

What You Need To Know About Dietary Supplements

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Abstract

A dietary supplement is a product, may be in the form of pill, in form of capsule, a tablet, powder or liquid, with the intention of fulfilling someone's nutrition. These dietary supplements provide nutrition to body which may be extracted from food source or may be synthetically prepared. These nutrition include vitamins, minerals, fatty acids, fiber and amino acids. Dietary supplements also contain that substances which are not essential for life but have beneficial biological effects on our body (pigments or poly phenols). Some dietary supplements are made from animal source (collagen from fish or chicken). These nutrients may be combined or sold individually.

Keywords: *Dietary supplements; good manufacturing practices; vitamins*

Introduction

In the Canada and US, these supplements considered a subset food. In our hectic life routine, we all need proper nutrients in our diet. When we can't get them enough in our diet, it can be fulfilled through dietary supplements [1]. In my opinion, hostelized student should must take them and add these supplements to their routine life because of taking an appropriate diet in the hostel. These dietary supplements must be safe or properly labeled. The 1st dietary supplement product was manufactured in 18th century and that was "cod liver oil". These dietary supplement does not treat any diseases. So, in the US, these types of claims are against federal regulations. The claims like "it helps in maintain healthy joints" are allowed with the disclaimer "FDA has not evaluated this claim". These dietary supplements are used for the maintenance of healthy life and does not participate in diagnose, treat, cure or prevent any type of diseases. These supplements are made according to good manufacturing practices (GMPs). There are many types of dietary supplements. "Vitamins" include in this category. There are some vitamins which are not synthesized by the body and should must be taken through diet. If these vitamins are taken in low amount than recommended amounts, vitamin deficiency can cause. To avoid that deficiency, it is recommended to take vitamins supplements. "Minerals" are also included in dietary supplements. Now many essential minerals are marked as dietary supplement due to their increasing demand. "protein and amino acids" are also included in dietary supplements. Protein containing supplements are mostly in the form of ready to drink or as powder to be mixed with water [2]. This drink is than used for recovering people from illness and for aged people. Increase physical activity increase protein requirements therefore protein supplements are also largely used. "Body building supplements" are also taken largely by body builders, gamers and athletics. These body building supplements are used to increase muscles, body mass, body weight. "Essential fatty acids" are also used as dietary supplements. Commonly fish oil and omega-3 fatty acids, plants oil and nuts oil are used. Some dietary supplements are extract of "Natural products", for example

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extract from plant and animals. "Probiotics" are also used as dietary supplements. Everything that have positive effect, also have negative aspect in some manner [3]. So, some adverse effect of these dietary supplements also reported. These include muscles cramps, joint pain, hair loss, allergic reaction and liver diseases. Some ingredient in dietary supplement become toxic over time or at high dose. Use them only in their recommended amounts. A person who consumes whole range of food and have best diet, no need to consume dietary supplement. Food is fully lodged with nutrients [4]. For example, citrus fruit contain vitamin C and green leafy vegetables are very good source of vitamin K. we need to know that a dietary supplement cannot replace a healthy diet because these supplements provide concentrated amount of specific nutrition. Dietary supplement is another option for nutrient, if diet is improper. Supplements are only used to fill gaps in your need of nutrition. Mostly pregnant or breast-feeding women, infants, adults/children with nutritional deficiency, patients undergrow different surgery, are need dietary supplements. Before using these dietary supplements, must get knowledge and read facts about that supplement. Get recommendations from your doctor. Must remember that these supplements can not replace a good and healthy diet. Must buy your supplements wisely and of good brand. Make sure that science supporting the claims on the label [5]. It will be beneficial. We all need supplements but older adults need these supplements more. Specific recommendations for every nutrient are described by dietitian for older adults. Older adults should also follow that amount of recommendation.

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2

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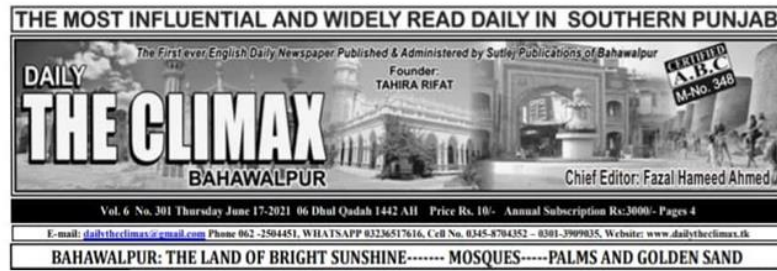


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