

Course No.	Title of Course	Credit Hours
HND-323	Food supplements	2(2-0)

Learning Outcomes:

- To identify the current trends in the use of dietary supplement and analysis of their global market
- To demonstrate the impact of dietary supplements on health and disease prevention
- To discuss safety issues and global legislations on food supplements

Theory:

An overview of dietary supplements and their market; Forms of food supplements; Vitamins and mineral supplements; Essential fatty acids; Enzymes as supplements; Natural products and extracts; Probiotics and prebiotics in Health; Fish oil supplements; Non-essential nutrients as dietary supplements; Caffeine in food and dietary supplements; Medicinal plants as food supplements; Codex Alimentarius standards for food supplements; Safety of vitamins and minerals added to foods; Implications of mega doses; Global legislation on food supplements; DRAP Alternative Medicines and Health Products Enlistment Rules 2014.

Suggested Readings:

1. Caballero, B. 2009. Guide to Nutritional Supplements. Elsevier Ltd., Oxford, UK.
2. Ottaway, P.B. 2008. Food Fortification and Supplementation: Technological, Safety and Regulatory Aspects. Woodhead Publishing Limited, Cambridge, England.
3. Pray, L., A.L. Yaktine and D. Pankevich. 2014. Caffeine in Food and Dietary Supplements. The National Academies Press, Washington, DC, USA.
4. Ransley, J.K., J.K. Donnelly and N.W. Read. 2001. Food and Nutritional Supplements: Their Role in Health and Disease. Springer-Verlag Berlin Heidelberg, Germany.
1. Webb, G.P. 2011. Dietary Supplements and Functional Foods, 2nd ed. Blackwell Publishing Ltd., Oxford, UK.