

Les allégations en attentes bénéficient des mesures de périodes transitoires visées à l'article 28.5 et 28.6 du règlement 1924/2006.

Toutefois ces allégations doivent être conformes aux dispositions générales du règlement (CE) 1924/2006.

Elles ne doivent pas pour autant attribuer des propriétés de prévention, de traitement ou de guérison d'une maladie humaine, ni évoquer ces propriétés.

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégeation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
achillée millefeuille	Achillea millefolium	Santé du bas tractus urinaire- reins	Supports the excretory function of the kidneys	Herb / The equivalent of 2-4 g herb three times daily
achillée millefeuille	Achillea millefolium L. (Common name: mille-feuille)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Conditions of use : see folder "BE - Company X"
achillée millefeuille	Achillea millefolium - common name : Yarrow, Achillea, Milfoil, Millefolium	Digestion	"Traditionally used to facilitate the digestion" / "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the aerial part / 3g of aerial parts for teas / Infusion : 1-2g in 150ml boiled water, three times daily between meals / Fluidextract 1:1 (g/ml) : 1-2ml three times daily between meals / Tincture 1:5 (g/ml) : 5ml three times daily betwe
achillle millefeuille	Achillea millefolium-flowers- Asteraceae-Coada şoriceului-Yarrow - mille-feuille	santé vasculaire	helps to maintain normal vascular function	the equivalent of 4-6 g herb powder per day
achillle millefeuille	Achillea millefolium-flowers- Yarrow- mille-feuille	métabolisme des graisses - cholestérol sanguin - gestion du poids	It may reduce the blood cholesterol It may help to loose weight	3-6 g dry herb; 1-2 tsp herb/cup water 3-4 times a day; 2-4 ml herb tincture (1:5 in 45% ethanol) 3 times a day.
achillée millefeuille	Achillea millefolium	confort mentruel	Chez les femmes, apaise les crampes abdominales périodiques	Parties aériennes fraîches DJR max : 584,2-663,2 mg
agripaume	Leonurus cardiaca herba (motherwort)-herbe-	santé cardiovasculaire	it supports the good functioning of the cardiovascular apparatus. /	Powder (0,3 g) 3 times a day
agripaume	Leonurus cardiaca-Herba-Moatherwort	système nerveux	Support for normal nervous system function./ Support for diminution of physical and sensorial hiperexcitability.	Tincture, tea, capsule/ 6 ml tincture per day/ 2-3 cups of tea per day/ the equivalent of 1200 mg powder per day

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agripaume	Leonurus cardiaca-aerial parts-Motherwort	santé respiratoire	Expectorant / Helps to relax the respiratory tract	2–4 g/day; 2 tsp (~1 g) in cold infusion; 1–2 tsp dry herb/cup water 1–2 x/day 2–6 ml herb tincture (1:5 in 45% ethanol) 3 x/day; 10–15 drops tincture up to 3 x/day.
agripaume cardiaque	Leonurus cardiaca	comfort (pre)menstruel	Helps to maintain good comfort before and during menstrual cycle	Herb / The equivalent of 2 g of herb per day
aigremoine	Agrimonia eupatoria	peau	Helps maintain healthy skin/	Herb / The equivalent of 3 g of herb per day
aigremoine	Agrimonia eupatoria	Santé du tractus respiratoire supérieur / immunité	Supports the natural defence of the body /increases the resistance of the organism	Herb / The equivalent of 3 g of herb per day
aigremoine	Agrimonia eupatoria	Santé des voies urinaire inférieur / reins	Supports the excretory function of the kidneys	Herb / The equivalent of 3 g of herb per day
aigremoine	Agrimonia eupatoria (agrimony),-herbe	Digestion - confort digestif - bile	it controls secretion and clears away the gall into the intestine; it improves postprandial digestive comfort. /	Powder (0,3 g) 3 times a day
aigremoine	Agrimonia eupatoria-herb-Rosaceae-Turiă mare-Agrimony	circulation sanguine	contributes to normal blood circulation	the equivalent of 4 g herb powder per day
ail	Allium sativum (ail vieilli) (Nom commun: ail vieilli)	Antioxidant	Contains antioxidant/s; Is a source of antioxidant/s. With antioxidant/s. Helps increase the antioxidative capacity of the body	Bulb, leaf / The equivalent of 50 mg per day

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ail	Allium sativum (ail vieilli) (Nom commun: ail vieilli)	Défences naturelles - système immunitaire	Contributes to normal immune function	Bulb, leaf / The equivalent of 2 g per day Food supplement with 600 mg of Aged Garlic Extract in the daily dose. The claims only apply to Aged Garlic Extract, because the active ingredients are partly different from those in other garlic preparations. Twenty months of ageing provides better antio
ail	Allium sativum (ail vieilli) (Nom commun: ail vieilli)	Santé du cœur - concentration de cholestérol	Maintenance of heart health/maintenace of normal cholesterol levels /maintenance of normal homocystein levels	Bulb, leaf / The equivalent of 10 mg per day <400mg (standardisierte Extrakt) 2x täglich--Erwachsene
ail	Allium sativum (Nom commun: Ail)	Santé du cœur-concentration de lipides dans le sang	Maintenance of heart health/maintenace of normal cholesterol levels/helps to maintain normal blood lipid levels/contributes to vascular health	Heart Health/ Blood lipids Bulb, leaf / The equivalent of minimum 4 mg of alin or 2-5 mg of alicin per day 2-5 g fresh garlic bulb or 0,5-1 g dried powder/day; alliin content: 6-10 mg; alicin content: 3-5 mg or any extract equivalent with these.
ail	Allium sativum (ail vieilli) (Nom commun: ail vieilli)	Bien être mental- stress	Contributes to the resistance against temporary stress	Bulb, leaf / The equivalent of 10 mg per day
ail	<i>Allium sativum (aged garlic)</i> (Common Name : Aged garlic)	Santé du foie	Helps to maintain a healthy liver function	Bulb, leaf / The equivalent of 1 g per day

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ail	Allium sativum -nom commun: Ail	Santé vasculaire et des veins, jambes lourdes	/ "Used for the good circulation of blood in microvessels" / "Helps to decrease the sensations of heavy legs"	Traditional use of the bulb / Infusion : 4g in 150ml of water per day / Fluidextract 1:1 (g/ml) : 4ml per day / Tincture 1:5 (g/ml) : 20 ml per day / Equivalent quantity in extract
ail	Bulbe d'ail (Allium sativum bulbe)	Santé Respiratoire	Garlic helps maintain the healthy function of the respiratory system.	See above bulb preparations corresponding to 5-12mg per day of allicin /// 0,5-1g per day of powder /// 6-12g of dried bulb per day
ail	Bulbe d'ail (Allium sativum bulbe)	Système de défense du corps	Garlic can contribute to the maintenance of the microbial balance in the gut, and to the defence against harmful microorganism (bacteria, fungi)	2-5g fresh garlic or 0,5-1g dried powder/day ;Containing: Alliin : 6-10 mg, allicin: 3-5 mg or any extract equivalent with these
ail	Allium sativum (ail)	défences naturelles-résistance	Küüslaugul on antibakteriaalne toime.	Toidulisandi portsonnis sisaldub 33% päävesest soovitatavast kogusest, väidet kasutava toidukäitleja poolt esitatud andmete põhjal on päevane soovitav kogus 900 mg.
ail des ours	Allium ursinum (Nom commun: Ail des ours)	Cœur / système vasculaire	Helps to maintain the healthy functioning of heart and blood vessels	Bulb, leaf / 1-3g of bulb or leaves macerated in olive oil (1:1)
ail des ours	Allium ursinum (nom commun Ail des ours)	santé du cœur/ système vasculaire	Preserve le bon fonctionnement du cœur et des vaisseaux sanguins avec l'âge	Bulb, leaf / 1-3g of bulb or leaves macerated in olive oil (1:1) Conseil : en accompagnement d'un régime alimentaire faible en matières grasses Feuilles fraîches DJR max : 473,7-805,3 mg

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ail des ours	allium ursinum	drainant des métaux lourds, métabolisme du cholestérol, fonction circulatoire, fonction intestinale	régule le métabolisme du cholestérol, régule l'activité cardiaque,	1 cuillère café de macération de la plante par jour
airelle	VACCINIUM VITIS-IDAEA L.	Défenses naturelles - Résistance	Increases the physiological resistance of the organism in case of severe ambient conditions.	2-5 g fruits daily; decoction: 1 g leaves in 100 ml water, 2-3 tablespoons 2-3 times daily; 5-20 drops fresh leaves macerated in glycerine and alcohol, for min. 3 months
airelle	VACCINIUM VITIS-IDAEA L.	confort (pre)menstruel & menopause	Helps during the premenstrual cycle. Contributes to relieve the menopause symptoms	2-5 g fruits daily; decoction: 1 g leaves in 100 ml water, 2-3 tablespoons 2-3 times daily; 5-20 drops fresh leaves macerated in glycerine and alcohol, for min. 3 months
airelle	VACCINIUM VITIS-IDAEA L.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Increases the physiological resistance of the organism in case of severe ambient conditions. Against the damages caused by oxidativ	2-5 g fruits daily; decoction: 1 g leaves in 100 ml water, 2-3 tablespoons 2-3 times daily; 5-20 drops fresh leaves macerated in glycerine and alcohol, for min. 3 months
airelle	Vaccinium vitis idaea, herba	Bone & joint health	Supports the health of bones and joints	Capsules, 270 mg./day in combination with other herbs
alchemille	Alchemilla vulgaris	Articulation et muscle	For healthy joints /contributes to healthy muscles and joints	Nebulise (1:5) 600-1200 mg per day
alchemille	Alchemilla vulgaris	Confort (pre)menstrual	Helps to maintain good comfort before and during menstrual cycle	Herb / The equivalent of 15-10 g of herb per day
alchemille	Alchemilla xanthochlora - common name : Lady's Manthe	Santé vasculaire et des veines, jambes lourdes	/ "Used for the good circulation of blood in microvessels" / "Helps to decrease the sensations of heavy legs".	Traditional use of the aerial part / Infusion : 1-2g per day / Equivalent quantity in extract

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alchemille	Alchemilla xanthochlora ROTHM, syn. alchemilla vulgaris L. s.l. (Common name: Lady's mantle)	Santé Respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	
alchemille	Alchemilla vulgaris (Lady's Mantle) Alchémilles	Dynamisme du corps	A tasty and healthy drink, the herbs present in it contain vitamins, minerals, essential oils, and flavonoids which beneficially affect the state of health, soothe and strengthen	Used as part of a multibotanical combination
alchemille	Alchémille vulgaire	comfort digestif	Améliore le confort digestif Contribue au confort digestif	Plante 5-10g/jour
alchemille	Alchemilla xanthochlora - common name : Lady's Manthe	Santé vasculaire et veineuse	"Traditionally used for the good circulation of blood in microvessels" / "Traditionally used to decrease the sensations of heavy legs" / "Used for the good circulation of blood in microvessels" / "Helps to decrease the sensations of heavy legs".	Traditional use of the aerial part / Infusion : 1-2g per day / Equivalent quantity in extract
Alkekengé	Alkekengé	Métabolisme des glucides	Participe au contrôle de la glycémie Aide à maîtriser le taux de sucre	Fruit 400mg/jour
aloë féroce	ALOE FEROX MILL.	Antioxydant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Useful to protect the skin from UV-induced oxidative damage. Helps protect against the free radicals action due to UV exposure or se	Titrated and stand. extracts in acemannan: 400-800 mg 1-2 times daily; 10-30 mg/day of hydroxyanthracene glycosides (hydroxy anthraquinones calculated as barbaloïn), for 1 week

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aloe féroce	ALOE FEROX MILL.	défences naturelles-résistance	Increases the physiological resistance of the organism in case of severe ambient conditions.	Titrated and stand. extracts in acemannan: 400-800 mg 1-2 times daily; 10-30 mg/day of hydroxyanthracene glycosides (hydroxy anthraquinones calculated as barbaloïn), for 1 week
aloe féroce	ALOE FEROX MILL.	confort prémenstruel et de la ménopause	Contribute to the resistance during the premenstrual cycle. Contributes to relieve the menopause symptoms.	Titrated and stand. extracts in acemannan: 400-800 mg 1-2 times daily; 10-30 mg/day of hydroxyanthracene glycosides (hydroxy anthraquinones calculated as barbaloïn), for 1 week
aloe féroce	ALOE FEROX MILL.	Peau, cheveux, ongles	Food supplement supports the physiological activity helping the tissue trophies,... skin, hair, nails.	Titrated and stand. extracts in acemannan: 400-800 mg 1-2 times daily; 10-30 mg/day of hydroxyanthracene glycosides (hydroxy anthraquinones calculated as barbaloïn), for 1 week
aloe féroce	Aloe ferox, bardadensis, hybrids or vera or spicata (Common Name : Bitter aloe)	Santé intestinale - fonction intestinale	Support gastrointestinal health /helps to support the digestion /maintenance of the intestinal functions /helps to promote bowel regularity /helps the function of the intestines /supports better bowel performance /contributes to bowel movements /supports	dried juice of the leaves / The equivalent of 9-15 mg of total hydroxyanthracene derivatives, expressed as barbaloïn, daily

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aloe vera	Aloe vera (Common Name : Bitter aloe)	Santé de la peau	Helps maintain healthy skin/epithelial layer	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 10-30 mg hydroxyanthracene derivates, calculated as barbaloin, per day liście, korzeń/ zwykle konsumowane jako tradycyjny artykuł żywieniowy w normalnej diecie/ równowartość 9-15mg pochodnych hydroksyantracenu w przeliczeniu na barbaloine, na dzień/ równowartość 30-60 ml żelu
aloe vera	Aloe vera (Common Name : Aloe)	Défences - système immunitaire	Contributes to the natural defences against microorganism/ /maintenance of the normal immune system	Leaf juice / Aloe vera / barbadensis: Usual consumption as traditional foodstuff in a normal diet / The equivalent of 30-60 ml gel
aloe vera	Aloe vera/ barbadensis (Bitter aloe)	(pre)menstrual health & comfort	Beneficially affects the female reproductive organs, regulates menstrual cycle	Extractum: 100 mg / Used as part of a multibotanical combination
aloe vera	aloe vera (Aloe barbadensis)	Tonus - fatigue	has beneficial effect in fatigue, helps to increase resistance to psychic load, helps to stimulate metabolism	50 - 70 ml of aloe gel per day
aloe vera	aloe vera (Aloe barbadensis)	défences naturelles système immunitaire	helps to increase immunity	50 - 70 ml of aloe gel per day

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aloe vera	Aloe vera, ferox, bardadensis, hybrids or vera or spicata (Common Name : Bitter aloe)	santé gastrointestinale	Support gastrointestinal health /helps to support the digestion /maintenance of the intestinal functions /helps to promote bowel regularity /helps the function of the intestines /supports better bowel performance /contributes to bowel movements /supports	Leaf / Aloe vera / barbadensis: Usual consumption as traditional foodstuff in a normal diet / The equivalent of 9-15 mg of total anthracenes, expressed as barbaloin, per day
aloe vera	Aloe vera (Common Name : Aloe)	Antioxidant	Contains antioxidant/s; Is a source of antioxidant/s. With antioxidant/s. Has antioxidant properties /acts as free radical scavengers /contains naturally occurring antioxidants / antioxidants help protect you from free radicals /antioxidants help protect you from free radicals	Leaf fresh gel / 30-90 ml or equivalent preparations Usual consumption as traditional foodstuff in a normal diet. [aloe barbadensis, aloin =0.1mg/kg]
aloe vera	Aloe vera (Common Name : Aloe)	dépurative, detoxifiant système immunitaire	Contributes to the natural defences against microorganism/maintenance of the normal immune system	Leaf fresh gel / 30-90 ml or equivalent preparations
aloe vera	Aloe vera, ferox, bardadensis, hybrids or vera or spicata (Common Name : Bitter aloe)	santé gastrointestinale	Support gastrointestinal health/helps to support the digestion/maintenance of the intestinal functions/contributes to physical well-being helps to promote regularity/helps the function of the intestines/supports better bowel performance/contributes to bowel	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 10-30 mg hydroxyanthracene derivates, calculated as barbaloin, per day Traditional use of the dried latex of the leaves / No aloin in the analysis results

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aloe vera	Aloe (Aloe vera) gel des feuilles	taux de sucre dans le sang	Helps improve glycemic control/helps maintain normal blood sugar level/contribute to the synthesis of insulin/has an insulin-releasing stimulatory effect	6x100 mg/day
aloe vera	Aloe vera (Common Name : Bitter aloe)	taux de glucose sanguin	Help to maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose - insulin metabolism	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 10-30 mg hydroxyanthracene derivates, calculated as barbaloin, per day
aneth	Anethum graveolens - nom commun : aneth	Elimination rénale / drainage de l'organisme	/ "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organism" / "Used for the drainage of the organism" / "Stimulates the elimination function of the organism" / "Contributes to the functionality"	Traditional use of the fruit / 3g of fruits per day / 0,1 - 0,3 g of essential oil per day , or equivalent quantity in extract

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aneth	Anethum graveolens - nom commun : aneth	Digestion confort digestif	/ "Used to facilitate the digestion" / "Helps to support normal liver function" / "Contributes to the stimulation of the production of the digestive body fluids" / "Supports the liver and biliary function" / "Contributes to the digestive comfort" /	Traditional use of the fruit / 3g of fruits per day / 0,1 - 0,3 g of essential oil per day , or equivalent quantity in extract
aneth	Anethum graveolens	Lactation	For the maintenance of women's health — for the health of breast and maintenance of a normal lacteal gland function	Fruit: 6 mg / Used as part of a multibotanical combination
aneth	Anethum graveolens - common name : aneth	Effet relaxant - Aide à trouver le sommeil	"Traditionally used to help to find a better sleep" / "Traditionally used to decrease tenseness" / "Traditionally used to decrease restlessness" / "Traditionally used to decrease irritability" / "Used to help to find a better sleep" / "Used to decrease ten	Traditional use of the leaf : 1,25-2,5 g/d
aneth	Anethum graveolens-Fruits-aneth	confort menstruel	regulatory of the menstrual cycle	1gx4/day
angélique archangélique	ANGELICA ARCHANGELICA L.	défences naturelles-résistance	Increases the physiological resistance of the organism in case of severe ambiance conditions.	Daily 4.5 g drug; 1.5-3 g of fluid extract (1:1); 1.5 g tincture (1:5)
angélique archangélique	ANGELICA ARCHANGELICA L.	foie en bonne santé - digestion - purification	Helps to maintain a healthy liver function, supporting the digestion and the body purification. Useful to maintain the physiological purifying functions.	Daily 4.5 g drug; 1.5-3 g of fluid extract (1:1); 1.5 g tincture (1:5)
angélique archangélique	Angelica archangelica L. (Common name: Angelica)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	

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angélique archangélique	Angelica archangelica - nom commun: Angelique	Digestion	"Traditionally used to facilitate the digestion" / "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the fruit and the under-ground parts / 4,5g per day / Fluidextract 1:1 (g/ml) : 1,5-3g per day / Tincture 1:5 (g/ml) : 1,5g per day / Equivalent quantity in extract.
angélique archangélique	ANGELICA ARCHANGELICA L.	équilibre du pH de l'estomac. Digestion - fonction intestinale	Stimulates the digestion. Contributes to the functions of the intestinal tract. Helps the physiological pH balance of the stomach.	Daily 4.5 g drug; 1.5-3 g of fluid extract (1:1); 1.5 g tincture (1:5)
angélique archangélique	Angelica archangelica L.(Common name: Angelica)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Radix (Root) 4.5 g dried drug equivalent per day
angélique archangélique	Angelica archangelica (Common Name : Angélique)	Digestion - Appétit	Contributes to appetite /helps to support the digestion helps to promote appetite in cases of loss of appetite	Root / 4,5 g of drug, 1,5 - 3 g of fluid extract (1:1); 1,5 g of tincture; equivalent preparations. Essential oil: 10-20 drops daily
anis vert	Pimpinella anisum L. (Nom commun: Anise)	Santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Fructus (Fruit) 3 g dried drug equivalent per day Fructus-(Frucht)--usual consumption as a traditional foodstuff in a normal diet (cough drops).--3 g der getrockneten Pflanzenteile (Droge) pro Tag
anis vert	graine d'anis (Pimpinella anisum)	Lactation	Supports production of breast milk.	Daily dose for adults: 3 g of aniseed in infusion Contraindication: hypersensitivity to the given herb

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anis vert	Pimpinella anisum (Common Name : Anis)	Digestion - Appétit	Helps to support the digestion/ helps to support the digestion /contributes to the normal function of intestinal tract/helps support the digestive juice flow	Fructus / 3 g dried drug daily or 0,3 g of essential oil/ equivalent preparations. Pediatric use: 0-1 y : 0,5g of crushed fruits as an infusion; 1-4 y: 1g ; 4-10 y 2 g; 10-16: adult dose
anis vert	Pimpinella saxifraga L.(Common name: Burnet saxifrage	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Root / The equivalent of 6-12 g of root per day
anis vert	<i>Pimpinela anisum (anis)-semences-</i>	confort intestinal	it alleviates intestinal spasms. /	Powder (0,3 g) 3 times a day
argousier	Hippophae rhamnoides (nom commun: l'argousier)	Défense naturelle/système immunitaire	- contributes to the natural defences of the body - support of the body 's defence - supports the immune system	Seed / The equivalent of 6 g of herb per day or 360 mg of omega 7 fatty acids
argousier	Hippophae rhamnoides (nom commun: l'argousier)	Santé de la peau	Help in case of dry / contributes to the mucosal function in dry eye, vagina and mouth/helps maintain healthy skin from within	Seed / The equivalent of 6 g of herb per day or 360 mg of omega 7 fatty acids
argousier	Hippophae rhamnoides (Sea buckthorn)	Cardiovascular health	A remedy strengthening heart system	Juice: 11,55g / Oil: 0,02- 2g / Used as part of a multibotanical combination
argousier	Hippophae rhamnoides (Sea buckthorn)	Digestive health	1. Improves intestinal tract activity 2. Promotes metabolism	Juice: 11,55g / Oil: 0,02- 2g / Used as part of a multibotanical combination
argousier	Argousier	Energies - tonus - fatigue	Soutient le métabolisme Entretien l'énergie et le tonus A utiliser afin de rester alerte Contribue à limiter la fatigue	Bourgeon/feuille 0,5 ml d'extrait à 5% de matière sèche
armoise	Artemisia vulgaris-herb-Asteraceae-Pelinariță-Mugwort	reins	helps to maintain kidneys and prostate health	the equivalent of 2 g herb powder per day

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armoise commune	<i>Artemisia vulgaris</i>	comfort (pre)menstruel	Helps to maintain good comfort before and during menstrual cycle	Herb / The equivalent of 0.5-2 g of herb three times daily
armoise vulgaire	<i>Artemisia vulgaris</i> L. ; Common name : Armoise commune	Appétit	Stimule l'appétit. Stimulate the appetite	Partie :Feuille, sommité fleurie ; Dose EBF :usual consumption
artichaut	Artichaut (feuille) <i>Cynara scolymus</i>	voies urinaires inférieures et reins	Traditionally used to contribute to normal urinary elimination functions Traditionally used to support the excretory function of the kidneys Usually known for its contribution to normal urinary elimination functions	Leaf Equivalent of 4g of drug per day
artichaut	<i>Cynara scolymus</i> (Nom commun: Artichaut)	Antioxidant	Contains antioxidant/s; Is a source of antioxidant/s. With antioxidant/s. contains naturally occurring antioxidants; antioxidants can protect you from free radicals ; antioxidants can protect your cells and tissues from oxidation ; antioxidants contribute	Leaf, flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 20-50 g dried artichoke leaf per day
artichaut	<i>Cynara scolymus</i> (Nom commun: Artichaut)	Lipides du sang	Contributes to normal blood lipid levels	Leaf, flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g dried artichoke leaf per day
artichaut	<i>Cynara scolymus</i> (Nom commun: Artichaut)	Santé intestinale - digestion - confort digestif	Helps to support digestion, contributes to the normal function of intestinal tract, contributes to intestinal comfort, contributes to the normal function of intestinal tract	leaf / 5-10g of dried leaf as in aqueous dry extract or infusion; equivalent preparations. Pediatric use: children>4y. Proportion of adult dose according to age or body weight Leaf, flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g dried artichoke leaf per day

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
artichaut	Cynara scolymus (Common Name : Artichoke)	foie - digestion - purification	support of detoxification/ helps support the digestive juice flow/ maintains a healthy liver/ contributes to intestinal comfort	leaf, 5-10g of dried leaf as in aqueous dry extract or infusion; equivalent preparations. Pediatric use: children>4y. Proportion of adult dose according to age or body weight
artichaut	Cynara scolymus-aerial parts- Artichoke	contrôle du poids lipides sanguin	May help to decrease the level of lipids blood Promotes weight loss	1.5–9 g dry leaf/day.
aspérule odorante	Asperula odorata	Apaisant - relaxation - sommeil	Tranquilisant léger : Action apaisante, provoque la détente et la relaxation en cas d'agitation ou de nervosité Lors de troubles du sommeil et de l'endormissement	Parties aériennes fraîches DJR max : 612,4 mg
aspérule odorante	Galium odoratum- nom commun :Aspérule odorante	Effet relaxant - Aide à trouver le sommeil	"Traditionally used to help to find a better sleep" / "Traditionally used to decrease tenseness" / "Traditionally used to decrease restlessness" / "Traditionally used to decrease irritability" / "Used to help to find a better sleep" / "Used to decrease tenseness"	Traditional use of the aerial part : 2,5-5 g/d
aspérule odorante	Galium odoratum- nom commun :Aspérule odorante	Digestion	"Traditionally used to facilitate the digestion" / "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the aerial part : 2,5-5 g/d

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
aubépine	Crataegus laevigata - nom commun :aubépine	Effet relaxant -aide à trouver le sommeil	/ "Used to help to find a better sleep" / "Used to decrease tenseness" / "Used to decrease restlessness" / "Used to decrease irritability" / "Helps to find a better sleep" / "Contributes to find a better sleep" / "Helps to decrease tenseness" / "Con	Traditional use of the flowering top / Infusion : 1,5g of flowering tops three to four times daily / Equivalent quantity in extract DJR :en association : 20-240 mg ; P/E :4-5 : 1
aubépine	Crataegus laevigata extrait Hawthron	Santé du cœur, transport de l'oxygène, circulation	Hawthron extract supports heart functions, increases oxygen inflow and improves peripheral blood circulation	How the botanicals working team is setting conditions should apply to hawthorn. The monograph levels are at least 160 mg but for indications that are far more serious than what we propose. Therefore, we suggest a level of at least 15% of 160 mg, so at 1 Food supplement containing hawthorn leaves and flower, the amount in the daily dose is not specified.
aubépine	Crataegus laevigata	fonction circulatoire et nerveuse	régule l'activité cardiaque	1 cuillère café de macération de la plante par jour
aubépine	Crataegus monogyna (Common Name :aubépine)	La santé cardiovasculaire / Système vasculaire détente	Supports circulation, relaxing, calming	Leaf, flower / The equivalent of 2 g flowers and leafs per day / The equivalent of 2.6 mg flavonoids and 22.5 mg oligomeric procyandins per day
aulne glutineux	ALNUS GLUTINOSA GAERTN.	défences immunitaire-antioxydant	Supports the immune system and the body's defence (antioxidant).	Topical use: 1 teaspoon of dried, powdered black alder bark in water. Internal use: 15-30 drops alder distillate, 1 h before or after meals
aulne glutineux	Alnus glutinosa-Buds-aulne	cerveau	Sustains the good function of circulatory system at the brain level / Improves the peripheral arterial circulation	Adults: 1-2ml, diluted in water, 2 times a day.

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aulne glutineux	Alnus glutinosa-bourgeons-aulne glutineux	santé vasculaire - performance cérébrale	Contributes to normal blood circulation , which is associated with brain performance and contributes to optimal mental and cognitive activity.	Buds / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 90-135 mg per day.
aunée grande	Inula helenium	digestion appétit	Helps to support the digestion /contributes to the normal function of intestinal tract /helps to maintain gastric and intestine balance	Root / The equivalent of 1.5-4 g of root three times daily
aunée grande	Inula helenium	Santé du pharynx et des voies respiratoires	- Soothing for throat/ - supportive and soothing in case of tickle in the throat - to use in case of temporary croakiness - mild and softening for the throat - for an appropriate and easy respiration	Root / The equivalent of 1.5-4 g of root three times daily
aunée grande	Inula helenium - common name : Elecampane	Digestion	/ "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the root / 1g of roots as an infusion / Equivalent quantity in extract
aunée grande	Inula helenium - common name : Elecampane	Elimination rénale/drainage de l'organisme	/ "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organism" / "Used for the drainage of the organism" / "Stimulates the elimination function of the organism" / "Contributes to the functionality"	Traditional use of the root / 1g of roots as an infusion / Equivalent quantity in extract

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
aunée grande	Inula helenium - common name : Elecampane	Digestion	"Traditionally used to facilitate the digestion" / "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the root / 1g of roots as an infusion / Equivalent quantity in extract
ballote	Ballote	Antioxidant	Combat la formation des radicaux libres A utiliser pour se protéger des radicaux libres Lutte contre le vieillissement A utiliser en tant que piègeur de radicaux libres Anti-oxidant	Fleur et tige 5-10g/jour
ballote	Ballota nigra L. ; Common name : Ballote noire	sommeil, relaxation	Réduit la nervosité des adultes et des enfants, notamment en cas de troubles du sommeil. Reduce nervousness in adults and children, particularly in cases of sleeping troubles	Partie : Sommité fleurie ; DJR : en association : 20 mg Fleur et tige 6x130mg/jour
balsamite	Chrysanthemum balsamita-leafs-Asteraceae-Calomfir-Costmary	métabolisme du glucose	contributes to normal glucose-insulin metabolism	the equivalent of 2-4 g herb powder per day
barbarée	Barbarea vulgaris (Garden yellowrocket)	Physical and mental health Appetite, body weight positive mood	1. Contains herbs that have body toning and sexual potency strengthening properties 2. Contains herbs with metabolism and appetite affecting properties, which cause reduction of body weight 3. Contains herbs with stimulating and mood-improving properties	Herb: 0,31 - 0,42 g / Used as part of a multibotanical combination
bardane	Arctium lappa	Peau	Helps maintain healthy skin	Root / The equivalent of 2-6 g of root three times daily

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
bardane	Arctium lappa	Santé du tractus respiratoire supérieur/ Immunité	Supports the natural defense of the body /increases the resistance of the organism	Root / The equivalent of 2-6 g of root three times daily
bardane	<i>Arctium lappa - common name : Burdock</i>	Digestion confort digestif	/ "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to facilitate fat digestion" / "Contributes to better fat digestion" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the root / 2,5g of root per day / Equivalent quantity in extract Root extract: 12,5 mg / Root: 2- 10 mg / Used as part of a multibotanical combination
bardane	Arctium lappa - nom commun:Bardane	Elimination rénale/ Drainage de l'organisme	/ "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organism" / "Used for the drainage of the organism" / "Stimulates the elimination function of the organism" / "Contributes to the functionality o	Traditional use of the root / 2g of rhizome per day / Equivalent quantity in extract
bardane	Arctium lappa (Burdock)	Joint health - cartilage	For joint health — improves functional state and mobility of joints, activates metabolism, protects and renews cartilage tissue	1 - 360 mg / Used as part of a multibotanical combination

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bardane	Bardane racine	Antioxidant - peau	Combat la formation des radicaux libres Soulage les douleurs inflammatoires Apaise les inflammations de la peau Participe à la santé de la peau	Racine 6x220mg/jour
bardane	Arctium lappa-Racine-Bardane	taux de glucose sanguin	Help to maintain a normal blood glucose level	Root / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 500 -750 mg per day
bardane	Arctium lappa-Racine-Bardane	purification du sang	Contributes to blood purification.	Root / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 500 -750 mg per day
basilic	Ocimum basilicum - nom commun : basilic	Digestion - confort digestif	/ "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the leaf / 2-4g of dried leaf two to three times daily / Equivalent quantity in extract.
basilic	<i>Ocimum basilicum - nom commun : basilic</i>	Elimination rénale/drainage de l'organisme	/ "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organism" / "Used for the drainage of the organism" / "Stimulates the elimination function of the organism" / "Contributes to the functionality"	Traditional use of the leaf / 2-4g of dried leaf two to three times daily / Equivalent quantity in extract.

