

Notified food-health relationships to make a health claim

(January 2023)

Standard 1.2.7 requires a person who is self-substantiating a food-health relationship in order to make a general level health claim to notify the Chief Executive Officer of FSANZ of the relationship before making a claim on food labels or in advertisements for food.

The person notifying must certify that the food-health relationship has been established by systematic review in accordance with Standard 1.2.7. [Read more about notifications.](#)

The list below is a record of food-health relationships that have been notified to FSANZ.

Disclaimer: FSANZ cannot guarantee and assumes no legal liability or responsibility for the accuracy, currency, completeness or interpretation of any information contained in the list of notified food-health relationships. FSANZ is not responsible for the enforcement of Standard 1.2.7 and does not assess compliance of the notified food-health relationships. Our role is only to administer the notification process. Publication by FSANZ does not indicate acceptance, approval or validation of the notified food-health relationship. Any concerns about the content of this list should be directed to an enforcement agency. [Read the list of agencies and departments responsible for enforcement](#)

Please note general level health claims based on notified food-health relationships may or may not be on food products in the market place.

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notifications

Food or property of food	Health effect	Business	Address	Notification date
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Supports natural defences	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Helps cope with stress by reducing cortisol levels/stress hormone levels	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Supports emotional wellbeing	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Supports healthy immune system function and response	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Supports/maintains immune health	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Supports healthy immunity	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Alleviates/reduces digestive discomfort	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Alleviates/reduces	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023

Food or property of food	Health effect	Business	Address	Notification date
	bloating/intestinal bloating			
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Alleviates/reduces gas/flatulence	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Supports healthy intestinal microbiota balance	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Maintains/encourages growth of healthy gastrointestinal microbiota	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Maintains/encourages gut immune supporting bacteria	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Maintains/improves good gut bacteria	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Maintains/improves gut microbiome	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Reduces the urgent need to defecate	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Maintains healthy gut/bowel function	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Maintains digestive/bowel regularity	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Supports/aids/helps/assists/promotes/maintains gastrointestinal health	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Maintains digestive balance	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Supports/aids/helps/assists/promotes/boosts/sti	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023

Food or property of food	Health effect	Business	Address	Notification date
	mulates/restores/improves/digestive wellbeing			
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Supports/aids/helps/assists/promotes/boosts/stimulates/restores/improves gut health	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023
Galactooligosaccharides (GOS), prebiotic, non-digestible fibre	Bimuno® Galactooligosaccharides (GOS) Supports/aids/helps/assists/promotes/boosts/stimulates/restores/improves digestive health	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	22/03/2023
OptiBiome RM (soluble dietary fibres, prebiotic fructo-oligosaccharides)	OptiBiome RM contributes to the improvement of the feelings of fullness and helps you stay fuller for longer	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	12/01/2023
OptiBiome RM (soluble dietary fibres, prebiotic fructo-oligosaccharides)	OptiBiome RM supports digestive health by maintaining and/or improving the gut microbiome, by promoting gut microbiome diversity and a healthy Intestinal bacterial balance	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	12/01/2023
OptiBiome RM (soluble dietary fibres, prebiotic fructo-oligosaccharides)	OptiBiome RM supports and improves digestive health by promoting the growth and diversity of beneficial bacteria in the gut	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	12/01/2023
OptiBiome RM (soluble dietary fibres, prebiotic fructo-oligosaccharides)	OptiBiome RM contributes to the improvement of satiety / feelings of fullness / reduced feelings of hunger, food cravings and the desire to eat	OptiPharm Pty Ltd ABN 83 110 511 629	49 Bond Street Mordialloc, Victoria 3195	12/01/2023
OptiBiome (soluble dietary fibres, prebiotic fructo-oligosaccharides, mineral)	OptiBiome supports and improves digestive health by promoting the growth and diversity of beneficial bacteria in the gut	OptiPharm Pty Ltd	49 Bond Street Mordialloc, Victoria 3195	11/10/2022
OptiBiome (soluble dietary fibres, prebiotic fructo-oligosaccharides, mineral)	OptiBiome supports digestive health by maintaining and/or improving the gut microbiome, by promoting gut microbiome diversity and a healthy intestinal bacterial balance	OptiPharm Pty Ltd	49 Bond Street Mordialloc, Victoria 3195	11/10/2022
OptiBiome (soluble dietary fibres, prebiotic fructo-oligosaccharides, mineral)	OptiBiome contributes to the enhancement of the feelings of fullness and helps you stay fuller for longer	OptiPharm Pty Ltd	49 Bond Street Mordialloc, Victoria 3195	11/10/2022
OptiBiome (soluble dietary fibres, prebiotic fructo-	OptiBiome contributes to the enhancement of satiety / feelings of	OptiPharm Pty Ltd	49 Bond Street Mordialloc, Victoria 3195	11/10/2022

