

SCIENTIFIC OPINION

Scientific Opinion on the substantiation of health claims related to water and maintenance of normal physical and cognitive functions (ID 1102, 1209, 1294, 1331), maintenance of normal thermoregulation (ID 1208) and “basic requirement of all living things” (ID 1207) pursuant to Article 13(1) of Regulation (EC) No 1924/2006¹

EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA)^{2, 3}

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SUMMARY

Following a request from the European Commission, the Panel on Dietetic Products, Nutrition and Allergies was asked to provide a scientific opinion on a list of health claims pursuant to Article 13 of Regulation (EC) No 1924/2006. This opinion addresses the scientific substantiation of health claims in relation to water and maintenance of normal physical and cognitive functions, maintenance of normal thermoregulation and “basic requirement of all living things”. The scientific substantiation is based on the information provided by the Member States in the consolidated list of Article 13 health claims and references that EFSA has received from Member States or directly from stakeholders.

The food constituent that is the subject of the health claims is water. The Panel considers that water is sufficiently characterised.

Maintenance of normal physical and cognitive functions

The claimed effects are “hydration, e.g. body function, physical and cognitive performance”, “adds to fluid intake and supports hydration”, and “hydration”. The target population is assumed to be the general population. The Panel considers that maintenance of normal physical and cognitive functions is a beneficial physiological effect.

¹ On request from the European Commission, Question No EFSA-Q-2008-1841, EFSA-Q-2008-1945, EFSA-Q-2008-1946, EFSA-Q-2008-1947, EFSA-Q-2008-2032, EFSA-Q-2008-2068, adopted on 28 January 2011.

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³ Acknowledgement: The Panel wishes to thank for the preparatory work on this scientific opinion: The members of the Working Group on Claims: Carlo Agostoni, Jean-Louis Bresson, Susan Fairweather-Tait, Albert Flynn, Ines Golly, Marina Heinonen, Hannu Korhonen, Martinus Løvik, Ambroise Martin, Hildegard Przyrembel, Seppo Salminen, Yolanda Sanz, Sean (J.J.) Strain, Inge Tetens, Hendrik van Loveren and Hans Verhagen. The members of the Claims Sub-Working Group on Mental/Nervous System: Jacques Rigo, Astrid Schloerscheidt, Barbara Stewart-Knox, Sean (J.J.) Strain and Peter Willats.

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Loss of body water of about 1 % is normally compensated within 24 hours. Without compensation and with further increase of body water loss, physical and cognitive functions are impaired.

The Panel concludes that a cause and effect relationship has been established between the dietary intake of water and maintenance of normal physical and cognitive functions.

The Panel considers that, in order to obtain the claimed effect, at least 2.0 L of water should be consumed per day. Such amounts can be easily consumed as part of a balanced diet. The target population is the general population.

Maintenance of normal thermoregulation

The claimed effect is “regulation of normal body temperature”. The target population is assumed to be the general population. The Panel considers that maintenance of normal thermoregulation is a beneficial physiological effect.

Water is particularly important for thermoregulation. To protect the body's core temperature the body produces sweat, and thereby dissipates metabolic energy in the form of heat. A rise in body temperature is a consequence of both reduced sweating and reduced skin blood flow induced by dehydration.

The Panel concludes that a cause and effect relationship has been established between the dietary intake of water and maintenance of normal thermoregulation.

The Panel considers that, in order to obtain the claimed effect, at least 2.0 L of water should be consumed per day. Such amounts can be easily consumed as part of a balanced diet. The target population is the general population.

“Basic requirement of all living things”

The claimed effect is “Basic requirement of all living things. Without water, biological processes necessary to life would cease in a matter of days. Solvent for minerals, vitamins, amino acids, glucose, and many other small molecules so that they can participate in metabolic activities. Transportation of nutrients to cells, wastes from cells, and substances, such as enzymes, blood platelets, and blood cells. Structure of large molecules such as proteins and glycogen. Direct metabolic role represented by hydrolysis”. The target population is assumed to be the general population.