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
basilic	Ocimum sanctum (Tulsi)	Respiratory health	Has a beneficial effect on various respiratory tract problems	75 - 100 mg / Used as part of a multibotanical combination
basilic	Basilic : Ocimum Basilicum	Apaisant - relaxation - sommeil	Bien être, Apaisant, Aide à maintenir un bon sommeil	Feuilles
basilic	Ocimum basilicum - nomm commun : Basilic	Digestion	"Traditionally used to facilitate the digestion" / "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the leaf / 2-4g of dried leaf two to three times daily / Equivalent quantity in extract.
basilic	Ocimum basilicum - nomm commun : Basilic	élimination rénale/drainage de l'organisme	"Traditionally used to enhance the renal elimination of water" / "Traditionally used to facilitate the elimination functions of the organism"/ "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organis	Traditional use of the leaf / 2-4g of dried leaf two to three times daily / Equivalent quantity in extract.
basilic	Ocimum basilicum-herb-fruits, flowers, leaf/basil	santé respiratoire	Helps to soothe common cold/pleasant for cough and croakiness/contributes to physical well-being	1g *4 / day
basilic	Ocimum basilicum-herbes fruits, fleurs, feuilles / basilic	Mental & cognitive activity - blood circulation	Contributes to normal blood circulation, which is associated with brain performance and reactivity/contributes to optimal mental and cognitive activity	1g *4 / day

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
basilic sacré	Ocimum sanctum LEAF	Immune system - antioxidant	Has significant antioxidant properties. Helps to maintain the strength of the immune system Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/ antioxidants help protect your cells and tissues fr	Powder:2-0.2g powder/day; aqueous extract 1.0-0.1g/day Leaf 0.5-3g/day
basilic sacré	Ocimum sanctum Feuille	coeur, vitalité et stress	Supports heart function. Helps to maintain vitality. Helps to maintain resistance to stress.	Powder:2-0.2g powder/day; aqueous extract 1.0-0.1g/day
basilic sacré	Ocimum sanctum	Expectorant	Expectorant	Leaf 0.5-3g/day
berce grande	Heracleum sphondylium Mill., Berce sphondyle , herbe	confort de la ménopause	support reproduction function / contribute to a good sexual life / helps to eliminate menopausal discomfort	To make an infusion, use 1 teabag (1,5 gr) per cup (200 ml water). The infusion may be taken 1 cup with tea 3-4 times a day. A usually cure can be taken 6 to 8 weeks.
bétoine	Betonica officinalis-herb- Lamiaceae-Crețisor-Wood Betony	Antioxidant	help strengthen the body's natural defence	the equivalent of 4 g herb powder per day
bétoine officinale	Stachys officinalis (Bétoine)- herbe-	Défences naturelle - système immunitaire	it increases protecting capacity against infections. /	Powder (0,3 g) 3 times a day
boucage grand	Pimpinella major (L.) Hudson (Common name: grande pimprenelle)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
bouage grand	Pimpinella major (L.) Hudson(Common name: Great burnet)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Radix (Root) 6 to 12 g dried drug equivalent per day
bouage petit	Pimpinella saxifraga	santé des voies urinaires inférieures et reins	Supports the excretory function of the kidneys	Root / The equivalent of 6-12 g of root per day
bouage petit	Pimpinella saxifraga L. (Common name: Burnet saxifrage)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	
bouillon blanc	Verbascum thapsiforme	Défences naturelles - système immunitaire	Contributes to the natural defences / /maintenance of the normal immune system	M.T. : 3* 40 drops per day
bouillon blanc	Verbascum thapsiforme	Santé du pharynx et des voies respiratoires	- Soothing for throat/ - supportive and soothing in case of tickle in the throat - to use in case of temporary croakiness - mild and softening for the throat - for an appropriate and easy respiration	M.T. : 3* 40 drops per day 1 cuillère café de macération de la plante par jour
bouillon blanc	Verbascum thapsiforme	Vessie et reins	Contributes to kidney and bladder function	M.T. : 3* 40 drops per day
bouillon blanc	Bouillon blanc en fleur	Voies respiratoires	Procure une influence apaisante sur les voies respiratoires Anti-inflammatoire des voies respiratoires Procure une respiration aisée	Plante fleurie 3-4g/jour
bouillon blanc	Verbascum denisiflorium Bertol.	Santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
bouillon blanc	<i>Verbascum phlomoides</i> L.	Santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Conditions of use : see folder "BE - Company X"
bouillon blanc	<i>Verbascum densiflorum</i> - common name : molènes	Digestion -	"Traditionally used to facilitate the digestion" / "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the flower : 2,5-5 g/d
bouillon blanc	<i>Verbascum densiflorum</i> Bertol. Noms communs: commune molène, la molène)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Flos (Flowers) 3 to 4 g dried drug equivalent per day Extract (1:10 25% ethanol): 45 ml / Used as part of a multibotanical combination
bouillon blanc	<i>Verbascum phlomoides</i> L.(Common names: Orange Mullein, Mullein) molènes	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Flos (Flowers) 3 to 4 g dried drug equivalent per day
bouillon blanc	<i>Verbascum densiflorum</i> -Herb-Mullein	Mucosal Cells Health	Helps to improve the ear inflammations	Local application
bouleau	<i>Betula pendula</i> (Birch)	Digestive health - detoxification	1. Contains herbs that have liver, kidney and intestinal tract activity promoting properties 2. Beneficially affects digestion and promotes body's detoxification processes	Leaf: 0,3 g / Used as part of a multibotanical combination

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bouleau	Bouleau pubescent	Elimination - voies urinaires	Draineur naturel Dépuratif stimulant l'élimination de l'eau et des toxines Favorise le bon fonctionnement des voies urinaires	Jeune pousse/feuille 3x2-3g/jour en infusion leaf 4-9g of dried leaves in infusion and equivalent preparations per day /// 45mL of fresh juice per day
bouleau	Betula alba	action drainante - elimination - amincissement	favorise l'élimination et l'amincissement	1 cuillère café de macération de la plante par jour
bouleau	Birch Betula pendula Roth. / Betula pubescens Ehrh. Nom français : bouleau	articulation	Traditionally used to contribute/support/help to healthy joint activity - Traditionally used to contribute/support/help to joint well-being - Traditionally used to contribute/support/help to joint mobility and suppleness - Contribute/support/help to health	leaf 2-3g of dried leaves several times per day and equivalent preparations
bouleau	Betula pendula / Betula pubescens (Common Name : bouleau)	Santé des voies urinaires basses - reins	Supports the excretory function of the kidneys	Leaf, bark / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4-6 g per day
bouleau	Betula pendula, folium, European White Birch, feuille	taux de cholestérol sanguin	Supports the normal level of blood cholesterol.	Capsules, 300 mg./day in combination with other herbs
bouleau	Betula pubescens-verrucosa-Bourgeons-Birch Silver	défences naturelles - resistance	Help strengthen our body's defences.	Buds / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 30-90 mg per day.
bourrache	Bourrache	Voies respiratoires	Procure une influence apaisante sur les voies respiratoires Facilite la respiration Procure une respiration aisée	Plante 4g/jour en infusion
bourrache	Bourrache	Articulation souples	Soulage les douleurs inflammatoires Favorise la mobilité A utiliser pour maintenir les articulations souples	Huile 4x510mg/jour 360- 2800 mg of GLA daily

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bourrache	Borago officinalis - nom commun : bourrache	élimination rénale/ drainage de l'organisme	"Traditionally used to enhance the renal elimination of water" / "Traditionally used to facilitate the elimination functions of the organism"/ "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organism"	Traditional use of the flower / No pyrrolizidinic acids in the analysis results Fleur/ Consommation traditionnelle dans le cadre d'une alimentation normale/l'équivalent de 315mg de fleur par jour
bourse à pasteur	Capsella bursa-pastoris	santé urinaire	Helps maintain urinary tract function /helps maintain normal urinary flow	Herb / The equivalent of 1-4 g of herb per day
bourse à pasteur	Capsella bursa-pastoris	comfort (pre)menstrual	Helps to maintain good comfort before and during menstrual cycle	Herb / The equivalent of 1-4 g of herb per day
bourse à pasteur	Bourse à pasteur	Menstrual comfort	Recommandé lors de problèmes liés au cycle menstruel Participe au bien-être féminin au cours du cycle menstruel	Plante 10-15g/jour
bourse à pasteur	Shepherd's Purse (blossoming top) Capsella bursa-pastoris	Circulation	Contributes to the maintenance of normal venous circulation /Support peripheral circulation	Blossoming top equivalent of 2g of dried herb daily
bourse à pasteur	Capsella bursa-pastoris, florri ("bourse à pasteur")-	soutenir le système de l'appareil circulatoire et sanguin génitales, les amines biogènes ont un effet hémostatique	it protects against excessive bleeding / /	Powder (0,3 g) 3 times a day
bourse à pasteur	Capsella bursa-pastoris-Flowering herb-bourse à pasteur	peau	Helps to reduce the bleeding in case of superficial skin wounds	Externally, 1 teaspoon of tincture in 100 ml in water
brunelle	PRUNELLA VULGARIS L.	taux de sucre dans le sang	Helps the physiological sugars balance.	0.75-4 g dried shoots and young leaves daily

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brunelle	PRUNELLA VULGARIS L.	articulation confort prémenstruel et de la ménopause	Helps maintaining mobility and flexibility of joints. Contribute to the resistance during the premenstrual cycle. Contributes to relieve the menopause symptoms.	0.75-4 g dried shoots and young leaves daily; topical: 30 g dried shoots and young leaves
brunelle	PRUNELLA VULGARIS L.	hygiène oral	Contributes to oral health	Gargle and/or buccal: 30 g dried shoots and young leaves
brunelle	PRUNELLA VULGARIS L.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Increases the physiological resistance of the organism in case of severe ambiance conditions.	0.75-4 g dried shoots and young leaves daily; topical: 30 g dried shoots and young leaves
brunelle	PRUNELLA VULGARIS L.	défences naturelles-relaxation	Increases the physiological resistance of the organism in case of severe ambiance conditions.	0.75-4 g dried shoots and young leaves daily; topical: 30 g dried shoots and young leaves
brunelle	PRUNELLA VULGARIS L.	défence immunitaire-antioxydant	Supports the immune system and the body's defence (antioxidant).	0.75-4 g dried shoots and young leaves daily; topical: 30 g dried shoots and young leaves
bruyère callune	Calluna vulgaris (Heather)	Relaxation	Contains herbs with soothing, relaxing properties	Flower: 0,2 g / Used as part of a multibotanical combination
bruyère callune	Heather (floraison en haut) Calluna vulgaris	Santé des voies urinaires basses - reins	Traditionally used to contribute to normal urinary elimination functions Traditionally used to support the excretory function of the kidneys Usually known for its contribution to normal urinary elimination functions	Blossoming top Infusion Equivalent of 1 to 2g of drug daily

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bruyère cendrée	<i>Erica cinerea</i>	fonction reins - drainage	draine les reins	1 cuillère café de macération de la plante par jour Traditional use of flowers / Infusion: 5g of flowers or an equivalent extract. (Garnier 1961)
bugle	Ajuga (extrait)	Peau	It regulates sebum production.	
bugle	Ajuga reptans-parties aérienne Lamiaceae-Suliman-Bugle	santé du foie- purification	contributes to the detoxifying potential of the liver	the equivalent of 4-8 g herb powder per day
bugle petit-pin	AJUGA CHAMAEPICTYS SCHREB.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Useful to protect the skin from UV-induced oxidative damage. Helps protect against the free radicals action due to UV exposure or se	
bugle rampant	Ajuga reptans	digestion	• Supports the digestion.	Herb
bugrane	Ononis spinosa (Bugrane épineuse)	santé des voies urinaires inférieures et reins	Supports the excretory function of the kidneys	Root / The equivalent of 6-12 g of root per day
busserole	ARCTOSTAPHYLOS UVA- URSI SPRE.	défences naturelles-résistance	Increases the physiological resistance of the organism in case of severe ambient conditions.	Extract (tit. arbutin 6%): 200 mg 4 times daily. Extract (tit. arbutin min. 10%): 7-10 mg/kg, divided in 2 doses with empty stomach
busserole	ARCTOSTAPHYLOS UVA- URSI SPRE.	taux de sucre dans le sang	Helps the physiological sugars balance.	Extract (tit. arbutin 6%): 200 mg 4 times daily. Extract (tit. arbutin min. 10%): 7-10 mg/kg, divided in 2 doses with empty stomach
busserole	ARCTOSTAPHYLOS UVA- URSI SPRE.	santé des reins et de la vessie	Supports normal bladder function. Useful for bladder function and urinary flo.	Extract (tit. arbutin 6%): 200 mg 4 times daily. Extract (tit. arbutin min. 10%): 7-10 mg/kg, divided in 2 doses with empty stomach

plante	Nutriments, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
busserole	ARCTOSTAPHYLOS UVA- URSI SPRE.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Useful to protect the skin from UV-induced oxidative damage. Helps protect against the free radicals action due to UV exposure or se	Extract (tit. arbutin 6%): 200 mg 4 times daily. Extract (tit. arbutin min. 10%): 7-10 mg/kg, divided in 2 doses with empty stomach
busserole	ARCTOSTAPHYLOS UVA- URSI SPRE.	Antioxidant	Useful to protect the skin from UV-induced oxidative damage. Helps protect against the free radicals action due to UV exposure or severe ambiance conditions	Extract (tit. arbutin min. 10%): 7-10 mg/kg, divided in 2 doses with empty stomach
busserole	Arctostaphylos uva ursi (Common Name : Raisin-d'ours)	santé de la vessie et des reins	Support of normal bladder function	Leaf / The equivalent of 400-800 mg arbutin daily; equivalent preparations. Not recommended for children
caille-lait	Galium verum (yellow bedstraw)-herbe	santé du foie - biliary tractus billiaire	it supports normal functioning of the liver and biliary tract. / Aide à combattre les refroidissements	Powder (0,3 g) 3 times a day
calament ?	Calament plante	Défenses naturelles	Renforce les défenses naturelles	Plante 4g/jour en infusion
camomille romaine	Chamaemelum nobile - common name : Chamomile, Roman chamomile	Digestion -confort digestif	/ "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the flower / 2-3g of dried leaf per day / Equivalent quantity in extract.
camomille romaine	Chamaemelum nobile nom commun: Camomille, camomille romaine	Digestion - confort digestif	"Traditionally used to facilitate the digestion" / "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the flower / 2-3g of dried leaf per day / Equivalent quantity in extract. Traditional use of the flower / 2-3g of dried leaf per day / Equivalent quantity in extract.

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
caprier	<i>Capparis spinosa</i>	Liver health, appetite	1. Helps improve liver activity 2. Improves the appetite	Extract: 68 - 260 mg / Used as part of a multibotanical combination
carvi	Carum carvi (Common Name : Caraway)	Santé digestive	supports digestion and digestive functions /stimulates digestion /releives fullness and windy feelings ?contributes to the normal function of intestinal tract /helps support the digestive juice flow	Fruit / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1,5-6 g caraway fruit per day Fruit - Usual consumption as a traditional foodstuff in a normal diet - At leat 300 mg per day
carvi	Carum carvi (Common Name : Caraway)	Defences naturelles - systeme immunitaire	- contributes to the natural defences of the body - support of the body 's defence - supports the immune system	Fruit / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5-15 g caraway fruit per day
carvi	Carum carvi (Common Name : Caraway)	Lactation	Supports lactating in breastfeeding women	Fruit / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5-15 g caraway fruit per day
carvi	fruit du cumin (Carum carvi)	confort digestif	Helps with belly spasm.	Daily dose for babies over 6 months: 1,8 g of caraway in 150 ml infusion Daily dose for adults: 3x daily 0,5-2 g of caraway Contraindication: hypersensitivity to the given herb Daily dose for babies over 6 months: 1,8 g of caraway in 150 ml infusion Daily dose for adults: 3x daily 0,5-2 g of caraway Contraindication: hypersensitivity to the given herb
casse-lunette	voir euphrase officinale			Leaf / The equivalent of dried leaf as an infusion
cassis	<i>Ribes nigrum</i> (Common Name : Blackcurrant)	Santé des muscles et articulations	contributes to the proper functioning of muscles and joints/for supple joints	Leaf / The equivalent of dried leaf as an infusion (20-50 g/litre)
cassis	<i>Ribes nigrum</i> (nom commun: cassis)	mmuscle et articulation	Contributes to the proper functioning of muscles and joints /for supple joints	Leaf / The equivalent of dried leaf as an infusion (20-50 g/litre)

plante	Nutriments, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
cassis	<i>Ribes nigrum</i> - nom commun: cassis	Elimination rénale et drainage de l'organisme	/ "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organism" / "Used for the drainage of the organism" / "Stimulates the elimination function of the organism" / "Contributes to the functionality"	Traditional use of the leaf / 2-4 g of leaves as an infusion one cup several times daily / Equivalent quantity in extract Feuille 6x250mg/jour
cassis	<i>Ribes nigrum</i> - nom commun: cassis	Gestion et perte de poids	/ "Used to facilitate the weight loss in addition to dietetic measures" / "Helps to loose weight in addition to dietetic measures" / "Contributes to loose weight in addition to dietetic measures" / "Helps to maintain the weight" / "Contributes to ma	Traditional use of the leaf / 2-4 g of leaves as an infusion one cup several times daily / Equivalent quantity in extract
cassis	Ribes nigrum (Blackcurrant)	Invigoration the body Antioxidant stress & exertion	1. Builds up resistance against stress and unfavourable environmental conditions 2. A generally restorative tea which is rich in vitamins, minerals, antioxidants and essential herbal oils and helps the body overcome stress and exertion, prevents setting i	Leaf: 140 - 250 mg, Fruit: 80 - 90 mg / Used as part of a multibotanical combination
cassis	Cassis feuille	comfort articulaire	Soulage les douleurs inflammatoires Favorise la mobilité Favorise le confort articulaire	Feuille 10-25g/jour en infusion
cassis	Cassis feuille	Analgesique	Apaise la douleur Calme la douleur	Feuille 6x250mg/jour

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
cassis	Cassis feuille	Soutient la circulation	Soutient la circulation Apaise les tensions liées à la circulation	Feuille 6x250mg/jour Traditional use of the fruit /Equivalent quantity in extract, 2,5-5 g per day
cassis	Ribes nigrum -nom commun : cassis	gestion du poids	"Traditionally used to facilitate the weight loss in addition to dietetic measures" / "Used to facilitate the weight loss in addition to dietetic measures" / "Helps to loose weight in addition to dietetic measures" / "Contributes to loose weight in addition"	Traditional use of the leaf / 2-4 g of leaves as an infusion one cup several times daily / Equivalent quantity in extract
cataire	Nepeta cataria	Physical and mental performance sleep - stress - exertion	1. A tea with lightly sedative effect which improves the quality of sleep 2. Helps the body overcome stress and exertion 3. A restorative and lightly relaxing tea which promotes physical and mental work capacities and enriches food with vitamins, minerals	Herb: 260 - 300 mg / Used as part of a multibotanical combination
celeri	Apium graveolens (céleri)-folium-	Digestion Diurèse	it enables good digestion / and efficient diuresis. /	Powder (0,3 g) 3 times a day
centaurée petite	Centaurium erythraea (Centaury)	Invigoration the body	A generally restorative product for those who wish to suppress the addiction, including smoking addiction	36 mg / Used as part of a multibotanical combination
centaurée petite	Centaurium Erythrée - nom commun: herbe Centaurée	confort digestif	"Traditionally used to facilitate the digestion" / "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the above ground part / 1-4g as an infusion up to three times daily

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centaurée petite	Centaurium erythrea - common name : herbe centaurée	Effet relaxant - Aide à trouver le sommeil	"Traditionally used to help to find a better sleep" / "Traditionally used to decrease tenseness" / "Traditionally used to decrease restlessness" / "Traditionally used to decrease irritability" / "Used to help to find a better sleep" / "Used to decrease tens"	Traditional use of the above ground part : 2,5-5 g/d
cerfeuil	Anthriscus cerefolium herba (cerfeuil) -	Digestion	it enables good gastric digestion /	Powder (0,3 g) 3 times a day
chanvre	graines de chanvre	Santé du cœur- système immunitaire	Exact wording of claim as it appears on product: Hemp Seed promotes a healthy heart & immune system Is claim a picture: No	Does claim rely on the presence/presence in a reduced quantity/absence of a nutrient or other substance: Presence of a nutrient or other substance Number of nutrients/other substances that are essential to claimed effect: 2 Names of nutrient/other subs
chardon béni	Cnicus benedictus	digestion	Helps to support the digestion /contributes to the normal function of intestinal tract helps to maintain gastric and intestine to a harmonic balance flow	Herb / The equivalent of 1.5-3 g herb three times daily
chardon béni	Cnicus benedictus	santé respiratoire	- Soothing for throat/ - supportive and soothing in case of tickle in the throat - to use in case of temporary croakiness - mild and softening for the throat - for an appropriate and easy respiration	Herb / The equivalent of 1.5-3 g herb three times daily
chardon-marie	extrait de Silybum marianum	Antioxidant		15 drops of extract are equal of 130,2 mg of silybum seeds

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chardon-marie	SILYBUM MARIANUM GAERTN.	Défenses naturelles - Résistance	Increases the physiological resistance of the organism in case of severe ambient conditions.	12-15 g whole or powdered seed. Dried extract (tit. silymarin min.1.0%): 10-15 mg/kg/day, divided in 2-3- doses with empty stomach
chardon-marie	SILYBUM MARIANUM GAERTN.	taux de sucre dans le sang	Helps the physiological sugars balance.	12-15 g whole or powdered seed. Dried extract (tit. silymarin min.1.0%): 10-15 mg/kg/day, divided in 2-3- doses with empty stomach
chardon-marie	SILYBUM MARIANUM GAERTN.	santé du cœur	Helps to maintain the heart health	12-15 g whole or powdered seed. Dried extract (tit. silymarin min.1.0%): 10-15 mg/kg/day, divided in 2-3- doses with empty stomach
chardon-marie	SILYBUM MARIANUM GAERTN.	santé du foie-digestion-purification	Useful to maintain the physiological purifying functions.	12-15 g whole or powdered seed. Dried extract (tit. silymarin min.1.0%): 10-15 mg/kg/day, divided in 2-3- doses with empty stomach
chardon-marie	Silybum Marianum (Nom commun: Le chardon-Marie)	santé du foie - digestion - purification	Supports liver health /contributes to liver protection /contributes to the detoxifying potential of the liver /helps to maintain the liver function and additionally promote the digestion and the body's purification	Fruits / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 12-15 g of crude plant material or of 200-400 mg of silymarin Fruit/12-15 g crude drug;formulations equivalent to 200-400 mg silymarin calculated as sylbin.
chardon-marie	SILYBUM MARIANUM GAERTN.	Antioxydant	Protection against the free radicals action due to stress, alcoholics,UV exposure or polluted ambient conditions	12-15 g whole or powdered seed. Dried extract (tit. silymarin min.1.0%): 10-15 mg/kg/day, divided in 2-3- doses with empty stomach

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chardon-marie	Silybum marianum (Nom commun: Le chardon-Marie)	santé du foie -digestion-purification	Supports liver health/contributes to liver protection/contributes to the detoxifying potential of the liver/helps to protect the liver which in turn maintain the liver function and additionally promote the digestion and the body's purification	Fruits / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 12-15 g of crude plant material or of 200-400 mg of silymarin 42 mg sylimarin/day (15 % of lower therapeutic dose (280 mg silymarin).
chardon-marie	Silybum marianum-chardon-Marie-fruit	foie	Hepatoprotector and hepatic regenerator, / Protector and regenerator when products that oxidise at hepatic level are administered	600 mg/day standardized at 80% silymarine
charme	Carpinus betulus-Bourgeons-Horbeam	sang- coagulation	Improves the blood coagulation	Buds / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 90-135 mg per day.
charme	Carpinus betulus-Bourgeons-Horbeam	sécrétion du mucus	Contributes to an easy respiration/to normal functioning of bronchial tubes /lungs.	Buds / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 90-135 mg per day.
charme	Carpinus betulus-Buds-Hornbeam	santé du foie	Helps to regenerate the liver's tissue	Adults: 1 ml, diluted in water, 2-3 times a day.
chataignier	Chataigné	Soutient la circulation	Soutient la circulation Fortifie la circulation	Bourgeon/feuille 0,5 ml d'extrait à 5% de matière sèche
chêne	<i>Quercus robur</i>	Santé de la peau	Helps improve the overall health and appearance of the skin	Bark / The equivalent of 3 g of bark per day
chêne	<i>Quercus robur</i>	santé des voies urinaires inférieures	Contributes to comfort of throat /Moistens the membranes of the mouth and throat	400-500 mg per day

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chicorée	Cichorium intybus (Common Name : Chicory)	santé intestinale	Supports digestion /Contributes to the stimulation of the production of the digestif body fluids and of the gastro-intestinal movement	Root / The equivalent of 600-1000 mg per day
chicorée	Cichorium intybus (Common Name : Chicory)	santé du foie	support liver health	Root / The equivalent of 140 mg per day 140 mg per day.
chicorée	Cichorium intybus (Chicory)	Heart health / Vascular health Blood glucose level	1. Improves heart activity 2. Lowers blood sugar level	Used as part of a multibotanical combination
chicorée	Chicory (Cichorium intybus L.)	elimination urinaire	Contributes to normal urinary elimination functions - Supports detoxification systems - Contributes to urinary flow - Promotes urinary elimination - Promotes the renal elimination functions	Roots - At least 20 mg per day root powder Racines
chicorée	Chicorée sauvage (Cichorium intybus L.)	aide à maigrir/ contrôle du poids	Supports in weight loss programs - To assist loss of weight in addition to dieting	Roots - At least 20 mg per day root powder
chicorée	Intybus, Cichory, herbes	os et articulation	Supports the health of bones and joins	Capsules, 90 mg./day in combination with other herbs
chiendent	Agropyron repens - common name : Couch	Elimination rénale / drainage de l'organisme	/ "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organism" / "Used for the drainage of the organism" / "Stimulates the elimination function of the organism" / "Contributes to the functionality"	Traditional use of the rhizome / 5-10 g of dried rhizome in 150 ml of water / Equivalent quantity in extract

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
chiendent	Agropyron repens - common name : Couch	Gestion et perte de poids	/ "Used to facilitate the weight loss in addition to dietetic measures" / "Helps to loose weight in addition to dietetic measures" / "Contributes to loose weight in addition to dietetic measures" / "Helps to reduce the appetit" / "Helps to maintain t	Traditional use of the rhizome / 5-10 g of dried rhizome in 150 ml of water / Equivalent quantity in extract
chiendent	Elytrigia repens	Digestive health - weight management	Contains herbs with metabolism and appetite affecting properties, which cause reduction of body weight	Root: 140 mg / Used as part of a multibotanical combination
chiendent	Chiendent rhizome plante	Draineur - comfort urinaire	Draineur naturel Participe au confort urinaire Favorise le bon fonctionnement des voies urinaires Dépuratif stimulant l'élimination de l'eau et des toxines Soulage les douleurs liées aux voies urinaires	Plante 6-9g/jour
chiendent	chiendent (Agropyron repens L.)	santé des reins, détoxification, élimination rénale	Contributes to normal urinary elimination functions. - Helps to maintain the health of urinary system - Supports detoxification systems - Contributes to urinary flow - Promotes the renal elimination functions - Supports the excretory function of the kidney	Rhizome. At least 400 mg per day.
chiendent	TRITICUM REPENS	fondction intestinale	Supports the function of intestinal tract.	6-10 g of rhizome or herb daily

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chiendent	Chiendent (rhizome) Agropyrum repens (= Elytrigia repens)	santé de la vessie et du tractus urinaire inférieur-reins	Traditionally used to contribute to normal urinary elimination functions Traditionally used to support the excretory function of the kidneys Traditionally used to favorise weight-control when appropriate diet Usually known for its contribution to normal	Rhizome Equivalent of 6g of drug daily
chiendent	Agropyron repens-Rhizome-Chiendent	sang - purification	Support for the blood purification./ Suport for sweeting./ Contributes to normal diuresis.	Tincture, tea, capsule/ 6 ml tincture per day/ 2-3 cups of tea per day/ the equivalent of 600 mg powder per day
chiendent	TRITICUM REPENS	taux de sucre dans le sang	Helps the tissue trophism and the physiological function of the cartilage joints.	6-10 g of rhizome or herb daily
coquelicot	Papaver rhoeas - nom commun : Pavot	Effets relaxant aide à trouver le sommeil	/ "Used to help to find a better sleep" / "Used to decrease tenseness" / "Used to decrease restlessness" / "Used to decrease irritability" / "Helps to find a better sleep" / "Contributes to find a better sleep" / "Helps to decrease tenseness" / "Con	Traditional use of the flower / Infusion : 1,5g of flowers two to three times daily / Equivalent quantity in extract
coquelicot	Papaver rhoeas L. (Common name: Coquelicot)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Flos (Flowers) About 3 to 5 g dried drug equivalent per day

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
coriandre	Coriandrum sativum FRUIT	Santé digestive - production de gaz	Helps to digest toxins. Helps maintain normal gas balance in digestive tract.	Powder: 1.0-0.1g/day; aqueous extract 0.5-0.05g/day All over 2 years old: 2-4 years 1/4 adult dose, 4-10 years half adult dose
coriandre	Coriandrum sativum FRUIT	système nerveux	Supports nerve function.	Powder: 1.0-0.1g/day; aqueous extract 0.5-0.05g/day All over 2 years old: 2-4 years 1/4 adult dose, 4-10 years half adult dose
coriandre	Coriandrum sativum FRUIT	Fonction urinaire et confort	Supports urinary function and comfort. Helps keep the urinary system cool.	Powder: 1.0-0.1g/day; aqueous extract 0.5-0.05g/day All over 2 years old: 2-4 years 1/4 adult dose, 4-10 years half adult dose
coriandre	Coriandrum sativum FRUIT	Santé cardiovasculaire et cholestérolémie	Supports heart function. Helps maintain normal digestion of fats. Helps maintain normal cholesterol levels.	Powder: 1.0-0.1g/day; aqueous extract 0.5-0.05g/day All over 2 years old: 2-4 years 1/4 adult dose, 4-10 years half adult dose

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
coriandre	Coriandrum sativum FRUIT	Santé de la peau	Helps keep the skin cool.	Powder: 1.0-0.1g/day; aqueous extract 0.5-0.05g/day All over 2 years old: 2-4 years 1/4 adult dose, 4-10 years half adult dose
coriandre	Coriandrum sativum FRUIT	immunitaire - antioxidant	Supports immune function. Has a significant antioxidant effect.	Powder: 1.0-0.1g/day; aqueous extract 0.5-0.05g/day All over 2 years old: 2-4 years 1/4 adult dose, 4-10 years half adult dose
coriandre	Coriandrum sativum - common name : Coriander	Digestion -confort digestif	/ "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the fruit / 3g per day of crushed or powered fruit / Infusion : 3g in 150 ml water per day / Fluidextract 1:1 (g/ml) : 3ml per day / Tincture 1:5 (g/ml) : 15 ml per day / Equivalent quantity in extract. 0.5-3g/day
coriandre	Coriandrum sativum L. (Common name: coriandre)	Digestion - Appétit	Helps to digest toxins. Helps maintain normal gas balance in digestive tract, usefull in case of dyspeptic complaints and loss of appetite.	fruit /crushed or powdered fruit or dry extract fruits: 3 g daily, infusion 3g in 150ml water, fluid extract 1:1 (g/ml):3ml , tincture 1:5 (g/ml):15 ml; equivalent preparations
cornouiller sanguin	Cornus sanguinea-Bourgeons-cornouiller	Cardiovasculare health - coagulation	Contributes to vascular health / Helps maintaining heart health / improves the blood coagulation	Buds / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 45 mg per day.

