

**Acceptable Nutrient Function Claims**  
**under the**  
**Nutrition Labelling Scheme in Hong Kong**

**香港營養資料標籤制度容許的營養素功能聲稱**

Some examples of acceptable nutrient function claims are given below. The list is not an exhaustive one, and will be reviewed from time to time based on new relevant scientific evidence.

以下是有關制度容許的一些營養素功能聲稱例子。此表並非詳盡無遺，食物安全中心會根據有關的最新科學證據不時予以檢討。

PROTEIN 蛋白質	<ul style="list-style-type: none"><li>• helps build and repair body tissues</li><li>• 有助於構成和修復人體組織</li></ul>
FAT 脂肪	<ul style="list-style-type: none"><li>• supplies energy</li><li>• aids in the absorption of fat-soluble vitamins</li><li>• 提供能量</li><li>• 可輔助脂溶性維他命的吸收</li></ul>
CARBOHYDRATE 碳水化合物	<ul style="list-style-type: none"><li>• supplies energy</li><li>• 提供能量</li></ul>
VITAMIN A 維他命 A	<ul style="list-style-type: none"><li>• aids in the development and maintenance of night vision</li><li>• aids in maintaining the health of the skin and mucous membranes</li><li>• 有助於發展和維持暗視力</li><li>• 有助於維持皮膚和粘膜健康</li></ul>
VITAMIN D 維他命 D	<ul style="list-style-type: none"><li>• factor in the formation and maintenance of bones and teeth</li><li>• enhances calcium absorption</li><li>• 有助於骨骼和牙齒的成長和健康</li><li>• 可促進鈣的吸收</li></ul>
VITAMIN E 維他命 E	<ul style="list-style-type: none"><li>• protects the fat in body tissues from oxidation</li><li>• 有抗氧化作用</li></ul>
VITAMIN C	<ul style="list-style-type: none"><li>• factor in the maintenance of bones and gums</li></ul>

維他命 C	<ul style="list-style-type: none"> <li>• enhances absorption of iron</li> <li>• 有助於維持骨骼和牙齦的健康</li> <li>• 可以促進鐵的吸收</li> </ul>
THIAMINE (VITAMIN B <sub>1</sub> ) 維他命B <sub>1</sub>	<ul style="list-style-type: none"> <li>• factor in energy metabolism</li> <li>• 是能量代謝中不可缺少的成分</li> </ul>
RIBOFLAVIN (VITAMIN B <sub>2</sub> ) 維他命B <sub>2</sub>	<ul style="list-style-type: none"> <li>• factor in energy metabolism</li> <li>• 是能量代謝中不可缺少的成分</li> </ul>
NIACIN 煙酸	<ul style="list-style-type: none"> <li>• factor in energy metabolism</li> <li>• 是能量代謝中不可缺少的成分</li> </ul>
VITAMIN B <sub>6</sub> 維他命B <sub>6</sub>	<ul style="list-style-type: none"> <li>• factor in protein metabolism</li> <li>• 有助於蛋白質的代謝和利用</li> </ul>
FOLIC ACID 葉酸	<ul style="list-style-type: none"> <li>• contributes to the normal growth of the fetus</li> <li>• aids in red blood cell formation</li> <li>• 有助於胎兒正常發育</li> <li>• 有助於紅細胞形成</li> </ul>
VITAMIN B <sub>12</sub> 維他命B <sub>12</sub>	<ul style="list-style-type: none"> <li>• aids in red blood cell formation</li> <li>• 有助於紅細胞形成</li> </ul>
PANTOTHENIC ACID 泛酸	<ul style="list-style-type: none"> <li>• factor in energy metabolism</li> <li>• 是能量代謝中不可缺少的成分</li> </ul>
CALCIUM 鈣	<ul style="list-style-type: none"> <li>• aids in the development of strong bones and teeth</li> <li>• may help to improve bone density</li> <li>• 有助於骨骼和牙齒的發育</li> <li>• 可有助改善骨骼密度</li> </ul>
PHOSPHORUS 磷	<ul style="list-style-type: none"> <li>• factor in the formation and maintenance of bones and teeth</li> <li>• 有助於骨骼和牙齒的成長和健康</li> </ul>
MAGNESIUM 鎂	<ul style="list-style-type: none"> <li>• factor in energy metabolism, tissue formation and bone development</li> <li>• 是能量代謝、組織形成和骨骼發育的重要物質</li> </ul>
IRON	<ul style="list-style-type: none"> <li>• factor in red blood cell formation</li> </ul>

鐵	<ul style="list-style-type: none"><li>• 是血紅細胞形成的因數</li></ul>
ZINC 鋅	<ul style="list-style-type: none"><li>• factor in energy metabolism and tissue formation</li><li>• 是能量代謝和組織形成的重要物質</li></ul>
IODINE 碘	<ul style="list-style-type: none"><li>• factor in the normal function of the thyroid gland</li><li>• 是甲狀腺發揮正常功能的要素</li></ul>

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