The claimed effect is not sufficiently defined and no further details were given in the proposed wording or the clarifications provided by Member States. From the references provided it was not possible to establish which specific effect is the target for the claim.

The Panel considers that the claimed effect is general and non-specific, and does not refer to any specific health claim as required by Regulation (EC) No 1924/2006.

KEY WORDS

Water, physical function, cognitive function, thermoregulation, health claims.

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EFSA DISCLAIMER

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INFORMATION AS PROVIDED IN THE CONSOLIDATED LIST

The consolidated list of health claims pursuant to Article 13 of Regulation (EC) No 1924/2006⁴ submitted by Member States contains main entry claims with corresponding conditions of use and literature for similar health claims. EFSA has screened all health claims contained in the original consolidated list of Article 13 health claims which was received by EFSA in 2008 using six criteria established by the NDA Panel to identify claims for which EFSA considered sufficient information had been provided for evaluation and those for which more information or clarification was needed before evaluation could be carried out⁵. The clarifications which were received by EFSA through the screening process have been included in the consolidated list. This additional information will serve as clarification to the originally provided information. The information provided in the consolidated list for the health claims which are the subject of this opinion is tabulated in Appendix C.

ASSESSMENT

1. Characterisation of the food/constituent

The foods that are the subject of the health claims are “tea and coffee”, “water” and “water-based products (includes tea, coffee, soft drinks, fruit juices, soups etc.)”. From the proposed wordings, the Panel considers that the food/food constituent that is the subject of the health claims is water.

Water is consumed from different sources, which include drinking water (i.e. all water intended for human consumption, apart from natural mineral waters, as defined by Article 2 of Council Directive 98/83/EC⁶), natural mineral waters (as defined by Council Directive 80/777/EEC⁷), beverages, and moisture content of foods. Water intake from beverages and foods is defined as total water intake (EFSA Panel on Dietetic Products Nutrition and Allergies (NDA), 2010).

The Panel considers that the food/food constituent, water, which is the subject of the health claims, is sufficiently characterised.

2. Relevance of the claimed effect to human health

2.1. Maintenance of normal physical and cognitive functions (ID 1102, 1209, 1294, 1331)

The claimed effects are “hydration, e.g. body function, physical and cognitive performance”, “adds to fluid intake and supports hydration” and “hydration”. The Panel assumes that the target population is the general population.

Hydration relates to the water status of the body rather than to a function of the body as required by Regulation (EC) No 1924/2006. The Panel assumes that the claimed effect refers to normal physical and cognitive functions.

The Panel considers that maintenance of normal physical and cognitive functions is a beneficial physiological effect.

⁴ Regulation (EC) No 1924/2006 of the European Parliament and of the Council of 20 December 2006 on nutrition and health claims made on foods. OJ L 404, 30.12.2006, p. 9–25.

⁵ Briefing document for stakeholders on the evaluation of Article 13.1, 13.5 and 14 health claims: <http://www.efsa.europa.eu/en/ndameetings/docs/nda100601-ax01.pdf>

⁶ Council Directive 98/83/EC of 3 November 1998 on the quality of water intended for human consumption. OJ L 330, 5.12.98, p. 34–35.

⁷ Council Directive 80/777/EEC of 15 July 1980 on the approximation of the laws of the Member States relating to the exploitation and marketing of natural mineral waters. OJ L 229, 30.8.1980, pp. 1-10.

2.2. Maintenance of normal thermoregulation (ID 1208)

The claimed effect is “regulation of normal body temperature”. The Panel assumes that the target population is the general population.

The Panel considers that maintenance of normal thermoregulation is a beneficial physiological effect.

2.3. “Basic requirement of all living things” (ID 1207)

The claimed effect is “Basic requirement of all living things. Without water, biological processes necessary to life would cease in a matter of days. Solvent for minerals, vitamins, amino acids, glucose, and many other small molecules so that they can participate in metabolic activities. Transportation of nutrients to cells, wastes from cells, and substances, such as enzymes, blood platelets, and blood cells. Structure of large molecules such as proteins and glycogen. Direct metabolic role represented by hydrolysis”. The Panel assumes that the target population is the general population.