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
courge	Cucurbita pepo (Nom commun: Potiron)	Santé du trectus urinaire inférieur	Maintenance of good bladder function and urinary flow/good for normal prostate function	Seed / The Equivalent of 190-600 ml oil or 30-60 g ground seeds per day Kerne/Männer und Frauen-Tagesdosis Extrakt: entspr. 400-500 mg Kürbiskernextrakt -Tagesdosis Droege: entspr. 8-10 g Kürbskerne --Speziell für die Blase der Frau: -Tagesdosis: entspr. 400 mg Kürbiskernextrakt und 30 mg Sojaextrakt (entspr. mind. 12 mg Isof
courge	Graines de citrouille (Cucurbita pepo)	santé du tractus urinaire	Contributes to maintain healthy prostate function.	1500 mg seed, or equivalent amount of extract;(15% of the lower therapeutic dose (10000 mg seed));
criste marine	<i>Christe marine</i>	Defenses naturelles	Aide à combattre les refroidissements Soutient le système de défense	Plante 6x220mg/jour
cyprès	Cyprès	Blood cholesterol level	Favorise le bon cholestérol Contribue à un bon cholestérol Aide à maîtriser le cholestérol	Cône 4g/jour en infusion
cyprès	Cyprès (<i>Cupressus sempervirens</i>)	santé des veines, jambes lourdes	Support of venous circulation - Helps to reduce the feeling of tired and heavy legs - Promotes circulatory well-being - Helps to maintain healthy leg-vein functions - For legs relief and to favour comfort	Cone - At least 900 mg cone powder per day
échinacée à feuilles étroites	ECHINACEA ANGUSTIFOLIA DC .	defences immunitaires - antioxydant	Supports the immune system and the body's defence (antioxidant).	Dried extract (tit. echinacoside min. 0.6%): 12-13 mg/kg/day, divided in 2 doses with empty stomach. Optimal echinacoside daily dose: 0.2-0.3 mg/kg

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échinacée à feuilles étroites	Echinacea angustifolia (Common Name : Echinacea, narrow-leaved purple coneflower root)	voies urinaire	adjuvant therapy of recurrent infection of the urinary tract	Root /3 g in hot water daily/ 1,5-3 ml of liquid extract (1:1 ethanol 45°) /6-15 ml of tincture (1:5 ethanol 45°)/ equivalent preparations Herb, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 900 mg root per day
échinacée à feuilles étroites	ECHINACEA ANGUSTIFOLIA DC .	santé respiratoire	Contributes to the oral well-being; valid and efficient help during the cool season / relief for the throat - helps the upper respiratory tract.	Dried extract (tit. echinacoside min. 0.6%): 12-13 mg/kg/day, divided in 2 doses with empty stomach. Optimal echinacoside daily dose: 0.2-0.3 mg/kg
échinacée à feuilles étroites	Echinacea angustifolia / pallida (Nom commun: l'échinacée, échinacée pâle)	Défences naturelle - système immunitaire	Support of the body's defence /contributes to the /supports the immune system	Herb root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of min. 1.5 g dried root
échinacée pâle	ECHINACEA PALLIDA BRITTON	Antioxydant	Useful to protect from free radicals which cause cells and tissues damage. Anti-oxidant and anti-ageing activity.	Dried extract (tit. echinacoside min 0.6%): 12-13 mg/kg/day, divided in 2 doses with empty stomach. Daily echinacoside dose: 0.2-0.3 mg/kg. Duration of treatment should not exceed 8 weeks
échinacée pâle	ECHINACEA PALLIDA BRITTON	Activité cicatrisante - ongles cheveux de la peau	Supports the physiological activity helping the tissue trophies,... skin, hair, nails.	Dried extract (tit. echinacoside min 0.6%): 12-13 mg/kg/day, divided in 2 doses with empty stomach. Daily echinacoside dose: 0.2-0.3 mg/kg. Duration of treatment should not exceed 8 weeks
échinacée pâle	ECHINACEA PALLIDA BRITTON	articulation	Helps maintaining mobility and flexibility of joints.	Dried extract (tit. echinacoside min 0.6%): 12-13 mg/kg/day, divided in 2 doses with empty stomach. Daily echinacoside dose: 0.2-0.3 mg/kg. Duration of treatment should not exceed 8 weeks

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégment proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
échinacée pâle	ECHINACEA PALLIDA BRITTON	santé du foie - purification	Useful to maintain the physiological purifying functions.	Dried extract (tit. echinacoside min 0.6%): 12-13 mg/kg/day, divided in 2 doses with empty stomach. Daily echinacoside dose: 0.2-0.3 mg/kg. Duration of treatment should not exceed 8 weeks
échinacée pâle	ECHINACEA PALLIDA BRITTON	défences immunitaire-antioxydant	Supports the immune system and the body's defence (antioxidant).	Dried extract (tit. echinacoside min 0.6%): 12-13 mg/kg/day, divided in 2 doses with empty stomach. Daily echinacoside dose: 0.2-0.3 mg/kg. Duration of treatment should not exceed 8 weeks
échinacée pâle	Echinacea pallida-plante à fleurs	peau	Helps to heal the skin	Local administration
échinacée pourpre	Echinacea purpurea L. Moench (Common name: Echinacea)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Herba (Aerial parts) 6 to 9 ml juice per day
échinacée pourpre	Pourpre; échinacée; (Echinacea purpurea)	Défences immunitaires-système immunitaire	Contribute to the proper function of the body 's defensive system;Echinacea purpurea helps the function of the natural defensive system;	0,9 ml fresh plant juice per day, 15 % of the lower therapeutic dose (6 ml) or a preparation equivalent wih this (\approx 150 mg drug);;
échinacée pourpre	Pourpre; échinacée; (Echinacea purpurea)	santé du tractus urinaire inférieur	Contribute to the maintenance of the lower urinary tract health.	0,9 ml fresh plant juice per day, 15 % of the lower therapeutic dose (6 ml) or a preparation equivalent wih this (\approx 150 mg drug);;
échinacée pourpre	Echinacea purpurea L. Moench (nom commun: Echinacea)	Bonne respiration	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Conditions of use : see folder "BE - Company X"

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
échinacée pourpre	Echinacea purpurea (Common name: Purple Coneflower Herb) échinacée	Santé des voies respiratoires supérieures	adjuvant therapy of recurrent infection of the upper respiratory tract/prophylaxis of recurrent infection of the upper respiratory tract/supportive therapy for cold	Herb/ 6-9 ml pressed juice per day/equivalent preparation. Pediatric use: propostion of adult dose according to age or body weith. Duration no longer than 8 weeks
églantier	Rosa canina (Common Name : Rose Hip)	Antioxidant	Good source of antioxidants/contains naturally occurring antioxidants antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our body 's defences antioxidants can protect you from radicals which cause cel damage; anti	Fruit, spurious fruit, fruit peels, root / Usual consumption as traditional foodstuf in a normal diet/ The equivalent of min. 200 mg of preparations standardised to 3% rosavin and 1% salidroside
églantier	Rosa canina (Common Name : Rose Hip)	santé respiratoire	helps to soothe common cold/contributes to physical wel being/contributes to the body 's defences	Fruit, spurious fruit, fruit peels, root / Usual consumption as traditional foodstuf in a normal diet/ The equivalent of min. 200 mg of preparations standardised to 3% rosavin and 1% salidroside

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
églantier	Rosa canina (Common Name : Rose Hip)	Digestive health	Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to physical well-being	Fruit, spurious fruit, fruit peels, root / Usual consumption as traditional foodstuff in a normal diet/ The equivalent of min. 200 mg of preparations standardised to 3% rosavin and 1% salidroside
églantier	Rosa canina (nom commun : cynorrhodon)	Défenses naturelles système immunitaire -	Contributes to the resistance against health precarious microorganism/contributes to physical well-being	Fruit, spurious fruit, fruit peels, root / Usual consumption as traditional foodstuff in a normal diet/ The equivalent of min. 200 mg of preparations standardised to 3% rosavin and 1% salidroside
églantier	Rosa canina (nom commun : cynorrhodon)	Vessie et reins	Contributes to kidney and bladder function	Fruit, spurious fruit, fruit peels, root / Usual consumption as traditional foodstuff in a normal diet/ The equivalent of min. 200 mg of preparations standardised to 3% rosavin and 1% salidroside
églantier	Rosa canina (Common Name : Dog rose / Rose hip) Rosier des Chiens	santé de la vessie et des reins	Contributes to kidney and bladder function	Fruit, spurious fruit, fruit peels, root / Usual consumption as traditional foodstuff in a normal diet/ The equivalent of min. 200 mg of preparations standardised to 3% rosavin and 1% salidroside

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
églantier	Rosa canina (Common Name : Dog rose / Rose hip) Rosier des Chiens	santé digestive	Helps to support the digestion /contributes to the normal function of intestinal tract	Fruit, spurious fruit, fruit peels, root / Usual consumption as traditional foodstuff in a normal diet/ The equivalent of min. 200 mg of preparations standardised to 3% rosavin and 1% salidroside
églantier	Rosa canina (Common Name : Dog rose / Rose hip) Rosier des Chiens	Défences naturelles-système immunitaire	- contributes to the natural defences of the body - support of the body 's defence - supports the immune system	Fruit, spurious fruit, fruit peels, root / Usual consumption as traditional foodstuff in a normal diet/ The equivalent of min. 200 mg of preparations standardised to 3% rosavin and 1% salidroside
églantier	Rosa canina (Common Name : Dog rose / Rose hip) Rosier des Chiens	santé respiratoire	/contributes to the body 's defences	Fruit, spurious fruit, fruit peels, root / Usual consumption as traditional foodstuff in a normal diet/ The equivalent of min. 200 mg of preparations standardised to 3% rosavin and 1% salidroside
églantier	Rose Hip Rosa Canina L cynorrhodon	Antioxidant	Rose hip is rich in the antioxidants vitamin C and polyphenols	• The daily recommended dose can be reached in a single or multiple administrations
églantier	Rose Hip Rosa Canina L cynorrhodon	articulation	Rose hip helps maintain healthy and flexible joints Rose hip helps maintain joint mobility Rose hip contribute to enduring strength of joints	The product can be taken alone (i.e., in capsules), or integrated to a food matrix (i.e. soluble coffee beverage)
églantier	Rosa canina-fruits,-cynorrhodon	peau et cicatrisation des plaies	Contributes to wound healing	rose hip extract equivalent to 60 – 2000 mg vitamin C/day

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
En attente - allégation sur les substances botaniques	Ail	glycémie , métabolisme des glucides	<p>Increases the body's insulin sensitivity.</p> <p>Has a positive effect on the body's sugar metabolism.</p> <p>Improves a weakened insulin effect.</p> <p>Balances blood sugar.</p>	Food supplement in which the daily dose is equivalent to 5-10g of fresh garlic.
En attente - allégation sur les substances botaniques	Valeriana officinalis (Nom commun: Valérianе)	Santé mentale - relaxation - le stress	<p>Helps to maintain a natural sleep/helps maintain normal quality of sleep/helps you cope calmly with the stress of a busy lifestyle</p> <p>Support of mental wellbeing in cases of tension and stress/contributes to optimal relaxation/helps to support the relaxation</p>	Root / Usual consumption as traditional foodstuf in a normal diet / The equivalent of 1-10 g of root per day Dry extract from roots of Valeriana officinalis L., drug/native extract ratio(3 - 6) : 1, solvent of extraction Ethanol/Water, min 0.3% valerenic 120 – 360 mg of dried extract
épicéa	Pousses de Pin (<i>Picea abies</i>)	Santé Respiratoire	<p>Freshens the breath and makes the voice clearer.</p> <p>For a hoarse throat, for throat irritation.</p>	Pine shoot candies and pine shoot syrups (50 ml/day) that contain 7 g/daily dose of fresh pine shoot (<i>Picea abies</i>).
épilobe à petites fleurs	Epilobe petite fleur	comfort digestif	Favorise le confort digestif A utiliser en cas de selles liquides	Plante 6x210mg/jour
épilobe à petites fleurs	Epilobe petite fleur	comfort urinaire chez l'homme	Aide à maintenir une fonction urinaire normale chez l'homme Participe au confort urinaire chez l'homme Contribue au confort urinaire chez l'homme	Plante 1,5-2g/jour en infusion

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
épilobe à petites fleurs	EPILOBIUM PARVIFLORUM	Antioxidant	Useful to protect from free radicals which cause cells and tissues damage. Anti-oxidant and anti-ageing activity. Increases the physiological resistance of the organism in case of severe ambiance conditions.	Tea: 1.5-2 g finely chopped herb in water
épilobe à petites fleurs	EPILOBIUM PARVIFLORUM	Prostate	Useful for normal prostate function.	Tea: 1.5-2 g in 150 ml water
épilobe à petites fleurs	EPILOBIUM PARVIFLORUM	mobilité articulaire confort prémenstruel et de la ménopause	Helps maintaining mobility and flexibility of joints. Contributes to relieve the menopause symptoms.	Tea: 1.5-2 g in 150 ml water
épilobe à petites fleurs	Epilobium parviflorum/angustifolium (<i>Chamaenerion angustifolium</i>) (Common Name : Willow herb)	Santé des voies urinaires inférieures	Willow herb contributes to the functioning of the urinary tract	Leaf, root / The equivalence of 1,5 g herb per day
épilobe en épis	EPILOBIUM ANGUSTIFOLIUM L.	Antioxidant	Useful to protect from free radicals which cause cells and tissues damage. Anti-oxidant and anti-ageing activity. Increases the physiological resistance of the organism in case of severe ambiance conditions.	Infusion: 60-120 ml, 5 or 6 times a day; aerial part: 350 mg cps, 1 cps twice daily
épilobe en épis	EPILOBIUM ANGUSTIFOLIUM L.	Prostate	Useful for normal prostate function.	Infusion: 60-120 ml, 5 or 6 times a day; aerial part: 350 mg cps, 1 cps twice daily
épilobe en épis	EPILOBIUM ANGUSTIFOLIUM L.	mobilité articulaire confort prémenstruel et de la ménopause	Helps maintaining mobility and flexibility of joints. Contribute to the resistance during the premenstrual cycle. Contributes to relieve the menopause symptoms.	Infusion: 60-120 ml, 5 or 6 times a day; Aerial part: 350 mg cps, 1 cps twice daily
épilobe en épis	EPILOBIUM ANGUSTIFOLIUM L.	Relaxation et bien être physique et mental	Helps relaxation effects.	Infusion: 60-120 ml, 5 or 6 times a day; aerial part: 350 mg cps, 1 cps twice daily

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
épine-vinette	Berberis vulgaris (Barberry)	Gastro-intestinal health	1. For the gastrointestinal tract health 2. Improves appetite 3. Reinforces secretion of digestive glands 4. Normalizes intestinal tract function	Fruits: 6 mg / Used as part of a multibotanical combination
érable champêtre	Acer campestre-Buds-Hedge maple érable	Vésicule biliaire	Contributes to normal choleresis.	Buds / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 45 mg per day.
érable champêtre	Acer campestre-Buds-Hedge maple érable	Métabolisme des protéines, glucides et lipides	Normalizes the metabolism of proteins, carbohydrates and lipids.	Buds / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 45 mg per day.
Escholtzia	Escholtzia	Bon moral	Bon pour le moral A utiliser pour un bon moral	Fleur et tige 6x240mg/jour
eschscholzia	Pavot de Californie (Nom commun: pavot californien)	santé mentale-relaxation- sommeil-stress	Helps you cope calmly with the stress of a busy lifestyle /contributes to optimal relaxation /helps to support the relaxation /improves the quality of natural sleep	Aerial parts / 2 - 14 g of dried plant in infusion, equivalent preparations; 3-6 ml fluid extract (1:2)
estragon	Estragon	Métabolisme des glucides	Participe au contrôle de la glycémie Aide à maîtriser le taux de sucre	Plante 450mg/jour
estragon	Estragon	Système circulatoire	Soutient la circulation Stimule la circulation	Plante 450mg/jour

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
estragon	ARTEMISIA DRACUNCULUS	Antioxydant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Useful to protect the skin from UV-induced oxidative damage. Helps protect against the free radicals action due to UV exposure or se	2 cups tea (25 g of fresh mugwort leaf infused in 500 ml water) daily for six days; 1-2 cps thrice daily at mealtimes
estragon	ARTEMISIA DRACUNCULUS	défences naturelles-résistance	Increases the physiological resistance of the organism in case of severe ambiance conditions.	2 cups tea (25 g of fresh mugwort leaf infused in 500 ml water) daily for six days; 1-2 cps thrice daily at mealtimes
estragon	ARTEMISIA DRACUNCULUS	Equilibre émotionnel, relaxation, bonne humeur	Helps relaxation effects. Less relaxation difficulties. Obtaining a relaxation status helps sleeping and the physiological nightly rest. Helps to obtain a relaxation effect and regain a natural good temper.	2 cups tea (25 g of fresh mugwort leaf infused in 500 ml water) daily for six days; 1-2 cps thrice daily at mealtimes
estragon	ARTEMISIA DRACUNCULUS	taux de glucose dans le sang	Helps the physiological sugars balance.	2 cups tea (1oz. of fresh mugwort leaf infused in one pint water) daily for six days; 1-2 cps thrice daily at mealtimes
estragon	ARTEMISIA DRACUNCULUS	mobilité articulaire, confort prémenstruel et de la ménopause	Helps maintaining mobility and flexibility of joints. Contribute to the resistance during the premenstrual cycle. Contributes to relieve the menopause symptoms.	2 cups tea (25 g of fresh mugwort leaf infused in 500 ml water) daily for six days; 1-2 cps thrice daily at mealtimes
estragon	ARTEMISIA DRACUNCULUS	fluidity circulation sanguine normale - fluidité	Helps the physiological blood fluidity.	2 cups tea (25 g of fresh mugwort leaf infused in 500 ml water) daily for six days; 1-2 cps thrice daily at mealtimes
estragon	ARTEMISIA DRACUNCULUS	hyperphagie et polydipsie	Relieves flatulence, fullness and windy feelings.	2 cups tea (25 g of fresh mugwort leaf infused in 500 ml water) daily for six days; 1-2 cps thrice daily at mealtimes

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
estragon	ARTEMISIA DRACUNCULUS	Tractus gastro-intestinal - relaxation	Supports the function of intestinal tract. Contributes to nervous impulse transmission and muscle contraction.	2 cups tea (25 g of fresh mugwort leaf infused in 500 ml water) daily for six days; 1-2 cps thrice daily at mealtimes
eucalyptus	Eucalyptus globulus	Muscles et articulation	For healthy joints /contributes to healthy muscles and joints	Herb / Usual consumption as traditional foodstuff in a normal diet oil per day / The equivalent of 4 g leaf per day
eucalyptus	Eucalyptus globulus La-Bill. (Common name: Eucalyptus)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat pharynx and vocal cords	Folia-(Blätter)--usual consumption as a traditional foodstuff in a normal diet (cough drops).--4 bis 6 g der getrockneten Pflanzenteile (Droge) pro Tag
eucalyptus	Eucalyptus globulus (Common Name : Eucalyptus)	taux de glucose sanguin	Help to maintain a normal blood glucose level as part of a healthy lifestyle /Contributes to normal glucose level	Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4 g leaf per day
eucalyptus	Eucalyptus globulus (Common Name : Eucalyptus)	taux de glucose sanguin	Help to maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose - insulin metabolism	Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0.3-0.6 ml of oil per day Feuille 6x220mg/jour
eucalyptus	<i>Eucalyptus globulus La-Bill.</i> (Common name: Eucalyptus)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Folia (Leaves) 4 to 6 g dried drug equivalent per day Dosage: 0,05-0,2 ml. Plant part: leaf. Distillation with (water)vapor.
eupatoire	Eupatoire plantes	Défenses naturelles	Renforce les défenses naturelles Stimule les défenses immunitaires Soutient le système de défense	Feuille 1,5g/jour en infusion

plante	Nutriments, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
eupatoire	Eupatorium cannabinum (feuilles)	santé foie	E. cannabinum improves liver function thanks to its protective effect/is rich of protective compounds that protect liver cells against toxic substances	1.5 g/day (infusion)
eupraise officinale	Euphrasia officinalis (Eyebright)	Eye health	For maintaining the functions of vision and retina	Extract: 1200 mg / Used as part of a multibotanical combination
eupraise officinale	Euphrasia officinalis (Eyebright)	Invigoration of the body	A generally restorative product for those who wish to suppress the addiction, including smoking addiction	Herb: 36 mg / Used as part of a multibotanical combination
fenouil	Foeniculum vulgare ssp. Cappillaceum var. vulgare. FRUITS SECS	Tractus digestif , Appetit, digestion et élimination	Supports appetite, digestion and elimination. Supports the health of the digestive tract.	Powder 5.0-0.2g/day; aqueous extract 2.5-0.1g/day. All over 2 years old: 2-4 years ¼ adult dose, 4-10 years half adult dose Traditional use of fruit / 1 to 4g per day in powder, in infusion or an equivalent extract to these 1-4g(Garnier, 1961)
fenouil	Foeniculum vulgare ssp. Cappillaceum var. vulgare. FRUITS SECS	Santé du système immunitaire -antioxydant	Supports the immune system. Antioxidant activity	Powder 5.0-0.2g/day; aqueous extract 2.5-0.1g/day. All over 2 years old: 2-4 years ¼ adult dose, 4-10 years half adult dose
fenouil	Foeniculum vulgare ssp. Cappillaceum var. vulgare. FRUITS SECS	Santé des seins et la lactation	Supports production of breast milk. Helps maintain breast health during breast feeding.	Powder 5.0-0.2g/day; aqueous extract 2.5-0.1g/day. Mothers postpartum

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
fenouil	Foeniculum vulgare ssp. Cappillaceum var. vulgare. FRUITS SECS	santé et confort prémenstruel	Helps maintain comfortable menstrual cycle.	Powder 5.0-0.2g/day; aqueous extract 2.5-0.1g/day.
fenouil	Foeniculum vulgare Mill. (Common name: Fenouil)	Santé Respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Fructus (Fruit) 5 to 7 g of dried herb equivalent Fructus-(Frucht)--usual consumption as a traditional foodstuff in a normal diet (cough drops).--5 bis 7 g der getrockneten Pflanzenteile (Droge) pro Tag
fenouil	Fenouil fruit	comfort menopause	A utiliser en cas de symptômes ménopausiques Atténue les désagréments liés à la ménopause	Fruit 6x250mg/jour
fenouil	fenouil (Foeniculum vulgare)	comfort digestif	Helps with flatulence and belly spasm.	Daily dose for children up to 1 year: 1 – 2 g of crushed fruits in infusion. Daily dose for children 1-4 years old: 1,5-3 g of crushed fruits in infusion. Daily dose for adults: 5-7 g of crushed fruits in infusion. Contraindication: hypersensib
fenouil	Fenouil (Foeniculum vulgare)	elimination urinaire, détoxicification	Contributes to normal urinary elimination functions - Contributes to urinary flow - Supports the excretory function of the kidneys - Supports detoxification systems - Promotes urinary elimination - Promotes the renal elimination functions	Fruit - At least 30 mg fruit powder per day - Roots - At least 700 mg roots aqueous extract per day root Usual consumption as traditional foodstuff in a normal diet

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
fenouil	Fenouil (<i>Foeniculum vulgare</i>)	Lactation	Supports production of breast milk.	Daily dose for children up to 1 year: 1 – 2 g of crushed fruits in iflusion. Daily dose for children 1-4 years old: 1,5-3 g of crushed fruits in infusion. Daily dose for adults: 5-7 g of crushed fruits in infusion. Contraindication: hypersensib
fenouil	Fenouil (<i>Foeniculum vulgare</i>)	secretion du mucus	Eases expectoration.	Daily dose for children up to 1 year: 1 – 2 g of crushed fruits in iflusion. Daily dose for children 1-4 years old: 1,5-3 g of crushed fruits in infusion. Daily dose for adults: 5-7 g of crushed fruits in infusion. Contraindication: hypersensib
fenugrec	semence de Fenugrec	Cholestérolémie	Aide à maîtriser le cholestérol Bon pour le cholestérol	Semence 18g/jour
fenugrec	semence de Fenugrec	comfort digestif	Favorise le confort digestif Soulage les plaies gastriques	Semence 6x300mg/jour
fenugrec	TRIGONELLA FOENUM-GRAECUM L.	taux de sucre dans le sang	Helps the physiological sugars balance.	For type 1 diabetes, 100 g debitterized powdered fenugreek seeds divided in two equal doses. For type 2, 2.5 g of fenugreek seed powder in capsule form, twice daily for 3 months, or 25 g seed powder, divided in 2 doses
fenugrec	TRIGONELLA FOENUM-GRAECUM L.	équilibre du pH de l'estomac	Helps the physiological pH balance of the stomach.	2.5 grams of fenugreek seed powder in capsule form, twice daily for 3 months, or 100 g debitterized powdered seeds divided in 2 doses
fenugrec	Trigonella foenum-graecum (Common Name : Fenugreek)	Digestion - Appétit	Contributes to appetite /helps to support digestion	Seed powder / 3-18 g daily/ equivalent preparations nasiona/ zwykłe konsumowane jako tradycyjny artykuł żywieniowy w normalnej diecie

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
fenugrec	Trigonella foenum-graecum graines	Soins post-partum, élimination et menstruations	Supports milk production and recovery after childbirth. Helps to balance elimination and monthly cycle after childbirth	Powder: 3-0.3g powder/day
fenugrec	Trigonella foenum-graecum graines	taux de glucose sanguin	Helps support and balance the metabolism of fats. Supports maintenance of normal glucose in blood/help to maintain a normal blood glucose level as part of a healthy lifestyle/Contributes to normal glucose and insulin metabolism	Powder: 3-0.3g powder/day 0.5-3g/day seed
fenugrec	Trigonella foenum-graecum graines	lmetabolisme des lipides	Helps support and balance the metabolism of fats	Powder: 3-0.3g powder/day
fenugrec	Trigonella foenum-graecum (Common Name : Fenugreek)	taux de glucose sanguin	Supports maintenance of normal glucose in blood /help to maintain a normal blood glucose level as part of a healthy lifestyle /Contributes to normal glucose level	Seed / Usual consumption as traditional foodstuff in a normal diet / The equivalent of min. 90 mg of total saponins per day
figuier	Figuier	Blood cholesterol level	Favorise le bon cholestérol Aide à maîtriser le cholestérol	Bourgeon/feuille 0,5 ml d'extrait à 5% de matière sèche

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
figuier	FICUS CARICA L.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions.	Tea decoction: 1 cup daily of 13 g leaves
figuier	FICUS CARICA L.	cicatrisation des plaies	Food supplement supports the physiological activity helping the tissue trophies, skin, hair, nails. Through balanced diets helps the control of lipidic metabolism (cholesterol and triglycerides).	Tea decoction: 1 cup daily of 13 g leaves
figuier	FICUS CARICA L.	taux de lipides dans le sang		Tea decoction: 1 cup daily of 13 g leaves
figuier	FICUS CARICA L.	mobilité articulaire confort prémenstruel et de la ménopause	Helps maintaining mobility and flexibility of joints. Contribute to the resistance during the premenstrual cycle. Contributes to relieve the menopause symptoms.	Tea decoction: 1 cup daily of 13 g leaves
figuier	FICUS CARICA L.	santé d el'intestin - équilibre microbien	Stimulates the growth of beneficial intestinal micro flora.	Tea decoction: 1 cup daily of 13 g leaves
fragon	Ruscus aculeatus	santé des jambes - jambes lourdes	Ruscus aculeatus assists in reduce swelling/ revitalizes, refreshes and brings relief and feeling of lightness to your legs	Commercial butcher's broom capsules are used in many of the clinical studies. These products contain between 30-150 mg of butcher's broom per capsule, and a typical dose is 2 to 3 capsules three times daily for 12 weeks.
framboisier	Rubus idaeus - common name : mûres	Digestion - digestive comfort	/ Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the leaf / 1,5g of leaves as an infusion / Equivalent quantity in extract

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
framboisier	Rubus idaeus - nom commun: Blackberry	Elimination rénale/drainage de l'organisme	/ "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organism" / "Used for the drainage of the organism" / "Stimulates the elimination function of the organism" / "Contributes to the functionality of"	Traditional use of the leaf / 1,5g of leaves as an infusion / Equivalent quantity in extract
framboisier	Rubus idaeus (Raspberry)	(pre)menstrual health - menopause	A traditional lady's tea, particularly recommended during menopause and menstruation	Leaf: 0,2 g / Used as part of a multibotanical combination
frêne	Frêne Feuille	comfort urinaire	Participe au confort urinaire Dépuratif stimulant l'élimination de l'eau et des toxines Favorise le bon fonctionnement des voies urinaires	Feuille 6x250mg/jour
frêne à fleurs	Fraxinus ornus - common name : Manna	Transit et santé intestinale	"Support gastrointestinal health" / "Helps to support the digestion" / "Maintenance of the intestinal functions" / "Supports better bowel performance" / "Supports regular bowel movements" / "For a regular bowel motion" / "Supports bowel transit" /	Traditional use of the dried sap generated from the slit bark/ 20-30 g per day / Equivalent quantity in extract
frêne élevé	<i>Fraxinus excelsior</i>	articulation	Supports the locomotors system /helps strengthening the body's locomotor's system /positive for joint health /helps to maintain flexible joints, muscles and tendons	Nebulise (1:4) 200-500 mg per day

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
frêne élevé	<i>Fraxinus excelsior</i>	Santé des reins et de la vessie	Contributes to kidney and bladder function	Nebulise (1:4) 200-500 mg per day
frêne élevé	Plante : Frêne <i>Fraxinus excelsior</i> (ash)	Elimination rénale de l'eau	Reconnu pour faciliter les fonctions d'élimination de l'organisme / Reconnu pour favoriser l'élimination rénale de l'eau	Feuille/ Consommation traditionnelle dans le cadre d'une alimentation normale/l'équivalent de 560mg de feuille par jour
frêne élevé	<i>Ash tree (leaf)</i> <i>Fraxinus excelsior</i>	bonne santé du tractus urinaire inférieur-reins-élimination	Traditionally used to contribute to normal urinary elimination functions Traditionally used to support the excretory function of the kidneys Usually known for its contribution to normal urinary elimination functions	Leaf Equivalent of 5g of drug per day
frêne élevé	<i>Fraxinus excelsior</i>	fonction articulaire - drainage	draine les articulations	1 cuillère café de macération de la plante par jour Feuilles
frêne élevé	<i>Fraxinus excelsior</i> - nom commun : frêne	gestion du ppoids	Traditionally used to facilitate the weight loss in addition to dietetic measures / "Used to facilitate the weight loss in addition to dietetic measures" / "Helps to loose weight in addition to dietetic measures" / "Contributes to loose weight in addition"	Traditional use of the leaf, Traditional use of the leaf : 5-20 g/d
frêne élevée	<i>Fraxinus excelsior</i> extrait de pépins	pression sanguine	<i>Fraxinus excelsior</i> seed extract helps to regulate blood pressure	1.500 mg/day. Effective on a single oral administration. Intended for normotensive and hypertensive individuals
fucus	<i>Fucus vesiculosus</i>	fonction thyroidienne et production d'hormones métabolisme énergétique	For energy metabolism.	The equivalent of 5-10 g three times daily

