

## Appendix 2

Rules	
Nutrients or specified components	Acceptable physiological functional description or description with similar meanings
Vitamin A or $\beta$ -carotene	<ol style="list-style-type: none"> <li>1. Help to maintain vision in darkness.</li> <li>2. Improve health of skin and mucous membrane.</li> <li>3. Help development of teeth and bones.</li> </ol>
Vitamin D	<ol style="list-style-type: none"> <li>1. Increase calcium absorption.</li> <li>2. Help development of bones and teeth</li> <li>3. Help releasing the bone calcium for blood calcium concentration balance.</li> <li>4. Help maintain physiology of nerves and muscles.</li> </ol>
Vitamin E	<ol style="list-style-type: none"> <li>1. Reduce oxidation of unsaturated fat acid.</li> <li>2. Help maintain the integrity of cells membrane.</li> <li>3. Facilitate antioxidation.</li> <li>4. improve health of skin and blood cells.</li> <li>5. Help reduce free radicals.</li> </ol>
Vitamin K	<ol style="list-style-type: none"> <li>1. Help blood coagulation.</li> <li>2. Improve bone calcification.</li> <li>3. Activate coagulated protein in liver and blood.</li> </ol>
Vitamin C	<ol style="list-style-type: none"> <li>1. Stimulate formation of collagen to help healing wounds.</li> <li>2. Help to maintain the tightness of cell arrangement.</li> <li>3. Help development of body connective tissue, bones and teeth.</li> <li>4. Improve iron absorption.</li> <li>5. Facilitate antioxidation.</li> <li>6. Help maintain the normal function of gums and skin.</li> </ol>
Vitamin B1	<ol style="list-style-type: none"> <li>1. Help maintain proper energy metabolism.</li> <li>2. Help maintain normal function of skin, heart and the nervous system.</li> <li>3. Help maintain proper appetite.</li> </ol>
Vitamin B2	<ol style="list-style-type: none"> <li>1. Help maintain proper energy metabolism.</li> <li>2. Help maintain skin health.</li> </ol>
Niacin	<ol style="list-style-type: none"> <li>1. Help maintain proper energy metabolism.</li> <li>2. Improve the health of skin, the nervous system, mucosa membrane and digestive system.</li> </ol>
Vitamin B6	<ol style="list-style-type: none"> <li>1. Help maintain the proper metabolism of amino acids.</li> </ol>

	<ol style="list-style-type: none"> <li>2. Help formation the porphyrin of the red blood cells.</li> <li>3. Help the conversion of tryptophan into niacin.</li> <li>4. Keep red blood cell in proper regular state.</li> <li>5. Improve nervous system.</li> </ol>
Folic acid	<ol style="list-style-type: none"> <li>1. Help formation of red blood cells.</li> <li>2. Help formation of nucleic acids and nucleoprotein.</li> <li>3. Facilitate fetus growth.</li> </ol>
Vitamin B12	<ol style="list-style-type: none"> <li>1. Help formation of red blood cells.</li> <li>2. Improve health of the nervous system.</li> </ol>
Biotin	<ol style="list-style-type: none"> <li>1. Maintain proper metabolism of energy and amino acids.</li> <li>2. Help synthesis of fat and glycogen.</li> <li>3. Help the synthesis of purine.</li> <li>4. Improve the health of skin and mucous membrane.</li> </ol>
Pantothenic acid	<ol style="list-style-type: none"> <li>1. Help maintain proper energy metabolism.</li> <li>2. Improve the health of skin and mucous membrane.</li> <li>3. Help synthesis of body fat and cholesteroal and the metabolism of amino acids.</li> </ol>
Calcium	<ol style="list-style-type: none"> <li>1. Maintain growth and development of bones and teeth.</li> <li>2. Help the blood coagulation function.</li> <li>3. Improve the normal contraction function of muscles, heart, and the sensitivity of nerves.</li> <li>4. Activate prothrombin to be converted into thrombin to help blood coagulation.</li> <li>5. Regulate cell permeability.</li> </ol>
Iron	<ol style="list-style-type: none"> <li>1. Help formation of red blood cells.</li> <li>2. An important component of the haem and myoglobin.</li> <li>3. Help the transfer and utilization of oxygen.</li> </ol>
Iodine	<ol style="list-style-type: none"> <li>1. An important component to synthesize thyroid hormone.</li> <li>2. Maintain proper growth and development of neuromuscular.</li> <li>3. Regulate cell oxidation.</li> <li>4. Maintain the secretion of thyroid hormone.</li> <li>5. Help to maintain the normal metabolism.</li> </ol>
Magnesium	<ol style="list-style-type: none"> <li>1. Maintain the growth and development of bones and teeth.</li> <li>2. Maintain metabolism of carbohydrates.</li> </ol>

	<p>3. Maintain normal function of the heart, muscle and the nervous system.</p> <p>4. Help normal metabolism.</p>
Zinc	<p>1. An important component of for insulin and a variety of enzymes.</p> <p>2. Maintain the metabolism of energy, carbohydrates, protein and nucleic acids.</p> <p>3. Improve the skin health.</p> <p>4. Maintain normal sense of taste and appetite.</p> <p>5. Help growth and the reproductive function.</p> <p>6. Help synthesis of skin tissue and proteins.</p> <p>7. <b>Contribute to antioxidant.</b></p>
Chromium	Maintain normal metabolism of carbohydrates.
<b>Selenium</b>	<b>Contribute to antioxidant and defend against oxidative stress.</b>
Protein	<p>1. An important substance of human cells, tissues and organs.</p> <p>2. Help growth and development.</p> <p>3. Help tissue repairment.</p> <p>4. An important substance for muscle synthesis.</p> <p>5. Help the muscle growth.</p>
Dietary fiber	<p>1. Improve intestinal motility.</p> <p>2. Increase feeling of fullness.</p> <p>3. Soften stool and ease constipation.</p> <p>4. The amount of dietary fiber helps increase excretion.</p>
<p>Notes</p> <ol style="list-style-type: none"> <li>1. The nutrient content shall comply with Regulations on Nutrition Labeling for Prepackaged Food Products and Regulations on Nutrition Labeling for Prepackaged Vitamin and Mineral Tablets and Capsules in order to include descriptions of physiological functions in labeling, promotion and advertisement of the products.</li> <li>2. The minimum daily intake of chromium should be at least 6µg in a product for it to claim the physiological functional description in the labeling, promotion and advertisement.</li> <li>3. When using physiological functional description of nutrients and specified components in the labeling, promotion and advertisement of the products, the nutrients and specified components for each physiological functional description shall be specified respectively.</li> </ol>	