



DIETARY SUPPLEMENTS

NUTRIENTS

Most common Nutrients used/ supplemented as Nutraceutical are:

Minerals and Vitamins.

or in combination

or in combination with other antioxidants

HEALTH BENEFITS OF DIFFERENT COMMON NUTRIENTS

VITAMINS

Fat Soluble Vitamins

Vitamin A: Acts as antioxidant, essential for growth and development, maintains healthy vision, skin and mucous membranes, may aid in the prevention and treatment of certain cancers and in the treatment of certain skin disorders.

✓ Vitamin D: Essential for formation of bones and teeth, helps the body to absorb and use calcium

✓ Vitamin E: Antioxidant, helps to form blood cells, boosts immune system

✓ Vitamin K: Essential for blood clotting

WATER SOLUBLE VITAMINS

Vitamin C: Antioxidant, necessary for healthy bones, gums, teeth and skin. Helps in wound healing, prevent from common cold

Vitamin B 1: Helps in carbohydrate metabolism, essential for neurological function.

Vitamin B 2: Energy metabolism, maintain healthy eye, skin and nerve function.

✓ Vitamin B 3: Energy metabolism, brain function

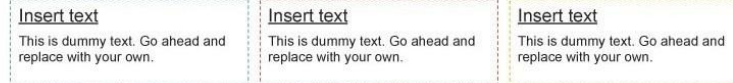
✓ Vitamin B 6: Helps to produce essential proteins, convert proteins to energy

✓ Vitamin B 12: Help in producing genetic material, formation of RBC, maintenance of CNS, synthesis of amino acids, involved in metabolism of protein, fat and carbohydrate.

Folic acid: Helps in RBC formation, formation of genetic material of cell, very much essential during pregnancy

Pantothenic acid: Aids in synthesis of cholesterol, steroids, and fatty acids, crucial for intraneuronal synthesis of acetylcholine

Pills, Tablets and Vitamins



VITAMINS LIKE COMPOUNDS

✓ L- Carnitine: Helps in oxidation of fatty acids, role in oxidative phosphorylation,

✓ Choline: Lipotropic agent, used to treat fatty liver and disturbed fat metabolism,

✓ Inositol: For amino acid transport and movement of Potassium and sodium,

✓ Taurine: Helps in retinal photoreceptor activity, bile acid conjugation, WBC antioxidant activity, CNS neuromodulation, platelet aggregation, cardiac contractibility, sperm motility, insuline activity,

MINERALS:

Calcium: essential for bone and teeth, maintaining bone strength, nerve, muscle and glandular function, blood clotting,

Iron: energy production, Hb, oxygen transport,

Magnesium: for healthy nerve and muscle function, bone formation,

Phosphorous: energy production, phosphorylation process, bone and teeth, for genetic material,

✓ Cobalt: component of Vit. B 12 and B 12 coenzymes,

✓ Copper: Hb and collagen production, function of heart, energy production, absorption of Iron,

✓ Iodine: proper function of Thyroid gland,

✓ Chromium: with insulin it helps in conversion of carbohydrate and fat into energy, treatment of diabetes,

- ' Selenium: Antioxidant, functioning of heart muscle, part of GPX enzyme,
- ' Zinc: Essential for cell reproduction, for development in Neonates, wound healing, production of sperm and testosterone hormone,



• HERBALS:

Aloe vera: Anti-inflammatory, emollient, wound healing,

Evening Primrose oil: Dietary supplement of linoleic acid, treatment of atopic eczema,

Garlic: Antibacterial, antifungal, antithrombotic, antiinflammatory,

Ginger: carminative, antiemetic, treatment of dizziness

Ginseng: Adaptogen,

Green tea: Antioxidant, reduces risk of CVD, enhances humoral and cell mediated Immunity,

Vegetables, fruits, whole grain, herbs, nuts and various seeds contain an abundance of phenolic compounds, terpenoids, sulphur compounds, pigments etc. that has been associated with protection / treatment of certain disease conditions,