The claimed effect is not sufficiently defined and no further details were given in the proposed wording or the clarifications provided by Member States. From the references provided it was not possible to establish which specific effect is the target for the claim.

The Panel considers that the claimed effect is general and non-specific, and does not refer to any specific health claim as required by Regulation (EC) No 1924/2006.

3. Scientific substantiation of the claimed effect

3.1. Maintenance of normal physical and cognitive functions (ID 1102, 1209, 1294, 1331)

Loss of body water of about 1 % is normally compensated within 24 hours. Without compensation and with further increase of body water loss, physical and cognitive functions are impaired (EFSA Panel on Dietetic Products Nutrition and Allergies (NDA), 2010). From several mostly small studies in healthy persons reported by various authors on the effects of induced dehydration on cognitive and motor functions (fatigue, mood, target shooting, discrimination, choice reaction time, visual-motor tracking, short- and long-term memory, attention, arithmetic) it appears that a body water loss of >2 % induced by exercise in the heat is sufficient to impair these functions (IoM, 2004). Young children and adolescents are particularly at risk of impaired cognitive function (concentration, alertness and short-term memory) caused by insufficient hydration (D’Anci et al., 2006).

The Panel concludes that a cause and effect relationship has been established between the dietary intake of water and maintenance of normal physical and cognitive functions.

3.2. Maintenance of normal thermoregulation (ID 1208)

Water is particularly important for thermoregulation. To protect the body's core temperature, the body produces sweat and thereby dissipates metabolic energy in the form of heat. Exercise in the heat, with dehydration corresponding to losses of only 1 % of body weight, increases body core temperatures. The magnitude of that increase ranges from 0.1 to 0.23°C for every percent of body weight lost, and the effect is greater with high environmental temperatures. The rise in body temperature is a consequence of both reduced sweating and reduced skin blood flow induced by dehydration (EFSA Panel on Dietetic Products Nutrition and Allergies (NDA), 2010).

The Panel concludes that a cause and effect relationship has been established between the dietary intake of water and maintenance of normal thermoregulation.

4. Panel's comments on the proposed wording

4.1. Maintenance of normal physical and cognitive functions (ID 1102, 1209, 1294, 1331)

The Panel considers that the following wording reflects the scientific evidence: "Water contributes to the maintenance of normal physical and cognitive functions."

4.2. Maintenance of normal thermoregulation (ID 1208)

The Panel considers that the following wording reflects the scientific evidence: "Water contributes to the maintenance of normal thermoregulation."

5. Conditions and possible restrictions of use

The EFSA Panel on Dietetic Products, Nutrition and Allergies (NDA) (2010) has defined an Adequate Intake for total water, i.e. water from drinking water, from beverages of all kinds, and from food moisture.

The Panel considers that, in order to obtain the claimed effect, at least 2.0 L of water should be consumed per day. Such amounts can be easily consumed as part of a balanced diet. The target population is the general population.

CONCLUSIONS

On the basis of the data presented, the Panel concludes that:

- The food/food constituent, water, which is the subject of the health claims, is sufficiently characterised.

Maintenance of normal physical and cognitive functions (ID 1102, 1209, 1294, 1331)

- The claimed effects are "hydration, e.g. body function, physical and cognitive performance", "adds to fluid intake and supports hydration", and "hydration". The target population is assumed to be the general population. It is assumed that the claimed effect refers to normal physical and cognitive functions. Maintenance of normal physical and cognitive functions is a beneficial physiological effect.
- A cause and effect relationship has been established between the dietary intake of water and maintenance of normal physical and cognitive functions.
- The following wording reflects the scientific evidence: "Water contributes to the maintenance of normal physical and cognitive functions".
- In order to obtain the claimed effect, at least 2.0 L of water should be consumed per day. Such amounts can be easily consumed as part of a balanced diet. The target population is the general population.

