

## Japanese Market Information: TOKUHO, Food for specified health use (FOSHU)

TOKUHO, Foods for Specified Health Use are the foods approved by the Ministry of Health, Labor and Welfare as effective for preservation of health by adding certain active ingredients or removing undesirable ones. They are designed to be effective for the maintenance and improvement of health by incorporating them into one's diet.

Fibersol-2 (Indigestible Dextrin) is formulated in 235 products as the effective key ingredient for the following efficacies.

1. Improves intestinal regularity
2. Moderates postprandial blood glucose levels

Fibersol-2 was also approved as one of the "Standardized" FOSHU ingredients for Intestinal Regularity.



Foods for Specified Health Use –870 products (as of June 22, 2009)

### 1. Intestinal regularity (307)

<u>Dietary Fiber (153)</u>	
<b>Indigestible Dextrin (Fibersol-2) (111 items)</b>	Water/ Soft Drink/ Powdered Drink Jelly-type Drink/ Jelly Drink-type Yogurt Soup/ Potage/ Rice Porridge Cereals Sausage Precooked Chinese Noodles
<b>Hydrogenated-type Indigestible Dextrin (Fibersol-2H) (1)</b>	
<b>Indigestible Dextrin &amp; Wheat Bran (1)</b>	
Psyllium (22)	
Hydrolyzed Guar Gum (3)	
Wheat Bran (4)	
Depolymerized Sodium Alginate (2)	
Dietary Fiber from Agar (3)	
Polydextrose (2)	
Dietary Fiber from Beer Yeast (1)	
Depolymerized Sodium Alginate & Soluble Corn Fiber (1)	
Resistant Starch (2)	
<u>Oligosaccharide (76)</u>	
Lacto-fructo-oligosaccharide (27)	Soft Drink/ Powdered Drink Coffee Drink/ Instant Coffee Powdered Soup/ Table Sugar Tablet Candy/ Candy Cookie/ Bread/ Chocolate Pudding/ Syrupy Aloe Frozen Yogurt Vinegar Tofu
Fructo-oligosaccharide (7)	
Galacto-oligosaccharide (13)	
Soy-oligosaccharide (6)	
Xylo-oligosaccharide (4)	
Isomalto-oligosaccharide (4)	
Lactulose (1)	
Lafinose (1)	
Coffee Bean Manno-oligosaccharide (mannobiose) (13)	
<u>Dietary Fiber &amp; Oligosaccharide (1)</u>	
Galacto-oligosaccharide & Polydextrose (1)	Soft Drink

<u>Lactic Acid Bacteria (74)</u> <i>Lactobacillus casei</i> YIT9029 ( <i>Shirota</i> ) (29) <i>Lactobacillus delbrueckii subsp. bulgaricus</i> 2038 & <i>Streptococcus salivarius subsp. thermophilus</i> 1131 (6) <i>Bifidobacterium longum</i> BB536 (6) <i>Lactobacillus acidophilus</i> CK92 & <i>Lactobacillus helveticus</i> CK60 (7) <i>Bifidobacterium bleve</i> Yakult (6) <i>Lactobacillus</i> GG (2) <i>Bifidobacterium lactis</i> FK120 (2) <i>Bifidobacterium lactis</i> LKM512 (2) <i>Bifidobacterium lactis</i> BB-12 (7) <i>Lactobacillus casei</i> NY 1301 (2) <i>Lactobacillus gasseri</i> SP & <i>Bifidobacterium bifidus</i> SP (2) Lactic Acid Bacterium LC1 (2) <i>Bacillus subtilis</i> K-2 (1)	Drink-type Yogurt Yogurt Lactic Acid Bacteria Drink Natto
<u>Other (3)</u> Fermented whey product by Propionic Acid Bacterium (3)	Milk Drink Tablet

2. For people with high cholesterol levels (109)

Soy Protein (28) Depolymerized Sodium Alginate (6) Chitosan (43) CSPHP (Soybean-Protein Hydrolysate with bound Phospholipids) (18) SMCS (natural amino acids) from broccoli & cabbage (2) Plant Sterol Esters (2) Plant Stanol Esters (1) Plant Sterols (5) Tea Catechin (4)	Soft Drink/ Powdered Drink Soy Milk/ Cookie/ Yogurt Fried Bean Curd Cake Sausage/ Hamburg/ Meatball Precooked Chinese Noodles Margarine/ Dressing
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3. Intestinal regularity + For people with high cholesterol levels (27)

