

PRODUCT INGREDIENT RELATED HEALTH CLAIMS ASSESSMENT for NU SKIN PHARMANEX PRODUCTS in EUROPE

This document is established in support of the European distributors' communication regarding the right use of claims, linked to the ingredients of the Food and Food Supplements intended for the European market.

It applies to the following countries in EU where Nu Skin sells products: Austria, Belgium, Czech Republic, Denmark, Finland, France, Germany, Hungary, Ireland, Italy, Luxembourg, Netherlands, Poland, Portugal, Romania, Slovakia, Spain, Sweden, UK. Norway and Switzerland also follow it.

Hereafter an overview, per finished product sold in Europe (please be aware that all products are not available in all EU member states), is given of the active ingredients and their corresponding:

- **Authorized health claims** as published in Regulations (EU) No 432/2012, and amendments with their corresponding ID numbers.
- **"On hold" health claims**: These claims are pending a final decision at European Commission level. These may continue being used under a decision has been taken.

This document will then need to be updated by the Regulatory Department in Brussels, twice a year, to fully comply with this Regulation.

Legend of the below tables:

Authorized health claims (as published in Regulation 432/2012 and amendments)
"On hold" or Pending claims (need for a regular update)

Note: Only claims in accordance with the product positioning have been listed, and which comply with the condition of use.

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Pharmanex Pro-B

Active ingredients in the product	Health claims in use for the following active ingredients	ID numbers
Pharmanex Pro-B contains 2 B cfu/cap of <i>Lactobacillus fermentum</i> PCC	∅	∅

Bone Formula

Active ingredients in the product	Health claims in use for the following active ingredients	ID numbers
Bone Formula contains Vitamin C	Vitamin C contributes to the normal collagen formation for the normal function of bones.	131, 149
Bone Formula contains Vitamin D	Vitamin D contributes to normal absorption/utilization of calcium and phosphorus. Vitamin D contributes to the maintenance of normal bones.	152, 157, 215 150, 151, 158, 350
Bone Formula contains Vitamin K	Vitamin K contributes to the maintenance of normal bones.	123, 127, 128, 2879
Bone Formula contains Calcium	Calcium is needed for the maintenance of normal bones.	224, 230, 350, 354, 2731, 3155, 4311, 4312, 4703, 4704
Bone Formula contains Magnesium	Magnesium contributes to the maintenance of normal bones.	239
Bone Formula contains Zinc	Zinc contributes to the maintenance of normal bones.	295, 1756
Bone Formula contains Copper	Copper contributes to the maintenance of normal connective tissues.	265, 271, 1722
Bone Formula contains Manganese	Manganese contributes to the maintenance of normal bones. Manganese contributes to the normal formation of connective tissue.	310 404

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R²

Active ingredients in the product	Health claims in use for the following active ingredients	ID numbers
R ² Day contains Panax ginseng root extract.	<p>Ginseng (<i>Panax ginseng</i>) helps to maintain optimal stamina, feelings of energy and vitality, physical and mental well-being</p> <p>Ginseng (<i>Panax ginseng</i>) increases physical performance</p> <p>Ginseng (<i>Panax ginseng</i>) improves concentration and coordination.</p> <p>Ginseng (<i>Panax ginseng</i>) supports the immune system.</p>	<p>2669</p> <p>2808</p> <p>2809</p> <p>3930</p>
R ² Night contains Selenium	<p>Selenium contributes to the protection of cells from oxidative stress</p> <p>Selenium contributes to the normal function of the immune system.</p>	<p>277, 283, 286, 1289, 1290, 1291, 1293, 1751, 410, 1292</p> <p>278, 1750</p>

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JVi

Active ingredients in the product	Health claims in use for the following active ingredients	ID numbers
JVi contains Vitamin C	<p>Vitamin C contributes to normal collagen formation for the normal function of skin.</p> <p>Vitamin C contributes to the normal function of the immune system.</p> <p>Vitamin C contributes to the protection of cells from oxidative stress.</p>	<p>131, 137, 149</p> <p>134, 4321</p> <p>129, 138, 143, 148, 3331</p>