Maintenance of normal thermoregulation (ID 1208)

- The claimed effect is "regulation of normal body temperature". The target population is assumed to be the general population. Maintenance of normal thermoregulation is a beneficial physiological effect.

- A cause and effect relationship has been established between the dietary intake of water and maintenance of normal thermoregulation.
- The following wording reflects the scientific evidence: “Water contributes to the maintenance of normal thermoregulation”.
- In order to obtain the claimed effect, at least 2.0 L of water should be consumed per day. Such amounts can be easily consumed as part of a balanced diet. The target population is the general population.

“Basic requirement of all living things” (ID 1207)

- The claimed effect is “Basic requirement of all living things. Without water, biological processes necessary to life would cease in a matter of days. Solvent for minerals, vitamins, amino acids, glucose, and many other small molecules so that they can participate in metabolic activities. Transportation of nutrients to cells, wastes from cells, and substances, such as enzymes, blood platelets, and blood cells. Structure of large molecules such as proteins and glycogen. Direct metabolic role represented by hydrolysis”. The target population is assumed to be the general population.
- The claimed effect is general and non-specific, and does not refer to any specific health claim as required by Regulation (EC) No 1924/2006.

DOCUMENTATION PROVIDED TO EFSA

Health claims pursuant to Article 13 of Regulation (EC) No 1924/2006 (No: EFSA-Q-2008-1841, EFSA-Q-2008-1945, EFSA-Q-2008-1946, EFSA-Q-2008-1947, EFSA-Q-2008-2032, EFSA-Q-2008-2068). The scientific substantiation is based on the information provided by the Member States in the consolidated list of Article 13 health claims and references that EFSA has received from Member States or directly from stakeholders.

The full list of supporting references as provided to EFSA is available on: <http://www.efsa.europa.eu/panels/nda/claims/article13.htm>.

REFERENCES

- D'Anci KE, Constant F and Rosenberg IH, 2006. Hydration and cognitive function in children. *Nutrition Reviews*, 64, 457-464.
- EFSA Panel on Dietetic Products Nutrition and Allergies (NDA), 2010. Scientific Opinion on Dietary Reference Values for water. *EFSA Journal*, 8(3):1459, 48 pp.
- IoM (Institute of Medicine), 2004. *Dietary Reference Intakes for Water, Potassium, Sodium, Chloride, and Sulfate*. National Academies Press, Washington D.C.

APPENDICES

APPENDIX A

BACKGROUND AND TERMS OF REFERENCE AS PROVIDED BY THE EUROPEAN COMMISSION

The Regulation 1924/2006 on nutrition and health claims made on foods⁸ (hereinafter "the Regulation") entered into force on 19th January 2007.

Article 13 of the Regulation foresees that the Commission shall adopt a Community list of permitted health claims other than those referring to the reduction of disease risk and to children's development and health. This Community list shall be adopted through the Regulatory Committee procedure and following consultation of the European Food Safety Authority (EFSA).

Health claims are defined as "any claim that states, suggests or implies that a relationship exists between a food category, a food or one of its constituents and health".

In accordance with Article 13 (1) health claims other than those referring to the reduction of disease risk and to children's development and health are health claims describing or referring to:

- a) the role of a nutrient or other substance in growth, development and the functions of the body; or
- b) psychological and behavioural functions; or
- c) without prejudice to Directive 96/8/EC, slimming or weight-control or a reduction in the sense of hunger or an increase in the sense of satiety or to the reduction of the available energy from the diet.

To be included in the Community list of permitted health claims, the claims shall be:

- (i) based on generally accepted scientific evidence; and
- (ii) well understood by the average consumer.

Member States provided the Commission with lists of claims as referred to in Article 13 (1) by 31 January 2008 accompanied by the conditions applying to them and by references to the relevant scientific justification. These lists have been consolidated into the list which forms the basis for the EFSA consultation in accordance with Article 13 (3).

