

List of Health Claims

All health claims made must be substantiated by evidence that is relevant to the claims, as laid out in the Guidelines for Claims and Claims Substantiation of Health Supplements and Traditional Medicines. They must be consistent with the scope of a health supplement (HS), traditional medicine (TM), medicated oil, balm (MOB) or medicated plaster respectively.

This list should be used in conjunction with the [Guidelines for Claims and Claims Substantiation of Health Supplements and Traditional Medicines](#).

Dealers may refer to the list of health claims allowed for use in HS, TM, MOB and medicated plasters in the table below.

- Claims used in HS should not be used to imply or refer to any disease or medical condition on the product presentation
- Claims with [Traditionally used as/in/to] are limited for use in TM
- Claims denoted with an asterisk (*) are also allowed for use in MOB and medicated plasters

Dealers should note that whether a claim is acceptable would require consideration of the product materials such as label and advertisement and its context in its entirety.

S/N	Claim
Cardiovascular System	
1	[Traditionally used as] Blood tonic/Enhance blood health
2	[Traditionally used as] Cardiotonic/strengthen heart
3	[Traditionally used to] Decrease/reduce duration of symptoms of haemorrhoids
4	[Traditionally used to] Decrease/reduce/relieve discomfort associated with haemorrhoids
5	[Traditionally used to] Decrease/reduce/relieve minor bleeding associated with haemorrhoids
6	[Traditionally used to] Decrease/reduce/relieve swelling associated with haemorrhoids
7	[Traditionally used to] Decrease/reduce/relieve symptoms of haemorrhoids
8	[Traditionally used to] Help reduce/decrease/relieve mild nose bleeds
9	[Traditionally used to] Help treat varicose veins
10	[Traditionally used to] Relieve cold hands and feet/limbs
11	[Traditionally used to] Stimulate blood flow to skin
12	Aid/assist healthy red blood cell production
13	Aid/assist/help in the maintenance of blood levels of oxygen
14	Contribute to maintenance of normal red blood cells
15	Contribute to normal blood clotting
16	Contribute to normal blood formation
17	Contribute to normal collagen formation for normal function of blood vessels
18	Contribute to normal formation of red blood cells and haemoglobin
19	Contribute to normal oxygen transport in the body
20	Contribute to normal red blood cell formation
21	Decrease/reduce appearance of mild varicose veins

S/N	Claim
22	Help enhance/improve/promote blood circulation to the peripheral areas of the body
23	Help enhance/promote artery health
24	Help enhance/promote blood capillary health
25	Help enhance/promote blood vessel health
26	Help enhance/promote healthy blood circulation
27	Help enhance/promote red blood cell health
28	Help form red blood cells
29	Help form red blood cells and help in their proper function
30	Help in the maintenance of healthy blood lipids/blood fats
31	Help maintain healthy blood pressure levels
32	Help maintain healthy/normal blood cholesterol levels
33	Help maintain normal red blood cells
34	Help maintain/support haemoglobin formation/synthesis
35	Help maintain/support healthy blood sugar/glucose
36	Help maintain/support healthy/normal heart function
37	Help maintain/support transport of oxygen in the body
38	Help reduce intestinal absorption of cholesterol from dietary sources
39	Help support cardiovascular function
40	Help support/maintain healthy blood glucose levels
41	Maintain/support artery health
42	Maintain/support blood capillary health
43	Maintain/support blood circulation/flow to the peripheral areas of the body
44	Maintain/support blood health
45	Maintain/support blood vessel health
46	Maintain/support cardiovascular system health
47	Maintain/support healthy blood circulation
48	Maintain/support healthy cardiovascular system function
49	Maintain/support healthy lymphatic system
50	Maintain/support heart health
51	Maintain/support red blood cell health
52	Nourish the heart
Endocrine System	
53	Aid/assist thyroid hormone production
54	Maintain/support adrenal gland health
55	Maintain/support healthy adrenal gland function
56	Maintain/support healthy thyroid gland function
57	Maintain/support healthy thyroid hormones
58	Maintain/support thyroid gland health
Gastrointestinal System	
59	[Traditionally used as] A demulcent to help soothe irritation/inflammation of the gastrointestinal tract
60	[Traditionally used as] An antiparasitic
61	[Traditionally used as] Aperient/laxative
62	[Traditionally used as] Bitter tonic/stimulate gastric secretions
63	[Traditionally used as] Bowel tonic
64	[Traditionally used as] Digestive tonic/Improve digestive weakness

S/N	Claim
65	[Traditionally used as] Liver tonic/Enhance liver health
66	[Traditionally used as] Stimulant laxative
67	[Traditionally used to] Aid digestion
68	[Traditionally used to] Decrease/reduce food stagnation associated with poor or sluggish digestion
69	[Traditionally used to] Decrease/reduce loose stools
70	[Traditionally used to] Decrease/reduce/relieve abdominal bloating/distention
71	[Traditionally used to] Decrease/reduce/relieve abdominal cramping*
72	[Traditionally used to] Decrease/reduce/relieve abdominal feeling of fullness
73	[Traditionally used to] Decrease/reduce/relieve abdominal griping pain*
74	[Traditionally used to] Decrease/reduce/relieve abdominal pain/discomfort*
75	[Traditionally used to] Decrease/reduce/relieve abdominal spasm
76	[Traditionally used to] Decrease/reduce/relieve bowel discomfort
77	[Traditionally used to] Decrease/reduce/relieve colic (wind/gas pain)
78	[Traditionally used to] Decrease/reduce/relieve constipation
79	[Traditionally used to] Decrease/reduce/relieve diarrhoea
80	[Traditionally used to] Decrease/reduce/relieve digestive spasms
81	[Traditionally used to] Decrease/reduce/relieve excess intestinal gas
82	[Traditionally used to] Decrease/reduce/relieve flatulence/carminative
83	[Traditionally used to] Decrease/reduce/relieve gastrointestinal pain
84	[Traditionally used to] Decrease/reduce/relieve hiccups
85	[Traditionally used to] Decrease/reduce/relieve loss of appetite
86	[Traditionally used to] Decrease/reduce/relieve nausea
87	[Traditionally used to] Decrease/reduce/relieve symptoms of heartburn
88	[Traditionally used to] Decrease/reduce/relieve symptoms of indigestion/dyspepsia
89	[Traditionally used to] Decrease/reduce/relieve symptoms of motion/travel/sea sickness
90	[Traditionally used to] Decrease/reduce/relieve symptoms of nervous indigestion
91	[Traditionally used to] Decrease/reduce/relieve symptoms of stomach upsets
92	[Traditionally used to] Decrease/reduce/relieve vomiting
93	[Traditionally used to] Enhance digestive fire and absorption
94	[Traditionally used to] Help decrease/reduce/relieve mild gastrointestinal tract inflammation
95	[Traditionally used to] Help decrease/reduce/relieve symptoms of infant colic
96	[Traditionally used to] Help decrease/reduce/relieve symptoms of mild gastritis
97	[Traditionally used to] Help decrease/reduce/relieve symptoms of traveller's diarrhoea
98	[Traditionally used to] Help enhance/improve/promote/increase bile secretion/flow
99	[Traditionally used to] Help reduce occurrence of abdominal bloating
100	[Traditionally used to] Help reduce occurrence of abdominal spasm
101	[Traditionally used to] Help reduce occurrence of constipation