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fucus	Fucus vesiculosus - common name : fucus, bladderwrack	Santé intestinale et transit	"Support gastrointestinal health" / "Helps to support the digestion" / "Maintenance of the intestinal functions" / "Supports better bowel performance" / "Supports regular bowel movements" / "For a regular bowel motion" / "Supports bowel transit" /	Traditional use of the thallus / do not exceed 120 µg of iodine per day.
fucus	Fucus vesiculosus	Système hormonal Anti-oestrogène	A une action anti-oestrogénique chez la femme Favorise la diminution des hormones féminines Favorise la diminution des oestrogènes chez la femme	Thalle entier 1,4g/jour
fucus	Plante : Fucus (Fucus vesiculosus)	comfort digestif - transit	Reconnu pour faciliter le transit/Reconnu pour faciliter la digestion/Reconnu pour contribuer à un confort digestif/Reconnu pour favoriser une bonne digestion/Reconnu pour favoriser un bon transit intestinal/Reconnu pour favoriser le transit par un effet	Thalle/ Consommation traditionnelle dans le cadre d'une alimentation normale/l'équivalent de 870mg/j
fucus	Fucus (Fucus vesiculosus L.)	Gestion du poids/ Satiété	Helps to increase feelings of fullness and satiety - Reduces energy intake - Helps to promote weight loss - Helps in weight management - Helps to reduce body weight - Supports in weight loss programs	Thalle - At least 200 mg/d fucus powder
fucus	Fucus vesiculosus (Common Names: Laminariales)	Gestion du poids/ Satiété	-Aids in weight management; -Helps to increase satiety; -Helps to a normal laxative function by increasing fiber.	Whole thallus / The equivalent to <150 mcg iodine

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
fumeterre	nom français : fumeterre <i>Fumaria officinalis</i> fumitory	Elimination rénale	Traditionally used to contribute/support/help to elimination by kidneys - Traditionally used to contribute/support/help to hydric elimination - Traditionally used to contribute/support/help to elimination by the urinary tract - Traditionally used tocontri	herb and aerial part with flowers Infusion : 2-4g before meal
fumeterre	<i>Fumaria officinalis</i> -herb- Fumariaceae-Fumaričă- Fumitory	santé de la peau	contributes to skin health	the equivalent of 2 g herb powder per day
fumeterre	<i>Fumaria officinalis</i> (Common Name : fumeterres)	santé du foie	Contributes to the maintenance of a healthy liver	Aerial parts / The equivalent of 6 g of herb Fleur et tige 6g/jour
gaillet gratteron	GALIUM APARINE L.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions.	Dried herb: 2-4 g thrice daily; fluid extract (1:1 25%): 2-4 ml thrice daily; tincture (1:5 25%): 4-10 ml thrice daily
gaillet gratteron	Galium aparine L. (Common name: Cleavers, Clivers)gaillet gratteron	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions.	flos, herba c. floribus / 6-12g of drug daily /6-12ml of ethanolic extract daily / 9-45ml of juicedaily / equivalent preparations
gaillet gratteron	Galium aparine-aerial parts- Rubiaceae-Lipicioasă-Bedstraw Catchweed	santé lymphatique	contributes to the body`s purification by maintaining a healthy lymphatic flow	the equivalent of 4-10 g herb powder per day
gaillet jaune	Galium verum (yellow bedstraw)-herbe	santé du foie - biliary tractus billiaire	it supports normal functioning of the liver and biliary tract. /	Powder (0,3 g) 3 times a day
galeopsis	Galeopsis segetum (Nom commun: ortie royale)	santé respiratoire	-Good for respiratory tract and throat -Soothens the respiratory tract	Herb / The equivalent of 6 g rhizome per day

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
gattilier	VITEX AGNUS-CASTUS L.	Antioxidant	Increases the physiological resistance of the organism in case of severe ambient conditions	Fluid extract: 1-2.5 ml of 1:2 fluid extract daily; dried fruit: 1.5-3 mg daily of dried fruit daily by decoction; dried extracts in pill or capsule form: 2-500 mg twice-daily
gattilier	VITEX AGNUS-CASTUS L.	articulation confort (pré) menstruel et de la ménopause	Helps during the premenstrual cycle. Contributes to relieve the menopause symptoms Helps maintaining mobility and flexibility of joints.	Fluid extract: 1-2.5 ml of 1:2 fluid extract daily; dried fruit: 1.5-3 g daily of dried fruit daily by decoction; dried extracts in pill or capsule form: 2-500 mg twice-daily
gattilier	VITEX AGNUS-CASTUS L.	comfort (pre)menstruel & menopause	Helps to maintain a physiological well-being during the menstrual cycle. Contributes to the female hormonal balance during clymaterium. Contributes to relieve the menopause symptoms.	Fluid extract: 1-2.5 ml of 1:2 fluid extract daily; dried fruit: 1.5-3 g daily of dried fruit daily by decoction; dried extracts in pill or capsule form: 2-500 mg twice-daily
gattilier	VITEX AGNUS-CASTUS L.	function cognitive	Contributes to recover physical and mental well-being.	Fluid extract: 1-2.5 ml of 1:2 fluid extract daily; dried fruit: 1.5-3 g daily of dried fruit daily by decoction; dried extracts in pill or capsule form: 2-500 mg twice-daily
gattilier	<i>Vitex agnus-castus</i> (Nom commun: gattilier, fruit Chaste, le poivre de Monk)	confort menstruel	Helps to maintain good comfort before and during menstrual cycle	Fruit / The equivalent of 30 mg fruit per day
genevrier	Genévrier	Santé de la peau	Participe à la santé de la peau Combat les inflammations cutanées	Jeune pousse/feuille 0,5 ml d'extrait à 5% de matière sèche

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genevrier	Juniperus communis - common name : Juniper	elimination rénale /drainage de l'organisme	"Traditionally used to enhance the renal elimination of water" / "Traditionally used to facilitate the elimination functions of the organism"/ "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organism"	Traditional use of the pseudo-fructus / 2-3g of dried berries as an infusion in 150 ml of hot water, 3-4 times daily, or equivalent quantity of pseudo-fructus in extract.
genevrier	JUNIPERUS COMMUNIS L.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Useful to protect from free radicals which cause cells and tissues damage. Anti-oxidant and anti-ageing activity. Protection against	Tea: 3 g of chopped drug (wood) in water; 0.1 ml or 20-100 mg of the essential oil; for max 4 weeks. Juniper oil and juniper tar should not be taken by mouth
genevrier	JUNIPERUS COMMUNIS L.	Défences naturelle-résistance	Increases the physiological resistance of the organism in case of severe ambient conditions.	Tea: 3 g of chopped drug (wood) in water; 0.1 ml or 20-100 mg of the essential oil; for max 4 weeks. Juniper oil and juniper tar should not be taken by mouth
genevrier	JUNIPERUS COMMUNIS L.	taux de sucre dans le sang	Helps the physiological sugars balance.	Tea: 3 g of chopped drug (wood) in water; 0.1 ml or 20-100 mg of the essential oil; for max 4 weeks. Juniper oil and juniper tar should not be taken by mouth
genevrier	Juniperus communis (Common Name : baies de genièvre)	santé digestive	Helps maintain healthy digestion	Fruit / The equivalent of 0.375-1.25 g of dried berries or 2-10 g of berries per day
genevrier	Juniperus communis (Common Name : baies de genièvre)	fonction rénale	Supports the excretory function of the kidneys	Fruit / The equivalent of 0.375-1.25 g of dried berries or 2-10 g of berries per day
genevrier	Juniperus communis-Shoots-génévrier	metabolisme des glucides et lipides	Fat and carbohydrates metabolism.	Shoots / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 90-135 mg per day.

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
gentiane jaune	Gentiana lutea - common name : Gentiane	Digestion	"Traditionally used to facilitate the digestion" / "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the root / 2-4g of roots per day Root/0,3-6 g of drug in infusion daily/ 3 ml of tincture (1:5 ethanol 45/70%) daily; equivalent preparations. Pediatric use: 4-10 years 1-2 g; 10-16 years 2-4 g in ethanol free dosage froms.
gentiane jaune	Gentiana lutea - common name : Gentiane	vitalité du corps	"Traditionally used to feel more energetic" / "Used to feel more energetic" / "Helps to find more energy" / "Contributes to find more energy" / "Traditionally used for mental and physical fatigue" / "Used for mental and physical fatigue" / "Helps to enhan	Traditional use of the root / 2-4g of roots per day
géranium robert	Geranium robertianum, herba-Geranium Robert , herbs-250 mg/cps	santé sexuelle	Helps to maintain good sexual relations.	6 capsules/day –2 capsules 3 times/day /1500 mg./day, min. 90 days
ginkgo	Ginkgo biloba [extrait sec GK501 Pharmaton Extrait sec de feuilles de Ginkgo biloba L., drogue / ratio extrait natif (35 - 45): 1, solvant d'extraction à l'acétone / eau, 6,0% de lactones terpéniques, 24,5% ginkgoflavonoids]	performance cognitives et circulation sanguines	Help maintaining mental well-being (e.g by maintaining focus on the work memory in the short term and during moments of increased stress). Help maintaining memory with age decline and to preserve cognitive function. Help maintaining good cognitive functio	160 -960 mg daily 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]
ginkgo	Feuilles de Ginko biloba	système circulatoire du cerveau et performances	Ginko biloba can help the maintenance of the proper brain performance in elderly people	See above
ginkgo	Ginkgo biloba	Equilibre mental	Contribue à un bon équilibre nerveux Favorise un bon équilibre mental	Feuille 120-240mg/jour
ginkgo	Ginkgo Biloba (Common Name : Ginkgo)	circulation sanguine microcirculation	for symptomatic treatment of mild to moderate cerebrovascular insufficiency	Leaf / 120-160 mg of standardized dry extract, corresponding to 4,2 - 10,8 g of leaves/equivalent preparations

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ginkgo	Ginkgo biloba (Common Name : Ginkgo)	Antioxidant	Contains naturally occurring antioxidants /antioxidants help protect you from free radicals /antioxidants help protect your cells and tissues from oxidation /antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4.2-16.1 g crude leaf
ginkgo	Ginkgo Biloba (Common Name : Ginkgo)	fonction cognitives	Helps the maintenance of good cognitive function /helps to maintain memory with age decline and to preserve cognitive function/enhancement of cognitive performance	Leaf / 120-240 mg of standardized dry extract, corresponding to 4,2 - 16,2 g of leaves /equivalent preparations
ginnkgo	Ginkgo (arbre) (Ginkgo biloba)	circulation périphérique,- yeux, oreilles	Promotes the peripheral circulation, which is especially useful for the eyes and the ears. Contributes to good hearing and vision.	Food supplement with 63 mg of ginkgo tree (Ginkgo biloba) leaf extract, containing 15 mg of ginkgo flavone glycosides, in the daily dose.
grande camomille	TANACETUM PARTHENIUM SCH. BIP.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Increases the physiological resistance of the organism in case of severe ambiance conditions.	125 mg dry leaves/day with at least 0.2% parthenolide. Dried extract (tit. parthenolide min.0.5%): 6-7 mg/kg/day, divided in 2 doses with empty stomach
grande camomille	TANACETUM PARTHENIUM SCH. BIP.	confort de la ménopause	Contributes to relieve the menopause symptoms. Contributes to recover physical and mental well-being.	125 mg dry leaves/day with at least 0.2% parthenolide. Dried extract (tit. parthenolide min.0.5%): 6-7 mg/kg/day, divided in 2 doses with empty stomach
grande camomille	TANACETUM PARTHENIUM SCH. BIP.	circulation sanguine	Helps the microcirculation trophism, increasing the permeability and capillary microcirculation.	125 mg dry leaves/day with at least 0.2% parthenolide. Dried extract (tit. parthenolide min.0.5%): 6-7 mg/kg/day, divided in 2 doses with empty stomach

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grande camomille	TARAXACUM OFFICINALE WEBER	l'estomac et la fonction hépatique	Contributes to the functions of the intestinal tract. Helps the physiological pH balance of the stomach.	Root, herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent to 10-12 g of leaf
grande camomille	Tanacetum parthenium (Common Name : Feverfew) grande camomille	Relaxation	/ helps to keep relaxing /supports relaxing the head	Aerial parts / The equivalent of a minimum of 50 mg of powdered plant per day
grande camomille	Chrysanthemum parthenium	Analgésique	Soulage les maux de tête Apaise les douleurs cérébrales	Plante 50-120mg/jour
grande camomille	Chrysanthemum parthenium	Bien être féminin - cycle menstruel	Soulage les douleurs inflammatoires Recommandé lors de problèmes liés au cycle menstruel Participe au bien-être féminin au cours du cycle menstruel	Plante 6x180mg/jour
gui	VISCUM ALBUM L.	taux sanguins de lipides - Métabolisme lipidique	Through balanced diets helps the control of lipidic metabolism (cholesterol and triglycerides).	Dried leaves: 2-6 g (infusion); tincture (1:5, alcohol 45%): 1-3 ml; fluid extract (1:1, alcohol 25%): 0.5 ml; dried extract (4:1): 100-250 mg, thrice daily. Mistletoe lectin I: 0.5 ng/kg to 1 mg/kg twice weekly
gui	VISCUM ALBUM L.	santé vasculaire	Contributes to vascular health. Helps the microcirculation trophism, increasing the permeability and capillary microcirculation.	Dried leaves: 2-6 g (infusion); tincture (1:5, alcohol 45%): 1-3 ml; fluid extract (1:1, alcohol 25%): 0.5 ml; dried extract (4:1): 100-250 mg, thrice daily. Mistletoe lectin I: 0.5 ng/kg to 1 mg/kg twice weekly

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guimauve officinale	Althaea officinalis - nom commun: Guimauve, Althea	Santé gastro-intestinale - transit intestinal	"Support gastrointestinal health" / "Helps to support the digestion" / "Maintenance of the intestinal functions" / "Contributes to physical well-being" / "Supports better bowel performance" / "Supports regular bowel movements" / "For a regular bowel motion"	Traditional use of the leaf, flower and root/ Leaf: Infusion : 1-2g in 150ml boiled water two to three times daily - Fluidextract 1:1 (g/ml) : 1-2ml two to three times daily - Tincture 1:5 (g/ml) : 5-10 ml two to three times daily / Root : Dried root : 2-Root / The equivalent of 9-15 g root daily
guimauve officinale	Althaea officinalis L. (Common name: Guimauve)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Leaf, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g root per day
hamamélis de Virginie	Hamamelis virginia - common name : hamamelis, witch hazel	santé vasculaire et veineuse jambes lourdes	"Traditionally used for the good circulation of blood in microvessels" / "Traditionally used to decrease the sensations of heavy legs" / "Used for the good circulation of blood in microvessels" / "Used to dec	Traditional use of the leaf / Infusion : 2-3g in 150ml boiled water two to three times daily / Fluidextract 1:1 (g/ml), 45% ethanol : 2-4ml three times daily / Tincture 1:5 (g/ml), 25% ethanol : 2-4ml three times daily / Equivalent quantity in extract
hamamélis de Virginie	HAMAMELIS VIRGINIANA L.	défences naturelle - resistance	Increases the physiological resistance of the organism in case of severe ambient conditions.	Cortex for internal use: 2-10 g as decoction for mouthwash, 2-3 g daily as tea, 2-4 ml of tincture diluted as mouthwash thrice daily. Cortex and leaves for external use: 5-10 g cortex as decoction in 250 ml water. Leaves for internal use: 2-3 g as infusio
hamamélis de Virginie	HAMAMELIS VIRGINIANA L.	santé respiratoire articulation confort (pre)menstruel	Contributes to the oral well-being; valid and efficient help during the cool season / relief for the throat. Helps the upper respiratory tract. Helps maintaining mobility and flexibility of joints. Contribute to the resistance during the premenstrual cycl	Cortex for internal use: 2-10 g as decoction for mouthwash, 2-3 g daily as tea, 2-4 ml of tincture diluted as mouthwash thrice daily. Cortex and leaves for external use: 5-10 g cortex as decoction in 250 ml water. Leaves for internal use: 2-3 g as infusio

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hamamélis de Virginie	HAMAMELIS VIRGINIANA L.	Antioxidant	Antioxidant helps to protect against the free radicals action due to a long UV exposure. Food supplement supports the physiological activity helping the tissue trophies, skin, hair, nails. Food supplement supports the physiological activity against the ag	Cortex for internal use: 2-10 g as decoction for mouthwash, 2-3 g daily as tea, 2-4 ml of tincture diluted as mouthwash thrice daily. Cortex and leaves for external use: 5-10 g cortex as decoction in 250 ml water. Leaves for internal use: 2-3 g as infusio
hamamélis de Virginie	HAMAMELIS VIRGINIANA L.	santé cardiovasculaire	Contributes to vascular health.	Cortex for internal use: 2-10 g as decoction for mouthwash, 2-3 g daily as tea, 2-4 ml of tincture diluted as mouthwash thrice daily. Cortex and leaves for external use: 5-10 g cortex as decoction in 250 ml water. Leaves for internal use: 2-3 g as infusio
hamamélis de Virginie	Hamamelis virginiana (Common Name : Hamamélis)	santé des veines jambes lourdes	Contributes to circulation in the legs /tired legs /light legs Contributes to normal blood circulation	Bark, leaf / The equivalent of 6 g of leaf or bark per day
hamamélis de Virginie	Hamamelis virginiana (Common Name : hamamélis)	santé des veines jambes lourdes	Contributes to circulation in the legs /tired legs /light legs Contributes to normal blood circulation	Leaf / 6 - 9 g of leaf daily as infusion, equivalent preparations; 6-12 ml liquid extract (1:1; ethanol 45%)
HE anis	Anisi aetheroleum	Santé Respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Conditions of use : see folder "BE - Company X"
HE carvi	Aetheroleum carvi-Caraway Volatil Oil	Digestion	Helps to support the digestion	Usual consumption as traditional foodstuff in a normal diet / 0.3-0.6 g diluted,daily

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HE carvi	Aetheroleum carvi-Caraway Volatile Oil	santé respiratoire	Volatile oil contributes to destruction of pathogen microorganisms.	Usual consumption as traditional foodstuff in a normal diet / 0.3-0.6 g daily
HE épicéa	Piceae aetheroleum	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	usual consumption as a traditional foodstuff in a normal diet (cough drops).--> 2 mg pro Einzeldosis
HE épicéa	Piceae aetheroleum (nom commun: l'huile d'aiguilles de sapin)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	> 2 mg per single dose
HE eucalyptus	Eucalypti aetheroleum	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	
HE eucalyptus	Eucalypti aetheroleum(Common name: huile d' Eucalyptus)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	> 2 mg per single dose or 0.3 to 0.6 g per day
HE eucalyptus	Eucalypti aetheroleum (Common name:huile d' Eucalyptus)	santé respiratoire	adjuvant treatment of chronic obstructive respiratory complaints/adjuvant treatment bronchitis and bronchial asthma/ symptomatic relief of catarrh, colds and coughs/ Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Sooth	Essential oil / 0,3-0,6 ml daily / 0,2-1 g daily/equivalent preparations

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
HE eucalyptus	Aetheroleum eucalypti-Eucalyptus Volatil Oil	santé respiratoire	Supports the optimal functioning of respiratory system	Usual consumption as traditional foodstuff in a normal diet / 0.3-0.6 g, diluted,daily
HE fenouil	Foeniculi aetheroleum (Common name: huile de Fenouil)	Santé Respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	> 0.2 mg per single dose or 0.1 to 0.6 g per day
HE fenouil	Aetheroleum foeniculi-Fennel Volatil Oil	santé respiratoire	Volatil oil contributes to destruction of pathogen microorganisms.	Usual consumption as traditional foodstuff in a normal diet/ 5-20 drops,diluted, daily
HE fenouil	Aetheroleum foeniculi-Fennel Volatil Oil	Digestion	Helps to support the digestion	Usual consumption as traditional foodstuff in a normal diet / 5-20 drops,diluted, daily
HE lavande	Aetheroleum lavandulae-Lavender Volatil Oil	santé respiratoire	Volatil oil contributes to destruction of pathogen microorganisms.	Usual consumption as traditional foodstuff in a normal diet / 5-20 drops,diluted, daily
HE menthe	Aetheroleum menthae-Mint Volatil Oil	Digestion	Helps to support the digestion	Usual consumption as traditional foodstuff in a normal diet/ 0.2-0.4 ml 3 times daily in dilute preparations
HE menthe	Aetheroleum menthae-Mint Volatil Oil	santé respiratoire	Supports the optimal functioning of respiratory system	Usual consumption as traditional foodstuff in a normal diet / 0.2-0.4 ml 3 times daily in dilute preparations
HE menthe des champs	Menthae arvensis aetheroleum (Noms communs: l'huile de menthe, huile de Menthe)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	3 to 6 drops (about 0.06 to 0.11 g) per day usual consumption as a traditional foodstuff in a normal diet (cough drops).--3 bis 6 Tropfen (zirka 0.06 bis 0.11 g) pro Tag

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
HE origan	Huile d' origan (<i>Oreganum vulgare</i>)	estomac et intestine	For stomach and gut health.	Ethereal oregano oil (<i>Oreganum vulgare</i>) in which the daily serving of 35 mg contains 28 mg of carvacrol.
HE pin	Aetheroleum pini-Pine Volatil Oil	santé respiratoire	Supports the optimal functioning of respiratory system	Usual consumption as traditional foodstuff in a normal diet / 5-20 drops,diluted, daily
HE thym	Aetheroleum thymi-Thyme Volatil Oil	santé respiratoire	Supports the optimal functioning of respiratory system	Usual consumption as traditional foodstuff in a normal diet / 5-20 drops,diluted, daily
herbe aux chantres, vélar	Sisymbrium officinale	santé respiratoire	<ul style="list-style-type: none"> - Soothing for throat/ - supportive and soothing in case of tickle in the throat - to use in case of temporary croakiness - mild and softening for the throat - for an appropriate and easy respiration 	Herb / The equivalent of 0,5-1 g herb per day
hibiscus	Hibiscus sabdariffa - common name : Hibiscus	Renal elimination / Organism draining	<ul style="list-style-type: none"> / "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organism" / "Used for the drainage of the organism" / "Stimulates the elimination function of the organism" / "Contributes to the functionality o 	Traditional use of the flower / 1,5g of flowers as an infusion / Equivalent quantity in extract

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
hibiscus	Hibiscus sabdariffa - common name : Hibiscus	Dynamisme du corps	/ "Used to feel more energetic" / "Helps to find more energy" / "Contributes to find more energy" / "Used for mental and physical fatigue" / "Helps to enhance mental and physical capacities" / "Contributes to enhance mental and physical capacities"	Traditional use of the flower / 1,5g of flowers as an infusion / Equivalent quantity in extract
hibiscus	Hibiscus sabdariffa - common name : Hibiscus	Santé vasculaire et veineuse / jambe lourde	/ "Used for the good circulation of blood in microvessels" / "Helps to decrease the sensations of heavy legs"	Traditional use of the flower / 1,5g of flowers as an infusion / Equivalent quantity in extract
hibiscus	Hibiscus sabdariffa - nom commun : Hibiscus	Santé intestinale - côlon transit	"Support gastrointestinal health" / "Helps to support the digestion" / "Maintenance of the intestinal functions" / "Contributes to physical well-being" / "Supports better bowel performance" / "Supports regular bowel movements" / "For a regular bowel motion"	Traditional use of the flower / 1,5g of flowers as an infusion / Equivalent quantity in extract
hibiscus	Hibiscus (Hibiscus sabdariffa L.)	Tonus/ Vitalité	Helps in case of fatigue - Helps to make you feel more energetic - Enhancement of vitality/energy - Helps to support body's vitality	Calyx - Flower - Usual consumption as traditional foodstuff in a normal diet - At least 300 mg per day
hibiscus	Hibiscus sabdariffa - common name : Hibiscus	élimination rénale/drainage de l'organisme	"Traditionally used to enhance the renal elimination of water" / "Traditionally used to facilitate the elimination functions of the organism" / "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organism"	Traditional use of the flower / 1,5g of flowers as an infusion / Equivalent quantity in extract

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houblon	Extrait de houblon	Antioxidant	Xanthohumol protects body cells from harmful free radicals which damage cells, protects them from oxidation induced cell stress and reinforces cell protection.	wellness drink / Usual consumption as traditional foodstuff in a normal diet wellness drink / RDA 10mg
houblon	Extrait de houblon	propriétés relaxantes - sommeil	Xanthohumol has a relaxing effect and induces mental and physical well being and enables sound and healthful sleep	wellness drink / Usual consumption as traditional foodstuff in a normal diet wellness drink / RDA 10mg
houblon	Extrait de houblon	Antioxydant	Xanthohumol protects body cells from harmful free radicals which damage cells, protects them from oxidation induced cell stress and reinforces cell protection.	wellness drink / Usual consumption as traditional foodstuff in a normal diet wellness drink / RDA 10mg
houblon	Humulus lupulus (Houblon)	L'effet calmant, favorise un bon sommeil.	Hea kasutada uinumisraskuste korral. Kesknärvisüsteemi erutuse korral.	Toidulisandi portsjonis sisaldub 25% päevasest soovitatavast kogusest, väidet kasutava toidukäitleja poolt esitatud andmete põhjal on päevane soovitatav kogus 0,096 g. Humal on segus palderjani (<i>Valeriana officinalis</i>), veiste südamerohu (<i>Leonurus quinque</i>)
houblon	Humuluslupulus (Nom commun: Houblon)	Antioxidant	Contains antioxidant/s; Is a source of antioxidant/s. With antioxidant/s. Contains naturally occurring antioxidants /antioxidants help protect you from free radicals /antioxidants help protect your cells and tissues from oxidation /antioxidants contribute	Grains (Lupuli flos/glandula), strobilus / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5-10 g of powder per day Grains (Lupuli flos/glandula) / Usual consumption as traditional foodstuf in a normal diet
houblon	Humuluslupulus (Nom commun: Houblon)	santé digestive	helps to support the digestion; contributes to the function of intestinal tract	Grains (Lupuli flos/glandula), strobilus / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5-10 g of powder per day

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houblon	Humuluslupulus (Nom commun: Houblon)	confort de la ménopause	Helps to maintain a calm and comfortable menopause /helps women coping with the telltale signs associated with menopause, such as hot flushes, sweating, restlessness and irritability	Flower / The equivalent of 100-250 µg of 8-prenylnaringenin / Target group: Women during menopause
houblon	Humulus lupulus (Common Name :houblon)	niveau de cholestérol sanguin	Contributes to a normal cholesterol	Grains (Lupuli flos/glandula) / Usual consumption as traditional foodstuff in a normal diet
houblon	Humulus lupulus (Common Name : Houblons)	confort de la ménopause	Helps to maintain a calm and comfortable menopause/helps women coping with the telltale signs associated with menopause, such as hot flushes, sweating, restlessness and irritability	Flower / The equivalent of 100-250 µg of 8-prenylnaringenin / Target group: Women during menopause
houblon	Humulus lupulus (houblon)-strobuli-	système nerveux	soothing effect for the nervous system.	Powder (0,3 g) 3 times a day
hysope	<i>Hyssopus officinalis L.</i> (Common name: Hyssop)	Santé Respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	
hysope officinal	<i>Hyssopus officinalis L.</i> (Nom commun: Hysope)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Herba (Aerial parts) 3 to 12 g dried drug equivalent per day
hysope officinal	Hyssopus officinalis, herba, Hysope, herbes	os et articulation	Supports the health of bones and joins	Capsules, 60 mg./day in combination with other herbs

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
immortelle d'Italie	HELICHRYSUM ITALICUM DON.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Antioxidants reducing the production of oxidative cholesterol.	15 g helichrysum in 1 l water for topical use; infusion (1 spoon) of flowers in 2.5 dl water: 2 cups daily; tincture (fresh flowers, alcohol 65°): 50 drops 3 times daily; fluid extract: 1/2-1 teaspoon 3-4 times daily
immortelle d'Italie	HELICHRYSUM ITALICUM DON.	defences naturelle - resistance	Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions. Increases the physiological resistance of the organism in case of severe ambiance conditions.	15 g helichrysum in 1 l water for topical use; infusion (1 spoon) of flowers in 2.5 dl water: 2 cups daily; tincture (fresh flowers, alcohol 65°): 50 gtt 3 times daily; fluid extract: 1/2-1 teaspoon 3-4 times daily
immortelle d'Italie	HELICHRYSUM ITALICUM DON.	mobilité articulaire confort prémenstruel et de la ménopause	Helps maintaining mobility and flexibility of joints. Contribute to the resistance during the premenstrual cycle. Contributes to relieve the menopause symptoms.	15 g helichrysum in 1 l water for topical use; infusion (1 spoon) of flowers in 2.5 dl water: 2 cups daily; tincture (fresh flowers, alcohol 65°): 50 gtt 3 times daily; fluid extract: 1/2-1 teaspoon 3-4 times daily
immortelle d'Italie	HELICHRYSUM ITALICUM DON.	defences naturelle - resistance	Increases the physiological resistance of the organism in case of severe ambiance conditions.	15 g helichrysum in 1 l water for topical use; infusion (1 spoon) of flowers in 2.5 dl water: 2 cups daily; tincture (fresh flowers, alcohol 65°): 50 gtt 3 times daily; fluid extract: 1/2-1 teaspoon 3-4 times daily
immortelle d'Italie	HELICHRYSUM ITALICUM DON.	fonction hépatique purification	Helps to maintain a healthy liver function, supporting the digestion and the body purification.	herba c. floribus, summitas / 3g of drug daily; equivalent preparations

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immortelle d'Italie	Helichrysum italicum Don. / Helichrysum angustifolium (Common Name : immortelle d'Italie, plante à curry)	Digestion	Used to facilitate the digestion / Contributes to the digestive comfort/Helps to support the digestion/Contributes to support the digestion/Contributes to better digestion/ contributes to the normal function of intestinal tract	herba c. floribus, summitas / 3g of drug daily; equivalent preparations
immortelle d'Italie	Helichrysum italicum Don. / Helichrysum angustifolium (Common Name : immortelle d'Italie, plante à curry)	santé respiratoire	Due to its balsamic activity could help during the cool season, Good for respiratory tract and/or throat, Demulcent, Expectorant.	herba c. floribus, summitas / 3g of drug daily; equivalent preparations
iris des jardins	<i>Iris germanica L.</i> , <i>Iris florentina auct.</i> , <i>Iris pallida Lam.</i> (Common name: Iris)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Radix (root)
lamier blanc	Lamium album	Digestion - Apétit	Contributes to appetite /helps to support the digestion /helps to support the digestive juice flow/ contributes to the gastro-intestinal movement appetite /helps to support the digestion /contributes to the normal function of intestinal tract /helps suppo	Herb / The equivalent of 3 g of herb per day
lamier blanc	<i>Lamium album</i>	confort (pre)menstruel	Helps to maintain good comfort before and during menstrual cycle	Herb / The equivalent of 3 g of herb per day

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lamier blanc	<i>Lamium album</i> - nom commun: ortie blanche	élimination rénale / drainage de l'organisme	/ "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organism" / "Used for the drainage of the organism" / "Stimulates the elimination function of the organism" / "Contributes to the functionality o	Traditional use of the flowering top / 1g of dried flowering tops as an infusion in hot water, many times daily , or equivalent quantity in extract
laminaire	Laminaria (Brown seaweed)	Défenses naturelles du système immunitaire	1. Strengthens the immunity 2. A generally restorative product for the maintenance of body's functions — ensures the necessary amount of iodine in the body for the physiological self-regulation of iodine exchange, strengthens the immunity	0,75- 2,25g / 50g in 30 min before eating
laminaire	Laminaria (Brown seaweed)	Purification	Effectively purifies the body	50g in 30 min before eating
laminaire	Laminaria (Brown seaweed)	Santé digestive	Beneficially affects the function of the digestive system	50g in 30 min before eating Thalle/ Consommation traditionnelle dans le cadre d'une alimentation normale/l'équivalent de 600mg/j
lampourde épineuse	Xanthium spinosum L. herba-spiny cocklebur, herb	Prostate health	helps normal functioning of prostate / support normal urinary function for men from the age of 45 / helps to maintain prostate health	To make an infusion, use 1 teabag (1,5 gr) per cup (200 ml water). The infusion may be taken 1 cup with tea 3 times a day. A usually cure can be taken 6 months.
laurier sauce	Laurier sauce feuille	Anti-inflammatoire	Soulage les douleurs inflammatoires Soulage les douleurs rhumatismales Apaise les douleurs musculaires Apaise les douleurs articulaires	Allégation thérapeutique!!!