TR90®

Active ingredients in the product	Health claims in use for the following active ingredients	ID numbers
TR90® M-bar (chocolate and lemon crisp) is a meal replacement.	Substituting one daily meal of an energy restricted diet with a meal replacement contributes to the maintenance of weight after weight loss.	1418
TR90® M-bar (chocolate and lemon crisp) is high in protein.	Protein contributes to a growth in muscle mass. Protein contributes to the maintenance of muscle mass.	415, 417
TR90® JS contains a blend of extracts, such as prickly pear cactus, red orange, pomegranate and saffron.	∅	∅
TR90® COMPLEX F contains ingredients such as citrus fruits, onion, grape fruit, cayenne pepper, red orange and green tea.	∅	∅
TR90® COMPLEX C contains cocoa, pomegranate and sour cherry.	∅	∅

LifePak+

Active ingredients in the product	Health claims in use for the following active ingredients	ID numbers
LifePak+ contains Vitamin A	<p>Vitamin A contributes to normal iron metabolism</p> <p>Vitamin A contributes to the maintenance of normal skin</p> <p>Vitamin A contributes to the maintenance of normal vision</p> <p>Vitamin A contributes to the normal function of the immune system</p>	<p>206</p> <p>15, 17, 4660, 4702</p> <p>16, 4239, 4701</p> <p>14, 200, 1462</p>
LifePak+ contains Vitamin E	Vitamin E contributes to the protection of cells from oxidative stress	160, 162, 1947
LifePak+ contains Biotin (Vitamin B8)	<p>Biotin contributes to normal energy-yielding metabolism</p> <p>Biotin contributes to normal macronutrient metabolism</p> <p>Biotin contributes to the maintenance of normal skin</p>	<p>114, 117</p> <p>113, 114, 117, 4661</p> <p>115, 121</p>
LifePak+ contains Panthothenic Acid (Vitamin B5)	<p>Pantothenic acid contributes to normal energy-yielding metabolism</p> <p>Pantothenic acid contributes to normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters</p> <p>Pantothenic acid contributes to normal mental performance</p>	<p>56, 59, 60, 64, 171, 172, 208</p> <p>181</p> <p>57, 58</p>
LifePak+ contains Folate (Vitamin B9)	<p>Folate contributes to normal blood formation</p> <p>Folate contributes to normal homocysteine metabolism</p> <p>Folate contributes to the normal function of the immune system</p>	<p>79</p> <p>80</p> <p>91</p>
LifePak+ contains Niacin (Vitamin B3)	<p>Niacin contributes to normal energy-yielding metabolism</p> <p>Niacin contributes to the maintenance of normal skin</p>	<p>43, 49, 51, 54</p> <p>45, 48, 50, 52, 4700</p>
LifePak+ contains Vitamin B6 (Pyridoxin)	<p>Vitamin B6 contributes to normal energy-yielding metabolism</p> <p>Vitamin B6 contributes to normal homocysteine metabolism</p> <p>Vitamin B6 contributes to normal protein and glycogen metabolism</p>	<p>75, 214</p> <p>73, 76, 199</p> <p>65, 70, 71</p>

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	Vitamin B6 contributes to normal red blood cell formation	67, 72, 186
	Vitamin B6 contributes to the normal function of the immune system	68
LifePak+ contains Riboflavin (Vitamin B2)	Riboflavin contributes to the maintenance of normal red blood cells	40
	Riboflavin contributes to the maintenance of normal vision	39
	Riboflavin contributes to the normal metabolism of iron	30, 37
LifePak+ contains Thiamine (Vitamin B1)	Thiamine contributes to the normal function of the heart	20
LifePak+ contains Vitamin B12 (cyanocobalamin)	Vitamin B12 contributes to normal energy-yielding metabolism	99, 190
	Vitamin B12 contributes to normal homocysteine metabolism	96, 103, 106
	Vitamin B12 contributes to normal red blood cells formation	92, 101
	Vitamin B12 contributes to the normal function of the immune system	107
LifePak+ contains Vitamin C (Ascorbate)	Vitamin C contributes to normal collagen formation for the normal function of bones.	131, 149
	Vitamin C contributes to normal collagen formation for the normal function of skin.	131, 137, 149
	Vitamin C contributes to the normal function of the immune system	134, 4321
	Vitamin C contributes to the normal energy-yielding metabolism	135, 2334, 3196
	Vitamin C contributes to the protection of cells from oxidative stress	129, 138, 143, 148, 3331
LifePak+ contains Vitamin D (Cholecalciferol)	Vitamin D contributes to the maintenance of normal bones	150, 151, 158, 350
	Vitamin D contributes to the normal function of the immune system	154, 159
LifePak+ contains Vitamin K (Phytomenadione)	Vitamin K contributes to normal blood clotting.	124, 126