Food or property of food	Health effect	Business	Address	Notification date
	to eat			
Bimuno® Galactooligosaccharides (GOS)	Supports/aids/helps/assists/promotes/boosts/stimulates/restores/improves digestive health	Pathway International Pty Ltd	Level 2, Anglicare House, 14 Rodborough Rd, Frenchs Forest, NSW 2086	31/05/2022
Bimuno® Galactooligosaccharides (GOS)	Supports/aids/helps/assists/promotes/boosts/stimulates/restores/improves gut health	Pathway International Pty Ltd	Level 2, Anglicare House, 14 Rodborough Rd, Frenchs Forest, NSW 2086	31/05/2022
Bimuno® Galactooligosaccharides (GOS)	Supports/aids/helps/assists/promotes/boosts/stimulates/restores/improves digestive wellbeing	Pathway International Pty Ltd	Level 2, Anglicare House, 14 Rodborough Rd, Frenchs Forest, NSW 2086	31/05/2022
Bimuno® Galactooligosaccharides (GOS)	Maintains digestive balance	Pathway International Pty Ltd	Level 2, Anglicare House, 14 Rodborough Rd, Frenchs Forest, NSW 2086	31/05/2022
Bimuno® Galactooligosaccharides (GOS)	Supports/aids/helps/assists/promotes/maintains gastrointestinal health	Pathway International Pty Ltd	Level 2, Anglicare House, 14 Rodborough Rd, Frenchs Forest, NSW 2086	31/05/2022
Bimuno® Galactooligosaccharides (GOS)	Maintains digestive/bowel regularity	Pathway International Pty Ltd	Level 2, Anglicare House, 14 Rodborough Rd, Frenchs Forest, NSW 2086	31/05/2022
Bimuno® Galactooligosaccharides (GOS)	Maintains healthy gut/bowel function	Pathway International Pty Ltd	Level 2, Anglicare House, 14 Rodborough Rd, Frenchs Forest, NSW 2086	31/05/2022
Bimuno® Galactooligosaccharides (GOS)	Reduces the urgent need to defecate	Pathway International Pty Ltd	Level 2, Anglicare House, 14 Rodborough Rd, Frenchs Forest, NSW 2086	31/05/2022
Bimuno® Galactooligosaccharides (GOS)	Maintains/improves gut microbiome	Pathway International Pty Ltd	Level 2, Anglicare House, 14 Rodborough Rd, Frenchs Forest, NSW 2086	31/05/2022
Bimuno® Galactooligosaccharides (GOS)	Maintains/improves good gut bacteria	Pathway International Pty Ltd	Level 2, Anglicare House, 14	31/05/2022