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laurier sauce	LAURUS NOBILIS L.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions. Increases the ph	Essential oil (from leaves and berries): 1-2 drops 2-3 times daily; topical use: diluted 4-6 % in oil or alcoholic sol. or in water. Infusion of berries: 2 g in 100 ml water, 2 cups daily; berries powder: 1 teaspoon daily; infusion of leaves: 3 g in 100 m
laurier sauce	LAURUS NOBILIS L.	cicatrisation des plaies	Food supplement supports the physiological activity helping the tissue trophies, skin, hair, nails.	Essential oil (from leaves and berries): 1-2 drops 2-3 times daily; topical use: diluted 4-6 % in oil or alcoholic sol. or in water. Infusion of berries: 2 g in 100 ml water, 2 cups daily; berries powder: 1 teaspoon daily; infusion of leaves: 3 g in 100 m
laurier sauce	LAURUS NOBILIS L.	circulation du sang - fluidité	Helps the physiological blood fluidity.	Essential oil (from leaves and berries): 1-2 drops 2-3 times daily; topical use: diluted 4-6 % in oil or alcoholic sol. or in water. Infusion of berries: 2 g in 100 ml water, 2 cups daily; berries powder: 1 teaspoon daily; infusion of leaves: 3 g in 100 m
laurier sauce	Laurus nobilis L.-Lauraceae- feuille de laurier	Laurier est nécessaire à la réduction des microorganismes pathogènes	Volatile oil contributes to destruction of pathogen microorganisms.	Leaves / Usual consumption as traditional foodstuff in a normal diet
lavande officinale	<i>Lavandula angustifolia</i> - nom commun: Lavande	aide à trouver le sommeil	/ "Used to help to find a better sleep" / "Used to decrease tenseness" / "Used to decrease restlessness" / "Used to decrease irritability" / "Helps to find a better sleep" / "Contributes to find a better sleep" / "Helps to decrease tenseness" / "Con	Traditional use of the leaf and the aerial part / 1,5 g of flowers as an infusion several times daily and particularly in the evening before go to bed / Equivalent extract

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
lavande officinale	<i>Lavandula angustifolia</i> - nom commun: Lavande	Digestion , relaxation	used to improve the digestive comforts in case of temporary stress"	Traditional use of the leaf and the aerial part / 1,5 g of flowers as an infusion several times daily and particularly in the evening before go to bed / Equivalent extract
lavande officinale	Lavandula angustifolia (Common Name : Lavande)	Relaxation - sommeil	Contributes to optimal relaxation /helps to support the relaxation / helps to maintain a healthy sleep/ helps in functional abdominal complaints	Flower / 1-2 teaspoons in infusion 3 time daily oil/ 1-4 drops kwiat/ Zwykle konsumowany jako tradycyjny artykuł żywnościowy w normalnej diecie
lierre terrestre ???	Lierre	Système respiratoire Expectorant, spasmolitique anti-inflammatoire, anti-asthmatoire	Procure une influence apaisante sur les voies respiratoires Soulage les inflammations respiratoires Facilite la respiration Procure une respiration aisée	Feuille 300-945mg/jour
livèche	Levisticum officinale	Relaxation	Contributes to optimal relaxation /helps to support the relaxation	Root / The equivalent of 4-8 g of root per day
livèche	<i>Levisticum officinale</i> - nom commun: : Livèche	Santé vasculaire et veineuse , jambes lourdes	/ "Used for the good circulation of blood in microvessels" / "Helps to decrease the sensations of heavy legs".	Traditional use of the root / 4-8g of roots per day / Equivalent quantity in extract
livèche	<i>Levisticum officinale</i> - nom commun: : Livèche	Digestion - confort digestif	/ "Used to facilitate the digestion" / "Helps to support normal liver function" / "Contributes to the stimulation of the production of the digestive body fluids" / "Supports the liver and biliary function" / "Contributes to the digestive comfort" /	Traditional use of the root / 4-8g of roots per day / Equivalent quantity in extract

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livèche	<i>Levisticum officinale</i> - <i>om commun</i> : : Livèche	Elimination rénale/drainage de l'organisme	/ "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organism" / "Used for the drainage of the organism" / "Stimulates the elimination function of the organism" / "Contributes to the functionality o	Traditional use of the root / 4-8g of roots per day / Equivalent quantity in extract
livèche	<i>Levisticum officinale</i>	Physical performance	Herbs that have body toning and sexual potency strengthening properties	Root: 210 mg / Used as part of a multibotanical combination
livèche	<i>Levisticum officinale</i> - common name : Lovage	elimination rénale/drainage du corps	"Traditionally used to enhance the renal elimination of water" / "Traditionally used to facilitate the elimination functions of the organism" / "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organism"	Traditional use of the root / 4-8g of roots per day / Equivalent quantity in extract
livèche	<i>Levisticum officinale</i> - common name : Lovage	santé vasculaire et veineuse jambe lourde	"Traditionally used for the good circulation of blood in microvessels" / "Traditionally used to decrease the sensations of heavy legs" / "Used for the good circulation of blood in microvessels" / "Helps to decrease the sensations of heavy legs".	Traditional use of the root / 4-8g of roots per day / Equivalent quantity in extract
lotier corniculé	LOTUS CORNICOLATUS L.	Intestin-équilibre microbien	Stimulates the growth of beneficial intestinal micro flora - increases the physiological resistance of the organism in case of severe ambiance conditions.	190 mg cps daily; infusion: 6-8 g in 100 ml water, 1 cups after meals

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maïs	Zea mays-Radicles-Maize, Cornsilk	Heart health	Helps to structure and function of heart	Radicles / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 135 - 180 mg per day.
marjolaine	Marjolaine feuille	Antioxidant	Combat la formation des radicaux libres A utiliser pour se protéger des radicaux libres Lutte contre le vieillissement Anti-oxidant	Feuille 4g/jour en infusion
marjolaine	ORIGANUM MAJORANA	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.	1 teaspoon of the whole plant in a cup of water, 2-3 times daily; 5-6 drops essential oil
marjolaine	ORIGANUM MAJORANA	défences naturelles - résistance	Increases the physiological resistance of the organism in case of severe ambiance conditions.	1 teaspoon of the whole plant in a cup of water, 2-3 times daily; 5-6 drops essential oil
marjolaine	ORIGANUM MAJORANA	taux de sucre dans le sang	Helps the physiological sugars balance.	1 teaspoon of the whole plant in a cup of water, 2-3 times daily; 5-6 drops essential oil
marjolaine	ORIGANUM MAJORANA	Transmission de l'influx nerveux et la contraction musculaire.	Contributes to nervous impulse transmission and muscle contraction.	1 teaspoon of the whole plant in a cup of water, 2-3 times daily; 5-6 drops essential oil
marjolaine	ORIGANUM MAJORANA	santé du foie - digestion - purification	Helps to maintain a healthy liver function, supporting the digestion and the body purification.	1 teaspoon of the whole plant in a cup of water, 2-3 times daily; 5-6 drops essential oil
marjolaine	ORIGANUM MAJORANA	fonction intestinale	Helps maintaining gut regularity.	1 teaspoon of the whole plant in a cup of water, 2-3 times daily; 5-6 drops essential oil

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marjolaine	Origanum majorana - common name : Marjoram	Digestion	"Traditionally used to facilitate the digestion" / "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the leaf and flower Traditional use of the leaf and flower: 1,25-2,5 g/d
marjolaine à coquilles	Majorana hortensis, herba, Marjolaine, herbe	Système nerveux	Supports the normal functioning of the nervous system	Capsules, 480 mg./day in combination with other herbs
marjolaine à coquilles	Majorana hortensis, herba, Marjolaine, herbe	Relaxation - sommeil	contributes to optimal relaxation / help to maintain a healthy sleep	May be taken 1 gram to 3-4 times a day.
marron d'inde	AESCULUS HIPPOCASTANUM L.	Antioxydant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Useful to protect the skin from UV-induced oxidative damage. Helps protect against the free radicals action due to UV exposure or se	Extract (tit. escin 10%): 250-350 mg 2 times daily. 0.5-1.2 ml liquid fruit extract; 2-4 ml liquid bark extract daily
marron d'inde	AESCULUS HIPPOCASTANUM L.	défences naturelles-résistance	Increases the physiological resistance of the organism in case of severe ambient conditions.	Extract (tit. escin 10%): 250-350 mg 2 times daily. 0.5-1.2 ml liquid fruit extract; 2-4 ml liquid bark extract daily
marron d'inde	AESCULUS HIPPOCASTANUM L.	mobilité articulaire, confort prémenstruel et de la ménopause	Helps maintaining mobility and flexibility of joints. Contribute to the resistance during the premenstrual cycle. Contributes to relieve the menopause symptoms.	Extract (tit. escin 10%): 250-350 mg 2 times daily. 0.5-1.2 ml liquid fruit extract; 2-4 ml liquid bark extract daily
marron d'inde	AESCULUS HIPPOCASTANUM L.	peau	Food supplement supports the physiological activity helping the tissue trophies,... skin, hair, nails. Helps the physiological skin purifying activities.	Extract (tit. escin 10%): 250-350 mg 2 times daily. 0.5-1.2 ml liquid fruit extract; 2-4 ml liquid bark extract daily

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marron d'inde	AESCULUS HIPPOCASTANUM L.	santé de l'estomac	Helps the physiological pH balance of the stomach.	Extract (tit. escin 10%): 250-350 mg 2 times daily. 0.5-1.2 ml liquid fruit extract; 2-4 ml liquid bark extract daily
marron d'inde	Aesculus hippocastanum (Common Name :marronnier)	santé des veines/circulation sanguine/jambes	Helps maintain healthy blood circulation/promotes circulatory health//helps maintain healthy venous circulation in the legs	Seed / The equivalent of 50mg (according ESCOP)-150 mg aescin per day Tagesdosis Rosskastanien Extrakt: 428 mg–Erwachsene–Aescin–Gehalt:
marrube blanc	MARRUBIUM VULGARE L.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions.	Daily 4.6 g herb or 2-6 tablespoonfuls of expressed juice
marrube blanc	MARRUBIUM VULGARE L.	taux de sucre dans le sang	Helps the physiological sugars balance.	Daily 4.6 g herb or 2-6 tablespoonfuls of expressed juice
marrube blanc	MARRUBIUM VULGARE L.	relaxation bien-être mental et physique.	Helps relaxation effects. Obtaining a relaxation status helps sleeping and the physiological nightly rest. Contributes to nervous impulse transmission and muscle contraction.	Daily 4.6 g herb or 2-6 tablespoonfuls of expressed juice
marrube blanc	MARRUBIUM VULGARE L.	pression sanguine	Traditionally known for helping the blood circulation and vascular pressure.	Daily 4.6 g herb or 2-6 tablespoonfuls of expressed juice

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marrube blanc	MARRUBIUM VULGARE L.	Microcirculation	Helps the microcirculation trophism, increasing the permeability and capillary microcirculation. Helps to remove physiologically the excess of fluids. Helps to remove the physiological fluids excess, often causing cutaneous inaesthetisms.	Daily 4.6 g herb or 2-6 tablespoonfuls of expressed juice
marrube blanc	MARRUBIUM VULGARE L.	Tractus gastro-intestinal - relaxation	Relieves flatulence, fullness and windy feelings. Supports the function of intestinal tract.	Daily 4.6 g herb or 2-6 tablespoonfuls of expressed juice
marrube blanc	Marrubium vulgare L. (Common name:Marrube blanc)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4.5 g per day
marrube blanc	Marrubium vulgare (Common Name : Horehound (white)) Marrube blanc	santé digestive	Helps to support the digestion /contributes to the normal function of intestinal tract/helps support the digestive juice flow	Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4.5 g per day
marrube blanc	Marrubium vulgare L. (Nom commun: Marrube (blanc))	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Herba (Aerial parts) 4.5 g dried drug equivalent per day
marrube blanc	Marrubium vulgare, herba, Horehound, herbs	Liver and Gall Bladder Health	Supports the normal liver and gall bladder function	Capsules, 240 mg./day in combination with other herbs
matricaire	Matricaria recutita (Nom commun: Camomille)	La santé cognitive et mentale Humeur positive - relaxation - sommeil	Contributes to optimal relaxation/helps to support the relaxation and mental and physical well-being/contributes to a normal helps to maintain a healthy sleep	Flower / The equivalent of 6 g chamomile flower per day Monoprodukt oder Zutat einer Mischung, zur Zubereitung eines Heißaufgusses

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
matricaire	Matricaria recutita (Nom commun: Camomille)	Défenses naturelles , système immunitaire	- contributes to the natural defences of the body - support of the body 's defence - supports the immune system	Flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of a minimum of 2 g of crude plant material per day Flower / The equivalent of 6 g chamomile flower per day
matricaire	Matricaria recutita (Nom commun: Camomille)	Antioxidant	Contains antioxidant/s; Is a source of antioxdiant/s. With antioxidant/s. Contains naturally occurring antioxidants /antioxidants help protect you from free radicals /antioxidants help protect your cells and tissues from oxidation	Flower/Usual consumption as traditional foodstuff in a normal diet
matricaire	camomille allemande(Matricaria/Chamomilla recutita L.)	comfort digestif	Helps with indigestion and flatulence.	Daily dose for adults: 3x daily 2 – 4 g of dried inflorescence in infusion. Daily dose for children: 2x daily 1-2 g of dried inflorescence in influsion. Contraindication: hypersensitivity to the given herb
matricaire	Camomille (Matricaria chamomilla L.)	santé respiratoire	Release of the respiratory tract - Supportive and soothing in case of dry cough, tickle in the throat - Soothing the throat - Respiratory comfort - Helps to soften respiratory troubles like coughs and sore throat in a natural way - Helps maintain res	Flowering tops At least 12 mg/d

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
matricaire	Matricaria recutita L. (Common name: Chamomile)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	
matricaire	Matricaria recutita (Common Name : Chamomile Camomile)	Digestive health	Helps to supports the treatment of gastro-intestinal complaints such as minor spasms epigastric distension, flatulence and belching	flower / 3 g of drug to 150ml of hot water/dried extract 50-300 mg three times daily; equivalent preparations. Pediatric use: proportion of adult dose according to age or body weight yes
matricaire	Matricaria recutita L. (Nom commun: Camomille)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Flos (Flowers) 9 to 12 g dried drug equivalent per day
matricaire	Matricaria chamomilla-fleur-Camomille	peau	Helps to heal the skin after burns and in case of infected wounds	Externally, 1 teaspoon of tincture in 100 ml in water
matricaire	Matricaria recutita-fleur-Camomille	Metabolisme des lipides	Promotes a normal metabolism of the lipids Promotes the reduction in body weight	3-6 g dry flower; 2-3 tsp flower/cup water; 10-40 drops tincture 3 x/day; 7-14 ml tincture (1:5)/day;
mauve	Mauve	Voies respiratoires	Procure une influence apaisante sur les voies respiratoires Facilite la respiration Procure une respiration aisée A une influence bénéfique sur la gorge A utiliser en cas de chatouillement dans la gorge	Feuille et fleur 5g/jour
mauve	Malva sylvestris Mallow (feuilles et fleurs)	Pharynx et gorge	Traditionally used to soothe the throat Usually known to soothe the throat	Leaf, Flower Equivalent of 1,5 g of drug daily

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
mauve	Malva sylvestris L. (Nom commun : mauve)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Folia (Leaves) 5 g dried drug equivalent per day
mauve	Malva sylvestris - common name : Mallow	Santé gastro-intestinale - le transit intestinal	"Support gastrointestinal health" / "Helps to support the digestion" / "Maintenance of the intestinal functions" / "Contributes to physical well-being" / "Supports better bowel performance" / "Supports regular bowel movements" / "For a regular bowel motion"	Traditional use of the flower and leaf / Infusion : 3-5g of leaves or 1,5-2g of flowers daily / Equivalent quantity in extract. Leaf, Flower Equivalent of 5g of drug daily
mauve	Malva sylvestris - common name : Mauve	Digestion -	"Traditionally used to facilitate the digestion" / "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the flower and leaf / Infusion : 3-5g of leaves or 1,5-2g of flowers daily / Equivalent quantity in extract. Flower, leaf / 3-5 g of drug daily, equivalent preparations
mauve	Malva sylvestris	pharynx et voies respiratoires	- Soothing for throat/ - supportive and soothing in case of dry cough, tickle in the throat - to use in case of temporary croakiness - mild and softening for the throat - for an appropriate and easy respiration	Leaf, Flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g per day
mélèze	Mélèze (Larix decidua)	Défence naturelle-défences immunitaires	Supports the natural defenses/Supports the immune system. Contributes to the resistance against microorganisms. Support of the body's defence Contributes to the body's defence.	Branch - At least 900 mg of larch extract per day)

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
mélilot	<i>Melilotus officinalis</i> - nom commun: mélilot, mélilot	Digestion - confort digestif	/ "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the flowering top / Infusion : 1,6-3,2g two to three times daily / drug or preparation equivalent to 3-30 mg of coumarin daily / Equivalent quantity in extract
mélilot	<i>Melilotus officinalis</i> - nom commun: mélilot, mélilot	Effet relaxant - aide à trouver le sommeil	/ "Used to help to find a better sleep" / "Used to decrease tenseness" / "Used to decrease restlessness" / "Used to decrease irritability" / "Helps to find a better sleep" / "Contributes to find a better sleep" / "Helps to decrease tenseness" / "Con	Traditional use of the flowering top / Infusion : 1,6-3,2g two to three times daily / drug or preparation equivalent to 3-30 mg of coumarin daily / Equivalent quantity in extract
mélilot	<i>Melilotus officinalis</i> - common name : Melilot, Sweet clover	Digestion - confort digestif	"Traditionally used to facilitate the digestion" / "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the flowering top / Infusion : 1,6-3,2g two to three times daily / drug or preparation equivalent to 3-30 mg of coumarin daily / Equivalent quantity in extract
mélilot	<i>Melilotus officinalis</i> - common name : Melilot, Sweet clover	Santé vasculaire et veineuse jambes lourdes	"Traditionally used for the good circulation of blood in microvessels" / "Traditionally used to decrease the sensations of heavy legs" / "Used for the good circulation of blood in microvessels" / "Helps to decrease the sensations of heavy legs"	Traditional use of the flowering top / Infusion : 1,6-3,2g two to three times daily / drug or preparation equivalent to 3-30 mg of coumarin daily / Equivalent quantity in extract
mélilot	<i>Melilotus officinalis</i> (Nom commun: mélilot, mélilot)	santé veineuse jambe lourde	Contributes to circulatory health /tired legs /light legs	Aerial parts / The equivalent of 4-9 g crude leaf per day / The equivalent of 3 mg coumarin daily

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
mélilot	Melilotus officinalis, herba, mélilot jaune herbe	os et articulation	Supports the health of bones and joins	Capsules, 105 mg./day in combination with other herbs
mélilot	Melilotus officinalis-Herba-Melilot	sang- purification	Support for the blood purification.	Tincture, tea, capsule/ 5 ml tincture per day/ 2-3 cups of tea per day/ the equivalent of 600 mg powder per day
mélisse	Melissa officinalis (Nom commun : mélisse)	Santé mentale et cognitive - Humeur positive- relaxation-sommeil	Helps maintain positive mood and good cognitive functioning/contributes to optimal relaxation/helps to support the relaxation and mental and physical well being/contributes to a normal helps to maintain a healthy sleep	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1,5-9 g leaves per day leaf / 4 - 9 g of the leaf as an infusion daily / Tincture of leaf (1:5 in 45 % ethanol) : 2-6 ml three times daily / Equivalent preparations
mélisse	Melissa officinalis (Nom commun: Mélisse Baume menthe)	Digestion	Helps to support the digestion/contributes to the normal function of intestinal tract/contributes to physical well being	Leaf / Usual consumption as traditional foodstuff in a normal diet
mélisse	Melissa officinalis (Nom commun: Mélisse)	Antioxidant	Acts as an antioxidant /helps preventing oxidation /contributes to a good and calm rest	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1,5-4,5 g leaves per day

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
mélisse	<i>Melissa officinalis</i> - nom commun: mélisse, citronnelle, mélisse, baume douce, baume commune	Effets relaxant - aide à trouver le sommeil	" / "Used to help to find a better sleep" / "Used to decrease tenseness" / "Used to decrease restlessness" / "Used to decrease irritability" / "Helps to find a better sleep" / "Contributes to find a better sleep" / "Helps to decrease tenseness" / "C	Traditional use of the leaf and the flowering top / 2-3g of the leaf as an infusion, two to three times daily / Tincture of leaf (1:5 in 45 % ethanol) : 2-6 ml three times daily / Equivalent quantity in extract Leaf / 400 mg of dry extract per day
mélisse	<i>Melissa officinalis</i> L. (nom commun :mélisse)	Santé Respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Conditions of use : see folder "BE - Company X"
mélisse	Mélisse extrait [Dry extract from leaves of <i>Melissa officinalis</i> L., drug/native extract ratio (4 - 6) : 1, solvent of extraction Methanol/Water , min 1.8% rosmarinic acid]	Antioxidant	Acts as an antioxidant/helps preventing oxidative damage	80 – 240 mg of dried extract
mélisse	Mélisse extrait [Dry extract from leaves of <i>Melissa officinalis</i> L., drug/native extract ratio (4 - 6) : 1, solvent of extraction Methanol/Water , min 1.8% rosmarinic acid]	Relaxation - sommeil	Clinically/scientifically proven to support calmness and to help sleep onset, to help normalise/promote sleep (onset), Contributes to optimal relaxation, Contributes to a normal/helps to maintain a healthy sleep, Contributes to a good and calm rest	80 – 240 mg of dried extract leaf / 4 - 9 g of the leaf as an infusion daily / Tincture of leaf (1:5 in 45 % ethanol) : 2-6 ml three times daily / Equivalent preparations
mélisse	<i>Melissa officinalis</i> , herba, mélisse herbes	circulation	Support for healthy circulatory system	Capsules, 180 mg./day in combination with other herbs

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
mélisse	Melissa officinalis, herba, mélisse herbes	équilibre hormonal	Maintain the natural hormonal balance of the human body	Capsules, 600 mg./day in combination with other herbs
menthe aquatique	MENTHA AQUATICA	Antioxidant	Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions. Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.	Mint oil: 0.1-0.4 ml; inhalation, 3-4 drops added to 150 ml hot water 3 times daily; 1-5% essential oil as a nasal ointment. MInt leaves: infusion, 3-6 g daily; 2-3 ml tincture (1:5 in 45% ethanol) 3 times daily; 1 ml of spirits (10% oil and 1% leaf extra
menthe aquatique	MENTHA AQUATICA	défences naturelles - résistance	Increases the physiological resistance of the organism in case of severe ambiance conditions.	Mint oil: 0.1-0.4 ml; inhalation, 3-4 drops added to 150 ml hot water 3 times daily; 1-5% essential oil as a nasal ointment. MInt leaves: infusion, 3-6 g daily; 2-3 ml tincture (1:5 in 45% ethanol) 3 times daily; 1 ml of spirits (10% oil and 1% leaf extra
menthe coq	Chrysanthemum balsamita-leafs-Asteraceae-Calomfir-Costmary	métabolisme du glucose	contributes to normal glucose-insulin metabolism	the equivalent of 2-4 g herb powder per day
menthe crépue	Mentha crispa	Santé intestinale et digestive	Helps to supports a healthy digestion /has a positive influence on intestinal health /contributes to digestive functions /contributes to the normal function of intestinal tract /helps keep the stomach healthy	Leaf / Usual consumption as traditional foodstuff in a normal diet infusion of the dried leaves (10-20 g/L)
menthe des champs	Mentha arvensis - nom commun: Menthe, Menthe, menthe des champs, menthe japonaise, Marsh menthe	Digestion - confort digestif	/ "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the flowering top's oil / 3-6 drops of essential oil / Equivalent quantity in extract

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
menthe des champs	<i>Menthae arvensis aetheroleum</i>	Santé Respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	
menthe poivrée	Mentha piperita (Nom commun: Menthe)	Santé digestive et intestinale	Helps to supports a healthy digestion /has a positive influence on intestinal health /contributes to digestive functions /contributes to the normal function of intestinal tract /helps keep the stomach healthy	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 450 ml of an infusion of the dried leaves (10-20 g/L)
menthe poivrée	Mentha piperita (Nom commun: Menthe)	Défenses naturelles , système immunitaire	- contributes to the natural defences of the body - support of the body 's defence - supports the immune system	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 450 ml of an infusion of the dried leaves (10-20 g/L) usual consumption as traditional foodstuff in a normal diet-----usual consumption as traditional foodstuff in a normal diet
menthe poivrée	Mentha piperita (Nom commun: Menthe)	Relaxation - sommeil	Contributes to optimal relaxation /helps to support the relaxation /contributes to a normal helps to maintain a healthy sleep	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 450 ml of an infusion of the dried leaves (10-20 g/L)
menthe poivrée	<i>Menthae piperitae aetheroleum</i> (nom commun: huile de menthe poivrée)	Respiration	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	> 4 mg per single dose or 6 to 12 drops (about 0.11 to 0.23 g) per day

plante	Nutriments, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
menthe poivrée	Mentha x piperita L. (nom commun: menthe poivrée, menthe)	Santé Respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Folia (Leaves) 6 to 9 g dried drug equivalent per day
menthe poivrée	menthe poivrée (Mentha piperita)	effets calmant	Helps with flatulence and belly spasm.	Daily dose for adults: 3x daily 1 – 3 g of dried leaves in infusion. Contraindication: hypersensitivity to the given herb
menthe poivrée	menthe poivrée (Mentha piperita)	comfort digestif	Helps with indigestion.	Daily dose for adults: 3x daily 1 – 3 g of dried leaves in infusion. Contraindication: hypersensitivity to the given herb
menthe pouliot	Mentha pulegium-herb- Lamiaceae-Busuiocul cerbilor- menthe pouliot	santé utérine	supports the uterine health	the equivalent of 4-8 g herb powder per day
menthe pouliot	Mentha pulegium-herb- Lamiaceae-Busuiocul cerbilor- menthe pouliot	santé digestive- appétit	contributes to appetite	the equivalent of 4-8 g herb powder per day
menthe verte	<i>Mentha spicata - nom commun : Menthe verte</i>	Digestion - confort digestif	/ "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the leaf / Infusion : 1-1,5g per day of dried leaves / Equivalent quantity in extract
ményanthe, trèfle d'eau	Menyanthes trifoliata	Digestive health	1. Contains herbs with bile production and excretion promoting properties as well as inflammation and pain reducing properties 2. Contains herbs with digestive gland stimulating, gastric acid reducing, and spasm and inflammation reducing properties	Herb: 120 - 160 mg / Used as part of a multibotanical combination

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
millepertuis	<i>Hypericum perforatum</i>	digestion	Helps to support the digestion ; contributes to the function of intestinal tract	Herb, Flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0,2-1 mg hypericin or 0,3-2 g of herb
millepertuis	Hypericum perforatum	peau	Helps improve the overall health and appearance of the skin	Herb, Flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0,2-1 mg hypericin or 0,3-2 g of herb
millepertuis	Hypericum perforatum	Santé Respiratoire	- Soothing for throat/ - supportive and soothing in case of tickle in the throat - to use in case of temporary croakiness - mild and softening for the throat - for an appropriate and easy respiration	Herb, Flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0,2-1 mg hypericin or 0,3-2 g of herb
millepertuis	Hypericum perforatum	santé du tractus urinaire inférieur et des reins	Supports the excretory function of the kidneys	Herb, Flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0,2-1 mg hypericin or 0,3-2 g of herb
millepertuis	Hypericum perforatum (St. John's Wort)	Invigoration the body Cardiovascular health Immunity	1. A generally restorative product for those who wish to suppress the addiction, including smoking addiction 2. A generally restorative product for the maintenance of body's functions — strengthens the immunity, improves the state of cardiovascular system	30- 150 mg / Used as part of a multibotanical combination
millepertuis	Millepertuis plante	Equilibre mental cycle menstruel	Contribue à un bon équilibre nerveux lors du cycle menstruel A utiliser en cas d'irritabilité lié au cycle menstruel	Plante 900µg hypericin/jour

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
millepertuis	St John's wort, Hypericum (Hypericum perforatum L.)	État / humeur / de l'équilibre émotionnel psychologique	St John's wort / Hypericum helps to maintain emotional balance / balanced mood / positive mood	Adult dosage: typical dose = 300 – 900 mg extract daily, or 0.3 – 2 g of herb, or 0.2 – 1 mg hypericin. Typical duration of supplementation: 3 months. Product should be standardised (e.g. to 0.3% hypericin extract, or 2-5% hyperforin). Precautions: Not to
millepertuis	Hypericum perforatum (Nom commun: millepertuis)	La santé mentale - l'équilibre émotionnel Relaxation - humeur positive - sommeil	Contributes to emotional balance /contributes to optimal relaxation /helps to support the relaxation /helps to maintain a healthy sleep /helps maintain a positive mood	Herb, Flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of a minimum of 0.2 mg of total hypercins (calculated as hypercine)
millepertuis	Hypericum perforatum (Nom commun: le millepertuis)	santé mentale - équilibre émotionnel Relaxation - humeur positive - sommeil	Contributes to emotional balance and general wellbeing/contributes to optimal relaxation/helps to support the relaxation and mental and physical well being/helps to maintain a healthy sleep/helps maintain a positive mood	Herb, Flower / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 0,2- 1 mg hypercine or 0,3-2 g of herb
millepertuis	Hypericum perforatum-fleurs-millepertuis perforé	vesicule biliaire	Promotes the normal production of bile and increases the bile flow	2-5 g dry herb/day; 1-2 tsp (2-4 g flowers)/cup water 1-2 x/day for 4-6 wk; 2-4 ml flowering tops tincture (1:10 in 45% ethanol) 3 x/day.
millepertuis	Hypericum perforatum-Herba hyperici plante-millepertuis perforé	Atenuates troubles du sommeil grâce à hypericine	Helps in sleep disturbances.	200 - 400 mg extract / day.
mouron de soiseaux	Stellaria media-herb-Caryophyllaceae-Rocoină-Chickweed	articulation	helps maintain mobility and flexibility of joints	the equivalent of 4-8 g herb powder per day

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
mûrier blanc	Mûrier blanc; feuille; <i>Morus alba L.</i> ; (<i>Mori alba folium</i>);	Glucide/métabolisme glucidique	Can contribute to the maintenance of the carbohydrate metabolism balance of the body. ;	2 g dry extract/ daily intake; D/E= 4-6:1
mûrier noir	MORUS NIGRA L.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Useful to protect the skin from UV-induced oxidative damage. Helps protect against the free radicals action due to UV exposure or se	2-4 ml mulberry syrup; 4.5-15 g powder or decoction; leaves infusion: 10 g in 100 water 2-3 glasses daily
mûrier noir	MORUS NIGRA L.	taux de sucre dans le sang	Helps the physiological sugars balance.	2-4 ml mulberry syrup; 4.5-15 g powder or decoction; leaves infusion: 10 g in 100 water 2-3 glasses daily
mûrier noir	MORUS NIGRA L.	Relaxation - sommeil	Helps relaxation effects. Less relaxation difficulties. Obtaining a relaxation status helps sleeping and the physiological nightly rest.	2-4 ml mulberry syrup; 4.5-15 g powder or decoction; leaves infusion: 10 g in 100 water 2-3 glasses daily
myrtille	myrtille fruits (<i>Vaccinium myrtillus fruit</i>);;	santé oculaire	The antioxidant anthocyanosides in bilberry help maintain the proper retina functions.	240 mg / day fruit extract containing 25% anthocyanin
myrtille	myrtille fruits (<i>Vaccinium myrtillus fruit</i>);;	santé des capillaires et veines- antioxidant	Bilberry anthocyanosides can help capillary vessels health and elasticity of veins against harmful effect of free radicals.	240 mg / day fruit extract containing 25% anthocyanin
myrtille	Myrtille (<i>Vaccinium myrtillus</i>) extrait contenant des anthocyanines	Santé des yeux - antioxidant	May help maintain eye health through anti-oxidant and vascular effects.	Ref 1 - Single oral dose of 200 mg <i>Vaccinium myrtillus</i> anthocyanosides, 180 mg bilberry extract twice daily containing 25 % anthocyanosides, 115 mg anthocyanosides daily, 480 mg daily of bilberry extract. Ref 2 – 160 mg twice daily of bilberry extract