S/N	Claim
102	[Traditionally used to] Help reduce occurrence of diarrhoea
103	[Traditionally used to] Help reduce occurrence of symptoms of indigestion/dyspepsia
104	[Traditionally used to] Help reduce occurrence of symptoms of motion/travel/sea sickness
105	[Traditionally used to] Help reduce occurrence of symptoms of traveller's diarrhoea
106	[Traditionally used to] Help relieve abdominal pain and burning sensation in the stomach (demulcent)
107	[Traditionally used to] Help relieve digestive disturbances/dyspepsia
108	[Traditionally used to] Help relieve digestive upset/indigestion
109	[Traditionally used to] Help relieve flatulent dyspepsia (carminative)
110	[Traditionally used to] Help relieve inflammatory conditions of the digestive system
111	[Traditionally used to] Help relieve nervous dyspepsia / to help digestion in cases of nervousness and/or stress
112	[Traditionally used to] Help relieve symptoms such as heartburn and indigestion associated with hyperacidity/dyspepsia
113	[Traditionally used to] Help remove intestinal threadworms/pinworms
114	[Traditionally used to] Help stimulate appetite
115	[Traditionally used to] Improve digestion
116	[Traditionally used to] improve/promote healthy appetite
117	[Traditionally used to] Promote bile flow from gall bladder
118	[Traditionally used to] Promote saliva production
119	[Traditionally used to] Provide gentle relief of constipation and/or irregularity
120	[Traditionally used to] Reduce occurrence of excess intestinal wind/gas
121	[Traditionally used to] Reduce occurrence of nausea/vomiting
122	[Traditionally used to] Reduce stomach acid
123	[Traditionally used to] Relieve dry stools
124	[Traditionally used to] Relieve excessive belching
125	[Traditionally used to] Soothe gastro-intestinal tract mucous membranes
126	[Traditionally used to] Stimulate digestion
127	[Traditionally used to] Tonify/nourish/strengthen/replenish liver
128	[Traditionally used] For bowel complaints such as indigestion, flatulency, diarrhoea and vomiting
129	Aid/assist digestion of glucose/sugar/carbohydrates
130	Aid/assist digestion of lactose
131	Aid/assist digestion/breakdown of dietary fat
132	Aid/assist expulsion of intestinal gas
133	Aid/assist fat distribution and assimilation in the digestive system
134	Aid/assist fat emulsification in the digestive system
135	Aid/assist/help digestion of (state nutrient)
136	Aid/assist/help digestion of fats/fatty acids/triglycerides/lipid
137	Aid/assist/help elimination of dietary fat
138	Aid/assist/help in the management of carbohydrate cravings
139	Aid/assist/help in the management of food cravings
140	Aid/assist/help in the management of sugar cravings
141	Contribute to an acceleration of intestinal transit

S/N	Claim
142	Contribute to increase in faecal bulk
143	Contribute to maintenance of normal liver function
144	Contribute to maintenance of normal triglyceride levels
145	Contribute to normal bowel function
146	Contribute to normal bowel function by increasing stool frequency
147	Contribute to normal digestion by production of hydrochloric acid in the stomach
148	Contribute to normal function of digestive enzymes
149	Decrease/reduce carbohydrate cravings
150	Digestive aid
151	Digestive enzyme/lactase to assist in the digestion of foods containing lactose (e.g. dairy foods, milk)
152	Enhance the assimilation/transportation of nutrients
153	Enhance/ promote stomach health
154	Enhance/improve/promote/increase bowel regularity
155	Enhance/improve/promote/increase bowel waste elimination
156	Enhance/promote healthy digestion
157	Help decrease bloating after high caloric, high fat meal
158	Help decrease/reduce dietary fat absorption in digestive system
159	Help delay stomach (gastric) emptying
160	Help digest protein
161	Help enhance/improve/promote taste sensation
162	Help enhance/improve/promote/increase healthy digestive system flora/good bacteria growth
163	Help enhance/improve/promote/increase intestinal good/beneficial/friendly bacteria growth
164	Help enhance/improve/promote/increase intestinal transit time
165	Help enhance/promote gallbladder health
166	Help enhance/promote gastrointestinal system health
167	Help enhance/promote gastrointestinal system mucosa health
168	Help enhance/promote healthy colon function
169	Help enhance/promote healthy digestive system function
170	Help enhance/promote healthy gallbladder function
171	Help enhance/promote healthy liver function
172	Help enhance/promote healthy small intestine function
173	Help maintain/support bile secretion/flow
174	Help maintain/support good/beneficial/friendly gut flora during antibiotic use
175	Help reduce gas production/flatulence following a meal rich in oligosaccharides/fermentable carbohydrates (such as vegetables, pulses/legumes/beans and whole grains)
176	Help regulate appetite
177	Help restore good/beneficial/friendly gut flora after antibiotic use
178	Help restore good/beneficial/friendly intestinal/gut/bowel flora
179	Help stimulate the growth of healthy bacteria (such as bifidobacteria) in the intestine/gut
180	Help stimulate/increase digestive enzymes
181	Help support and maintain a healthy digestive system
182	Help support digestive system health after periods of physical stress