ISSUES THAT NEED TO BE CONSIDERED

IMPORTANCE AND PERTINENCE OF THE FOOD⁹

Foods are commonly involved in many different functions¹⁰ of the body, and for one single food many health claims may therefore be scientifically true. Therefore, the relative importance of food e.g. nutrients in relation to other nutrients for the expressed beneficial effect should be considered: for functions affected by a large number of dietary factors it should be considered whether a reference to a single food is scientifically pertinent.

⁸ OJ L12, 18/01/2007

⁹ The term 'food' when used in this Terms of Reference refers to a food constituent, the food or the food category.

¹⁰ The term 'function' when used in this Terms of Reference refers to health claims in Article 13(1)(a), (b) and (c).

It should also be considered if the information on the characteristics of the food contains aspects pertinent to the beneficial effect.

SUBSTANTIATION OF CLAIMS BY GENERALLY ACCEPTABLE SCIENTIFIC EVIDENCE

Scientific substantiation is the main aspect to be taken into account to authorise health claims. Claims should be scientifically substantiated by taking into account the totality of the available scientific data, and by weighing the evidence, and shall demonstrate the extent to which:

- (a) the claimed effect of the food is beneficial for human health,
- (b) a cause and effect relationship is established between consumption of the food and the claimed effect in humans (such as: the strength, consistency, specificity, dose-response, and biological plausibility of the relationship),
- (c) the quantity of the food and pattern of consumption required to obtain the claimed effect could reasonably be achieved as part of a balanced diet,
- (d) the specific study group(s) in which the evidence was obtained is representative of the target population for which the claim is intended.

EFSA has mentioned in its scientific and technical guidance for the preparation and presentation of the application for authorisation of health claims consistent criteria for the potential sources of scientific data. Such sources may not be available for all health claims. Nevertheless it will be relevant and important that EFSA comments on the availability and quality of such data in order to allow the regulator to judge and make a risk management decision about the acceptability of health claims included in the submitted list.

The scientific evidence about the role of a food on a nutritional or physiological function is not enough to justify the claim. The beneficial effect of the dietary intake has also to be demonstrated. Moreover, the beneficial effect should be significant i.e. satisfactorily demonstrate to beneficially affect identified functions in the body in a way which is relevant to health. Although an appreciation of the beneficial effect in relation to the nutritional status of the European population may be of interest, the presence or absence of the actual need for a nutrient or other substance with nutritional or physiological effect for that population should not, however, condition such considerations.

Different types of effects can be claimed. Claims referring to the maintenance of a function may be distinct from claims referring to the improvement of a function. EFSA may wish to comment whether such different claims comply with the criteria laid down in the Regulation.

WORDING OF HEALTH CLAIMS

Scientific substantiation of health claims is the main aspect on which EFSA's opinion is requested. However, the wording of health claims should also be commented by EFSA in its opinion.

There is potentially a plethora of expressions that may be used to convey the relationship between the food and the function. This may be due to commercial practices, consumer perception and linguistic or cultural differences across the EU. Nevertheless, the wording used to make health claims should be truthful, clear, reliable and useful to the consumer in choosing a healthy diet.

In addition to fulfilling the general principles and conditions of the Regulation laid down in Article 3 and 5, Article 13(1)(a) stipulates that health claims shall describe or refer to "the role of a nutrient or other substance in growth, development and the functions of the body". Therefore, the requirement to

describe or refer to the 'role' of a nutrient or substance in growth, development and the functions of the body should be carefully considered.

The specificity of the wording is very important. Health claims such as “Substance X supports the function of the joints” may not sufficiently do so, whereas a claim such as “Substance X helps maintain the flexibility of the joints” would. In the first example of a claim it is unclear which of the various functions of the joints is described or referred to contrary to the latter example which specifies this by using the word “flexibility”.

The clarity of the wording is very important. The guiding principle should be that the description or reference to the role of the nutrient or other substance shall be clear and unambiguous and therefore be specified to the extent possible i.e. descriptive words/ terms which can have multiple meanings should be avoided. To this end, wordings like "strengthens your natural defences" or "contain antioxidants" should be considered as well as "may" or "might" as opposed to words like "contributes", "aids" or "helps".