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
myrtille	Myrtille (<i>Vaccinium myrtillus</i>) extrait contenant des anthocyanines	Santé vasculaire	May help maintain vascular integrity	Ref 1 - 480 mg daily of bilberry extract. Ref 2 – 480 mg daily of bilberry extract containing 36% anthocyan, 320 mg/day <i>Vaccinium myrtillus</i> anthocyanins Ref 3 – 20 to 40 mg anthocyanosides (calculated as anthocyanidin) taken three times daily or 80-160 mg
myrtille	<i>Fruit de Vaccinium myrtillus</i> Myrtille / Blueberry	Santé des yeux-antioxydant	Supports visual clarity. - Supports retinal function. - Maintains eye health. - Supports blood flow to the eye. - Well known source of antioxidants. - Natural defense against free radicals. - Provides antioxidant support for the eyes. - Helps protect eye	Dried fruit extract equivalent to 23g fresh fruit per day.
myrtille	<i>Vaccinium myrtillus</i> - nom commun: Bilberry, nain myrtille, myrtille européenne, airelle, myrtille	Santé vasculaire et veineuses - jambes lourdes	/ "Used for the good circulation of blood in microvessels" / "Helps to decrease the sensations of heavy legs"	Traditional use of the fruit / Dried fruit : 4-8g taken with water / Fluidextract 1:1 (g/ml): 2-4 ml three times daily / Dry extract (25% of anthocyanosides) : 80-160mg three times daily / Equivalent quantity in extract
myrtille	Myrtille : Extract of <i>Vaccinium Myrtillus</i> (bilberries)	Soins des cheveux et ongles microcirculation	Activate the scalp microcirculation	10 mg of extract per day
myrtille	myrtille <i>Vaccinium myrtillus</i>	Antioxidant	Bilberry is rich in the antioxidants anthocyanidins	300 mg extract equal to 10 g bilberry/day (60 mg anthocyanidins)
myrtille	VACCINIUM MYRTILLUS L.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.	at least 1,5g/day

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
mytille	Vaccinium myrtillus (bilberry)-folium, fructus-	Digestion - intestinal transit Blood sugars level	it improves ocular circulation; it regulates (slows down) accelerated intestinal transit. /	Powder (0,3 g) 3 times a day
mytille	Vaccinium myrtillus-Shoots, Fruits-Bilberry	glucidic, lipidic and proteic metabolism	Contributes to the normal glucidic, lipidic and proteic metabolism.	Shoots/Fruits / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 90 -135 mg shoots / 20-60g fruits per day.
mytille	mytille fruits (Vaccinium myrtillus fruit);;	Stabilisation de la formation du collagène de l'œil	Bilberry anthocyanosides could help in stabilizing the healthy collagen level in the eye.	240 mg / day fruit extract containing 25% anthocyanin
mytille	mytille fruits (Vaccinium myrtillus fruit);;	Muqueuses en bonne santé dans l'estomac et l'intestin grêle	The anthocyanosides in bilberry may help maintain healthy, functioning mucous membranes in stomach and in small intestine.	240 mg / day fruit extract containing 25% anthocyanin
mytille	Airelle baie	Santé système urinaire	Participe au confort urinaire Favorise le bon fonctionnement des voies urinaires	Baie 50ml jus/jour
neem	Azadirachta indica	Aide à maintenir un système digestif sain	Anti Ulcer	Leaf 0.5-3g/day
neem	Azadirachta indica	défences naturelles - resistance	Anti bacterial	Leaf 0.5-3g/day
neem	Azadirachta indica. Ecorce	fonction du foie	Supports liver function	2.0-0.1 g powder/day; 1.0-0.05g aqueous extract/day All over 2 years old: 2-4 years 1/4 adult dose, 4-10 years half adult dose

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
neem	Azadirachta indica. Ecorce	Peau	Supports skin health. Soothing to the skin.	2.0-0.1 g powder/day; 1.0-0.05g aqueous extract/day All over 2 years old: 2-4 years 1/4 adult dose, 4-10 years half adult dose
neem	Azadirachta indica. Ecorce	Antioxidant	Antioxidant. Supports the immune system	2.0-0.1 g powder/day; 1.0-0.05g aqueous extract/day All over 2 years old: 2-4 years 1/4 adult dose, 4-10 years half adult dose
neem	Azadirachta indica. Feuille	métabolisme du sucre et de la fonction de l'œil	Supports balanced metabolism of sugars and eye function.	2.0-0.1 g powder/day; 0.5-0.05g aqueous extract/day All over 2 years old: 2-4 years 1/4 adult dose, 4-10 years half adult dose
nigelle cultivée	Nigella extrait de pépins de sativa	taux de glucose sanguin	Nigella sativa seed extract helps to regulate the blood glucose	25 g/day. Effective on a single and continuous oral administration. Intended for normal and non-insulin-dependent diabetic individuals
noisetier	Corylus avellana (Hazel)	Invigoration the body	Contains herbs that have body toning and sexual potency strengthening properties	Leaf and bark: 0,62 g / Used as part of a multibotanical combination
noisetier	Corylus avellana (Hazel)	Vascular health - cholesterol levels	Contains herbs with blood vessel inflammation reducing, vessel wall restoring and cholesterol level reducing properties	Leaf and bark: 1,62 g / Used as part of a multibotanical combination
noisetier	Corylus avellana (Hazel)	Urogenital system of men	For the maintenance of men's health — for the urogenital system health	Leaf: 0,2 g / Used as part of a multibotanical combination

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
noisetier	Noisetier	Defenses naturelles	Aide à combattre les refroidissements Soutient le système de défense	Bourgeon/feuille 0,5 ml d'extrait à 5% de matière sèche
noisetier	Corylus avellana-Bourgeons-noisette	santé respiratoire	Contributes to an easy respiration /Contributes to normal functioning of bronchial tubes/ lungs	Buds / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 90-135 mg per day.
noyer	JUGLANS REGIA L.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Antioxidants reducing the production of oxidative cholesterol.Protection against the free radicals action due to stress, alcoholics,	For poultices and hipbaths: 2-3 g leaves to 100 ml water; 20-84 g/day (4 shelled walnuts equal approximately 20 g) daily; decoction of leaves: 1 g in 100 ml water, 1 cup after meals; tincture: 3 g leaves in 100 ml wine; infusion: 5 g dried leaves in 2.5
noyer	JUGLANS REGIA L.	Défence immunitaire-résistance	Increases the physiological resistance of the organism in case of severe ambiance conditions.	For poultices and hipbaths: 2-3 g leaves to 100 ml water; 20-84 g/day (4 shelled walnuts equal approximately 20 g) daily; decoction of leaves: 1 g in 100 ml water, 1 cup after meals; tincture: 3 g leaves in 100 ml wine; infusion: 5 g dried leaves in 2.5
noyer	JUGLANS REGIA L.	fonction intestinale -	Supports the function of intestinal tract. Helps maintaining gut regularity.	For poultices and hipbaths: 2-3 g leaves to 100 ml water; 20-84 g/day (4 shelled walnuts equal approximately 20 g) daily; decoction of leaves: 1 g in 100 ml water, 1 cup after meals; tincture: 3 g leaves in 100 ml wine; infusion: 5 g dried leaves in 2.5

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noyer	JUGLANS REGIA L.	Taux de lipides sanguin-métabolisme des lipides	Through balanced diets helps the control of lipidic metabolism (cholesterol and triglycerides). Natural source maintaining the physiological fats balance in blood.	For poultices and hipbaths: 2-3 g leaves to 100 ml water; 20-84 g/day (4 shelled walnuts equal approximately 20 g) daily; decoction of leaves: 1 g in 100 ml water, 1 cup after meals; tincture: 3 g leaves in 100 ml wine; infusion: 5 g dried leaves in 2.5
noyer	JUGLANS REGIA L.	excrétion des reins	Helps to remove physiologically the excess of fluids. Helps to remove the physiological fluids excess, often causing cutaneous inaesthetisms. Supports normal bladder function.	For poultices and hipbaths: 2-3 g leaves to 100 ml water; 20-84 g/day (4 shelled walnuts equal approximately 20 g) daily; decoction of leaves: 1 g in 100 ml water, 1 cup after meals; tincture: 3 g leaves in 100 ml wine; infusion: 5 g dried leaves in 2.5
noyer	Juglans regia-Bourgeons-noix	Antioxidant	Helps maintain healthy skin/epithelial layer	Buds / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 120 mg per day.
oignon	Allium cepa (Nom commun: Oignon)	Métabolisme des lipides - concentration de lipides dans le sang	helps to maintain healthy blood lipids level	Bulb, leaf / The equivalent of 0.5-1g per day
oignon	Allium cepa (Nom commun: Oignon)	glycémie sanguine	helps to maintain healthy glucose level	Bulb, leaf / The equivalent of 0.5-1g per day
oignon	Allium cepa (Nom commun: Oignon)	Antioxidant	Specific antioxidant for smokers	Bulb, leaf / The equivalent of 0.5-1g per day
oignon	Allium cepa - nom commun: Oignon	Santé vasculaire et des veines, jambes lourdes	/ "Used for the good circulation of blood in microvessels" / "Helps to decrease the sensations of heavy legs"	Traditional use of the aerial part and the leaf and bulb / 50g per day of fresh bulb or 20g per day cut dried bulb / Equivalent quantity in extract

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oignon	Allium cepa - nom commun: Oignon	Elimination rénale / drainage de l'organisme	/ "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organism" / "Used for the drainage of the organism" / "Stimulates the elimination function of the organism" / "Contributes to the functionality o	Traditional use of the aerial part and the leaf and bulb / 50g per day of fresh bulb or 20g per day cut dried bulb / Equivalent quantity in extract
olivier	Extrait de feuille d'olivier	Pression sanguine	keeps normal blood pressure	700 mg of olive leaf extract per day
olivier	Extrait de feuille d'olivier (oleuropein)	Antioxidant	natural antioxidant, protect organism from oxidative damage, natural way to avoid risks caused by oxidation and peroxidation process	700 mg of olive leaf extract per day
olivier	OLEA EUROPAEA L.	défences naturelles - résistance	Increases the physiological resistance of the organism in case of severe ambient conditions.	250-500 mg (standardized extract), 1-3 times a day. Tea: 3-4 cups, 2 teaspoonfuls of herb per cup throughout the day (dietary supplement should be standardized to 4-23% oleuropein per dose)
olivier	OLEA EUROPAEA L.	Respiratory health	Helps the upper respiratory tract.	250-500 mg (standardized extract), 1-3 times a day. Tea: 3-4 cups, 2 teaspoonfuls of herb per
olivier	OLEA EUROPAEA L.	Santé gastro-intestinale	Contributes to the functions of the intestinal tract. Supports the function of intestinal tract.	250-500 mg (standardized extract), 1-3 times a day. Tea: 3-4 cups, 2 teaspoonfuls of herb per cup throughout the day (dietary supplement should be standardized to 4-23% oleuropein per dose)

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olivier	OLEA EUROPAEA L.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.	250-500 mg (standardized extract), 1-3 times a day. Tea: 3-4 cups, 2 teaspoonfuls of herb per cup throughout the day (dietary supplement should be standardized to 4-23% oleuropein per dose)
olivier	OLEA EUROPAEA L.	pression sanguine	Traditionally known for helping the blood circulation and vascular pressure.	Leaf / 2 -2 g daily as infusion with water
olivier	OLEA EUROPAEA L.	taux de glucose dans le sang	Helps the physiological sugars balance.	250-500 mg (standardized extract), 1-3 times a day. Tea: 3-4 cups, 2 teaspoonfuls of herb per cup throughout the day (dietary supplement should be standardized to 4-23% oleuropein per dose)
olivier	Olea europea olive tree nom français : olivier	elimination - kidneys - urinary tract	Traditionnally used to contribute/support/help to elimination by kidneys - Traditionnally used to contribute/support/help to hydric elimination - Traditionnally used to contribute/support/help to elimination by the urinary tract - Traditionnally used to	Leaf Infusion : 17-36g of dried leaves per day
onagre bisanuelle	Oenothera biennis (Common Name : Onagre biannuelle)	fonction métabolique	Precursor of prostaglandins which are regulators associated with many of the body's metabolic functions	Aerial parts, seed, root / 0.5g GLA per day / 1.5-3.0 g of seeds oil
oranger	Citrus aurantium (Nom commun : orange amer)	Metabolisme des lipides / gestion du poids	Contributes to weight management /helps to maintain healthy fat tissue /supports the metabolism of lipids and carbohydrates/favours lipid degradation	Flower, fruit, cortex / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 15-20 mg synephrine per day

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oranger	Citrus aurantium L. ssp. Aurantium (Nom commun orange amer)	Respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Flos (Flowers) 2 to 4 g dried drug equivalent per day
oranger amer	Bigaradier feuille	Equilibre nerveux - apaisant - relaxant	Favorise la détente et contribue à un bon équilibre nerveux Apaisant, relaxant Utilisé dans les problèmes de nervosité, d'anxiété et d'angoisse	Feuille 4g/jour en infusion Feuille, Fleur/ Consommation traditionnelle dans le cadre d'une alimentation normale / l'équivalent de 250mg/j
oranger amer	Orange amère (Citrus aurantium var. Amara)	Sommeil/relaxation	Contributes to natural sleep - Helps you to feel relaxed with the stress of a busy lifestyle - Helps to support the relaxation and physical well-being - Helps to maintain an optimal relaxation	Leaves and flowers - At least 250 mg of leaves/day
oranger amer	Citrus aurantium-Peau-Orange	santé digestive- appétit	Stimulates the appetite	2-3 g liquid extract a day
orge	Hordeum vulgare-Herbe -orge	Antioxidant	Protection of body tissues and cells from oxidative damage.	Herba / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 2,5 – 3 ml per day.
orge	Hordeum vulgare-graine -orge	foie , vesicule biliaire	Contributes to normal choleresis	Seed / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 90- 135 mg per day.
orge	Hordeum vulgare-Herbe-orge vert	General tonic Vitamins and mineral supplementation from natural source	Vitamins, enzymes and mineral supplementation from natural source	Oral administration / Powder, sachets, 2 sachets a day

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origan	Origanum vulgare	Health of the upper respiratory tract / Immune health	1. For the health of respiratory organs, promotion of cough-up and body's resistance (resistance abilities) 2. Contains herbs with bronchial inflammation reducing and cough-up promoting properties 3. Improves the immunity	630 - 840 mg / Used as part of a multibotanical combination
origan	Origanum vulgare	Lactation	For the maintenance of women's health — for the health of breast and maintenance of a normal lacteal gland function	6 mg / Used as part of a multibotanical combination
origan	Origanum vulgare	Liver health	Contains herbs with bile production and excretion promoting properties as well as inflammation and pain reducing properties	Herb: 520 - 740 mg / Used as part of a multibotanical combination
origan	Origanum vulgare	Cardiovascular health - blood pressure	1. For cardiovascular health 2. Improves function of the heart 3. Strengthens blood vessels 4. Increases elasticity and strength of blood vessel and capillary walls 5. Normalizes blood pressure	1 mg / Used as part of a multibotanical combination
origan	Origanum vulgare	Mental performance - sleep	A tea with lightly sedative effect which improves the quality of sleep	Herb: 0,1 mg / Used as part of a multibotanical combination
origan	Origan (Oreganum vulgare)	Antioxodant	Antioxidant effect.	Food supplement with 10-20 mg of oregano (Oreganum vulgare) in the daily dose.
origan	Origanum vulgare - common name : Marjolaine sauvage	Digestion	"Traditionally used to facilitate the digestion" / "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the flowering top : 5-10 g/d

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origan	Origanum vulgare-origan-feuilles	Antioxidant	Antioxidant	100 - 200 mg/ day, oregano extract
origan	Origanum vulgare-herb-Lamiaceae-Sovârf-Wild Marjolaine	vesicule billiaire	helps to the normal function of gallblader	the equivalent of 4-8 g herb powder per day
orme champêtre	ULMUS CAMPESTRIS	cicatrisation des plaies	Food supplement supports the physiological activity helping the tissue trophies,... skin, hair, nails.	Cortex powder: 1-3 g/day; decoction: 5 g in 250 ml water thrice daily before meals
ortie	<i>Urtica dioica</i> (Common Name : Nettle)	Dynamisme du corps Vitalité - énergie	Support the body's vitality /helps to make you feel more energetic	Aerial parts / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4 g nettle root per day
ortie	Urtica dioica -nom commun : ortie	Elimination rénale/ drainage de l'organisme	/ "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organism" / "Used for the drainage of the organism" / "Stimulates the elimination function of the organism" / "Contributes to the functionality of	Traditional use of the aerial part /8-12 g par day / Infusion : 3-5g up to three times daily / Tincture 1:5 (25% ethanol) : 2-6ml three times daily / 15ml of fresh juice up to three times daily / Equivalent quantity in extract.
ortie	Urtica dioica (Nettle)	Respiratory health	Contains herbs with lung inflammation reducing, cough-up promoting and bronchial spasm reducing properties	Herb: 900 mg / Used as part of a multibotanical combination
ortie	Ortie (Urtica dioica L.)	Santé des veines et jambes lourdes	Supports venous circulation. Can reduce the feeling of tired and heavy legs. Helps to maintain healthy leg-vein functions. Promotes circulatory well-being. Favourable influence on the blood circulation. For legs relief and to favour comfort.	Aerial parts - At least 100 mg of nettle aerial parts

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ortie	Plante : Ortie - <i>Urtica dioica</i> (Nettle)	Peau saine	Reconnu pour contribuer à une peau nette / reconnu pour aider les peaux à problèmes	Partie aérienne, feuille/ Consommation traditionnelle dans le cadre d'une alimentation normale/l'équivalent de 100mg par jour
ortie	<i>Urtica dioica</i> L. ; Common name : Ortie dioïque	élimination rénale	Favorise l'élimination rénale de l'eau. Promote renal elimination of water	Partie : Organe souterrain ; DJR :400 mg à 580 mg ; P/E :7- 10: 1 ; Dose EBF :4 g
ortie	Ortie	Os, ongles, cheveux	Provides strength. Good for bone. The minerals and trace elements in nettle strengthen bone, nails and hair.	Food supplement in which the daily dose of 0.6-1.2 g is equivalent to 6-12 mg of fresh nettle.
ortie	<i>Urtica dioica</i> (Common Name : ortie)	Vitalité du corps	Support the body's vitality /helps to make you feel more energetic	Aerial parts, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4 g nettle root per day
ortie	<i>Urtica dioica</i> (Common Name : ortie)	articulation	Supports the locomotor system /helps strengtheningg the body's locomotor system /positive for joint health /helps to maintain flexible joints, muscles and tendons	Aerial parts, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 8 g nettle aerial parts per day Aerial parts / hydroalcoholic extracts corresponding to of 8-12 g per day/ 9-15 g as an infusion daily/ tincture (1:5 25% ethanol) 6-18 ml daily/ fresh juice 45 ml daily /equivalent preparations
ortie	<i>Urtica dioica</i> (Common Name : ortie)	fonction d'excrétion des reins	Supports the excretory function of the kidneys	Aerial parts, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 8 g aerial parts per day Aerial parts, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4 g netle root per day
ortie	<i>Urtica dioica</i> (Common Name : Nettle)	Natural defences - immune system	Support of the body's defence /supports the immune system	Aerial parts, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 8 g nettle aerial parts per day

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ortie	Urtica dioica (stinging nettle)- herbe-	contient des minéraux et du fer	it contains minerals (iron) and reduces anaemia. /	Powder (0,3 g) 3 times a day
ortie	Urtica dioica-Herb-ortie	Santé de la peau pellicules la cicatrisation des plaies	Helps to prevent and eliminate the dandruff / Helps to heal the wounds	Local administration by the massage of the head and hair with the solution diluted in water
ortie	<i>Urtica dioica</i> (Common Name : Nettle)	Cardiovasculaire	Helps maintaining heart health/helps to support a conscious cardiovascular living	Aerial parts / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4 g nettle root per day Aerial parts, root / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4 g nettle root per day
paquerette	BELLIS PERENNIS L.	Antioxydant	Useful to protect the skin from UV-induced oxidative damage. Helps protect against the free radicals action due to UV exposure or severe ambiance conditions Protection against the free radicals action due to stress, alcoholics,UV exposure or polluted ambi	1 cup of tea from 2 teaspoons of dried plant
paquerette	BELLIS PERENNIS L.	défences naturelles - resistance	Increases the physiological resistance of the organism in case of severe ambiance conditions.	1 cup of tea from 2 teaspoons of dried plant
paquerette	BELLIS PERENNIS L.	Peau, cheveux, ongles	Food supplement supports the physiological activity helping the tissue trophies,... skin, hair, nails. Food supplement supports the physiological activity against the aging of skin.	1 cup of tea from 2 teaspoons of dried plant
pariétaire officinale	PARIETARIA OFFICINALIS L .	défences naturelle - immune systeme immunitaire	Supports the immune system and the body's defence.	5 g dried aerial part in 200 ml water for infusion, 1 cup 2-3 times daily with empty stomach

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parthenelle	Chrysanthemum parthenium	Analgésique	Soulage les maux de tête Apaise les douleurs cérébrales	Plante 50-120mg/jour
passiflore	Passiflore plante	Favorise le sommeil	A utiliser pour un sommeil sain Favorise un repos nocturne bon et sain	Plante 3-4x0,5-2g/jour
passiflore	extrait de passiflore (<i>Passiflora incarnata</i>)	Relaxation - sommeil	helps to induce calm rest and sleep helps to calm down after the argument and excitedness recommended to people feeling week and fatigued helps to induce relaxation	30 drops contains 1,71 mg of passion flower Herb / The equivalent of 1.5-8 g of dried herb / equivalent preparations. Pediatric use: 3-12 years: proportion of adult dose, according to body weight.
passiflore	Passiflora incarnata, passion flower, flower, alcohol water Pi-nipagin-nipasol.	sommeil - stress	Healthy Sleep / Stress Relief	tincture - state of agitation: 5-10 drops in a glass of water, 2 times / day; insomnia: 10 drops in a glass of water before bed.
pensée sauvage	Viola tricolor	Santé Respiratoire	- Soothing for throat/ - supportive and soothing in case of tickle in the throat - to use in case of temporary croakiness - mild and softening for the throat - for an appropriate and easy respiration	Herb / The equivalent of 1.5 g of herb per day
pensée sauvage	Viola tricolor - nom commun: alto, la facilité de coeur, Johnny Jump-up.	Digestion - confort digestif	/ "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the aerial flowery part / 1,5g of the aerial flowery parts as an infusion, many times daily / Equivalent quantity in extract

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pensée sauvage	Viola tricolor - nom commun: alto, la facilité de coeur, Johnny Jump-up.	Peau	/ "Helps to maintain a healthy skin" / "Helps in case of dry skin" / "Helps to maintain healthy skin from within" / "Helps to improve the overall health and appearance of the skin"	Traditional use of the aerial flowery part / 1,5g of the aerial flowery parts as an infusion, many times daily / Equivalent quantity in extract Partie aérienne fleurie / Consommation traditionnelle dans le cadre d'une alimentation normale/l'équivalent de 150mg par jour
pensée sauvage	Pensée sauvage	Peau saine	Contribue à la beauté de la peau Favorise la disparition des boutons Participe à la santé de la peau	Plante 3x1,5g/jour en infusion
pensée sauvage	Viola tricolor-Herba-Pansy	Blood Health - purification	Support for the blood purification./ Contributes to normal diuresis./ Helps to maintain normal laxative function of colon./ Support for sweating./ Befriends elimination of uric acid from blood.	Tincture, tea, capsule/ 6 ml tincture per day/ 2-3 cups of tea per day/ the equivalent of 600 mg powder per day
persil	Petroselenium crispum (Nom commun: persil)	fonctions rénales	Supports the excretory function of the kidneys	Leaf, root / / The equivalent of 0.9-3 grams of dried parsley per day
petite centaurée	Centaurium erythraea	digestion	helps to support the digestion ; contributes to the function of intestinal tract	Herb / The equivalent of 2-4 g of herb per day
petite pervenche	Vinca minor (Nom commun: Petite pervenche)	santé mentale- fonction du cerveau	Contributes to normal brain function	Leaf / Equivalent of 30- 40 mg per day of vincammina
peuplier noir	<i>Populus nigra</i>	Santé des reins et de la vessie	Contributes to kidney and bladder function	Herb / The equivalent of 2-5 g of herb per day

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peuplier noir	Populus nigra-Bourgeons-peuplier noir	santé respiratoire	Soothing for throat / supportive and soothing in case of dry cough, tickle in the throat / mild and softening for the throat / helps to soothe common cold / pleasant for cough and croakiness / contributes to physical wellbeing.	Buds / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 1-1,5 ml tincture per day.
peuplier noir	Populus nigra-Bourgeons-peuplier noir	santé vasculaire	Maintenance of blood vessel and coronary arteries walls strength. / Contributes to vascular health / helps maintaining heart health.	Buds / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 135 mg per day.
piloselle	Piloselle plante	comfort urinaire - élimination	Participe au confort urinaire Dépuratif stimulant l'élimination de l'eau et des toxines Favorise le bon fonctionnement des voies urinaires	Plante 6x160mg/jour
piloselle	Hieracium pilosella L. ; Common name : Piloselle	élimination	Facilite les fonctions d'élimination de l'organisme. Help the elimination functions of the organism	partie : Plante entière DJR :400 mg P/E
piloselle	Mouse-ear Hawkweed (entire plant) Hieracium pilosella	Santé des voies urinaires basses - reins	Traditionally used to help to maintain the health of the urinary system Traditionally used to contribute to normal urinary elimination functions Traditionally used to support the excretory function of the kidneys Usually known for its contribution to nor	Entire plant Equivalent of 5g of herb per day Sommités Fleuries
pin à crochets	Pinus montana	Voies respiratoires	Procure une influence apaisante sur les voies respiratoires Facilite la respiration Procure une respiration aisée	Bourgeon/épine 0,5 ml d'extrait à 5% de matière sèche
pin à crochets	Pine Pinus montana-Bourgeons-nain	os	Maintenance of the healthy bones / can help to strengthen the bones.	Buds / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 135 mg per day

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
pin maritime	Pinus pinaster (Maritime Pine)	Vascular health microcirculation	1. Pine bark extract (Pycnogenol) improves microcirculation by increasing capillary permeability, including in the brain 2. Protect blood vessel walls and promote good blood circulation	At least 50mg of the pycnogenol (pine tree bark)
pin maritime	Pinus pinaster (Maritime Pine)	Respiratory health	Contains herbs with lung inflammation reducing, cough-up promoting and bronchial spasm reducing properties	Buds: 300 mg / Used as part of a multibotanical combination
pin maritime	Pinus pinaster Ait. Sub Sp. Atlantica écorce de pin maritime	Antioxidant	Helps maintain good health by protecting cells & tissues through its antioxidant property.	The product must conform to USP specifications*. The equivalent to up to 150 g of pine bark daily
pin maritime	Pinus pinaster Ait Sub Sp. Atlantica (French Maritime Pine)	Antioxidant	French maritime pine bark helps to maintain good health by protecting cells & tissues through its antioxidant property.	The product must conform to USP specifications*. * USP Monograph- Maritime Pine- U.S.P.-30/NF- 25 (2007), Dietary Supplements/Maritime, pp. 964-965. USP Monograph- Maritime Pine Extract - U.S.P. 30/NF- 25 (2007), Dietary Supplements/Maritime, pp. 96
pin sylvestre	Pin sylvestre bourgeon	Voies respiratoires	Procure une influence apaisante sur les voies respiratoires Facilite la respiration Procure une respiration aisée	Bourgeon 6x200mg/jour
pin sylvestre	Pinus sylvestris	Voies respiratoires	Facilite la respiration : Bienfaisant et adoucissant du système respiratoire Influence bénéfique sur la gorge et les voies respiratoires obstruées et aide à dégager le nez et à respirer plus librement	Pousses fraîches DJR max : 122,5 mg

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
pissenlit	Pissenlit racine	Métabolisme des glucides	Participe au contrôle de la glycémie Aide à maîtriser le taux de sucre	Racine 6x250mg/jour
pissenlit	Pissenlit racine	Fonction hépatique	Favorise le fonctionnement hépatique Permet de maintenir une fonction hépatique normale Contribue au bon fonctionnement du canal biliaire	Racine 6x250mg/jour Aerial parts At least 150 mg per day
pissenlit	extrait de racines de pissenlit	santé cardiovasculaire-cholestérolémie	Has a beneficial effect on cholesterol values.	Food supplement with 500-750 mg of dandelion root extract in the daily dose.
pissenlit	TARAXACUM OFFICINALE WEBER	Stimule la digestion	Stimulates the digestion.	Aerial parts At least 150 mg per day
pissenlit	Taraxacum officinale (Common Name : pissenlit)	santé urinaire	Helps maintain urinary tract function /helps maintain normal urinary flow	Root, herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent to 4-30 g of leaf Root / The equivalent to 9 - 15 g of root daily, 15-30 ml tincture (1:5, ethanol 25% V/V)
pissenlit	TARAXACUM OFFICINALE WEBER	Antioxydant	Protection against the free radicals action due to stress, alcoholics,UV exposure or polluted ambiance conditions	Dried extract (tit. inulin 40% and sesquiterpenic lactones): 100-300 mg, 2-3 times daily
pissenlit	Taraxacum officinale (pissenlit) racine	santé gastrointestinale Prebiotique	Has prebiotic activities/contributes to the gastrointestinal well-being by its prebiotic effects	Root 3-5 g /day
pissenlit	Taraxacum officinalis-fleur de la plante-pissenlit	Détoxicification - élimination	Sustain the body's detoxification by stimulation of diuresis	30 drops, 3 times a day, diluted in water
plantain	Plantain major	Voies respiratoires	Procure une influence apaisante sur les voies respiratoires Facilite la respiration Bon pour le système respiratoire	Feuille 6x200mg/jour
plantain lancéolé	PLANTAGO LANCEOLATA L.	fonction intestinale - microflora	Stimulates the growth of beneficial intestinal micro flora.	3-6 g daily for external or internal use; tea: 2-4 g of the chopped drug in water

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
plantain lancéolé	PLANTAGO LANCEOLATA L.	articulation	Helps maintaining mobility and flexibility of joints.	3-6 g daily for external or internal use; tea: 2-4 g of the chopped drug in water
plantain lancéolé	PLANTAGO LANCEOLATA L.	santé intestin - équilibre microbien	Stimulates the growth of beneficial intestinal micro flora.	3-6 g daily for external or internal use; tea: 2-4 g of the chopped drug in water
plantain lancéolé	PLANTAGO LANCEOLATA L.	santé du foie - digestion - purification	Helps to maintain a healthy liver function, supporting the digestion and the body purification.	3-6 g daily for external or internal use; tea: 2-4 g of the chopped drug in water
plantain lancéolé	PLANTAGO LANCEOLATA L.	défenses immunitaires - antioxydantes	Supports the immune system and the body's defence (antioxidant).	3-6 g daily for external or internal use; tea: 2-4 g of the chopped drug in water
plantain lancéolé	PLANTAGO LANCEOLATA L.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.	3-6 g daily for external or internal use; tea: 2-4 g of the chopped drug in water
plantain lancéolé	Plantago lanceolata L. (Common name: Plantain lancéolé)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Leaves / aerial parts / 3 to 6 g dried drug daily /equivalent preparations. Pediatric use: 1-4 y : 1-2 g; 4-10 y: 2-4 g; 10-16 : adult dose
plantain lancéolé	Plantago lanceolata L. (Nom commun: plantain lancéolé)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Folia / herba (Leaves / aerial parts) 3 to 6 g dried drug equivalent per day -
podagraire	Aegopodium podagraria	Santé digestive perte et gestion du poids	1. Contains herbs that have liver, kidney and intestinal tract activity promoting properties 2. Contains herbs with metabolism and appetite affecting properties, which cause reduction of body weight	Herb: 0,33 - 0,39 g / Used as part of a multibotanical combination