Depolymerized Sodium Alginate (9) Psyllium (18)	Soft Drink Powdered Drink
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4. For people with high blood pressure (108)

Sardine Peptide (Valyl-Tyrosine Peptide) (58) <i>Katsuobushi</i> (bonito) Oligo-peptide (7) Lacto-tri-peptide (12) Casein Dodecanoic Peptide (1) <i>Tochucha</i> Herb Tea Glycoside (4) Isoleucyl Tylosin (3) Acetic Acid (5) $\gamma$ -aminobutylic Acid (GABA) (7) <i>Wakame</i> (Brown) Seaweed Peptide (4) <i>Nori</i> (Laver) Seaweed Oligo-peptide (AKYSY) (2) Sesame Peptide (LVY) (2) Royal Jelly Peptide (VY, IY, IVY) (2) Yan-long Tea Flavonoids (1)	Soft Drink Powdered Drink Jelly Powdered Soup Supplement
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5. Promotes mineral absorption (7)

CPP, Casein Phosphopeptide (3) Heme Fe (3) CCM, Calcium Citrate Malate (1)	Soft Drink Jelly Tofu
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6. Promotes mineral absorption + Intestinal Regularity (3)

Fructo-oligosaccharide (1) Lacto-fructo-oligosaccharide (2)	Table Sugar/ Syrup
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7. Promotes bone health (38)

Fructo-oligosaccharaide (6) Soy Isoflavones (13) MBP (milk basic protein) (1) Vitamin K2 (menaquinone-7) (7) Vitamin K2 (menaquinone-4) (1) Polyglutamic acid (1) Calcium (Disease risk reduction claim) (9)	Soft Drink /Milk Drink Soy Milk Skim Milk Powder Tablet/ Supplement Tofu/ <i>Natto</i> Fish Sausage/ Fish Paste <i>Frikake</i> (topping for rice)
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8. Prevents dental caries and hardens teeth (67)

CPP-ACP (Casein Phosphopeptide-Amorphous Calcium Phosphate Compound) (26) Xylitol, Maltitol, Calcium Hydrogen Phosphate & <i>Gloiopeltis furcata</i> (seaweed) Extract (21) Xylitol, Calcium Hydrogen Phosphate & <i>Gloiopeltis furcata</i> (seaweed) Extract (1) Xylitol, Hydrogenated Palatinose, Calcium Hydrogen Phosphate & <i>Gloiopeltis furcata</i> (seaweed) Extract (3) Maltitol (2) Palatinose & Tea Polyphenol (1) Maltitol, Palatinose & Tea Polyphenol (1) Maltitol, Hydrogenated Palatinose, Erythritol & Tea Polyphenol (1) Calcium-bound phosphoryl oligosaccharides (Pos-Ca) (6) Green Tea Fluorine (5)	Chewing Gum Chocolate Candy Tablet Milk Drink
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9. For people who care for high blood glucose levels (133)

<b>Indigestible Dextrin (Fibersol-2) (124)</b> Wheat Albumin (5) Guava Leaves Polyphenol (1) <i>Touchi</i> (fermented black beans) Extract (2) L-Arabinose (1)	Soft Drink/ Powdered Drink Powdered Soup/ FD <i>Miso</i> Soup <i>Tofu</i> Tablet Jelly
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10. For people who care for serum triglyceride and/or body fat (67)

Di-acyl-glycerol (6) Globin Hydrolysate (VVYP) (14) EPA DHA (4) Medium Chain Triglyceride (5) Tea Catechin (12) Oolong Tea Polymerized Polyphenols (2) Coffee Bean Manno-oligosaccharide (mannobiose) (18) $\beta$ -Conglycinin (5) <i>Touchi</i> (fermented black beans) Extract (Qualified claim) (1)	Cooking Oil Soft Drink Jelly-type Drink Dressing
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11. Serum triglyceride and body Fat + For people with high cholesterol levels (4)

Di-acyl-glycerol & Plant Sterol ( $\beta$ -cytosterol) (4)	Cooking Oil
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