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	Vitamin K contributes to the maintenance of normal bones	123, 127, 128, 2879
LifePak+ contains Calcium	Calcium contributes to normal blood clotting	230, 236
	Calcium contributes to normal energy-yielding metabolism	234
	Calcium is needed for the maintenance of normal bones	224, 230, 350, 354, 2731, 3155, 4311, 4312, 4703 4704
LifePak+ contains Magnesium	Magnesium contributes to normal energy-yielding metabolism	240, 247, 248
	Magnesium contributes to the maintenance of normal bones	239
LifePak+ contains Manganese	Manganese contributes to normal energy-yielding metabolism	311, 405
	Manganese contributes to the maintenance of normal bones	310
	Manganese contributes to the protection of cells from oxidative stress	309
LifePak+ contains Zinc	Zinc contributes to normal cognitive function	296
	Zinc contributes to normal metabolism of fatty acids	302
	Zinc contributes to normal metabolism of vitamin A	361
	Zinc contributes to normal carbohydrate metabolism	382
	Zinc contributes to normal macronutrient metabolism	2890
	Zinc contributes to the maintenance of normal bones	295, 1756
	Zinc contributes to the maintenance of normal skin	293
	Zinc contributes to the maintenance of normal vision	361
	Zinc contributes to the normal function of the immune system	291, 1757
	Zinc contributes to the protection of cells from oxidative stress	294, 1758
LifePak+ contains Copper	Copper contributes to normal energy-yielding metabolism	266, 1729
	Copper contributes to the normal function of the immune system	264, 1725
		263, 1726

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	Copper contributes to the protection of cells from oxidative stress	
LifePak+ contains Chromium	Chromium contributes to normal macronutrient metabolism	260, 401, 4665, 4666, 4667
	Chromium contributes to the maintenance of normal blood glucose levels	262, 4667, 4698
LifePak+ contains Iodine	Iodine contributes to normal cognitive function	273
	Iodine contributes to normal energy-yielding metabolism	274, 402
	Iodine contributes to the normal production of thyroid hormones and normal thyroid function	274, 1237
LifePak+ contains Selenium	Selenium contributes to the normal function of the immune system	278, 1750
	Selenium contributes to the normal thyroid function	279, 282, 286, 410, 1289, 1290, 1291, 1292, 1293
	Selenium contributes to the protection of cells from oxidative stress	277, 283, 286, 410, 1289, 1290, 1291, 1292, 1293, 1751
LifePak+ contains Molybdenum	Molybdenum contributes to normal sulphur amino acid metabolism	313

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Marine Omega

Active ingredients in the product	Health claims in use for the following active ingredients	ID numbers
<p style="text-align: center;">Marine Omega contains eicosapentaenoic acid and docosahexaenoic acid (EPA/DHA)</p>	<p style="text-align: center; color: green;">EPA and DHA contribute to the normal function of the heart</p> <p style="text-align: center; color: green;">DHA contributes to maintenance of normal brain function</p> <p style="text-align: center; color: green;">DHA contributes to the maintenance of normal vision</p>	<p style="text-align: center;">504, 506, 510, 516, 527, 538, 688, 703, 1128, 1317, 1324, 1325, 1360</p> <p style="text-align: center;">497, 501, 510, 513, 519, 521, 534, 540, 565, 626, 631, 688, 689, 690, 704, 742, 1323, 1360, 3148, 3151, 4294</p> <p style="text-align: center;">508, 510, 513, 519, 529, 540, 627, 632, 688, 743, 2905, 3149, 4294</p>

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BioGinkgo 27/7

Active ingredients in the product	Health claims in use for the following active ingredients	ID numbers
BioGinkgo contains Ginkgo biloba extract	<p><i>Ginkgo biloba</i> helps the maintenance of good cognitive function.</p> <p><i>Ginkgo biloba</i> helps to maintain memory.</p>	2261