In addition, for functions affected by a large number of dietary factors it should be considered whether wordings such as "indispensable", "necessary", "essential" and "important" reflects the strength of the scientific evidence.

Similar alternative wordings as mentioned above are used for claims relating to different relationships between the various foods and health. It is not the intention of the regulator to adopt a detailed and rigid list of claims where all possible wordings for the different claims are approved. Therefore, it is not required that EFSA comments on each individual wording for each claim unless the wording is strictly pertinent to a specific claim. It would be appreciated though that EFSA may consider and comment generally on such elements relating to wording to ensure the compliance with the criteria laid down in the Regulation.

In doing so the explanation provided for in recital 16 of the Regulation on the notion of the average consumer should be recalled. In addition, such assessment should take into account the particular perspective and/or knowledge in the target group of the claim, if such is indicated or implied.

TERMS OF REFERENCE

HEALTH CLAIMS OTHER THAN THOSE REFERRING TO THE REDUCTION OF DISEASE RISK AND TO CHILDREN'S DEVELOPMENT AND HEALTH

EFSA should in particular consider, and provide advice on the following aspects:

- Whether adequate information is provided on the characteristics of the food pertinent to the beneficial effect.
- Whether the beneficial effect of the food on the function is substantiated by generally accepted scientific evidence by taking into account the totality of the available scientific data, and by weighing the evidence. In this context EFSA is invited to comment on the nature and quality of the totality of the evidence provided according to consistent criteria.
- The specific importance of the food for the claimed effect. For functions affected by a large number of dietary factors whether a reference to a single food is scientifically pertinent.

In addition, EFSA should consider the claimed effect on the function, and provide advice on the extent to which:

- the claimed effect of the food in the identified function is beneficial.
- a cause and effect relationship has been established between consumption of the food and the claimed effect in humans and whether the magnitude of the effect is related to the quantity consumed.
- where appropriate, the effect on the function is significant in relation to the quantity of the food proposed to be consumed and if this quantity could reasonably be consumed as part of a balanced diet.
- the specific study group(s) in which the evidence was obtained is representative of the target population for which the claim is intended.
- the wordings used to express the claimed effect reflect the scientific evidence and complies with the criteria laid down in the Regulation.

When considering these elements EFSA should also provide advice, when appropriate:

- on the appropriate application of Article 10 (2) (c) and (d) in the Regulation, which provides for additional labelling requirements addressed to persons who should avoid using the food; and/or warnings for products that are likely to present a health risk if consumed to excess.

APPENDIX B

EFSA DISCLAIMER

The present opinion does not constitute, and cannot be construed as, an authorisation to the marketing of the food/food constituent, a positive assessment of its safety, nor a decision on whether the food/food constituent is, or is not, classified as foodstuffs. It should be noted that such an assessment is not foreseen in the framework of Regulation (EC) No 1924/2006.

It should also be highlighted that the scope, the proposed wordings of the claims and the conditions of use as proposed in the Consolidated List may be subject to changes, pending the outcome of the authorisation procedure foreseen in Article 13(3) of Regulation (EC) No 1924/2006.

APPENDIX C

Table 1. Main entry health claims related to water, including conditions of use from similar claims, as proposed in the Consolidated List.

