

# THEMY: BIOLOGICALLY ACTIVE ADDITIVES

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## Annotation

Food additives or food dyes (E-171, E-173) are substances added for technological purposes to give the necessary properties and qualities to products during production, packaging, transportation or storage. They are used as certain dyes, flavors, preservatives (Alyakhnovich, NS, 2015; Alyakhnovich NS, Novikov DK, 2016). These dyes are used in the cosmetics industry, in the production of cigarettes, oil, flour, toothpaste, confectionery, chewing gum, candy, fast food, beverages, cheese and many other products, as well as in the pharmaceutical industry. According to the chemical composition, these food additives are E-171 titanium dioxide, E-173 aluminum. E-171 titanium dioxide - formula  $TiO_2$ .

**Key words:** dietary supplements, proper nutrition, important microelements, herbal supplements, amino acids, Omega-3 fatty acids.

## Introduction:

Dietary supplements, often referred to as dietary supplements, have seen high demand recently as people seek to improve their health and overall well-being. These supplements cover a wide range of products, including vitamins, minerals, herbal extracts, amino acids and other natural compounds. This article examines the value and effectiveness of dietary supplements in promoting health and addressing nutritional deficiencies.

Understanding Dietary Supplements:

Dietary supplements are designed to supplement nutrition and supply essential nutrients that may be lacking in the daily diet. They are available in various forms such as capsules, tablets, powders and liquids and can be easily purchased over the counter or through online sellers. Regulatory standards for these supplements vary from country to country, with some nations imposing stricter regulations regarding safety, quality, and labeling.

## Common types of dietary supplements:

1. **Vitamins:** Essential micronutrients that play key roles in many body functions, including metabolism, immune function and cellular repair. Commonly consumed vitamins are vitamin C, vitamin D, vitamin B complex and vitamin E.
2. **Minerals:** Important for maintaining optimal bone, muscle, nerve signal transmission and overall physiological balance. Examples of minerals include calcium, magnesium, iron, zinc and selenium.



3. Herbal Supplements: Derived from plant sources, herbal supplements are often used for their potential medicinal properties. Commonly used herbal supplements include echinacea, ginseng, turmeric and garlic.

4. Amino Acids: Essential components of proteins, amino acids are essential for muscle growth, tissue repair and neurotransmitter synthesis. Branched chain amino acids (BCAAs), glutamine and creatine are often used as supplements by athletes and fitness enthusiasts.

5. Omega-3 Fatty Acids: An essential fatty acid found in fish oil and some plant sources, omega-3s are renowned for their anti-inflammatory properties and potential cardiovascular benefits.

Thoughts on effectiveness and safety:

Although dietary supplements promise potential health benefits, their effectiveness and safety may vary depending on dosage, formulation, and individual health conditions. A physician should be consulted before starting a new supplement regimen, especially if a person has an underlying medical condition or is taking medications. Moreover, choosing supplements from reputable manufacturers and having them third-party tested for purity and quality can help reduce potential risks.

#### **Conclusion:**

Dietary supplements can serve as a valuable supplement to promote overall health and well-being by filling nutritional deficiencies and addressing specific health concerns. However, they should be used judiciously and in combination with a balanced diet and healthy behavioral practices. By understanding the role of dietary supplements and making informed decisions, people can effectively optimize their nutritional intake and improve their well-being

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