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
potentille ansépine	<i>Potentilla anserina</i>	comfort (pre)menstruel	Helps to maintain good comfort before and during menstrual cycle	Herb / The equivalent of 4-6 g of herb per day
potentille ansépine	Potentila anserina (coada racului)-herbe-	défences naturelle - système immunitaire	it has astringent, anti-bacterial and anti-inflammatory qualities. /	Powder (0,3 g) 3 times a day
potentille tormentille	<i>Potentilla erecta</i>	Santé de la peau	Helps maintain healthy skin	Root / The equivalent of 0.5-2 g of root per day
prêle	Equisetum arvense (prêle) tiges vertes et stériles	santé du foie	improves liver function thanks to its protective effect/is rich of protective compounds that protect liver cells against toxic substances	6x200 mg/day
prêle des champs	Equisetum arvense (Horsetail)	Invigoration of the body respiratory health resistance	1. A generally restorative product for those who wish to suppress the addiction, including smoking addiction 2. For the health of respiratory organs, promotion of cough-up and body's resistance (resistance abilities) 3. Contains herbs with diuretic, anti-	Herb: 45 - 630 mg / Used as part of a multibotanical combination
prêle des champs	Equisetum arvense (Horsetail)	Skin, nail, hair health	For skin health - improves skin, hair and nail condition, promotes hair growth and strengthening	Herb: 7,5 - 45 mg / Used as part of a multibotanical combination
prêle des champs	Equisetum arvense (Horsetail)	Bone & joint health	Contains herbs with joint inflammation reducing properties and herbs that promote resilience of joint cartilage	Herb: 180 mg / Used as part of a multibotanical combination / Used as part of a multibotanical combination
prêle des champs	Equisetum arvense L. ; Common name : Prêle des champs	élimination	Facilite les fonctions d'élimination de l'organisme. Help the elimination functions of the organism	Partie : Partie aérienne stérile ; DJR :400 mg ; Dose EBF :usual consumption Aerial parts 4-6 g of dried aerial parts per day and equivalent preparations

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
prêle des champs	Equisetum arvense L. ; Common name : Prêle des champs	amincissemnt	Facilite la perte de poids en complément de mesures diététiques. Help weight loss in addition to dieting	Partie : Partie aérienne stérile ; DJR :400 mg ; Dose EBF :usual consumption
prêle des champs	Equisetum arvense (Nom commun: Prêle)	Reminéralisant - la peau, les cheveux, les ongles	May help to remineralize the body / the silica in horsetail helps maintain hair, nails and skin in optimum condition	Dried stems / 6 g of herb; equivalent preparations
prêle des champs	Equisetum arvense (Nom commun: Prêle)	santé urinaire	Supports the excretory function of the kidneys	Dried stems / 6 g of herb; equivalent preparations
prêle des champs	Equisetum arvense-Herbe-prêle	santé cardiovasculaire - elasticité	Maintains the walls of blood vessels and coronary arteries strength, unpermeable./ Maintains the elasticity of arteries./ Support for relaxation of the blood vessels./ Furnishes oxygenated blood to the myocardium	Tincture, tea, capsule/ 6 ml tincture per day/ 1-3 cups of tea per day/ the equivalent of 750 mg powder per day
primevère	Primevère	Equilibre nerveux - apaisant - relaxant	Favorise la détente et contribue à un bon équilibre nerveux Apaisant, relaxant Favorise un bon équilibre mental	Fleur 3x2-4g/jour en infusion
primevère	PRIMULA OFFICINALIS HILL.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.	0.5-1.5 g of radix as decoction (max 5-10 g)
primevère	PRIMULA OFFICINALIS HILL.	santé du cœur	Traditionally known for helping the blood circulation and vascular pressure.	0.5-1.5 g of radix as decoction (max 5-10 g)
primevère	Primula elatior L. Hill. (Common name: Oxlip)Primevère élevée	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Flos (Flowers) 2 to 4 g dried drug equivalent per day

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primevère	PRIMULA VERIS L. EM.HEIDS	Relaxation - bonne humeur	Helps to obtain a relaxation effect and regain a natural good temper. Contributes to recover physical and mental well-being.	0.5-1.5 g of radix as decoction (max 5-10 g)
primevère	Primula veris L. syn. Primula officinalis L. (Common name: primevère)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	
primevère	Primula officinalis (promrose)-radical-	santé respiratoire	it favours expectoration of bronchial secretions. /	Powder (0,3 g) 3 times a day
primevère	Primula veris (Common Name : primevère)	Santé des voies respiratoires supérieures	Promotes upper respiratory tract health.	Root / The equivalent of 0.5-1.5 g of root
prunellier	Prunus spinosa	Santé des reins et de la vessie	Contributes to kidney and bladder function	Flower / The equivalent of 1-2 g of flower per day
prunellier	Prunus spinosa (blackthorn)-fructus-	transit intestinal	it regulates (slows down) intestinal transit. /	Powder (0,3 g) 3 times a day
prunellier	Prunus spinosa-Bourgeons-Blachthorn	Vigilance - énergie - renforcer le corps	Helps to strengthen the body / contributes to physical well-being / supports energetic alertness / makes you more energetic.	Buds / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 45 - 135 mg per day.
pulmonaire officinale	Pulmonaria officinalis L. (Common name: pulmonaria)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Herba (Aerial parts) 4.5 to 6 g dried herb equivalent per day
queues de cerises	cerise pédoncule Prunus avium, Prunus cerasus	Santé des voies urinaires inférieures - elimination	Traditionally used to facilitate elimination functions of the organism Traditionally used to help to maintain the health of the urinary system Usually known for its contribution to normal urinary elimination functions	Peduncle Powder, infusion Equivalent of 0,5 to 6g of drug daily Fruit stalk - At least 90 mg of fruit stalk powder per day

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
réglisse	Sweet-root/licorice (Glycyrrhiza glabra);(Deglycrrhizinated Licorice radix (DGL);;	santé gastro-intestinale	Active substances of licorice help maintain normal function of mucous membranes in the stomach and small intestine.	750 mg root/day (~30 mg glycyrrisin acid), 15 % of the lower therapeutic dose (5 g), or any extract equivalent with this.;
réglisse	Glycyrrhiza glabra racines	Peau	Helps maintain good complexion	Powder: 4.0-0.2g/day ; aqueous extract 2.0-0.1g/day . Caution in long-term use. Not more than 3g/day in pregnancy. All over 2 years old: 2-4 years 1/4 adult dose, 4-10 years half adult dose
réglisse	Glycyrrhiza uralensis (Common Name: Liquorice)	Metabolisme / perte de poids	Helps / contributes to / promotes / supports weight loss	root / the equivalent of 250 mg of glycyrrhetic acid or 300 mg of liquorice flavonoid oil
réglisse	Glycyrrhiza glabra - common name :réglisse	Digestion	"Traditionally used to facilitate the digestion" / "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the root / 5-15g of root, equivalent of 200-600 mg of glycyrrhetic acid / Infusion : 2-4g in 150ml water after meals three times daily / Fluidextract 1:1 (g/ml): 2-4ml after meals three times daily / Equivalent quantity in extract / Quant

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
réglisse	Glycyrrhiza glabra Racine	santé respiratoire	Soothes the upper respiratory tract and helps to keep it comfortable. Helps keep the airways clear.	Powder: 4.0-0.2g/day ; aqueous extract 2.0-0.1g/day . Caution in long-term use. Not more than 3g/day in pregnancy. All over 2 years old: 2-4 years ¼ adult dose, 4-10 years half adult dose Radix (Root) About 5 to 15 g dried herb equivalent per day
réglisse	Glycyrrhiza glabra Racine	fonction mentale - système nerveux- calme	Helps maintain mental calm. Helps keep the nervous system strong. Supports mental function	Powder: 4.0-0.2g/day ; aqueous extract 2.0-0.1g/day . Caution in long-term use. Not more than 3g/day in pregnancy. All over 2 years old: 2-4 years ¼ adult dose, 4-10 years half adult dose
réglisse	Glycyrrhiza glabra Racine	Digestion	Helps to maintain balance and comfort in the digestive systems of people with sensitive digestions	Powder: 4.0-0.2g/day ; aqueous extract 2.0-0.1g/day . Caution in long-term use. Not more than 3g/day in pregnancy. All over 2 years old: 2-4 years ¼ adult dose, 4-10 years half adult dose

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
réglisso	Glycyrrhiza glabra Racine	Système immunitaire - antioxydant	Supports the immune system. Has significant antioxidant properties	Powder: 4.0-0.2g/day ; aqueous extract 2.0-0.1g/day . Caution in long-term use. Not more than 3g/day in pregnancy. All over 2 years old: 2-4 years 1/4 adult dose, 4-10 years half adult dose usual consumption as traditional foodstuff in a normal diet ---100-500 mg--usual consumption as traditional foodstuff in a normal diet-----usual consumption as traditional foodstuff in a normal diet----- -----
réglisso	Glycyrrhiza glabra Racine	Energie	Helps maintain energy levels	Powder: 4.0-0.2g/day ; aqueous extract 2.0-0.1g/day . Caution in long-term use. Not more than 3g/day in pregnancy. All over 2 years old: 2-4 years 1/4 adult dose, 4-10 years half adult dose
réglisso	Glycyrrhiza glabra Racine	système urinaire	Supports the function of the whole reproductive system. Helps maintain the health of the urinary system. Supports the health of the prostate gland	Powder: 4.0-0.2g/day ; aqueous extract 2.0-0.1g/day . Caution in long-term use. Not more than 3g/day in pregnancy.

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
réglisse	Glycyrrhiza glabra Racine	articulation	Helps to maintain the health and comfort of joints	Powder: 4.0-0.2g/day ; aqueous extract 2.0-0.1g/day . Caution in long-term use. Not more than 3g/day in pregnancy. All over 2 years old: 2-4 years 1/4 adult dose, 4-10 years half adult dose
reine des prés	Filipendula ulmaria - nom commun : reine des près	articulation	/ "Used for the good function of joints" / "Helps to maintain joint health" / "Contributes to maintain joint health" / "Supports joint flexibility"	Traditional use of the flower and the flowering top / 3-6g of dried flowering tops as an infusion in hot water, many times daily , or equivalent quantity in extract
reine des prés	Filipendula ulmaria (Spiraea ulmaria) (Meadowsweet)	Invigoration the body natural defences	1. Contains herbs with immune strengthening properties, virus and microbe suppressing properties 2. A tasty and healthy drink, the herbs present in it contain vitamins, minerals, essential oils, and flavonoids which beneficially affect the state of health	8 - 440 mg / Used as part of a multibotanical combination herb, flowers, flowering tops Infusion : 2-6g of dried flowering tops/ herb per day and equivalent preparations
reine des prés	Filipendula ulmaria (Spiraea ulmaria) (Meadowsweet)	Mental health / Relaxation - sleep	1. Contains herbs with soothing, relaxing properties 2. A tea with lightly sedative effect which improves the quality of sleep	50 - 200 mg / Used as part of a multibotanical combination
reine des prés	Filipendula ulmaria (Spiraea ulmaria) (Meadowsweet)	Vascular health / Heart health - cholesterol levels	1. Contains herbs with heart activity soothing, blood pressure and cholesterol reducing properties 2. Contains herbs with heart invigorating and blood vessel enlarging properties	210 - 420 mg / Used as part of a multibotanical combination

plante	Nutriments, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
reine des prés	Filipendula ulmaria - common name : meadowsweet	élimination rénale/drainage de l'organisme	"Traditionally used to enhance the renal elimination of water" / "Traditionally used to facilitate the elimination functions of the organism"/ "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organism"	Traditional use of the flower and the flowering top / 3-6g of dried flowering tops as an infusion in hot water, many times daily , or equivalent quantity in extract Traditional use of flowers. Infusion : 3 to 6g of cut drug. Drink one mug several times per day or an equivalent extract to these 3-6g.
reine des prés	Spirea Ulmaria	fonction articulaire - drainage	draine les articulations	1 cuillère café de macération de la plante par jour
reine des prés	Filipendula ulmaria (Spiraea ulmaria) (Common Name : Reine des prés)	Santé des voies urinaires basses - reins	Supports the excretory function of the kidneys	Flowering tops / The equivalent of 2g of herb per day
reine des prés	Filipendula ulmaria (Spiraea ulmaria) (Common Name : meadowsweet)	Respiratory health	-soothes the respiratory tract - Soothing for throat - supportive and soothing in case of tickle in the throat - to use in case of temporary croakiness	Flowering tops / The equivalent of 2g of herb per day
reine des prés	Filipendula ulmaria (Spiraea ulmaria) (Nom commun: Reine des prés)	élimination urinaire	0	2-6 g of the drug as a tea in infusion daily; equivalent preparations. Pediatric use: 1-4 y 1-2 g daily; 4-10 y 2-3 g daily; 10-16 y: adult dose
reine des prés	Filipendula ulmaria, herba, reine des près, herbe	santé de la peau et ses tissus	Supports the healthn of skin and the normal synthesis of the conjunctive tissue	Capsules, 300 mg./day in combination with other herbs
renouée des oiseaux	Polygonum aviculare (Common Name : Knotweed) renouée des oiseaux	santé respiratoire	-soothes the respiratory tract - Soothing for throat - supportive and soothing in case of tickle in the throat - to use in case of temporary croakiness	Herb / Equivalent of 5 g herb

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
renouée des oiseaux	Polygonum aviculare-Herba-renouées	tractus urinaire	Befriends water elimination on urinary way. Helps to eliminate pathogenic bacteria from urinary tract. decrease the fixing of certain bacteria on the walls of the urinary tract. Increases organism strength at the urinary tract level.	Tincture, tea, capsule/ 6 ml tincture per day/ 2-4 cups of tea per day/ the equivalent of 600 mg powder per day
romarin	Rosmarinus officinalis (Nom commun: romarin)	Antioxidant	Contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage/antioxidants help protect your cells and tissues from oxidative damage antioxidants contribute to the total antioxidant capacity of the body	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 2 g of herb per day liście/ zwykle konsumowane jako tradycyjny artykuł żywnościowy w normalnej diecie/ równowartość 4-6g zioła na dzień
romarin	Romarin Rosmarinus officinalis	Antioxidant	Rosemary is rich in the antioxidants carnosic and carnosol Rosemary is rich in the antioxidant carnosol Rosemary is rich in the antioxidant carnosic	50 mg dried leaf per day

plante	Nutriments, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
romarin	Rosmarinus officinalis - nom commun : Romarin	Digestion	"Traditionally used to facilitate the digestion" / "Used to facilitate the digestion" / "Helps to support normal liver function" / "Contributes to the stimulation of the production of the digestive body fluids" / "Supports the liver and biliary function"	Traditional use of the leaf and flowery top / Infusion : 2-4g in 150ml water three times daily / Fluidextract 1:1 (g/ml): 2ml three times daily / Tincture 1:5 (g/ml) : 10ml three times daily / Equivalent quantity in extract leaves Infusion : 1,5g of dried leaves per cup, several times a day /// Usual consumption as traditionnal foodstuff in a normal diet
romarin	ROSMARINUS OFFICINALIS L.	santé du foie - digestion - purification	Useful to maintain the physiological purifying functions. Supports the function of intestinal tract.	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 2-6 g of herb per day
romarin	Rosmarinus officinalis rosemary Nom français : romarin	élimination - reins - voies urinaires	Traditionnally used to contribute/support/help to elimination by kidneys - Traditionnally used to contribute/support/help to hydric elimination - Traditionnally used to contribute/support/help to elimination by the urinary tract - Taditionnally used to	leaves Infusion : 1,5g of dried leaves per cup, several times a day /// Usual consumption as traditionnal foodstuff in a normal diet
romarin	Rosmarinus officinalis (Common Name : Romarin)	Défences naturelles-système immunitaire	- contributes to the natural defences of the body - support of the body 's defence - supports the immune system	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4-6 g of herb per day Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 2 g of herb per day

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
romarin	Rosmarinus officinalis (Common Name : Romarin)	vitalité du corps	helps to strengthen the body /helps you feel more energetic	Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 4-6 g of herb per day Leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 2 g of herb per day
romarin	Rosmarinus officinalis (romarin)-herbe-	drainage hépatobiliaire	it supports hepatobiliary drainage. /	Powder (0,3 g) 3 times a day
ronce	Rubus fruticosus L. (Nom commun: mûrs)	Santé Respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Folia (Leaves) 4 to 5 g dried drug equivalent per day Folia-(Blätter)--usual consumption as a traditional foodstuff in a normal diet (cough drops).--4 bis 5 g der getrockneten Pflanzenteile (Droge) pro Tag
ronce	Rubus fruticosus	glycémie sanguine	Support of normal blood glucose levels /delays the digestion and absorption of carbohydrates	Leaf / The equivalent of 2-4 g of leaf per day
ronce	Rubus caesicus	Invigoration the body	1. A generally restorative tea which is rich in vitamins, minerals, antioxidants and essential herbal oils and helps the body overcome stress and exertion, prevents setting in of changes associated with age, improves the immunity	Herb: 140 - 150 mg / Used as part of a multibotanical combination
rosier à cent feuilles	Rosae x centifolia L. (nom commun:rosier cent-feuilles)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
rosier à cent feuilles	Rosa centifolia. PETALES	équilibre mental - calme - sommeil	Helps to maintain mental balance. Helps to settle mental excitation. Supports the onset of sleep.	Powder: 2.0-0.05g/day
rosier à cent feuilles	Rosa centifolia. PETALES	santé cardiovasculaire	Supports the physical and emotional heart. Helps to maintain the quality of the blood.	Powder: 2.0-0.05g/day
rosier à cent feuilles	Rosa centifolia. PETALES	(pré) menstruel et la ménopause confort Santé gynécologique - fertilité	Supports sexual function and fertility. Supports gynaecological health. Helps maintain a comfortable menstrual cycle. Helps to maintain temperature balance during perimenopause and after menopause.	Powder: 2.0-0.05g/day
rosier à cent feuilles	Rosa centifolia. PETALES	Digestion & élimination	Supports elimination. Helps to maintain the tone of the digestive tract. Helps maintain acid balance	Powder: 2.0-0.05g/day
rosier à cent feuilles	Rosa centifolia. PETALES	peau	Helps maintain skin health, comfort and complexion.	Powder: 2.0-0.05g/day
rosier à cent feuilles	Rosa centifolia. PETALES	santé des yeux	Supports eye health	Powder: 2.0-0.05g/day
rosier à cent feuilles	Rosae x centifolia L. (Common name: Cabagge rose)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Flos (Flowers) 3 to 6 g dried drug equivalent per day

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
rosier de Provins	Rosae gallica L. (Nom commun: rose rouge)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Fleur 4g/jour en infusion
safran	Crocus sativus L. (Common name : Synonym : C. officinalis Martyn)	Santé mentale - Humeur positive- relaxation	-Contributes to emotional balance; -Helps to support the relaxation -Helps to maintain a positive mood.	Croci stigma / The equivalent of 0,5 to 1 g powder a day or equivalent extract (30 mg of safranal a day)
safran	Crocus sativus	comfort(pre)menstrual	Helps to maintain good comfort before and during menstrual cycle	Flower Stigma / The equivalent of 0.5-1 g of flower stigma per day
safran	Crocus sativus	Fertility - sperm quality	1. Stimulates the libido 2. Improves erection, contributes to the increase of sperm volume and relaxes muscles	Styli cum Stigmatis Crocus sativi: 28 mg / Used as part of a multibotanical combination
salcaire	Salicaire	comfort digestif - transit	Favorise le confort digestif Exerce une action favorable sur la digestion A utiliser en cas de selles liquides	Fleur 3x2-5g/jour en infusion
salcaire	Salicaire	Défenses naturelles	Aide à combattre les refroidissements Renforce la résistance de l'organisme Soutient le système de défense	Fleur 6x260mg/jour
sanicle d'Europe	Sanicula europaea (Common Name : Sanicle)	santé respiratoire	-soothens the respiratory tract '- Soothing for throat - supportive and soothing in case of tickle in the throat - to use in case of temporary croakiness	Herb / The equivalent of 4-6 g herb
sapin	Abies pectinata	Voies respiratoires	améliore la clarté de la voix et renforce les poumons	1 cuillère café de macération de la plante par jour
sapin	Abies pectinata-Buds-Fir needle	santé des os - dents - minéralisation	Bone health and structure of teeth (includes bone structure,bone mineralization,bone density) .	Buds / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 30-90 mg per day.

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
sapin	Abies pectinata-Buds-Fir needle	Appétit	Appetite stimulant	Buds / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 30 – 90 mg per day.
sapin	Abies pectinata-Buds-Fir needle	défence naturelle - resistance	Contributes to the organism defences against precarious microorganism	Buds / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 30 - 90 mg per day.
sarrasin	Fagopyrum esculentum (Common Name : Buckwheat)sarrasin	Cardiovasculaire	Contributes to vascular health, which in turn helps to maintain a healthy heart/helps maintaining heart health/contributes to blood vessels health	Herb / Usual consumption as traditional foodstuff in a normal diet
sarriette des montagnes	SATUREJA MONTANA L. S.L.	Défenses naturelles - Résistance	Increases the physiological resistance of the organism in case of severe ambiance conditions.	Infusion: 60-120 ml, several times daily; 0.9-5.4 ml fluid extract
sarriette des montagnes	Satureja montana - common name : Sarriette des montagnes	Digestion -	"Traditionally used to facilitate the digestion" / "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the leaf and flowery top: 5-10 g/d
sarriette des montagnes	SATUREJA MONTANA L. S.L.	Antioxydant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.	Infusion: 60-120 ml, several times daily; 0.9-5.4 ml fluid extract
sauge a petites feuilles	<i>Salviae lavandulifoliae</i> aetheroleum	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
sauge à petites feuilles	Sauge (<i>Salvia lavandulaefolia</i> Vahl.)	Santé mentale / fonctions cognitives mémoire	Improves mental performance. Helps to maintain working memory and brain performances. Contributes to memory functions. Helps in case of memory problems. Supports memory and brain performances. Helps concentration and mental performances. Maintains memor	Leaf At least 15 mg of leaf powder per day or 10 mg of leaf extract per day
sauge à petites feuilles	Sauge: <i>Salvia lavandulifolia</i> (Spanish Sage)	confort digestif	Usually used to fight inconfort digestive	Traditional use of leaves. In infusion: 1,5 g to 2 g of drug or an equivalent extract
sauge à petites feuilles	<i>Salvia lavandulaefolia huile essentielle</i>	performance cognitive concentration, attention, mémoire	Helps maintaining optimal mental well-being, e.g., maintaining concentration, attention and memory. Helps to maintain memory with age decline and to preserve cognitive function	25 – 100 ul of essential oil 25 – 100 ul of essential oil
sauge grecque	<i>Salvia triloba</i> L. fil. (nom commun : sauge grec)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	
sauge officinale	<i>Salvia officinalis</i> (Common Name : Sage)	Menopause	Contributes gto menopausal comfort/hyperhidrosis	Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 370 mg of herb per day

plante	Nutriments, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
sauge officinale	Salvia officinalis sage nom français : sauge	santé de la femme confort pré menstruel	Traditionnally used to contribute/support/help to woman well-being during menstruations - Traditionnally used to contribute/support/help to healthy menstruations	leaf Infusion : 1,5-4,5g per day Usual consumption as traditionnal foodstuff in a normal diet
sauge officinale	Salvia officinalis sage nom français : sauge	transpiration	Contribute/support/help to moderate sweating - Contribute/support/help to sweat normally /// Contribute/support/help to women well-being	leaf Infusion : 1-12 g per day /// Dry aqueous extract equivalent to 2,6g of dried plant per day /// 3-12g of dried leaves per day Tablets in which a daily dose contains 0.5 g of salvia. Salvia extracts, daily dose of 1-2 ml.
sauge officinale	salvia officinalis	Equilibre hormonal cheveux amincissement	favorise l'amincissement et l'équilibre hormonal de la femme, renforce les cheveux lorsque la chute de cheveux est lié à un déséquilibre hormonal, stimule l'hypophyse et la thyroïde	1 cuillère café de macération de la plante par jour, déconseillé aux femmes enceintes
sauge officinale	Salvia officinalis L. (nom commun: Sauge)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	
sauge officinale	Salvia officinalis (Common Name : Sage)	Antioxidant	Contains antioxidant/s; Is a source of antioxidant/s. With antioxidant/s. Contains naturally occurring antioxidants /antioxidants help protect you from free radicals /antioxidants help protect your cells and tissues from oxidation /antioxidants contribute	Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1.5-9 g of dried leaves

plante	Nutriments, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
sauge officinale	Salvia officinalis (Common Name : Sauge)	santé digestive	Helps to support the digestion /contributes to the normal function of intestinal tract /contributes to normal stomach function	Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1-1.5 g of dried leaves Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3-9 g of leaves per day
sauge officinale	Salvia officinalis (Common Name : Sage) sauge officinale	Défenses naturelles-système immunitaire	- contributes to the natural defences of the body - support of the body's defence - supports the immune system	Herb / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 1.5-9 g of dried leaves
sauge officinale	Salvia officinalis L.(Common name: Sauge)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Folia (Leaves) 4 to 6 g dried drug equivalent per day
sauge officinale	Salvia officinalis, herba-Kitchen Sauge,herbes-200 mg/cps	os et articulation	Supports the remineralisation of the bones structure modified after menopause.	3 capsules/day -1 capsules 3 times/day / 600 mg/day, min. 90 days
sauge sclarée	Sauge sclarée plante	Défenses naturelles	Aide à combattre les refroidissements Renforce la résistance de l'organisme Soutient le système de défense	Feuille 6x150mg/jour
sauge sclarée	Sauge sclarée plante	Antioxidant	Combat la formation des radicaux libres Lutte contre le vieillissement cellulaire A utiliser pour se protéger des radicaux libres	Feuille 6x150mg/jour
sauge sclarée	SALVIA SCLAREA L.	Défenses naturelles - Résistance	Supports the immune system and the body's defence (antioxidant). Increases the physiological resistance of the organism in case of severe ambient conditions.	Infusion: 60-120 ml, 3 or 4 times daily; powdered leaves: 1.3-2 g; tincture (76%): 1-60 drops

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
sauge sclarée	SALVIA SCLAREA L.		Contributes to relieve the menopause symptoms. Helps during the premenstrual cycle. Helps maintaining mobility and flexibility of joints.	Infusion: 60-120 ml, 3 or 4 times daily; powdered leaves: 1.3-2 g; tincture (76%): 1-60 drops
sauge sclarée	Salvia sclarea - common name : Sauge sclarée	Digestion -t	"Traditionally used to facilitate the digestion" / "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the leaf : 1,25-2,5 g/d
sauge sclarée	SALVIA SCLAREA L.	Antioxydant	Protection against the free radicals action due to stress, alcoholics,UV exposure or polluted ambiance conditions	Infusion: 60-120 ml, 3 or 4 times daily; powdered leaves: 1.3-2 g; tincture (76%): 1-60 drops
saule blanc	Salix alba (Willow)	Invigoration the body	Contains herbs with body strengthening and restorative properties	Bark: 600 mg / Used as part of a multibotanical combination
saule blanc	Salix alba (Common Name : Willow) Saule blanc	articulation et muscle	For healthy joints /contributes to healthy muscles and joints	Equivalent to 120-240 mg salicin or 3-9 g dried bark
saule blanc	Salix alba-Bourgeons-saule blanc	Relaxation - sommeil	Contributes to optimal relaxation / helps relaxation and mental and physical well-being / contributes to a healthy sleep.	Buds / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 90 -135 mg per day.
saule blanc	Salix alba-Aments-saule blanc	équilibre hormonale	Normalises the hormones production	Aments / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 135 mg per day.
seigle	Secale cereale-Radicelles-seigle	foie	Helps to maintain a healthy liver function.	Radicles / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 90 - 135 mg per day.
serpolet	Thymus serpyllum L.	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
serpolet	Thymus serpyllum L (Common name: thym sauvage)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Herba (Aerial parts) 4 to 6 g dried drug equivalent per day
serpolet	Thymus serpyllum (thym du berger)-herbe-	Digestion	it improves the digestive function (stomach, intestine). /	Powder (0,3 g) 3 times a day
serpolet	Thymus serpyllum-Herbe-Thym	santé urinaire	Diuretic, prevent urinary infections	Oral administration / Extract, tablets
solidage	Goldenrod Solidago virgaurea	santé du tractus urinaire	Goldenrod helps maintain a healthy urinary tract	6g herb/day
sorbier des oiseleurs	Sorbus aucuparia	Invigoration the body Immunity Stress & exertion	A generally restorative tea which is rich in vitamins, minerals, antioxidants and essential herbal oils and helps the body overcome stress and exertion, prevents setting in of changes associated with age, improves the immunity	Fruit: 90 mg / Used as part of a multibotanical combination
sorbier domestique	SORBUS DOMESTICA	(pré) menstruel et de la ménopause	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions	Hydroglycerolalcoholic gemmae extract: 795 mg daily
souci des champs	CALENDULA ARVENSIS L.	Antioxidant	Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions.	2 cups of decoction daily (30 g flowers and leaves in water); 10-40 drops tincture daily; fresh finely chopped leaves or compresses with decoction/tincture or oil (75 g fresh flowers in 1 oil glass) for application on skin

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
souci des champs	CALENDULA ARVENSIS L.	défences naturelles - resistance	Increases the physiological resistance of the organism in case of severe ambient conditions.	2 cups of decoction daily (30 g flowers and leaves in water); 10-40 drops tincture daily; fresh finely chopped leaves or compresses with decoction/tincture or oil (75 g fresh flowers in 1 oil glass) for application on skin
souci des jardins	Calendula officinalis L. (Common names: Common Marygold, Marigold) soucis	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Flowers / 1 – 2 g dried drug daily; equivalent preparations
souci des jardins	Calendula officinalis (Nom commun: Souci)	santé intestinal et foie	Helps support normal liver function	Flower, herb / The equivalent of 1-4 g of herb as infusion
souci des jardins	Calendula officinalis L.(Common names: Common Marygold, Marigold)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Flos (Flowers) 3 – 12 g dried drug equivalent per day Fleur 1-2g/jour en infusion
souci des jardins	Calendula officinalis-marigold-fleur de Calendulae	cicatrisation de la peau	By provitamin A, essential aminoacids and antibacterial components, it presents antifungal, antibacterial and healing properties.	The recommended daily dose is: 400 - 800 mg /day as sucking tablets.
souci des jardins	Calendula officinalis (Marigold)	invigoration the body	1. Contains herbs with allergy reducing, anti-inflammatory properties 2. Helps the body overcome stress and exertion, prevents setting in of changes associated with age	Flower: 0,64 g / Used as part of a multibotanical combination

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
spiruline	Spirulina (spiruline)	Antioxidant	<p>Exact wording of claim as it appears on product: Spirulina is a rich source of antioxidants that help the body to protect against the consequences of oxidative stress</p> <p>Examples of any alternative wording that may be used in relation to claim: Assists the</p>	<p>Does claim rely on the presence/presence in a reduced quantity/absence of a nutrient or other substance: NA</p> <p>Weight of average daily food serving: 3 gram(s)</p> <p>Daily amount to be consumed to produce claimed effect: 2 gram(s)</p> <p>Number of food portion</p>
spiruline	Spirulina (spiruline)	Défences naturelles - système immunitaire	<p>Exact wording of claim as it appears on product: Spirulina assists in supporting the immune system Phycocyanin (one of the phytonutrients in Spirulina) is a powerful immune stimulant</p> <p>Is claim a picture: No</p>	<p>Does claim rely on the presence/presence in a reduced quantity/absence of a nutrient or other substance: Presence of a nutrient or other substance</p> <p>Number of nutrients/other substances that are essential to claimed effect: 2</p> <p>Names of nutrient/other subs</p>
sureau	Sambucus nigra (Common Name : Elder)	Purification - excretion	- Supports the excretory function of the kidneys /supports sweating	Fruit, flowers / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 gram flowers or berries per day.
sureau	Sambucus nigra (Common Name : Elder)	Défences naturelle-système immunitaire	Support of the body's defence /Helps to supports the immune system	Fruit, flowers / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 gram flowers or berries per day. 2.000 mg Holunderbeeren (als Extrakt), -400 mg Lindenblüten (als Extrakt)
sureau	Sambucus nigra (Common Name : Elder)	glycémie sanguine	Help to maintain a normal blood glucose level as part of a healthy lifestyle /Contributes to normal glucose level	Fruit, flowers / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 gram flowers or berries per day.

