

THE ROLE OF BIOLOGICALLY ACTIVE ADDITIVES IN MODERN MEDICINE

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Vitamins and minerals are necessary for the proper functioning of the body. But if the diet is unbalanced, the person feels it. The symptoms are drowsiness, loss of strength, poor concentration. The use of dietary supplements helps to improve well-being and restore strength

Annotation

Dietary supplements appeared 100 years ago. The world's first alfalfa food supplement was created by American chemist Carl Renborg. Today, the use of dietary supplements has become commonplace, and with the advent of the pandemic, the demand for them has increased tenfold. Vitamins and dietary supplements are taken for prevention, during various diseases, during recovery periods.

- * **Keywords:** probiotics; minerals; amino acids

Today, in almost every home medicine cabinet, you can find jars with dietary supplements. They are considered as an alternative to traditional medicine. People try to be treated with dietary supplements, but they do not always choose the right combination of components. What are dietary supplements, how to take them correctly — read our article.

Not everyone knows what dietary supplements are, and their effect on the body is unknown. Dietary supplements are biologically active additives. It contains natural raw materials. These are vegetable, animal, and mineral substances.

When using dietary supplements, it is recommended to eat well. Fresh fruits and vegetables are needed, especially those grown without the use of herbicides and growth hormones. They supply the body with natural vitamins and minerals. Dietary supplements are not recommended to be consumed uncontrollably. The consultation of the attending physician is required.

Classification

It is generally believed that only vitamins – these are dietary supplements. But there are many more substances in the composition of these food additives.

Therefore, dietary supplements include:

- probiotics;
- Minerals;

- Amino acids;
- protein supplements for athletes;
- dietary fiber;
- immunomodulators.

Experts divide them into:

1. Nutraceuticals. Their composition is designed specifically to adjust the chemical composition of human food. Such products include vitamins, minerals, amino acids, dietary fiber, protein in different concentrations.

2. Parapharmaceuticals. These drugs are used to support the functional activity of organs (probiotics). They consist of living microorganisms that affect the normalization of the biological activity of the microflora of the gastrointestinal tract.

It is recommended to combine different types of food additives correctly. Iron and calcium should not be taken together. Be sure to monitor the amount of drugs used, their compatibility and side effects.

How to choose

Dietary supplements are purchased when the body lacks vitamins and minerals. Dietary supplements are not medicines. Therefore, it is impossible to replace medicines with them.

The choice of a high-quality food supplement depends on many things. Be sure to pay attention to the composition. It contains only natural substances (herbal preparations, remedies based on vegetable oils and fish oil, chitosan).

Choose manufacturers who guarantee the quality of their products. Some dietary supplements contain substances that are allowed to be used only in potent medicines. Sometimes dietary supplements cause allergies when taken, so the composition is very carefully checked for the presence of appropriate components.

Are dietary supplements safe?

There are versions that the unique composition of supplements cures cancer, affects rapid weight loss, etc. Improper intake of dietary supplements can cause serious harm to health.

Reasons why they may be unsafe:

1. Different plants in the composition. Manufacturers often add as many natural ingredients as possible to the composition without thinking about the consequences. But extracts of medicinal plants are not always beneficial, especially if used without special knowledge.

2. Conscientious manufacturers are very attentive to the composition of dietary supplements. Especially where and under what conditions the plants grew. After all, the concentration of harmful substances in one plant often varies in different batches. And therefore, the same dietary supplement is both beneficial and harmful.

3. There are minimum requirements for the registration and production of dietary supplements (unlike medicines).

4. Most supplements do not go well with medications. And this is seriously harmful to health. Therefore, when prescribing treatment, inform the doctor about taking all medications, including dietary supplements.

They are advised to take them only according to the instructions. It lists all the daily doses of supplements that are allowed to be taken. The instructions are especially strictly followed if a child takes dietary supplements.

Dietary supplements for weight loss

These are popular biologically active substances. Manufacturers claim that such products contribute to weight loss. They use natural ingredients as active substances that remove fluid from the body.

Such dietary supplements give a laxative and diuretic effect. And it seems that a person quickly loses a few extra pounds. Although this has nothing to do with real weight loss and fat burning.

It cannot be said that dietary supplements are a medicine. These are excipients that can help with vitamin deficiency. Proper intake of dietary supplements affects the improvement of well-being and strengthening of the immune system.

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