



NEUTRACEUTICALS AND NUTRITION SUPPLEMENTS

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ABSTRACT

Neutraceuticals are a type of dietary supplements that deliver a concentrated form of a biologically active component from a food, presented in a non-food matrix, to enhance health in dosages that exceed those that could be obtained from regular food. Neutraceuticals are products derived from food sources that are purported to provide extra health benefits, in addition to the basic nutritional value found in foods. Depending on the jurisdiction, products may claim to prevent chronic diseases, improve health, delay the aging process, increase life expectancy, or support the structure or function of the body. A dietary supplement is a product intended for ingestion that contains a "dietary ingredient" intended to add further nutritional value to (supplement) the diet. Taking more than you need is always more expensive and can also raise your risk of experiencing side effects. Consuming excessive amounts of vitamin A in supplement form, for example, may cause liver damage, reduced bone strength, headaches and birth defects. Large doses of certain vitamins and minerals can cause nausea, vomiting, nerve damage, weight loss, muscle weakness, and other illnesses.

Keywords: Neutraceuticals, Nutrition, Dietary supplement, Vitamins, Minerals.

NEUTRACEUTICALS

Neutraceuticals are a type of dietary supplements that deliver a concentrated form of a biologically active component from a food, presented in a non-food matrix, to enhance health in dosages that exceed those that could be obtained from regular food.

A Neutraceuticals is a product isolated or purified from

foods that is generally sold in medicinal forms not usually associated with food. A nutraceutical is demonstrated to have a physiological benefit or provide protection against chronic diseases”

Classification of Neutraceuticals

Neutraceuticals are products derived from food sources that are purported to provide extra health



benefits, in addition to the basic nutritional value found in foods. Depending on the jurisdiction, products may claim to prevent chronic diseases, improve health, delay the aging process, increase life expectancy, or support the structure or function of the body.

What is a nutritional supplement?

A dietary supplement is a product intended for ingestion that contains a "dietary ingredient" intended to add further nutritional value to (supplement) the diet. A "dietary ingredient" may be one, or any combination, of the following substances: a vitamin. a mineral. an herb or other botanical.

"Usually it is best to try to get these vitamins and minerals and nutrients from food as opposed to supplements," Dr. Manson says. Fruits, vegetables, fish, and other healthy foods contain nutrients and other substances not found in a pill, which work together to keep us healthy.

Benefits of taking dietary supplements

However, taking supplements can provide additional nutrients when your diet is lacking or when certain health conditions cause you to develop an insufficiency or deficiency. In most cases, multiple-vitamin supplements provide all the basic micronutrients (vitamins and minerals) your body needs.

Difference between dietary supplement and food supplement

Conventional foods are foods that are not dietary supplements. A dietary supplement is a product taken by mouth that is intended to supplement the diet and that contains one or more "dietary ingredients. "

Do dietary supplements have side effects?

Many diet supplements are harmless, and some may even be effective at creating a sense of fullness, burning fat or boosting your metabolism. But some of the popular ingredients in weight loss products have been banned by the FDA because of harmful side effects like these: Increased heart rate. High blood pressure.



Risks or Disadvantages of taking dietary supplements

Taking more than you need is always more expensive and can also raise your risk of experiencing side effects. Consuming excessive amounts of vitamin A in supplement form, for example, may cause liver damage, reduced bone strength, headaches and birth defects. Large doses of certain vitamins and minerals can cause nausea, vomiting, nerve damage, weight loss, muscle weakness, and other illnesses.

Difference between vitamins and food supplements

A vitamin is defined as a natural substance usually found in food that helps your body be healthy. A dietary supplement is defined as a product taken orally that contains one or more ingredients (as vitamins or amino acids) that are intended to supplement one's diet and are not considered food.

Some examples of dietary supplements

Common dietary supplements include vitamins and minerals (such as vitamin C or a multivitamin), botanicals (herbs

and plant products, such as St. John's wort), and substances that come from a natural source (such as omega-3 fatty acids).

CONCLUSION

1. A dietary supplement is a product taken orally that contains one or more ingredients.
2. It is best to try to get vitamins and minerals and nutrients from fruits, vegetables, fish, and other healthy foods contain nutrients and other substances not found in a pill, which work together to keep us healthy.
3. Some of the popular ingredients in weight loss products have harmful side effects like these: Increased heart rate. High blood pressure. Etc.

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