S/N	Claim
183	Help suppress/fight against harmful bacteria in the digestive system, thereby helping to maintain a healthy digestive system
184	Improve lactose digestion in individuals who have difficulty digesting lactose
185	Increase bowel movements by increasing stool bulk
186	Maintain/support bile production
187	Maintain/support bowel regularity
188	Maintain/support bowel regularity by increasing stool bulk
189	Maintain/support digestion/assimilation of nutrients
190	Maintain/support digestive system health
191	Maintain/support gallbladder function
192	Maintain/support gallbladder health
193	Maintain/support gastrointestinal mucosal membrane health
194	Maintain/support gastrointestinal system health
195	Maintain/support good/beneficial/friendly bacteria adherence to intestinal mucosa
196	Maintain/support healthy appetite
197	Maintain/support healthy bowel/colon function
198	Maintain/support healthy digestion
199	Maintain/support healthy digestive system function
200	Maintain/support healthy gastrointestinal function
201	Maintain/support healthy liver function
202	Maintain/support healthy mucous linings of the digestive system
203	Maintain/support healthy small intestine function
204	Maintain/support intestinal good/beneficial/friendly flora
205	Maintain/support intestinal health
206	Maintain/support intestinal transit time
207	Maintain/support liver health
208	Maintain/support small intestine good/beneficial/friendly flora
209	Maintain/support small intestine health
210	Maintain/support smell sensation
211	Maintain/support stomach function
212	Maintain/support stomach health
213	Maintain/support taste sensation
214	Nourish good/beneficial/friendly intestinal flora
215	Promote growth of good Bifidus bacteria to help maintain a healthy digestive system
216	Promote/enhance feeling of satiety
217	Promote/increase bowel evacuation
218	Reduce/decrease/suppress hunger/appetite
219	Relieve digestive discomfort
220	Soften stool to ease bowel motions
221	Stimulate bifidobacteria, resulting in a significant increase of the beneficial bifidobacteria in the intestinal tract.
222	Stimulate/increase digestive gastric hydrochloric acid secretion
223	To be used with a program of reduced intake of dietary calories and increased physical activity (if possible) to help in weight management by reducing carbohydrate cravings

S/N	Claim
General Health or Body Parts	
224	[Traditionally used as] A tonic to help relieve general weakness/fatigue and/or to aid during recovery
225	[Traditionally used as] Alterative/blood cleanser/depurative/purifier
226	[Traditionally used as] Astringent/tightens tissues
227	[Traditionally used as] Body tonic
228	[Traditionally used as] Nutritive tonic
229	[Traditionally used as] Rejuvenating tonic
230	[Traditionally used as] Restorative tonic
231	[Traditionally used in] Blood detoxification
232	[Traditionally used to] Aid/assist gum healing
233	[Traditionally used to] Aid/assist in the healing of minor body tissue injuries
234	[Traditionally used to] Decrease/reduce ear irritation/inflammation
235	[Traditionally used to] Decrease/reduce hair loss/thinning
236	[Traditionally used to] Decrease/reduce halitosis/bad breath
237	[Traditionally used to] Decrease/reduce/relieve bleeding gums
238	[Traditionally used to] Decrease/reduce/relieve cracks in the corner of the mouth
239	[Traditionally used to] Decrease/reduce/relieve excessive perspiration/sweating
240	[Traditionally used to] Decrease/reduce/relieve gum soreness/pain/discomfort
241	[Traditionally used to] Decrease/reduce/relieve mouth/oral mucosa mild inflammation
242	[Traditionally used to] Decrease/reduce/relieve spontaneous sweating
243	[Traditionally used to] Decrease/reduce/relieve symptoms of mild mouth ulcers
244	[Traditionally used to] Decrease/reduce/relieve symptoms of soft tissue trauma
245	[Traditionally used to] Decrease/reduce/relieve teething/tooth pain
246	[Traditionally used to] Decrease/reduce/relieve toothache
247	[Traditionally used to] Decrease/reduce/relieve watery eyes/excessive lacrimation
248	[Traditionally used to] Enhance/improve/promote/increase hair growth
249	[Traditionally used to] Enhance/improve/promote/increase hair strength/thickness
250	[Traditionally used to] Enhance/promote sweating/perspiration
251	[Traditionally used to] Help decrease/reduce/relieve heat sensations in the extremities
252	[Traditionally used to] Help decrease/reduce/relieve symptoms of nail mild fungal infection
253	[Traditionally used to] Help enhance/promote body tissue repair/regeneration
254	[Traditionally used to] Help prevent tooth decay/dental carries/cavities in conjunction with good oral hygiene
255	[Traditionally used to] Help relieve excessive lacrimation
256	[Traditionally used to] Help relieve mild irritations of the mucous membranes of the mouth

S/N	Claim
257	[Traditionally used to] Maintain/support body tissue repair/regeneration
258	[Traditionally used to] Maintain/support hair growth
259	[Traditionally used to] Maintain/support hair strength/thickness
260	[Traditionally used to] Maintain/support spleen health
261	[Traditionally used to] Pacify burning sensations
262	[Traditionally used to] Reduce toxins
263	[Traditionally used to] Relieve dry mouth
264	[Traditionally used to] Relieve eye discomfort
265	[Traditionally used to] Relieve eye redness
266	[Traditionally used to] Relieve eye soreness
267	[Traditionally used to] Relieve inflammation
268	[Traditionally used to] Relieve itchy ears
269	[Traditionally used to] Relieve itchy eyes
270	[Traditionally used to] Relieve mild fever/reduce body temperature/body cooling
271	[Traditionally used to] Relieve mild tissue oedema
272	[Traditionally used to] Relieve oral complaints
273	[Traditionally used to] Relieve pain*
274	[Traditionally used to] Relieve sore tongue
275	[Traditionally used to] Relieve tongue dryness
276	[Traditionally used to] Restore organ health
277	[Traditionally used to] Soothe irritated tissues
278	[Traditionally used to] Soothe/relieve mouth/oral irritation
279	[Traditionally used to] Temporarily relieve mild fluid retention
280	[Traditionally used] For short-term relief of low back pain*
281	[Traditionally used] For the temporary relief of eye discomfort due to dryness of the eye or to exposure to wind or sun
282	A factor in the maintenance of good health
283	Aid/assist abdominal fat loss
284	Aid/assist body waste elimination
285	Aid/assist excretion of metabolic waste products
286	Aid/assist eye adaption to variations in light intensity/night vision
287	Aid/assist gum development
288	Aid/assist nail growth
289	Aid/assist natural body cleansing/detoxification processes
290	Aid/assist natural cleansing/detoxification processes of the gastrointestinal system/gut
291	Aid/assist teeth development
292	Aid/assist/help connective tissue production/formation
293	Aid/assist/help/maintain healthy hair follicles
294	An antioxidant that protects the fat in body tissues from oxidation
295	Antioxidants/Provides antioxidants that help fight/protect (cell) against/reduce (the oxidative effects of/the oxidative damage caused by/cell damage caused by) free radicals
296	Beta-carotene, a provitamin A, to help maintain eyesight, skin, membranes and immune function
297	Contribute to alleviation of subjective feelings of jet lag

