

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

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

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

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

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

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

S/N	Claim
386	Help support healthy development of the brain and/or, eyes, and/or nerves
387	Increases iron absorption
388	Maintain good health
389	Maintain healthy hair, skin and nails
390	Maintain/support abdominal fat loss
391	Maintain/support body electrolyte balance
392	Maintain/support body metabolism/metabolic rate
393	Maintain/support body mucous membrane health
394	Maintain/support body waste elimination
395	Maintain/support calorie burning
396	Maintain/support collagen formation
397	Maintain/support collagen health
398	Maintain/support connective tissue health
399	Maintain/support dental/periodontal health
400	Maintain/support ear health
401	Maintain/support energy levels
402	Maintain/support energy production
403	Maintain/support eye health
404	Maintain/support general health and wellbeing
405	Maintain/support gum health
406	Maintain/support hair health
407	Maintain/support healthy body fat/muscle composition
408	Maintain/support healthy body organ functions
409	Maintain/support healthy body tissues
410	Maintain/support healthy ear function
411	Maintain/support healthy eye function
412	Maintain/support healthy eyesight/vision
413	Maintain/support healthy growth and development
414	Maintain/support healthy hearing
415	Maintain/support healthy mouth flora
416	Maintain/support healthy teeth
417	Maintain/support nail health/strength/thickness
418	Maintain/support natural body cleansing/detoxification processes
419	Maintain/support natural cleansing/detoxification processes of the gastrointestinal system/gut
420	Maintain/support oral health
421	Maintain/support oral mucous membrane health
422	Maintain/support physical endurance/capacity/stamina
423	Maintain/support scalp health
424	Maintain/support teeth enamel health
425	Maintain/support teeth mineralisation
426	Maintain/support teeth strength
427	Maintain/support vitality
428	Nourish the body
429	Provitamin A/vitamin A to help maintain eyesight, skin, membranes and immune function
430	Reduce free radicals formed in the body

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

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

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

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

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

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

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

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

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

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

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