SCIENTIFIC OPINION

Scientific Opinion on the substantiation of health claims related to vitamin A and cell differentiation (ID 14), function of the immune system (ID 14), maintenance of skin and mucous membranes (ID 15, 17), maintenance of vision (ID 16), maintenance of bone (ID 13, 17), maintenance of teeth (ID 13, 17), maintenance of hair (ID 17), maintenance of nails (ID 17), metabolism of iron (ID 206), and protection of DNA, proteins and lipids from oxidative damage (ID 209) pursuant to Article 13(1) of Regulation (EC) No 1924/2006

EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA)

European Food Safety Authority (EFSA), Parma, Italy

SUMMARY

Following a request from the European Commission, the Panel on Dietetic Products, Nutrition and Allergies was asked to provide a scientific opinion on a list of health claims pursuant to Article 13 of Regulation (EC) No 1924/2006. This opinion addresses the scientific substantiation of health claims in relation to vitamin A and the following claimed effects: cell differentiation, function of the immune system, maintenance of skin and mucous membranes, maintenance of vision, maintenance of bone, maintenance of teeth, maintenance of hair, maintenance of nails, metabolism of iron, and protection of DNA, proteins and lipids from oxidative damage. The scientific substantiation is based on the information provided by the Member States in the consolidated list of Article 13 health claims and references that EFSA has received from Member States or directly from stakeholders.

The food constituent that is the subject of the health claims is vitamin A, which is a well recognised nutrient and is measurable in foods by established methods. The Panel considers that vitamin A is sufficiently characterised.

The Panel concludes that a cause and effect relationship has been established between the dietary intake of vitamin A and normal cell differentiation, normal function of the immune system, metabolism of iron, maintenance of vision, maintenance of skin and mucous membranes, and protection of DNA, proteins and lipids from oxidative damage.
maintenance of normal skin and mucous membranes, maintenance of normal vision, and normal metabolism of iron.

The evidence provided does not establish that inadequate intake of vitamin A leading to impaired functions of the above-mentioned health relationships occur in the general EU population.

The Panel considers that, in order to bear the claims, a food should be at least a source of vitamin A as per Annex to Regulation (EC) No 1924/2006. Such amounts can be easily consumed as part of a balanced diet. The target population is the general population.

The Panel concludes that a cause and effect relationship has not been established between the dietary intake of vitamin A and maintenance of normal bone, maintenance of normal teeth, maintenance of normal hair, maintenance of normal nails, and protection of DNA, proteins and lipids from oxidative damage.

**KEY WORDS**

Vitamin A, cell differentiation, immune system, skin, vision, bone, teeth, hair, nails, iron, oxidative damage, health claims.