S/N	Claim
298	Contribute to maintenance of normal connective tissues
299	Contribute to maintenance of normal hair
300	Contribute to maintenance of normal mucous membranes
301	Contribute to maintenance of normal nails
302	Contribute to maintenance of normal teeth
303	Contribute to maintenance of normal vision
304	Contribute to maintenance of tooth mineralisation
305	Contribute to normal acid-base metabolism
306	Contribute to normal blood calcium levels
307	Contribute to normal cell function and replication
308	Contribute to normal collagen formation for normal function of cartilage
309	Contribute to normal collagen formation for normal function of gums
310	Contribute to normal collagen formation for normal function of skin
311	Contribute to normal collagen formation for normal function of teeth
312	Contribute to normal cysteine synthesis
313	Contribute to normal DNA synthesis
314	Contribute to normal energy-yielding metabolism
315	Contribute to normal function of cell membranes
316	Contribute to normal functioning of connective tissue
317	Contribute to normal growth of children
318	Contribute to normal hair pigmentation
319	Contribute to normal homocysteine metabolism
320	Contribute to normal metabolism of Vitamin A
321	Contribute to normal physiological function
322	Contribute to normal skin pigmentation
323	Contribute to normal sulphur amino acid metabolism
324	Contribute to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters
325	Contribute to normal visual development of infants
326	Contribute to protection of cells from oxidative stress
327	Contribute to weight loss (with energy restricted diet)
328	Decrease/reduce nail brittleness/splitting/chipping
329	Decrease/reduce/relieve eye strain
330	Decrease/reduce/relieve visual fatigue
331	Enhance/improve/promote/increase hair health
332	Enhance/improve/promote/increase nail health/strength/thickness
333	Enhance/promote energy levels
334	Enhance/promote weight gain
335	Enhance/promote/increase temporary weight loss
336	Enhance/promote/physical endurance/capacity/stamina
337	Help build strong bones and teeth
338	Help convert (state food) into energy
339	Help decrease/reduce body weight
340	Help enhance/improve/promote/increase healthy body fat/muscle composition
341	Help enhance/promote calorie burning
342	Help enhance/promote collagen formation

S/N	Claim
343	Help enhance/promote connective tissue health
344	Help enhance/promote general health and wellbeing
345	Help enhance/promote gum health
346	Help enhance/promote healthy growth and development
347	Help enhance/promote healthy teeth enamel
348	Help enhance/promote teeth health
349	Help enhance/promote teeth strength
350	Help enhance/promote/increase body fat loss
351	Help enhance/promote/increase lean body mass
352	Help enhance/promote/increase vitality
353	Help enhance/promote/increase weight loss
354	Help improve/promote body metabolism/metabolic rate
355	Help in collagen formation
356	Help in collagen formation to maintain healthy bones, cartilage, teeth and/or gums
357	Help in connective tissue formation
358	Help in energy metabolism in the body
359	Help in energy metabolism, tissue formation and bone development
360	Help in energy production
361	Help in the development and maintenance of bones and teeth
362	Help in the development and maintenance of bones, cartilage, teeth and/or gums
363	Help in the development and maintenance of night vision
364	Help in the development and maintenance of teeth
365	Help in the maintenance of a healthy body weight
366	Help in the maintenance of lean body mass
367	Help in tissue formation
368	Help maintain healthy bones, hair, nail and/or skin
369	Help maintain healthy hair, nail, mucous membranes and/or skin
370	Help maintain healthy metabolism
371	Help maintain weight after weight loss
372	Help maintain/support body's natural channels of elimination
373	Help maintain/support eye macula health
374	Help maintain/support eye retina health
375	Help maintain/support healthy acid/alkali balance in the body
376	Help maintain/support healthy Body Mass Index (BMI)
377	Help maintain/support healthy eye development
378	Help maintain/support healthy vision development
379	Help maintain/support hearing development
380	Help normal growth
381	Help normal growth and development
382	Help reduce occurrence of symptoms of jet lag
383	Help restore body electrolyte balance
384	Help support healthy development of the brain and/or, eyes, and/or nerves
385	Increases iron absorption
386	Maintain good health
387	Maintain healthy hair, skin and nails

S/N	Claim
388	Maintain/support abdominal fat loss
389	Maintain/support body electrolyte balance
390	Maintain/support body metabolism/metabolic rate
391	Maintain/support body mucous membrane health
392	Maintain/support body waste elimination
393	Maintain/support calorie burning
394	Maintain/support collagen formation
395	Maintain/support collagen health
396	Maintain/support connective tissue health
397	Maintain/support dental/periodontal health
398	Maintain/support ear health
399	Maintain/support energy levels
400	Maintain/support energy production
401	Maintain/support eye health
402	Maintain/support general health and wellbeing
403	Maintain/support gum health
404	Maintain/support hair health
405	Maintain/support healthy body fat/muscle composition
406	Maintain/support healthy body organ functions
407	Maintain/support healthy body tissues
408	Maintain/support healthy ear function
409	Maintain/support healthy eye function
410	Maintain/support healthy eyesight/vision
411	Maintain/support healthy growth and development
412	Maintain/support healthy hearing
413	Maintain/support healthy mouth flora
414	Maintain/support healthy teeth
415	Maintain/support nail health/strength/thickness
416	Maintain/support natural body cleansing/detoxification processes
417	Maintain/support natural cleansing/detoxification processes of the gastrointestinal system/gut
418	Maintain/support oral health
419	Maintain/support oral mucous membrane health
420	Maintain/support physical endurance/capacity/stamina
421	Maintain/support scalp health
422	Maintain/support teeth enamel health
423	Maintain/support teeth mineralisation
424	Maintain/support teeth strength
425	Maintain/support vitality
426	Nourish the body
427	Provitamin A/vitamin A to help maintain eyesight, skin, membranes and immune function
428	Reduce free radicals formed in the body
429	Relieve weariness/tiredness/fatigue/feeling of weakness
430	To be used with a program of reduced intake of dietary calories and increased physical activity (if possible) to help in weight management