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
sureau	<i>Sambucus nigra</i> (Common Name : Elderberry)	Antioxidant	<p>show antioxidative activity and help protect against oxidative stress/contains naturally occurring antioxidants/antioxidants help protect you from radicals which cause cell damage</p> <p>antioxidants help protect your cells and tissues from oxidative damage</p>	Fruit, flowers / Usual consumption as traditional foodstuf in a normal diet / The equivalent of 5 gram flowers or berries per day.
sureau	<i>Sambucus nigra</i> (Common Name : Elderberry)	Santé Respiratoire	helps to soothe common cold/pleasant for cough and croakiness	Fruit, flowers / Usual consumption as traditional foodstuf in a normal diet / The equivalent of 5 gram flowers or berries per day.
sureau	jus de sureau noir (<i>Sambucus nigra</i>)-CIAA Nr. 711	Effet antioxydant	Schwarzer Holunderbeerensaft stärkt die körpereigenen Abwehrkräfte. --Schwarzer Holunderbeerensaft schützt die Körperzellen	400 ml Saft, einmalig
sureau noir	Fleur de sureau (<i>Sambucus nigra</i>)	élimination rénales/drainage de l'organisme	Supports sweating during feverish conditions.	<p>Daily dose for adults: 3x daily 3-5 g of dried inflorescence in infusion.</p> <p>Contraindication: hypersensitivity to the given herb</p> <p>Fleur, Fruit/ Consommation traditionnelle dans le cadre d'une alimentation normale/l'équivalent de 225mg par jour</p>

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
sureau noir	Sambucus nigra - nom commun: sureau noir, sureau	gestion du poids	"Traditionally used to facilitate the weight loss in addition to dietetic measures" / "Used to facilitate the weight loss in addition to dietetic measures" / "Helps to loose weight in addition to dietetic measures" / "Contributes to loose weight in additi	Traditional use of the flower and berry / 3g of dried flowers as an infusion in hot water many times daily, or equivalent quantity in extract / warm 10g of berries in cold water to simmer and drink the infusion many times daily, or equivalent quantity in Fleur, Fruit/ Consommation traditionnelle dans le cadre d'une alimentation normale/l'équivalent de 225mg par jour
sureau noir	Sureau: Elder berry (dry aqueous extract)	système veineux	Improves blood circulation. Contributes to improve blood circulation	40 mg of dry aqueous elder berry extract per day
tanaisie	Tanacetum vulgare (Tansy)	Intestinal health	1. For the intestinal tract health 2. Tansy enhances secretion of the gastrointestinal glands and tone up the muscles of the gastrointestinal tract	Extract of flower: 170 mg / Used as part of a multibotanical combination
tanaisie	Tanacetum parthenium (Nom commun: La grande camomille)	Relaxation	Contributes to a clear head/ helps to keep the head clear/relaxing/supports relaxing the head	Aerial parts / The equivalent of 50 mg of powdered plant per day
thym	<i>Thymus vulgaris/zygis</i> (Common Name : Thyme)	Tractus respiratoire supérieur	Soothing for throat and chest /contributes to wellbeing of chest and throat /contributes to a fresh breath '-Good for respiratory tract and/or throat, -Soothens the respiratory tract	Flower, leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3-10 g herb per day 0,45 g drog/day, 15% of the lower therapeutic dose (3 g)
thym	Thymus vulgaris (Common Name : Thyme)	Défences naturelles-système immunitaire	- contributes to the natural defences of the body - support of the body 's defence - supports the immune system	Flower, leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3-10 g herb per day Flower, leaf / Equivalent to 10 g of leaf / The equivalent of 3-6 g herb per day

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
thym	<i>Thymus vulgaris</i> (Common Name : Thyme)	Antioxidant	Contains naturally occurring antioxidants /antioxidants help protect you from free radicals /antioxidants help protect your cells and tissues from oxidation /antioxidants contribute to the total antioxidant capacity of the body and may help strengthen our	Flower, leaf / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 3-10 g herb per day Flower, leaf / Equivalent to 10 g of leaf / The equivalent of 3-6 g herb per day
thym	Thymus vulgaris - nom commun : Thym	Digestion - digestive comfort	/ "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the leaf and flowery top / Infusion: 1-2g par cup several times daily / Fluidextract 1:1 (g/ml) :1-2 ml one to three times daily / Equivalent quantity in extract / Does not exceed 4mg of dried herb per day.
thym	Thym commun (<i>Thymus vulgaris</i> , <i>Thymus zygis</i>)	Santé Respiratoire	Eases expectoration. Helps with dry cough.	Daily dose for children up to 1 year: 3x daily 0,5-1 g of dried herb in infusion.
thym	Thymus vulgaris - nom commun : Thym	Digestion	"Traditionally used to facilitate the digestion" / "Used to facilitate the digestion" / "Contributes to the digestive comfort" / "Helps to support the digestion" / "Contributes to support the digestion".	Traditional use of the leaf and flowery top / Infusion: 1-2g par cup several times daily / Fluidextract 1:1 (g/ml) :1-2 ml one to three times daily / Equivalent quantity in extract / Does not exceed 4mg of dried leaves and flowers Infusion : 1-2 g of dried leaves/flowers per cup, several times a day /// Usual consumption as traditional foodstuff in a normal diet
thym	<i>Thymus vulgaris</i> L.	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
thym	Thymus vulgaris L. (Common name: Thyme)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Herba (Aerial parts) 3 to 12 g of dried herb equivalent per day
thym grec	Thymus zygis L.	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	
thym grec	Thymus zygis L.(Common name: Thym)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Herba (Aerial parts) 3 to 12 g of dried herb equivalent per day
tilleul	Tilleul fleurs	Transpiration	Aide à contrôler la transpiration Contribue au contrôle de la transpiration Utilisé dans les problèmes de transpiration	Fleur 2-4g/jour
tilleul	Tilleul fleurs	Favorise le sommeil	Favorise le sommeil Favorise un repos nocturne bon et sain	Fleur 4g/jour en infusion
tilleul	tilleul (<i>Tilia cordata</i> , <i>Tilia platyphyllos</i>)	expectoration	Eases expectoration.	Daily dose for adults: 3x daily 2 – 4 g of dried inflorescence in infusion. Contraindication: hypersensitivity to the given herb
tilleul	tilleul (<i>Tilia cordata</i> , <i>Tilia platyphyllos</i>)	élimination rénale/transpiration	Supports sweating during feverish conditions.	Daily dose for adults: 3x daily 2 – 4 g of dried inflorescence in infusion. Contraindication: hypersensitivity to the given herb

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
tilleul	Plante : Tilleul <i>Tilia spp.</i> (Linden)	Elimination rénale de l'eau – Fonctions d'élimination de l'organisme	Reconnu pour faciliter les fonctions d'élimination de l'organisme / reconnu pour favoriser l'élimination rénale de l'eau	Aubier/Consommation traditionnelle dans le cadre d'une alimentation normale/l'équivalent de 315mg par jour
tilleul	<i>Tilia cordata Mill.</i>	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	
tilleul	<i>Tilia platyphyllos</i> - nom commun tilleul	Effet relaxant - Aide à trouver le sommeil	"Traditionally used to help to find a better sleep" / "Traditionally used to decrease tenseness" / "Traditionally used to decrease restlessness" / "Traditionally used to decrease irritability" / "Used to help to find a better sleep" / "Used to decrease tens	Traditional use of the flower / Infusion : 1,8-2g in 150ml boiled water once to twice daily / Fluidextract 1:1 (g/ml) : 2ml once to twice daily / Tincture 1:5 (g/ml) : 10ml once to twice daily / Equivalent quantity in extract
tilleul	<i>Tilia platyphyllos Scop.</i>	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Flos-(Blüten)--usual consumption as a traditional foodstuff in a normal diet (cough drops).--2 bis 4 g der getrockneten Pflanzenteile (Droge) pro Tag
tilleul	<i>Tilia platyphyllos</i> - common name : tilleul	Digestion -	"Traditionally used to facilitate the digestion" / "Used to facilitate the digestion" / "Helps to support normal liver function" / "Contributes to the stimulation of the production of the digestive body fluids" / "Supports the liver and biliary function"	Traditional use of the sapwood: 5-10 g/d

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
tilleul	Tilia ssp. Lime tree nom français : tilleul	santé du foie- digestion	Traditionnally used to contribute/support/help to digestive well-being - Traditionnally used to contribute/support/help to healthy digestion - Traditionnally used to contribute/support/help to healthy liver activity - Traditionnally used to contribute/sup	wood Decoction 3-8% /// Usual consumption as traditionnal foodstuff in a normal diet
tilleul	Tilia ssp. / Tilia cordata / Tilia parvifolia / Tilia platyphyllos (Common Name : tilleul)	Antioxidant	Contains antioxidant/s; Is a source of antioxdiant/s. With antioxidant/s. Contains naturally occuring antioxidants /antioxidants help protect you from free radicals /antioxidants help protect your cells and tissues from oxidation /antioxidants contribute	Inflorescences / flower: Usual consumption as traditional foodstuff in a normal diet / Equivalent to 10 g of Inflorescences Flower / Equivalent to 10 g of leaf
tilleul	Tilia ssp. / Tilia cordata / Tilia parvifolia / Tilia platyphyllos (Common Name : tilleul)	fonction d'excrétion des reins	Supports the excretory function of the kidneys	Inflorescences / flower: Usual consumption as traditional foodstuff in a normal diet / Equivalent to 10 g of Inflorescences
tilleul	Tilia ssp. / Tilia cordata / Tilia platyphyllos (Common Name : tilleul)	Défences naturelle-système immunitaire	- contributes to the natural defences of the body - support of the body 's defence - supports the immune system	Inflorescences / flower: Usual consumption as traditional foodstuff in a normal diet / Equivalent to 10 g of Inflorescences Flower / Equivalent to 10 g of leaf
tilleul	Tilia ssp. / Tilia cordata / Tilia platyphyllos (Common Name : tilleul)	Relaxation - sommeil	helps to maintain an optimal relaxation ; helps to support the relaxation ; helps to maintain a healthy sleep	Inflorescences / flower: Usual consumption as traditional foodstuff in a normal diet / Equivalent to 10 g of Inflorescences

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
tilleul	<i>Tilia cordata</i> Mill. (Common names: Bast-small-leaved lime, tilleul)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Flos (Flowers) 2 to 4 g dried drug equivalent per day
tilleul	<i>Tilia cordata</i> Mill. (Common names: Bast-small-leaved lime, tilleul)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Flos (Flowers) 2 to 4 g dried drug equivalent per day
tilleul argenté	TILIA TOMENTOSA MOENCH	Défenses naturelles - Résistance	Increases the physiological resistance of the organism in case of severe ambiance conditions.	Dried extract (tit. total flavonoids min. 1%): 12-13 mg/kg/day, divided in 2-3 doses with empty stomach
tilleul argenté	TILIA TOMENTOSA MOENCH	Relaxation - sommeil	Helps relaxation effects. Less relaxation difficulties. Obtaining a relaxation status helps sleeping and the physiological nightly rest. Helps to obtain a relaxation effect and regain a natural good temper. Contributes to recover physical and mental	Dried extract (tit. total flavonoids min. 1%): 12-13 mg/kg/day, divided in 2-3 doses with empty stomach
tilleul aubier	aubier de tilleul	fonction pancréas, métabolisme du glucose, du foie	régule le métabolisme du cholestérol et du glucose	1 cuillère café de macération de la plante par jour
tompinambour	Helianthus tuberosus	Contôle de poids - metabolisme graisses	Contrôle de poids Contribue au métabolisme des graisses, ce qui peut aider au contrôle de poids	Conseil : Il est recommandé d'accompagner l'Hélianthus d'une alimentation saine et de boire beaucoup d'eau afin de favoriser l'élimination des toxines accumulées dans l'organisme Tubercules frais DJR max : 1,35-1,46 g

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
topinambour	<i>Helianthus tuberosus</i> (Jerusalem artichoke)	Invigoration the body resistance natural defences	A generally restorative product for strengthening of the immune system, activates body's antioxidant protection system, increases body's resistance against the harmful effects of the environment, infections and other unfavourable factors	Root: 2, 97 g / Used as part of a multibotanical combination
topinambour	<i>Helianthus tuberosus</i> -feuilles-topinambour	gestion du poids	Growth , development and maintenance of body function.	Leaves / Usual consumption as traditional foodstuff in a normal diet./ The equivalent of 10 – 15 mg per day.
tournesol	<i>Helianthus annuus</i>	Invigoration the body Immunity	A generally restorative tea which is rich in vitamins, minerals, antioxidants and essential herbal oils and helps the body overcome stress and exertion, prevents setting in of changes associated with age, improves the immunity	Flower: 50 mg / Used as part of a multibotanical combination
trèfle des prés	<i>Trifolium pratense</i> (nom commun: trèfle rouge)	santé des os	<i>Trifolium pratense</i> is beneficial for firmness of bones	1,000-2,000 mg of red clover in tablet or capsule form. Long-term usage is recommended
trèfle des prés	<i>Trifolium pratense</i> (Common Name :trèfle rouge)	confort de la ménopause	Helps to maintain a calm and comfortable menopause/helps women coping with the telltale signs associated with menopause, such as hot flushes, sweating, restlessness and irritability	Aerial parts / The equivalent of 40-80 mg isoflavones per day
tussilage	<i>Tussilago farfara</i> (Coltsfoot)	Health of the upper respiratory tract / Immune health	For the health of respiratory organs, promotion of cough-up and body's resistance (resistance abilities)	Leaf: 6 - 24 mg / Used as part of a multibotanical combination

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
valéiane officinale	Valeriana officinalis (Valerian)	Cardiovascular health - blood pressure	<ul style="list-style-type: none"> 1. For cardiovascular health 2. Improves function of the heart 3. Strengthens blood vessels 4. Increases elasticity and strength of blood vessel and capillary walls 5. Normalizes blood pressure 	Tincture: 10 - 30 mg / Used as part of a multibotanical combination
valéiane officinale	Valeriana officinalis (Valerian)	Digestive health	<ul style="list-style-type: none"> 1. Reduces digestive system disorders and spasms 2. Promotes the activity of the digestive system 	Tincture of valerian: 10 mg / Used as part of a multibotanical combination
valéiane officinale	Extrait de valéiane [extrait sec de racines de valéiane officinalis L., drogue / ratio extrait natif (3-6): 1, solvant d'extraction éthanol / eau, min 0,3% acide valérénique]	Permet l'endormissement (début)	To help sleep onset, Clinically/scientifically proven to help normalise/promote sleep (onset), Valerian helps to maintain a natural sleep,	120 – 360 mg of dried extract
valéiane officinale	VALERIANA OFFICINALIS L.	fonctions cognitives	Contributes to recover physical and mental well-being.	Root / The equivalent of 1-10 g of root daily. Pediatric use: children 3-12y. Under medical supervision only: proportion of adult dose according to body-weight, as non-alcoholic preparation.
vélar, herbe aux chantres	Sisymbrium officinale	santé respiratoire	<ul style="list-style-type: none"> - Soothing for throat/ - supportive and soothing in case of tickle in the throat - to use in case of temporary croakiness - mild and softening for the throat - for an appropriate and easy respiration 	Herb / The equivalent of 0,5-1 g herb per day
verge d'or	SOLIDAGO VIRGAUREA L.	Défenses naturelles - Résistance	Increases the physiological resistance of the organism in case of severe ambient conditions.	3-4 g dried herb for herbal tea, 2-4 times daily; liquid extract: 0.5-2 ml, 3 times daily; tincture: 0.5-2 ml, 3 times daily; dried extract: 350-450 mg, 3 times daily, for 2-4 weeks

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
verge d'or	SOLIDAGO VIRGAUREA L.	confort articulation	Helps during the premenstrual cycle. Contributes to relieve the menopause symptoms. Helps maintaining mobility and flexibility of joints.	3-4 g dried herb for herbal tea, 2-4 times daily; liquid extract: 0.5-2 ml, 3 times daily; tincture: 0.5-2 ml, 3 times daily; dried extract: 350-450 mg, 3 times daily, for 2-4 weeks
verge d'or	Solidago virgaurea (Common Name : Golden herb)	Santé de la vessie et des voies urinaires inférieures	Contributes to normal urinary elimination functions	Aerial parts, root / The equivalent of 6-12 g of herb daily Aerial parts / 6-12 g daily as infusion/equivalent preparation. Paediatric use: 1-4 years 1-2 g daily; 4-10 years 2-5 g; 10-16 years 4-8 g
verge d'or	SOLIDAGO VIRGAUREA L.	Antioxydant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients.	3-4 g dried herb for herbal tea, 2-4 times daily; liquid extract: 0.5-2 ml, 3 times daily; tincture: 0.5-2 ml, 3 times daily; dried extract: 350-450 mg, 3 times daily, for 2-4 weeks
verge d'or	Goldenrod Solidago virgaurea	santé du tractus urinaire	Goldenrod helps maintain a healthy urinary tract	6g herb/day
vergerette du Canada	Plante : Vergerette du Canada (Erigeron canadensis = Conyza canadensis)	Elimination rénale de l'eau et de l'acide urique	Reconnu pour favoriser l'élimination rénale de l'eau et de l'acide urique	Parties aériennes/ Consommation traditionnelle dans le cadre d'une alimentation normale/l'équivalent de 150mg par jour
véronique officinale	Veronica officinalis	Relaxation et sommeil	Contributes to optimal relaxation /helps to support the relaxation to a normal sleep /helps to maintain a healthy sleep /Supports in periods of mental and nervous tension	Herb / The equivalent of 1.5 g of herb three times daily
véronique officinale	Veronica officinalis	peau et cicatrisation des plaies	is needed for healthy skin	Herb / The equivalent of 1.5 g of herb three times daily
véronique officinale	Veronica officinalis	Vessie et reins	Contributes to kidney and bladder function	Herb / The equivalent of 1.5 g of herb three times daily

plante	Nutriments, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
verveine odorante	LIPPIA CITRIODORA KUNTH	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Protection against the free radicals action due to stress, alcoholics, UV exposure or polluted ambiance conditions.	5 g/daily plant; decoction: several daily doses of 3 tablespoonsful
verveine odorante	LIPPIA CITRIODORA KUNTH	Défenses naturelles - Résistance	Increases the physiological resistance of the organism in case of severe ambiance conditions.	5 g/daily plant; decoction: several daily doses of 3 tablespoonsful
verveine odorante	LIPPIA CITRIODORA KUNTH	Mobilité articulaire confort prémenstruel et de la ménopause	Helps maintaining mobility and flexibility of joints. Contribute to the resistance during the premenstrual cycle. Contributes to relieve the menopause symptoms.	5 g/daily plant; decoction: several daily doses of 3 tablespoonsful
verveine odorante	Aloysia triphylla - common name : Verveine odorante	Élimination rénale drainage e l'organisme	"Traditionally used to enhance the renal elimination of water" / "Traditionally used to facilitate the elimination functions of the organism"/ "Used to enhance the renal elimination of water" / "Used to facilitate the elimination functions of the organism"	Traditional use of the leaf : 2,5-5 g/d
verveine odorante	Aloysia triphylla - common name : Verveine odorante	Effet relaxant - Aide à trouver le sommeil	"Traditionally used to help to find a better sleep" / "Traditionally used to decrease tenseness" / "Traditionally used to decrease restlessness" / "Traditionally used to decrease irritability" / "Used to help to find a better sleep" / "Used to decrease tension"	Traditional use of the leaf : 2,5-5 g/d
verveine officinale	Verbena officinalis L.	Santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
verveine officinale	VERBENA OFFICINALIS L.	Défenses naturelles - Résistance	Increases the physiological resistance of the organism in case of severe ambiance conditions.	Tea: 1.5 g finely chopped herb in water; infusion 2-4 g/day; tincture 40 drops thrice daily; fluid extract: 2-4 ml/day
verveine officinale	VERBENA OFFICINALIS L.	articulation confort (pré) menstruel et de la ménopause	Helps during the premenstrual cycle. Contributes to relieve the menopause symptoms. Helps maintaining mobility and flexibility of joints.	Tea: 1.5 g finely chopped herb in water; infusion 2-4 g/day; tincture 40 drops thrice daily; fluid extract: 2-4 ml/day
verveine officinale	VERBENA OFFICINALIS L.	function intestinale	Contributes to the functions of the intestinal tract.	Tea: 1.5 g finely chopped herb in water; infusion 2-4 g/day; tincture 40 drops thrice daily; fluid extract: 2-4 ml/day
verveine officinale	VERBENA OFFICINALIS L.	peau	Food supplement supports the physiological activity helping the tissue trophies,... skin, hair, nails. Helps the physiological skin purifying activities.	Tea: 1.5 g finely chopped herb in water; infusion 2-4 g/day; tincture 40 drops thrice daily; fluid extract: 2-4 ml/day
verveine officinale	Veronica officinalis L.	santé respiratoire	Soothing for mouth and throat / Reliefs in case of tickle in the throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Herba (Aerial parts) 3 to 4.5 g dried herb equivalent per day
verveine officinale	VERBENA OFFICINALIS L.	Antioxidant	Increases the physiological resistance of the organism in case of severe ambiance conditions	Tea: 1.5 g finely chopped herb in water; infusion 2-4 g/day; tincture 40 drops thrice daily; fluid extract: 2-4 ml/day
verveine officinale	Verbena officinalis (Common Name : Verveine)	Lactation	Supports lactation	Areal parts / The equivalent of 6-12 dried herb as infusion
verveine officinale	Verbena officinalis L. (Common name: Verveine officinale)	santé respiratoire	Soothing for mouth and throat / Reliefs in case of irritation of throat and pharynx / Soothing and pleasant effect on throat, pharynx and vocal cords	Herba (Aerial parts) 6 to 12 g dried herb equivalent per day

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
verveine officinale	Verbena officinalis-herb-Verbenaceae-Verbină-Vervain	Gall Bladder Health	helps to the normal function of gallblader	the equivalent of 4 g herb powder per day
vigne	Vitis vinifera (Common Name : raisin)	Veines- jambes fatiguées et lourdes	/Red vine leaf contributes to a good blood flow in the legs /can reduce the feeling of tired and heavy leggs/ traditionally used to support skin capillary function/ helps to maintain healthy leg-vein functions/ heavy legs	Fruit, leaf, seed / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g of leaf per day
vigne	Vitis vinifera (Common Name : raisin)	Peau- antioxidant	Helps improve the overall health and appearance of the skin	Fruit, leaf, seed / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g of leaf per day
vigne	Vitis vinifera (Common Name : Grape)	Cœur- pression sanguine	contributes to a healthy blood pressure	Fruit, leaf, seed / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g of leaf per day Fruit, leaf, seed / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g of leaf per day
vigne	Vitis vinifera (Common Name : raisin)	Antioxidant	Contains antioxidant/s; Is a source of antioxidant/s. With antioxidant/s. Contains naturally occurring antioxidants /antioxidants help protect you from free radicals /antioxidants help protect your cells and tissues from oxidation	Fruit, leaf, seed / Usual consumption as traditional foodstuff in a normal diet / The equivalent of 5 g of leaf per day

plante	Nutriment, substance, aliment ou catégorie d'aliment	Relation à la santé	Allégation proposée	Conditions d'utilisation proposées/restrictions d'utilisation/Raison du rejet
violette odorante	VIOLA ODORATA L.	Antioxidant	Antioxidants can protect from free radicals and helps in case of foods intake deficiency or increased amount of nutrients. Protection against the free radicals action due to stress, alcoholics,UV exposure or polluted ambiance conditions	Infusion: 1 teaspoonful herb in acup of water, three times a day; tincture: 1-2 ml three times a day
violette odorante	VIOLA ODORATA L.	articulation confort (pré) menstruel et de la ménopause	Helps during the premenstrual cycle.Contributes to relieve the menopause symptoms. Helps maintaining mobility and flexibility of joints.	Infusion: 1 teaspoonful herb in acup of water, three times a day; tincture: 1-2 ml three times a day
violette odorante	VIOLA ODORATA L.	récupération physiologique du stress psychophysique	Contributes to recover physical and mental well-being.	Infusion: 1 teaspoonful herb in acup of water, three times a day; tincture: 1-2 ml three times a day

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3407

3408

3772

3773

4425

**Entrée Id
dans la base
AES**

3765

3766

4410

2261

2369

2546

4304

**Entrée Id
dans la base
AES**

3767

3768

2807

3606

3607

3608

Entrée Id dans la base AES
3609
3887
2532
2533
3650
3651

**Entrée Id
dans la base
AES**

3722

3723

3380

3381

3382

**Entrée Id
dans la base
AESAs**

3383

3384

3855

3920

2216

4644

Entrée Id dans la base AESAs
4645
3493
4095
3758
4036
4262

Entrée Id dans la base AESAs
4646
2056
4648
4649
4650
4651
4653
4078

**Entrée Id
dans la base
AES**

2824

4654

4657

2342

2267

**Entrée Id
dans la base
AES**

2268

2269

3391

3392

3393

Entrée Id dans la base AESA
3169
3173
3177
3710
3856
3857

**Entrée Id
dans la base
AES**

3858

3944

4063

4419

2274

4066

4422

**Entrée Id
dans la base
AES**

3386

3387

3388

3389

3771

**Entrée Id
dans la base
AES**

3921

3922

2281

2283

2284

**Entrée Id
dans la base
AES**

2285

1346

1347

1348

4508

2597

**Entrée Id
dans la base
AESAs**

3412

3413

3414

4427

2286

**Entrée Id
dans la base
AES**

2287

3925

2588

2289

2290

2291

**Entrée Id
dans la base
AES**

2292

2460

3420

3421

3426

Entrée Id dans la base AESAA
4509
2591
3469
3470
3471
3472
3473
3474

**Entrée Id
dans la base
AES**

3475

4433

4434

3200

3201

3202

3203

Entrée Id dans la base AESAT
3204
3954
3437
3438
3439
3440

**Entrée Id
dans la base
AES**

3441

3442

3775

3866

4071

4435

2088

**Entrée Id
dans la base
AESAA**

2089

2090

2694

3312

**Entrée Id
dans la base
AES**

3443

3928

4079

4436

4437

2623

2709

**Entrée Id
dans la base
AES**

2847

3436

3711

2297

2730

**Entrée Id
dans la base
AESAs**

2299

2300

3452

3453

3868

Entrée Id dans la base AESAA
4441
4442
2085
2086
2087

**Entrée Id
dans la base
AES**

2302

2303

3712

3713

4443

Entrée Id dans la base AESA
4444
3454
3455
4382
2307
2306

**Entrée Id
dans la base
AES**

2310

2092

2093

2094

2097

**Entrée Id
dans la base
AES**

2309

2696

2698

4445

4446

2308

2464

**Entrée Id
dans la base
AES**

2270

2271

2272

2273

2454

2560

**Entrée Id
dans la base
AESAA**

3596

3860

4065

4420

4421

4485

Entrée Id dans la base AESA
2378
3456
3457
3458
1295
1297
2001

**Entrée Id
dans la base
AESAT**

2002

2050

2347

2755

2854

3706

Entrée Id dans la base AESAT
4499
4500
1296
1298
1322
3266
3267
3982

**Entrée Id
dans la base
AESAs**

3983

3984

3985

4271

2423

2424

2425

Entrée Id dans la base AES
2631
4392
3400
3401
3402

**Entrée Id
dans la base
AES**

3403

3404

4424

1986

1987

1988

2206

**Entrée Id
dans la base
AESAs**

2207

2656

2668

3467

3468

3779

Entrée Id dans la base AESA
3780
3781
3782
3783
2864
2026

**Entrée Id
dans la base
AES**

2027

2602

4277

4387

4416

4417

4418

**Entrée Id
dans la base
AES**

2469

2470

2471

2472

2473

2823

3691

Entrée Id dans la base AESA
4455
4456
3633
2152
2346
2498
2732

**Entrée Id
dans la base
AES**

2766

2787

2821

3834

3835

3893

3894

Entrée Id dans la base AESA
4497
4498
2177
3269
3270
3271
3478

Entrée Id dans la base AESAT
2532
2564
2636
4717
2356
2357

**Entrée Id
dans la base
AES**

2358

2566

4506

2108

2236

3898

2322

**Entrée Id
dans la base
AESAs**

4465

4466

2567

2784

3459

2632

4460

**Entrée Id
dans la base
AES**

2476

2477

3505

3678

2568

2763

Entrée Id dans la base AES
2569
2570
2803
3826
3827
3828
4315
4489
2572
3510

Entrée Id dans la base AESAs
3511
3512
3513
3514
3790
3791
4096
2384

Entrée Id dans la base AESAT
2323
4467
2324
4316
2437
2438
2439
2782

Entrée Id dans la base AESAT
2783
3911
3912
4399
2594
3524
3525
3793

Entrée Id dans la base AESAT
3794
4259
4468
4258
2326
4469
4470
3531
2705

**Entrée Id
dans la base
AES**

2370

2846

3365

3769

**Entrée Id
dans la base
AES**

4050

4051

4052

**Entrée Id
dans la base
AES**

4053

4054

4055

**Entrée Id
dans la base
AESAs**

4056

2255

2443

2444

2445

**Entrée Id
dans la base
AES**

3360

3594

3762

3852

3915

4402

3792

**Entrée Id
dans la base
AES**

4462

2125

2866

**Entrée Id
dans la base
AESAs**

3563

3808

3809

3882

**Entrée Id
dans la base
AES**

3883

4475

2127

2335

2486

3561

**Entrée Id
dans la base
AES**

4098

4099

4100

4101

4102

4103

4111

Entrée Id dans la base AESAA
3560
2038
2251
2427
2611
2610
3886
3195
4336

Entrée Id dans la base AESAT
4337
4338
2176
3579
3695
3817
2340

**Entrée Id
dans la base
AESAs**

2736

2754

4144

2339

2148

**Entrée Id
dans la base
AES**

2775

2777

3573

3574

3813

**Entrée Id
dans la base
AES**

3814

3885

4143

4478

2579

2580

3575

Entrée Id dans la base AESAT
3576
3694
3815
2488
3884
4476
4477
4479
3716

**Entrée Id
dans la base
AES**

4166

4491

4492

3366

2492

3593

3277

**Entrée Id
dans la base
AESAs**

3278

3738

3847

4029

4369

2405

**Entrée Id
dans la base
AES**

1867

1876

2133

2134

2135

**Entrée Id
dans la base
AESAA**

2136

2137

3079

2677

**Entrée Id
dans la base
AESAs**

2718

2753

2493

4145

2149

2150

**Entrée Id
dans la base
AESAs**

2151

2343

2687

3612

3829

Entrée Id dans la base AESAT
4167
3614
4168
2603
2604
2690
2691

**Entrée Id
dans la base
AES**

3518

3615

3616

3617

3696

**Entrée Id
dans la base
AES**

3830

3888

3889

3945

3946

**Entrée Id
dans la base
AES**

4169

4170

3618

3619

3264

2762

**Entrée Id
dans la base
AES**

2449

4412

2448

2679

4146

2497

**Entrée Id
dans la base
AES**

2500

2501

2772

3837

2342

3591

Entrée Id dans la base AESAT
3592
3823
3824
3366
3515
2353
2354
2355

**Entrée Id
dans la base
AESAs**

3423

3424

3425

3663

3664

3640

Entrée Id dans la base AESAT
3641
3642
3643
3644
3645
3838
3897
4188

Entrée Id dans la base AESA
4503
2157
2158
2159
2156

**Entrée Id
dans la base
AES**

3646

3647

3648