CordyMax Cs-4

Active ingredients in the product	Health claims in use for the following active ingredients	ID numbers
CordyMax Cs-4 contains Cordyceps sinensis	∅	∅

ReishiMax GLp

Active ingredients in the product	Health claims in use for the following active ingredients	ID numbers
ReishiMax GLp contains Reishi mushroom extract	∅	∅

Pharmanex® Tēgreen

Active ingredients in the product	Health claims in use for the following active ingredients	ID numbers
Tegreen contains Green tea extract	Green tea helps to protect our body by reinforcing the body's natural defense against the harmful effects of free radicals.	1103

Appendix 1

Use of this document

It is to be noted that only Business Support Materials may be used that have been specifically approved for use in EU.

Only the specific Product related claims and representations published in the Company's Business Support Materials and Company literature that have been approved by the Company for use in Business Support Materials in EU can be used when making product claims.

Medicinal claims may not be made, nor state or imply that any product is formulated, designed or approved by the Company or any regulatory authority to treat, cure or prevent any disease or medical condition. These representations imply that the products are drugs rather than nutritionals. The products may not be compared with drugs, nor make drug or medicinal claims on them.

Specific health effect related claims can only be made in accordance with any national legislation in force relating to nutrition and health claims made on foods, no personal interpretation of implied or explicit wordings on claims are allowed. Claims must be correct and not misleading.

No packaging, labels, literature or instructions for use for any product may be modified. No instructions may be given to use a product in any way not described in the Company's current approved literature.

Blue Diamond Distributors may produce Business Support Materials and Services for their own use and for use by other Distributors only if they comply [with these provisions].

Appendix 2

Regulatory background of the claims

1. In December 2006, the Regulation on nutrition and health claims made on foods (Regulation (EC) No 1924/2006) was adopted by the Council and Parliament.

For the first time, this Regulation lays down harmonized rules across the European Union for the use of nutrition claims such as “low fat”, “high fiber” or health claims such as “reducing blood cholesterol”.

This Regulation foresees implementing measures to ensure that any claim made on foods' labelling, presentation or marketing in the European Union is clear, accurate and based on evidence accepted by the whole scientific community.

Consequently, foods bearing claims that could mislead consumers will be eliminated from the market. In addition, in order to bear claims, foods will have to have appropriate nutrient profiles which will be set. This will enhance the consumers' ability to make informed and meaningful choices.

Further, this Regulation respects fair competition and protects innovation in the area of foods. It also facilitates the free circulation of foods bearing claims as any food company will be able to use the same claims on its products everywhere in Europe.

In order to have a comprehensive overview of the permitted nutrition claims and of both permitted and rejected health claims, the Commission has established a Register which will be regularly updated.

This Regulation entered into force on the twentieth day following that of its publication in the *Official Journal of the European Union*. It shall apply from 1 July 2007.

2. In May 2012, COMMISSION REGULATION (EU) No 432/2012 of 16 May 2012 establishing a list of permitted health claims made on foods, other than those referring to the reduction of disease risk and to children's development and health was published

This Regulation implements Regulation (EC) No 1924/2006 on nutrition and health claims made on foods, in particular Article 13(3). Member States submitted lists of about 44,000 health claims in 2008, which were consolidated by the Commission into a list of some 4,600.

By 2010 these claims were sent to the European Food Safety Authority (EFSA) which conducted a scientific assessment of whether the claims could be substantiated. EFSA finalized its main body of work for all health claims other than those on botanical substances in June 2011.

Member States agreed to authorize the claims listed in the Annex to this Commission Regulation during the Standing Committee on the Food Chain and Animal Health of 5 December 2011. Both the European Parliament and the Council considered this list under the scrutiny period, which ended with no objections on 27 April 2012.

The list adopted today by the European Commission contains **256 claims**, representing nearly 500 entries from the consolidated list. More than 1600 of these entries will not be authorized. For the rest, the authorization process is in the process of being finalized. It is the responsibility of the Member States' authorities to enforce the rules on health claims.

This Regulation entered into force on the twentieth day following that of its publication in the *Official Journal of the European Union*. It applied from 14 December 2012.

3. New lists of authorized functional health claims are regularly published by the European Commission, amending Regulation 432/2012.