S/N	Claim
431	Vitamin(s)/mineral(s)/vitamin(s) and mineral(s) to support biological functions which play a key role in the maintenance of good health
432	Vitamin(s)/mineral(s)/vitamin(s) and mineral(s), a factor/factors in normal growth and development
433	Vitamin(s)/mineral(s)/vitamin(s) and mineral(s), a factor/factors in the maintenance of good health
Immune System	
434	[Traditionally used to] Decrease/reduce/relieve symptoms of allergic rhinitis
435	[Traditionally used to] Decrease/reduce/relieve symptoms of hayfever
436	[Traditionally used to] Help decrease/reduce/relieve symptoms of mild allergies
437	[Traditionally used to] Help decrease/reduce/relieve symptoms of seasonal allergies
438	[Traditionally used to] Help support immune function within the upper respiratory tract
439	Contribute to maintenance of normal function of the immune system during and after intense physical exercise
440	Enhance/improve/promote immune defence/immunity
441	Help enhance/improve/promote immune system function
442	Help in the normal function of the immune system
443	Help maintain eyesight/skin/membranes/(and) immune function (health)
444	Help provide eyesight/skin/membranes/(and) immune function support
445	Help stimulate a healthy immune system response
446	Help support immune system health after periods of physical stress
447	Maintain/support healthy gastrointestinal immune function
448	Maintain/support healthy immune system function
449	Maintain/support immune system health
Muscular System	
450	[Traditionally used as] Antispasmodic/spasmolytic
451	[Traditionally used to] Aid/assist/help in the management of muscle sprain/strain
452	[Traditionally used to] Decrease/reduce/relieve muscle cramps*
453	[Traditionally used to] Decrease/reduce/relieve muscle pain/ache/soreness*
454	[Traditionally used to] Decrease/reduce/relieve symptoms of muscle injury/ailments*
455	[Traditionally used to] Help decrease/reduce/relieve leg cramps*
456	[Traditionally used to] Help decrease/reduce/relieve mild muscle spasms/twitches
457	[Traditionally used to] Help decrease/reduce/relieve symptoms of muscle sprain/strain*
458	[Traditionally used to] Help relieve pain and/or inflammation in muscles and joints (e.g. sprains, bruises, joint pain)*
459	Aid/assist muscle development
460	Aid/assist muscle growth
461	Aid/assist/help post exercise recovery
462	Contribute to normal muscle function
463	Decrease/reduce/relieve muscle tension/stiffness*
464	Decrease/reduce/relieve muscle tiredness*

S/N	Claim
465	Enhance the effect of resistance training on muscle strength in adults over age of 55
466	Enhance/improve/promote/increase muscle relaxation
467	Help delay fatigue during physical activity
468	Help enhance/improve muscle recovery time
469	Help enhance/improve/promote/increase healthy muscle tone
470	Help enhance/improve/promote/increase muscle fuel burning efficiency
471	Help enhance/improve/promote/increase muscle performance/endurance/stamina
472	Help enhance/improve/promote/increase muscle strength
473	Help enhance/improve/promote/increase muscle strength to improve balance/stability
474	Help enhance/improve/promote/increase physical/exercise performance
475	Help enhance/promote healthy muscle function
476	Help enhance/promote healthy muscle mass
477	Help improve physical performance when used in conjunction with a training regimen
478	Help maintain heart muscle function
479	Help reduce occurrence of muscle tension/stiffness
480	Improve strength/power/performance in repetitive bouts of brief, highly-intense physical activity (e.g. sprints, jumping, resistance training) (by increasing [muscle/intramuscular] [creatine/phosphocreatine/energy] levels)
481	Increase physical performance in successive bursts of short-term, high intensity exercise
482	Increases body/(lean) muscle mass/size when used in conjunction with a resistance training regimen
483	Maintain/support healthy ligaments
484	Maintain/support healthy muscle contraction function
485	Maintain/support healthy neuromuscular system/function
486	Maintain/support muscle fuel burning efficiency
487	Maintain/support muscle function
488	Maintain/support muscle health
489	Maintain/support muscle mass
490	Maintain/support muscle performance/endurance/stamina
491	Maintain/support muscle protein stores
492	Maintain/support muscle relaxation*
493	Maintain/support muscle strength
494	Maintain/support muscle strength to reduce strain on joints
495	Maintain/support muscle tone
496	Maintain/support tendon health
Nervous System	
497	[Traditionally used as] Brain tonic/Enhance brain health
498	[Traditionally used as] Brain tonic/improve memory and cognition
499	[Traditionally used as] Nerve stimulant/enhance nerve function
500	[Traditionally used as] Nerve tonic
501	[Traditionally used as] Nervine/support nervous system
502	[Traditionally used as] Nervous system relaxant
503	[Traditionally used as] Sleep aid/help promote sleep

S/N	Claim
504	[Traditionally used to] Decrease/reduce duration of mild migraine
505	[Traditionally used to] Decrease/reduce headache duration
506	[Traditionally used to] Decrease/reduce time to fall asleep
507	[Traditionally used to] Decrease/reduce/relieve headache symptoms*
508	[Traditionally used to] Decrease/reduce/relieve mild dizziness/vertigo
509	[Traditionally used to] Decrease/reduce/relieve mild migraine symptoms
510	[Traditionally used to] Decrease/reduce/relieve mild nerve pain/neuralgia
511	[Traditionally used to] Decrease/reduce/relieve nervous tension/unrest
512	[Traditionally used to] Decrease/reduce/relieve restlessness/excess nervous energy
513	[Traditionally used to] Decrease/reduce/relieve sleeplessness
514	[Traditionally used to] Decrease/reduce/relieve symptoms of mild anxiety
515	[Traditionally used to] Decrease/reduce/relieve symptoms of mild sciatica
516	[Traditionally used to] Enhance/improve/promote/increase memory/recall
517	[Traditionally used to] Help decrease/reduce/relieve symptoms of mild tension headache*
518	[Traditionally used to] Help reduce occurrence of mild migraines
519	[Traditionally used to] Help reduce occurrence of symptoms of headaches
520	[Traditionally used to] Help relieve nervousness (nervine)
521	[Traditionally used to] Relieve irritability
522	[Traditionally used to] Relieve nervous problems
523	Aid/assist/help mind relaxation
524	Aid/assist/help synthesis of neurotransmitters
525	Aids/assist the body to cope with environmental stress
526	Calm the mind
527	Contribute to normal mental performance
528	Contribute to normal neurotransmission
529	Contribute to normal psychological function
530	Contribute to the reduction of time taken to fall asleep
531	Decrease/reduce mental/cognitive fatigue
532	Decrease/reduce/relieve disturbed/restless sleep
533	Decrease/reduce/relieve mental overactivity
534	Enhance/improve/promote/increase body relaxation
535	Enhance/improve/promote/increase mental alertness/wakefulness
536	Enhance/improve/promote/increase mental endurance/stamina
537	Enhance/improve/promote/increase mind relaxation
538	Enhance/improve/promote/increase sleep quality/deep sleep
539	Enhance/promote/increase healthy sleep patterns
540	Enhance/promote/increase refreshing sleep
541	Help (temporarily) to support/promote mental sharpness/alertness
542	Help establish/restore/reset sleep-wake cycle (circadian rhythm)
543	Help increase the total sleep time (aspect of sleep quality) in people suffering from sleep restriction or altered sleep schedule, (e.g. shift-work and jet lag)
544	Help maintain/support emotional wellbeing
545	Help promote healthy mood balance
546	Help support cognition

