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关于公开征求《允许保健食品声称的保健功能目录 非营养素补充剂（2020年版）（征求意见稿）》意见的公告

Announcement on publicly soliciting opinions on the List of Health Functions Allowed for Health Food Claims Non-nutrient Supplements 2020 Edition

No.	Health Claims	Description
1	Help enhance immune	<p>Immunity is the body's ability to defend externally and maintain a stable response to the internal environment, which is affected by many factors.</p> <p>We should pay attention to adjusting and correcting these factors due to poor nutrition, fatigue, and reduced immunity when life is irregular.</p> <p>Scientific research suggests that supplementing with appropriate substances can improve the body's immunity.</p>
2	Contribute to antioxidant	<p>Oxidation is a link in the body's use of oxygen. Anti-oxidation is the body's process of controlling excessive oxidation which may produce adverse health effects. The two effects maintain balanced normal life activities.</p> <p>The exogenous antioxidants needed for antioxidants mainly come from food.</p> <p>Scientific research has shown that supplementing with appropriate antioxidants can help the body maintain the balance between oxidation and antioxidant processes.</p>
3	Help improve memory	<p>Human memory is mainly determined by innate endowment and acquired education. Supplementing memory-related nutrients cannot make people "unforgettable", nor can they prevent memory loss in the elderly.</p> <p>Scientific research suggests that supplementing with appropriate substances can help maintain normal memory function.</p>
4	Relieve visual fatigue	<p>Visual fatigue is eye discomfort caused by long-term eyes adjusting the refraction.</p> <p>Visual fatigue is related to factors such as eye distance, time, lighting, glasses, and outdoor activities.</p> <p>Scientific research suggests that supplementing with appropriate</p>

		substances can help relieve visual fatigue.
5	Clear throat	Insufficient drinking, excessive talking, irritating food and other factors can cause an unclear feeling in the throat. Scientific research shows that supplementing with appropriate substances can help produce a refreshing sensation in the throat.
6	Help improve sleep	Jet lag, shift work, irregular sleep, mental stress, fatigue, overuse of the brain, and emotional changes can cause poor sleep. Scientific research suggests that supplementing with appropriate substances can help improve sleep.
7	Relieve physical fatigue	Physical fatigue is the sensation of physical decline in labor and exercise, which is different from the "physical fatigue" that is accompanied by illness, mental labor, and psychological stress. "Physical fatigue" is directly related to the physical load the body bears. Scientific research suggests that supplementing with appropriate substances can help relieve physical fatigue.
8	Anti-hypoxia	Hypoxia refers to an environment with low oxygen content and atmospheric pressure, which is different from the lack of oxygen in the body caused by diseases. To improve the body's ability to adapt to and tolerate hypoxia, attention should be paid to factors such as diet, exercise and other lifestyles. Scientific research suggests that supplementing with appropriate substances can help the body tolerate and adapt to low oxygen environments.
9	Help regulate body fat	Excess fat accumulated in the body is not good for health. Controlling diet and increasing exercise are essential measures for regulating body fat During the period of diet control to regulate body fat, proper supplementation of essential nutrients such as protein, vitamins and minerals can improve nutrient supply. Scientific research shows that supplementing with suitable substances can help regulate body fat.
10	Help improve bone density	Bone density is a commonly used index reflecting bone health and is affected by many factors. After middle age, bone density continues to decrease with age. Scientific research suggests that supplementing with appropriate substances can help slow down the rate of bone density reduction.
11	Improve iron deficiency anemia	Inadequate dietary iron intake is a risk factor for iron deficiency anemia. To improve iron deficiency anemia, attention should also be paid to maintaining a balanced and reasonable diet. Scientific research shows that supplementing with appropriate

		substances can help improve iron deficiency anemia.
12	Help improve acne	Factors such as heredity, skin oiliness, hair follicle keratinization, bacterial reproduction, mental stress, immunity, and irritating food all affect the occurrence and development of acne. Scientific research suggests that supplementing with appropriate substances can help relieve acne conditions.
13	Help improve melasma	Melasma is yellowish-brown pigmentation on the face, and its occurrence and development are related to factors such as pregnancy, oral contraceptives, and menstrual disorders. To improve chloasma, attention should be paid to factors such as ultraviolet radiation, endocrine, and diet. Scientific research suggests that supplementing some suitable substances can help improve melasma.
14	Help improve skin moisture condition	Skin moisture is affected by many factors. Scientific research suggests that supplementing with appropriate substances can help improve the moisture content of the skin.
15	Help regulate intestinal flora	Intestinal flora is a variety of bacterial communities living in the intestine, which is related to intestinal health. The intestinal flora is affected by many factors such as diet, hygiene habits, and growth environment. Scientific research shows that supplementing with appropriate substances can help regulate the balance of intestinal flora and the growth of beneficial flora.
16	Help digestion	Digestive function is affected by many factors such as diet and lifestyle. Scientific research has shown that supplementing with appropriate substances can help improve digestive function.
17	Help defaecation	Defecation function is affected by many factors such as diet, exercise and drinking. Scientific research shows that supplementing with appropriate substances can help improve bowel function.
18	Help protect gastric mucosa	The gastric mucosa is related to the normal function of the stomach. The health of the gastric mucosa is affected by many factors such as diet (amount of food consumed, drinking, irritating food) and lifestyle (stomach cold, climate, psychological pressure). Scientific research suggests that supplementing with appropriate substances can help protect the gastric mucosa.
19	Help maintain healthy blood lipid (cholesterol/triglycerides) level	I . Help maintain healthy blood lipid levels The appropriate level of blood cholesterol is less than 5.2mmol/L, and the appropriate level of blood triglycerides is less than 1.7mmol/L. The marginal increase of blood cholesterol between 5.2 and 6.2mmol/L or blood triglyceride between 1.7 and 2.3mmol/L is a risk factor for cardiovascular diseases.

