

## The Function of Dietary Supplements in Our Daily Lives

Shilpa Gupta\*

Department of Food and Nutrition Biotechnology, National Institute of Agri-Food Biotechnology, India

### Abstract

Dietary supplements have a significant influence in our everyday lives and diet, according to the overall study. A brief description of dietary supplements has been provided. Various sorts of supplements, such as multivitamins, minerals, proteins, etc., in the right amounts, are necessary for a balanced diet. If a patient on a diet believes they need additional supplements, they must visit a doctor.

**Keywords:** Multivitamins; Minerals; Proteins; Dietary supplement

### Introduction

We'll examine the various dietary and vitamin supplements that many people use in the next four columns. The most widely used medications will be discussed, including vitamins and multivitamins. Nutritional supplements and "health" drinks, a multi-core dollar industry in India, the problem of how customers and healthcare professionals get caught up in the idea that the more expensive a supplement is the better it must be. The final article will cover medical fraud involving dietary supplements, deceptive advertising by pharma corporations, and how to choose health products wisely [1,2].

### Dietary supplements

Anything that has a "dietary element" in it that is meant to augment the diet is considered a dietary supplement. Any of the compounds listed below may make up these components.

Glucosamine, probiotics, and fish oils are examples of specialty compounds. Vitamins (such vitamin B, D, and E) and minerals (like calcium, iron, and zinc) are also included. Herbs or other botanicals (like ginseng and garlic) and amino acids are also included.

There are many other ways that dietary supplements can be consumed, including pills, capsules, powders, beverages, and energy bars. The majority of people who take dietary supplements do so with the hope that they would improve performance, prevent nutritional deficiencies, maintain health, and increase energy.

### Necessity of a dietary supplement

Supplemental nutrition may be needed if a woman is unable to meet all of her nutritional needs from her usual food consumption. A healthy, well-balanced diet cannot be substituted by pills and tablets. Maintaining a diet rich in fruits and vegetables must therefore be the major focus [3].

Those who consume less than 1600 calories per day, women who are pregnant or nursing, postmenopausal women, women who have heavy periods, people with chronic diarrhoea, those who have food allergies or intolerances, vegans (who don't even eat dairy products), and people who cut out an entire food group from their diets may need to take dietary supplements.

There is undeniable scientific proof that some dietary supplements are helpful for the preservation of health and for treating certain medical disorders. Folic acid, for instance, is recommended for women who want to become pregnant because it lowers the risk of certain birth abnormalities. For strong bones and to prevent bone loss, postmenopausal women require calcium and vitamin D.

### Dietary supplements with many vitamins and minerals

Indians have been trained for a very long time to think that vitamins and minerals are a cure-all for a variety of health problems, and they will demand to be prescribed "tonics"! Because they are so good at addressing deficiencies, vitamins and minerals have earned the moniker "magic bullets." However, this does not imply that these supplements would prevent the chronic diseases of the 21st century that Indians are dealing with, such as diabetes, hypertension, heart disease, and cancer, in a healthy individual [4].

A combination of vitamins, minerals, and occasionally additional substances are found in multivitamin/mineral supplements. They may come in the form of tablets, capsules, or syrups. These formulations contain vitamins and minerals that play specific roles in the body and are only prescribed when a woman is unable to get such nutrients through her diet. Pregnant women are typically administered the B-complex vitamins, folic acid, and iron, which together make up the traditional multivitamin/mineral composition.

### Multivitamin/mineral supplements are accessible in various types

Basic, once-daily formulations that contain all or most vitamins and minerals are among the most popular multivitamin combinations. The majority of formulas include the suggested ingestion levels.

The Vitamins, Minerals and other substances that go in to the product as well as how much of each is decided by the manufacturer. They are free to add trace minerals (like selenium and manganese) and botanicals (like ginseng or garlic) thanks to this freedom, but this is where issues start to appear. The producer can set the medication's price at their discretion by including an extra ingredient. The majority of customers are unaware that health claims made on labels for commercial objectives may not be true. Since many of these formulations are marketed as foods rather than medications, it is challenging to control their costs, and customers often pay amounts that are excessive compared to the true cost of the ingredients [5].

**\*Corresponding author:** Shilpa Gupta, Department of Food and Nutrition Biotechnology, National Institute of Agri-Food Biotechnology, India, E-mail: Shilpagupta@yahoo.com

**Received:** 02-Jul-2022, Manuscript No. JNDI-22-75245; **Editor assigned:** 04-Jul-2022, PreQC No. JNDI-22-75245 (PQ); **Reviewed:** 18-Jul-2022, QC No. JNDI-22-75245; **Revised:** 23-Jul-2022, Manuscript No. JNDI-22-75245 (R); **Published:** 30-Jul-2022, DOI: 10.4172/jndi.1000147

**Citation:** Gupta S (2022) The Function of Dietary Supplements in Our Daily Lives. J Nutr Diet 5: 147.

**Copyright:** © 2022 Gupta S. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Ask your doctor if a multivitamin is actually something you need. You shouldn't have to pay more than Rs. 2-3 for an effective multivitamin tablet or capsule. Ask your doctor for a less expensive brand if the more expensive ones are suggested. In terms of vitamins, keep in mind that more expensive is not always better [6].

### Conclusion

Everybody can benefit greatly from this overall study in their daily lives. A balanced diet should be maintained along with all recommended supplements, and in an emergency, one should seek medical counsel.

### Acknowledgement

None

### Conflict of interest

None

### References

1. Mehta J. (1997) Intake of antioxidants among American cardiologists. *Am J Cardiol* 79: 1558-1560.
2. Rock CL, Newman V, Flatt SW, Faerber S, Wright FA, et al. (1997) Nutrient intakes from foods and dietary supplements in women at risk for breast cancer recurrence. *Nutrition and Cancer* 29: 133-139.
3. Slifman NR, Obermeyer WR, Aloï BK, Musser SM, Correll WA, et al. (1998) Contamination of botanical dietary supplements by *Digitalis lanata*. *N Engl J Med*; 339: 806-810.
4. Spaulding-Albright N. (1997) A review of some herbal and related products commonly used in cancer patients. *J Am Diet Assoc* 97: S208–S215.
5. Koplan JP, Annett JL, Layde PM, Rubin GL (1986) Nutrient intake and supplementation in the United States (NHANES II). *Am J Public Health* 76: 287-289.
6. Worthington-Roberts B, Breskin M (1984) Supplementation patterns of Washington state dietitians. *J Am Diet Assoc* 84: 795-800.