S/N	Claim
547	Help support cognitive health and/or brain function
548	Maintain/support brain function
549	Maintain/support brain health
550	Maintain/support brain/central nervous system development
551	Maintain/support cognitive development
552	Maintain/support cognitive function/mental function
553	Maintain/support general mental wellbeing
554	Maintain/support healthy sleeping patterns
555	Maintain/support learning and information processing
556	Maintain/support memory/mental recall
557	Maintain/support mental concentration/focus/clarity
558	Maintain/support mental endurance/stamina
559	Maintain/support nerve conduction
560	Maintain/support nervous system function
561	Maintain/support nervous system health
562	Maintain/support neuroendocrine function
563	Maintain/support neuromuscular function
564	Maintain/support refreshing sleep
565	Nourish the brain
566	Nourish the nervous system
567	Soothe/calm nerves
568	Support healthy body stress recovery
569	Support healthy emotional/mood balance
570	Support healthy stress response in the body
Nutrition	
571	(An) (essential) amino acid(s) involved in muscle protein synthesis
572	(An) (non-essential) amino acid(s) involved in muscle protein synthesis
573	Aid/assist/help glucose/sugar/carbohydrate metabolism
574	Aid/assist/help metabolism of (state vitamin/mineral/nutrient)
575	Aid/assist/help protein synthesis in the body
576	Aid/assist/help synthesis of (insert vitamin) in the body
577	An essential amino acid involved in protein synthesis
578	Cobalt is a structural component of vitamin B12 that help maintain the body's ability to metabolise nutrients
579	Contribute to normal amino acid synthesis
580	Contribute to normal lipid metabolism
581	Contribute to normal macronutrient metabolism
582	Contribute to normal metabolism of fatty acids
583	Contribute to normal protein and glycogen metabolism
584	Enhance/improve/promote/increase (state vitamin/mineral/nutrient) levels in the body
585	Enhance/improve/promote/increase nutrient uptake
586	Essential amino acids histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, valine for the maintenance of good health and involved in protein synthesis
587	Help enhance/promote/increase absorption of dietary (state vitamin/mineral/nutrient)

S/N	Claim
588	Help enhance/promote/increase body utilisation of (state mineral/vitamin/nutrient)
589	Help in the absorption and use of calcium and phosphorus
590	Help maintain normal iron transport in the body
591	Help maintain normal metabolism of iron
592	Help maintain the body's ability to metabolise nutrients
593	Help maintain/support cellular uptake of (state vitamin/mineral/nutrient)
594	Help promote healthy glucose metabolism
595	Help reduce carbohydrate metabolism
596	Help support fat metabolism
597	Help support fat oxidation
598	Help the body to metabolise proteins
599	Helps prevent dietary (state vitamin/mineral/nutrient) deficiency
600	Maintain/support (state vitamin/mineral) within normal range
601	Maintain/support (state vitamin/mineral/nutrient) levels in the body
602	Maintain/support absorption of dietary (state vitamin/mineral/nutrient)
603	Non-essential amino acids (alanine, arginine, aspartic acid, glutamic acid, glycine, proline, serine, tyrosine) involved in protein synthesis
604	Provide support for healthy glucose metabolism
Reproductive System	
605	[Traditionally used as] Female tonic
606	[Traditionally used as] Male tonic
607	[Traditionally used as] Post partum tonic
608	[Traditionally used as] Uterine tonic/Enhance uterine health
609	[Traditionally used to] Decrease/reduce heavy menstruation/periods
610	[Traditionally used to] Decrease/reduce/relieve breast pain/tenderness associated with premenstrual tension
611	[Traditionally used to] Decrease/reduce/relieve excessive breast milk flow
612	[Traditionally used to] Decrease/reduce/relieve hot flushes associated with menopause
613	[Traditionally used to] Decrease/reduce/relieve menstrual cycle irregularity/irregular periods
614	[Traditionally used to] Decrease/reduce/relieve menstrual spasms/cramps*
615	[Traditionally used to] Decrease/reduce/relieve menstruation pain/dysmenorrhoea*
616	[Traditionally used to] Decrease/reduce/relieve mood changes/mood swings associated with premenstrual tension
617	[Traditionally used to] Decrease/reduce/relieve moodiness/mood swings associated with menopause
618	[Traditionally used to] Decrease/reduce/relieve morning sickness
619	[Traditionally used to] Decrease/reduce/relieve symptoms of menopause
620	[Traditionally used to] Decrease/reduce/relieve symptoms of menstruation
621	[Traditionally used to] Decrease/reduce/relieve symptoms of premenstrual tension
622	[Traditionally used to] Enhance/improve/promote/increase breast milk production
623	[Traditionally used to] Help decrease/reduce/relieve night sweats associated with menopause

S/N	Claim
624	[Traditionally used to] Help decrease/reduce/relieve symptoms of mild mastitis while lactating/breastfeeding
625	[Traditionally used to] Help prepare the body for labour
626	[Traditionally used to] Help temporarily decrease/reduce/relieve excessive vaginal discharge
627	[Traditionally used to] Improve menstrual flow
628	[Traditionally used to] Increase semen
629	[Traditionally used to] Maintain/support/regulate healthy menstrual cycle
630	[Traditionally used to] Promote menstrual flow
631	[Traditionally used to] Reduce breast milk production
632	[Traditionally used to] Soothe/relieve sore, cracked nipples
633	[Traditionally used to] Stop the production of breast milk (antigalactagogue)
634	Contribute to maternal tissue growth during pregnancy
635	Contribute to normal fertility and reproduction
636	Contribute to normal spermatogenesis
637	Enhance/promote healthy foetal development
638	Help enhance/promote maternal health
639	Help enhance/promote maternal postnatal health
640	Help enhance/promote preconception health
641	Help enhance/promote prostate health
642	Help enhance/promote uterine health
643	Help maintain/support healthy foetal CNS/brain development
644	Help maintain/support healthy prostate function
645	Help maintain/support testosterone formation/synthesis
646	Help prepare the body for pregnancy
647	Help support emotional aspects of sexual health
648	Help support foetus growth and development
649	Help support/promote healthy oestrogen metabolism/balance
650	Help support healthy mood balance during menopause
651	Increase maternal folate status
652	Maintain/support breast milk production/lactation
653	Maintain/support female healthy hormonal balance
654	Maintain/support female healthy hormonal balance during the reproductive cycle
655	Maintain/support healthy female hormonal balance during menopause
656	Maintain/support healthy foetal development
657	Maintain/support healthy libido
658	Maintain/support healthy pregnancy
659	Maintain/support healthy reproductive hormones
660	Maintain/support healthy sexual function
661	Maintain/support maternal health
662	Maintain/support oestrogen hormone levels
663	Maintain/support ovarian health
664	Maintain/support placenta health/growth
665	Maintain/support preconception health
666	Maintain/support prostate health
667	Maintain/support reproductive system health