		<p>Blood cholesterol and blood triglycerides are affected by many factors.</p> <p>Scientific research shows that supplementing appropriate substances on the basis of a healthy diet can help blood lipids to reach a healthy level.</p> <p>II . Help maintain healthy blood cholesterol levels</p> <p>The appropriate level of blood cholesterol is less than 5.2mmol/L. Blood cholesterol is marginally elevated between 5.2 and 6.2mmol/L, which is a risk factor for cardiovascular disease. A variety of factors such as blood cholesterol receptor weight. Scientific research has shown that supplementing appropriate substances on the basis of a healthy diet can help blood cholesterol tend to a healthy level.</p> <p>III. Help maintain blood triglycerides healthy levels</p> <p>The appropriate level of blood triglycerides is less than 1.7 mmol/L. Blood triglycerides are marginally elevated between 1.7 and 2.3 mmol/L, which is a risk factor for some diseases. Many factors such as blood triglyceride receptor weight, diet, exercise and so on.</p> <p>Scientific research shows that on the basis of a healthy diet, supplementing with appropriate substances can help blood triglycerides tend to a healthy level.</p>
20	Help maintain healthy blood sugar level	<p>The healthy level of fasting blood glucose should not be higher than 6.1mmol/L, and the healthy level of postprandial blood glucose should not be higher than 7.8mmol/L. Fasting blood glucose between 6.1 and 7.0 mmol/L or postprandial blood glucose between 7.8 and 11.1 mmol/L indicates abnormal blood glucose metabolism, which is a risk factor for type 2 diabetes. Blood glucose metabolism is affected by many factors such as weight, diet and exercise.</p> <p>Scientific research shows that on the basis of a healthy diet, supplementing with appropriate substances can help blood sugar tend to a healthy level.</p>
21	Helps maintain healthy blood pressure	<p>The healthy level of adult systolic blood pressure should not be higher than 120 mmHg, and the healthy level of diastolic blood pressure should not be higher than 80 mmHg. A systolic blood pressure between 120 and 139 mmHg and a diastolic blood pressure between 80 and 89 mmHg are high normal blood pressure, which are risk factors for some diseases.</p> <p>Blood pressure is affected by many factors such as weight, diet, exercise, stress, and age.</p> <p>Scientific research suggests that supplementing appropriate substances on the basis of a healthy diet can help blood pressure tend to a healthy level.</p>

22	Auxiliary protection against chemical liver injury	<p>Endogenous and exogenous chemicals can cause transient abnormalities in liver function.</p> <p>To protect the liver, one should avoid fatigue and excessive exercise, and reduce exposure to chemicals.</p> <p>Scientific research suggests that supplementing with appropriate substances can help protect the liver's ability to process chemicals, but cannot increase the body's tolerance to alcohol.</p>
23	Auxiliary protection function against ionizing radiation hazards	<p>"Ionizing radiation" refers to radiation that can ionize substances, such as X-rays; it does not include non-ionizing radiation such as ultraviolet rays and microwaves.</p> <p>To protect against ionizing radiation hazards, effective physical protection measures should be taken to reduce and avoid unnecessary exposure to ionizing radiation.</p> <p>Scientific research suggests that supplementing with suitable substances can help reduce the risk of ionizing radiation harming health.</p>
24	Contribute to lead discharge	<p>Lead is a heavy metal element that has no physiological functions and is a serious health hazard.</p> <p>Lead is ubiquitous in the daily environment, and people in some special occupations and regions can be exposed to excessive lead.</p> <p>Scientific research suggests that supplementing with suitable substances can help the body excrete lead ingested with food and water.</p>

HPA Insights:

1. The expected introduction of new regulations will put an end to the chaos of health food claims. The 2003 version regulated 27 claims while in the past years, some of these claims were deleted or revised which led to a confusing condition that companies are afraid that these changes may affect product registrations.
2. The new regulations still limit the range of claims and evaluation methods, which means the China domestic supplements market will be still under a very strict supervision.
3. In practice, we suggest companies to expect the supplementing of list of ingredients approved for the health food recording and Cross-border E-commerce opportunities. Even the new regulations come into effect, it will still take some time for related agencies to adapt to them which may be a long process.