ID	Food or Food constituent	Health Relationship	Proposed wording
1102	Tea & coffee	<p>Hydration, eg. body function, physical and cognitive performance</p> <p><u>Clarification provided</u></p> <p>Tea/Coffee contributes to maintain fluid balance.</p> <p>Good hydration ensures optimal mental and physical performance.</p> <p>Tea/Coffee is important source of fluid in the diet.</p> <p>Tea/Coffee beverages count towards the required fluid intake.</p> <p>Recommended fluid intake - typical 1 - 1,5 litres/day in addition to water contained in food.</p>	<p>tea and coffee contribute to maintain your fluid balance;</p> <p>-good hydration ensures optimal mental and physical performance;</p> <p>-coffee contributes to maintain your fluid balance;</p> <p>-tea is an important source of fluid in the diet;</p>
		<p>Conditions of use</p> <ul style="list-style-type: none"> - No Milk/Sugar added - A coffee drink prepared by filtering roasted coffee and which contains 97.5g/100g of water 	
		<p>Comments from Member States</p> <p>Health relationship indicated as defined by the economic operator</p>	
ID	Food or Food constituent	Health Relationship	Proposed wording
1207	Water	<p>Basic requirement of all living things. Without water, biological processes necessary to life would cease in a matter of days.</p> <p>Solvent for minerals, vitamins, amino acids, glucose, and many other small molecules so that they can participate in metabolic activities.</p> <p>Transportation of nutrients to cells, wastes from cells, and substances, such as enzymes, blood platelets, and blood cells.</p> <p>Structure of large molecules</p>	<p>water is an essential nutrient for life;</p> <p>-water helps all body functions to work properly;</p> <p>-water facilitates other nutrients to work properly;</p> <p>-water carries nutrients throughout the whole body;</p> <p>-water helps remove waste products from the body;</p> <p>-water is actively involved in body functioning;</p> <p>-recommended water intake is typically 1 to 1.5 litres/ day</p>

		<p>such as proteins and glycogen.</p> <p>Direct metabolic role represented by hydrolysis.</p> <p><u>Clarification provided</u></p> <p>Basic requirement as a multifunctional constituent of the human body</p> <p>Water is an essential nutrient for life</p> <p>Water helps all body functions to work properly</p> <p>Water facilitates other nutrients to work properly</p> <p>Water carries nutrients throughout the whole body</p> <p>Water helps remove waste products from the body</p> <p>Water is actively involved in body functioning.</p> <p>Water transports nutrient to cells and wastes from cells.</p> <p>Recommended water intake is typically 1 to 1.5 litres/ day (sedentary/ temperate conditions) in addition to water contained in food.</p>	<p>(sedentary/ temperate conditions) in addition to water contained in food.</p>
	<p>Conditions of use</p> <ul style="list-style-type: none"> - 1 - 1.5 litres per day - Any intake of plain water 		
ID	Food or Food constituent	Health Relationship	Proposed wording
1208	Water.	Regulation of normal body temperature	<p>-water acts as the body cooling system;</p> <p>-water is necessary to remove excess heat from the body;</p> <p>-recommended water intake is typically 1 to 1.5 litres/day (sedentary/ temperate conditions) in addition to water contained in food.</p>
	<p>Conditions of use</p> <ul style="list-style-type: none"> - Any intake of plain water. - 1 - 1.5 litres per day. 		

ID	Food or Food component	Health Relationship	Proposed wording
1209	Water	Hydration, eg. body function, physical and cognitive performance	-water keeps you hydrated; -good hydration ensures optimal mental and physical performance; -recommended water intake is typically 1 to 1.5 litres/ day (sedentary/ temperate conditions) in addition to water contained in food.
	Conditions of use - Any intake of plain water-Possibility to extend to other drinks ? - to be considered - 1 - 1.5 litres per day		
ID	Food or Food constituent	Health Relationship	Proposed wording
1294	Water-based products (includes tea, coffee, soft drinks, fruit juices, soups etc.) <u>Clarification provided</u> Tea & Coffee Non-alcoholic beverages (includes water, fruit and vegetable juices, soft drinks, tea, coffee etc.	Hydration, eg. body function, physical and cognitive performance Adds to fluid intake and supports hydration.	-water based products [insert name] contribute to maintain your fluid balance; -good hydration ensures optimal mental and physical performance; Drinking on average three cups of tea a day can make a positive contribution to the body's hydration status, helping to promote health and well being. Regular drinking of tea, 3-4 cups a day, makes a useful contribution towards fluid intake and hydration status of the body
	Conditions of use - These products typically contain approx. 90% water and part of the recommended intake of 1 - 1.5 litres per day can include these products		
ID	Food or Food constituent	Health Relationship	Proposed wording
1331	Water	Hydration	water keeps you hydrated;
	Conditions of use - No conditions of use provided		