Food or property of food	Health effect	Business	Address	Notification date
			2086	
Bimuno® Galactooligosaccharides (GOS)	Maintains/encourages gut immune supporting bacteria	Pathway International Pty Ltd	Level 2, Anglicare House, 14 Rodborough Rd, Frenchs Forest, NSW 2086	31/05/2022
Bimuno® Galactooligosaccharides (GOS)	Maintains/encourages growth of healthy gastrointestinal microbiota	Pathway International Pty Ltd	Level 2, Anglicare House, 14 Rodborough Rd, Frenchs Forest, NSW 2086	31/05/2022
Bimuno® Galactooligosaccharides (GOS)	Supports healthy intestinal microbiota balance	Pathway International Pty Ltd	Level 2, Anglicare House, 14 Rodborough Rd, Frenchs Forest, NSW 2086	31/05/2022
Bimuno® Galactooligosaccharides (GOS)	Alleviates/reduces gas/flatulence	Pathway International Pty Ltd	Level 2, Anglicare House, 14 Rodborough Rd, Frenchs Forest, NSW 2086	31/05/2022
Bimuno® Galactooligosaccharides (GOS)	Alleviates/reduces bloating/intestinal bloating	Pathway International Pty Ltd	Level 2, Anglicare House, 14 Rodborough Rd, Frenchs Forest, NSW 2086	31/05/2022
Bimuno® Galactooligosaccharides (GOS)	Alleviates/reduces digestive discomfort	Pathway International Pty Ltd	Level 2, Anglicare House, 14 Rodborough Rd, Frenchs Forest, NSW 2086	31/05/2022
Bimuno® Galactooligosaccharides (GOS)	Supports healthy immunity	Pathway International Pty Ltd	Level 2, Anglicare House, 14 Rodborough Rd, Frenchs Forest, NSW 2086	31/05/2022
Bimuno® Galactooligosaccharides (GOS)	Supports/maintains immune health	Pathway International Pty Ltd	Level 2, Anglicare House, 14 Rodborough Rd, Frenchs Forest, NSW 2086	31/05/2022
Bimuno® Galactooligosaccharides (GOS)	Supports natural defences	Pathway International Pty Ltd	Level 2, Anglicare House, 14 Rodborough Rd, Frenchs Forest, NSW 2086	31/05/2022
Bimuno® Galactooligosaccharides (GOS)	Supports healthy immune system function and response	Pathway International Pty Ltd	Level 2, Anglicare House, 14	31/05/2022

Food or property of food	Health effect	Business	Address	Notification date
			2086	
Bimuno® Galactooligosaccharides (GOS)	Supports emotional wellbeing	Pathway International Pty Ltd	Level 2, Anglicare House, 14 Rodborough Rd, Frenchs Forest, NSW 2086	31/05/2022
Bimuno® Galactooligosaccharides (GOS)	Helps cope with stress by reducing cortisol levels/stress hormone levels	Pathway International Pty Ltd	Level 2, Anglicare House, 14 Rodborough Rd, Frenchs Forest, NSW 2086	31/05/2022
Galacto-oligosaccharides	Enhance the growth of Bifidobacterium in the gut.	Modere Australia Pty Ltd	Level 1 200 East Terrace Adelaide SA 5000 Australia	20/07/2021
Galacto-oligosaccharides	Contribute to the maintenance of beneficial intestinal microbiota.	Modere Australia Pty Ltd	Level 1 200 East Terrace Adelaide SA 5000 Australia	20/07/2021
Galacto-oligosaccharides	Help to soften stool to ease bowel motions.	Modere Australia Pty Ltd	Level 1 200 East Terrace Adelaide SA 5000 Australia	20/07/2021
Galacto-oligosaccharides	Contribute to the maintenance of healthy gut function such as regular laxation.	Modere Australia Pty Ltd	Level 1 200 East Terrace Adelaide SA 5000 Australia	20/07/2021
Galacto-oligosaccharides	Contribute to the maintenance of gastrointestinal health.	Modere Australia Pty Ltd	Level 1 200 East Terrace Adelaide SA 5000 Australia	20/07/2021
Galacto-oligosaccharides	Help to support immune system function.	Modere Australia Pty Ltd	Level 1 200 East Terrace Adelaide SA 5000 Australia	20/07/2021
Prebiotic (Galacto-Oligosaccharides)	Supports gut health by contributing to a healthy intestinal microbiota balance	Attalia Human Health Australia Pty Ltd	8/85 Alfred Road Chipping Norton, NSW 2170	08/03/2021
Prebiotic (Fructo-Oligosaccharides)	Support digestive health by contributing to a healthy Intestinal Bacterial Balance	Viya Healthcare Australia	Viya Healthcare Australia 8/85 Alfred Road Chipping Norton NSW 2170	30/11/2020

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