S/N	Claim
668	Maintain/support semen health
669	Maintain/support sperm health
670	Maintain/support sperm motility
671	Maintain/support sperm production
672	Maintain/support testosterone level
673	Maintain/support uterine health
674	Maternal intake contribute to normal brain development of the foetus and breastfed infants
675	Maternal intake contribute to normal development of the eye of the foetus and breastfed infants
Respiratory System	
676	[Traditionally used as] An expectorant to help relieve chest complaints, such as mucous buildup (catarrhs), coughs and bronchitis
677	[Traditionally used as] An expectorant to help relieve the symptoms of bronchitis and mucous buildup of the (upper) respiratory tract (anti-catarrh)
678	[Traditionally used as] Cough suppressant
679	[Traditionally used as] Expectorant/clear respiratory tract mucous
680	[Traditionally used as] Lung tonic/Enhance lung health
681	[Traditionally used to] Decrease/reduce excess chest phlegm
682	[Traditionally used to] Decrease/reduce excess mucous
683	[Traditionally used to] Decrease/reduce/relieve bronchial mucous congestion
684	[Traditionally used to] Decrease/reduce/relieve chills associated with common cold
685	[Traditionally used to] Decrease/reduce/relieve cough
686	[Traditionally used to] Decrease/reduce/relieve itchy throat
687	[Traditionally used to] Decrease/reduce/relieve mild bronchial cough
688	[Traditionally used to] Decrease/reduce/relieve mild bronchial irritation
689	[Traditionally used to] Decrease/reduce/relieve mild throat inflammation
690	[Traditionally used to] Decrease/reduce/relieve mild upper respiratory tract congestion
691	[Traditionally used to] Decrease/reduce/relieve sneezing
692	[Traditionally used to] Decrease/reduce/relieve symptoms of common cold
693	[Traditionally used to] Decrease/reduce/relieve symptoms of common colds and flu
694	[Traditionally used to] Decrease/reduce/relieve symptoms of head cold
695	[Traditionally used to] Decrease/reduce/relieve symptoms of laryngitis
696	[Traditionally used to] Decrease/reduce/relieve symptoms of mild throat infection
697	[Traditionally used to] Decrease/reduce/relieve symptoms of mild tonsillitis
698	[Traditionally used to] Decrease/reduce/relieve symptoms of sinusitis
699	[Traditionally used to] Decrease/reduce/relieve thirstiness associated with common cold
700	[Traditionally used to] Decrease/reduce/relieve throat irritation
701	[Traditionally used to] Decrease/reduce/relieve throat mucous membrane irritation/inflammation
702	[Traditionally used to] Enhance/improve/promote/increase cough productivity

S/N	Claim
703	[Traditionally used to] Help decrease/reduce/relieve mild swelling of the glands associated with common cold
704	[Traditionally used to] Help decrease/reduce/relieve nasal itching
705	[Traditionally used to] Help relieve sore throat and/or other mouth and throat infections
706	[Traditionally used to] Help soothe respiratory tract
707	[Traditionally used to] Loosen chest phlegm
708	[Traditionally used to] Loosen respiratory tract mucous
709	[Traditionally used to] Provide relief of the inflammation of nose and throat mucosa (such as sore throat), gingivitis and (aphthous) ulcer/canker sore
710	[Traditionally used to] Reduce duration of symptoms of laryngitis
711	[Traditionally used to] Reduce duration of symptoms of mild tonsillitis
712	[Traditionally used to] Relieve dry nose
713	[Traditionally used to] Relieve dry throat
714	[Traditionally used to] Relieve dry unproductive cough
715	[Traditionally used to] Relieve hoarseness of voice
716	[Traditionally used to] Relieve itchy throat
717	[Traditionally used to] Relieve loss of voice
718	[Traditionally used to] Relieve nasal congestion*
719	[Traditionally used to] Relieve runny/dripping nose
720	[Traditionally used to] Relieve symptoms of mild upper respiratory tract infections
721	[Traditionally used to] Relieve symptoms of sore throat/pharyngitis
722	[Traditionally used to] Soothe respiratory tract mucous membranes/mucous tissue
723	[Traditionally used to] Unblock/clear nasal passages
724	[Traditionally used] (as a demulcent) to relieve the irritation of the oral and pharyngeal mucosa and associated dry cough
725	Maintain/support healthy mucous membranes/mucous tissue of the respiratory tract
726	Maintain/support lung health
Skeletal System	
727	[Traditionally used to] Decrease/reduce/relieve mild joint aches and pains*
728	[Traditionally used to] Decrease/reduce/relieve mild joint inflammation/swelling*
729	[Traditionally used to] Decrease/reduce/relieve mild joint pain/soreness*
730	[Traditionally used to] Decrease/reduce/relieve mild rheumatic aches and pains*
731	[Traditionally used to] Decrease/reduce/relieve symptoms of mild arthritis/mild osteoarthritis
732	[Traditionally used to] Decrease/reduce/relieve symptoms of occasional episodes of gout
733	[Traditionally used to] Help enhance/improve/promote joint mobility
734	[Traditionally used to] Help enhance/promote bone healing/repair
735	[Traditionally used to] Maintain/support bone healing/repair
736	A factor in maintaining good cartilage and/or joint health
737	Aid/assist healthy bone development/growth/building
738	Contribute to normal collagen formation for normal function of bones

