” and “Hair beauty and health”**


**ID 4203: “Food supplement Green Tea Extract rich in EGCG, Vitamin C, Caffeine, Carnitine” and “Fat metabolism / Weight management”**


ID 4204: “Food supplement Green Tea Extract rich in EGCG, Vitamin C, Caffeine, Carnitine” and “Fat metabolism / Weight management”


ID 4205: “Food supplement Green Coffee Extract rich in Chlorogenic Acids, Vitamin B8, Chromium, Green Tea Extract” and “Weight management”


ID 4222: “Valeriana officinalis (Common Name: Valerian)” and “Mental health”


UMMC (University of Maryland Medical Center), Valerian, http://www.umm.edu/cgi-bin/printpage.cgi.


ID 4223: “Food supplement with 5-hydroxytryptophane (5-HTP)” and “Satiety”


ID 4224: “DL-Methionine and L-cystine sulphur amino acids” and “Hair and nail resistance and growth”


ID 4226: “Ribose” and “Maintenance of ATP levels, exercise performance, exercise recovery”


ID 4228: “Bifidobacterium animalis ssp. lactis Bf-6/Bif-6/CB111” and “Intestinal flora / Digestive health”


2  PROSAFE – Biosafety evaluation of probiotics used for human consumption (QLRT-2001-02173).

3  Chang YW, 2002 Survival of Bifidobacterium longum in simulated gastrointestinal juices. MSc Thesis, University of Missouri, Columbia.


ID 4229: “Lactobacillus johnsonii La-I/ACD-1/CLbA22” and “Intestinal flora / Digestive health”


ID 4230: “Lactobacillus johnsonii La-19/CLbA5” and “Intestinal flora / Digestive health”

1. PROSAFE – Biosafety evaluation of probiotics used for human consumption (QLRT-2001-02173).

ID 4231: “Bifidobacterium animalis ssp. lactis Bf-6/Bif-6/CB11 and Lactobacillus johnsonii La-I/ACD-1/CLbA22 (A/B-61)” and “Intestinal flora / Digestive health”

2. PROSAFE – Biosafety evaluation of probiotics used for human consumption (QLRT-2001-02173).


ID 4236: “Pectine de pomme: Dry extract of Pirus malus (apple pectin)” and “Weight management and lipid control (via fiber)”


**ID 4240: “Combination of argan, Camelina and Oenothera oils rich in essential fatty acids” and “Skin nutrition and balance w6/w3 fatty acids”**


**ID 4242: “Huile de carthame: Safflower oil” and “Hair beauty and health”**


**ID 4245: “Soyfoods (isoflavones)” and “Antioxidant status”**


ID 4248: “Corn protein hydrolysate titrated at 29% glutamine” and “Physical performance”


ID 4249: “Phosphatidylcholine” and “Muscular recovery”

1 Buchman AL, Jenden D, Roch M, 1999. Plasma free, phospholipid-bound and urinary free choline all decrease during a marathon run and may be associated with impaired performance. J Am Coll Nutr, 18, 598-601.

ID 4251: “Phosphatidylcholine” and “Performance”


ID 4252: “Glycomacropeptide” and “Weight management / satiety”

2 Burton-Freeman BM, 2008. Glycomacropeptide (GMP) is not critical to whey-induced satiety, but may have a unique role in energy intake regulation through cholecystokinin (CCK). Physiology and Behavior, 93, 379-387.


**ID 4255:** “Complexe anti-oxydant: antioxidant complex” and “Skin care, skin ageing”


**ID 4256:** “Commiphora mukul (Common Name: Guggulu)” and “Cholesterol”


ID 4259: “Primula veris L. syn. Primula officinalis L. (Common name: Cowslip)” and “Respiratory health”


ID 4260: “Trigonella foenum-graecum (Common Name: Fenugreek)” and “Glucose metabolism”


**ID 4261: “Angelica archangelica (Common Name: Angelica)” and “Appetite”**


**ID 4262: “Eucalypti aetheroleum (Common name: Eucalyptus oil)” and “Respiratory Health”**

