

# Obesity, Healthcare - Nutrition & Fitness

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KEYNOTE FORUM | DAY 2

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## Vitamins herbs and nutritional supplements

Dietary supplements include vitamins, minerals, herbs, botanicals, enzymes, amino acids, or other dietary ingredients. You take these products by mouth in pill, capsule, tablet, or liquid form to supplement your diet. A supplement can provide nutrients either extracted from food sources or synthetic, individually or in combination, in order to increase the quantity of their consumption. The class of nutrient compounds includes vitamins, minerals, fiber, fatty acids and amino acids. Dietary supplements can also contain substances that have not been confirmed as being essential to life, but are marketed as having a beneficial biological effect, such as plant pigments or polyphenols. Animals can also be a source of Recent Publications (minimum supplement ingredients, as for example collagen from chickens or fish. These are also sold individually and in combination, and may

be combined with nutrient ingredients. In the United States and Canada, dietary supplements are considered a subset of foods, and are regulated accordingly. Multivitamins are the most commonly used product. For those who fail to consume a balanced diet, the United States National Institutes of Health states that certain supplements “may have value. The essential nutrient minerals for humans, listed in order by weight needed to be at the Recommended Dietary Allowance or Adequate Intake are potassium, chlorine, sodium, calcium, phosphorus, magnesium, iron, zinc, manganese, copper, iodine, chromium, molybdenum, selenium and cobalt (the last as a component of vitamin B12).

### Biography

Rucha Majmundar Mehta has completed her PhD in Clinical Nutrition from Bombay University and she has completed GCP & GvP Auditing studies from BARQA-UK. She is practicing as consultant Clinical Nutritionist since 22 years in various multi-



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Speciality hospitals in India. She is first to introduce the NEED and IMPORTANCE of Enteral & Parenteral Nutrition and Immune Nutrients in ICU and Critical Care in the state. She has Formulated Enteral Nutrition Formula (Total Range) for the Reputed Multinational Pharmaceutical Co. She Developed the Concept of Immune nutrients in Critical care and ICU in state of Gujarat She has been participating as a Faculty in International, National and State level annual conferences.

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