S/N	Claim
739	Decrease/reduce/relieve mild joint stiffness
740	Help enhance/promote bone health
741	Help enhance/promote bone mass/density
742	Help enhance/promote bone mineralisation
743	Help enhance/promote bone strength
744	Help enhance/promote healthy joint function
745	Help enhance/promote joint health
746	Help enhance/promote/increase metabolism of (state mineral) in bones
747	Help maintain/support bone mineralisation
748	Help maintain/support healthy joint cartilage growth/development/production
749	Help maintain/support joint cartilage health
750	Help reduce the loss of bone mineral in postmenopausal women
751	Maintain/support (state mineral) absorption in bones
752	Maintain/support bone health
753	Maintain/support bone mass/density/integrity
754	Maintain/support bone strength
755	Maintain/support joint health
756	Maintain/support joint mobility/flexibility
757	Provitamin A/vitamin A to help in the development and maintenance of bones
758	Support bone flexibility
759	Vitamin D help calcium absorption
Skin	
760	[Traditionally used as] Antiseptic for minor cuts and abrasions
761	[Traditionally used as] Counterirritant*
762	[Traditionally used to] Cleanse minor skin wound/cuts/scratches/abrasions
763	[Traditionally used to] Decrease/reduce/relieve blisters
764	[Traditionally used to] Decrease/reduce/relieve bruise pain*
765	[Traditionally used to] Decrease/reduce/relieve bruise swelling*
766	[Traditionally used to] Decrease/reduce/relieve itchy/prickling skin associated with mild eczema/dermatitis*
767	[Traditionally used to] Decrease/reduce/relieve oily skin
768	[Traditionally used to] Decrease/reduce/relieve pimples
769	[Traditionally used to] Decrease/reduce/relieve prickly heat skin rash
770	[Traditionally used to] Decrease/reduce/relieve scalp flaking/scaling
771	[Traditionally used to] Decrease/reduce/relieve scalp itching/irritation/redness*
772	[Traditionally used to] Decrease/reduce/relieve skin burning/itching associated with athlete's foot/tinea*
773	[Traditionally used to] Decrease/reduce/relieve skin chafing
774	[Traditionally used to] Decrease/reduce/relieve skin dryness
775	[Traditionally used to] Decrease/reduce/relieve skin irritation*
776	[Traditionally used to] Decrease/reduce/relieve skin peeling/cracking
777	[Traditionally used to] Decrease/reduce/relieve skin redness*
778	[Traditionally used to] Decrease/reduce/relieve skin scaling/crusty skin
779	[Traditionally used to] Decrease/reduce/relieve symptoms of athlete's foot/tinea

S/N	Claim
780	[Traditionally used to] Decrease/reduce/relieve symptoms of boils
781	[Traditionally used to] Decrease/reduce/relieve symptoms of chickenpox
782	[Traditionally used to] Decrease/reduce/relieve symptoms of chilblains
783	[Traditionally used to] Decrease/reduce/relieve symptoms of dandruff
784	[Traditionally used to] Decrease/reduce/relieve symptoms of facial cold sores
785	[Traditionally used to] Decrease/reduce/relieve symptoms of insect bite/sting*
786	[Traditionally used to] Decrease/reduce/relieve symptoms of mild eczema/dermatitis
787	[Traditionally used to] Decrease/reduce/relieve symptoms of mild psoriasis
788	[Traditionally used to] Decrease/reduce/relieve symptoms of mild, superficial skin fungal infections
789	[Traditionally used to] Enhance/improve healing of minor skin wound/cuts/scratches/abrasions
790	[Traditionally used to] Enhance/improve/promote healing of bruises
791	[Traditionally used to] Enhance/improve/promote healing of facial cold sores
792	[Traditionally used to] Enhance/improve/promote skin repair/healing
793	[Traditionally used to] Help decrease/reduce/relieve symptoms of minor skin wounds (cuts, scratches and abrasions)*
794	[Traditionally used to] Help heal minor skin wounds, burns, irritations and local inflammations
795	[Traditionally used to] Help healing of mild skin burn/sunburns
796	[Traditionally used to] Help reduce occurrence of pimples
797	[Traditionally used to] Help reduce occurrence of symptoms of acne
798	[Traditionally used to] Help reduce occurrence of symptoms of dandruff
799	[Traditionally used to] Help reduce occurrence of symptoms of eczema/dermatitis
800	[Traditionally used to] Help reduce/relieve warts
801	[Traditionally used to] Improve skin ailments
802	[Traditionally used to] Maintain/support skin repair/healing/regeneration
803	[Traditionally used to] Relieve itchy skin*
804	[Traditionally used to] Relieve minor skin eruptions
805	[Traditionally used to] Relieve red skin rash
806	[Traditionally used to] Relieve skin ailments
807	[Traditionally used to] Relieve symptoms of acne
808	[Traditionally used to] Soothe skin*
809	[Traditionally used to] Soothe/relieve heat rash
810	[Traditionally used to] Soothe/relieve mild skin burn/sunburns*
811	[Traditionally used to] Soothe/relieve skin inflammation*
812	[Traditionally used to] Treat ringworm
813	Contribute to maintenance of normal skin
814	Healthy skin and/or mucous membranes support
815	Help enhance/improve skin elasticity
816	Help enhance/improve skin internal structure
817	Help enhance/improve skin strength
818	Help enhance/improve/promote/increase skin firmness
819	Help enhance/improve/promote/increase skin hydration

S/N	Claim
820	Help enhance/promote skin health
821	Help maintain/support skin pH balance
822	Maintain healthy skin
823	Maintain/support skin elasticity
824	Maintain/support skin firmness
825	Maintain/support skin health
826	Maintain/support skin hydration
827	Maintain/support skin integrity/structure
828	Maintain/support wound healing
Urinary System	
829	[Traditionally used as] A diuretic
830	[Traditionally used as] Bladder tonic/Enhance bladder health
831	[Traditionally used as] Kidney tonic
832	[Traditionally used as] Renal tonic/Enhance bladder health
833	[Traditionally used to] Decrease/reduce/relieve urinary incontinence associated with medically diagnosed overactive bladder
834	[Traditionally used to] Enhance/promote/increase urine output
835	[Traditionally used to] Help decrease/reduce/relieve symptoms of medically diagnosed cystitis
836	[Traditionally used to] Help relieve difficult/painful urination
837	[Traditionally used to] Maintain/support healthy urine output
838	[Traditionally used to] Relieve urinary frequency
839	Help enhance/promote bladder health
840	Help enhance/promote healthy urogenital flora
841	Maintain/support bladder health
842	Maintain/support healthy bladder function
843	Maintain/support healthy urogenital flora
844	Maintain/support kidney function
845	Maintain/support kidney health
846	Maintain/support urinary tract function
847	Maintain/support urinary tract health
848	Maintain/support urogenital health