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SANCO/11046/2014 ANNEX  
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ANNEX.doc)  
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ANNEX 1

**ANNEX**

**to the**

**COMMISSION REGULATION (EU) No .../..**

**authorising a health claim made on foods, other than those referring to the reduction of  
disease risk and to children's development and health and amending Regulation (EU)  
No 432/2012**

## ANNEX

In the Annex to Regulation (EU) No 432/2012, the following entry is inserted before the entry for Carbohydrate-electrolyte solutions:

<b>Nutrient, substance, food or food category</b>	<b>Claim</b>	<b>Conditions of use of the claim</b>	<b>Conditions and/or restrictions of use of the food and/or additional statement or warning</b>	<b>EFSA Journal number</b>	<b>Relevant entry number in the Consolidated List submitted to EFSA for its assessment</b>
'Carbohydrates	Carbohydrates contribute to the recovery of normal muscle function (contraction) after highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle	The claim may be used only for food which provides carbohydrates which are metabolised by humans (excluding polyols). Information shall be given to the consumer that the beneficial effect is obtained with the consumption of carbohydrates, from all sources, at a total intake of 4 g per kg body weight, at doses, within the first 4 hours and no later than 6 hours, following highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle.	The claim may be used only for foods targeting adults who have performed highly intensive and/or long-lasting physical exercise leading to muscle fatigue and the depletion of glycogen stores in skeletal muscle.	2013;11(10):3409	