*Робота з перекладу статі*

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*What are dietary supplements and their role in human life!*

*The concepts of a dietary supplement for weight loss, a dietary supplement to improve potency, a dietary supplement for the liver, a dietary supplement for joints have abruptly burst into our reality – it happens that we are offered biologically active supplements, or dietary supplements, from everything in the world! What does the acronym dietary supplements mean, how can we distinguish between truly useful supplements, who may need them, when and how to use them?*

*What are dietary supplements?*

*A biologically active additive (abbreviated as BAA) or dietary supplement is a special food product consumed in small, defined amounts in addition to the usual human diet and is a concentrated source of nutrients, vitamins, minerals, fiber, proteins, fats, carbohydrates, etc. In the English-language literature, the equivalent of the term dietary supplement is the definition of a dietary supplement.*

*Biologically active supplements contain natural or identical to natural components, occupy an intermediate place between food and medicine and are intended to prevent diseases, improve performance and quality of life.The purpose of using dietary supplements is to correct and supplement the diet, because every day we have to eat processed, canned, refined foods, from which we do not get the required amount of amino acids, vitamins, minerals, macro- and microelements. The lack of these nutrients reduces the body’s resistance to various diseases, slows down metabolic processes, and makes people age faster. Therefore, even healthy people can use dietary supplements. However, it is a mistake to consider dietary supplements a panacea for all diseases. After all, they do not cure, but only supplement the main treatment and are not included in the register of medicines. Dietary supplements are intended to maintain physiological norms and functions of the body, so they cannot have miraculous results. Dietary supplements should not be used as the main treatment for diseases such as hypertension, diabetes mellitus, bronchial asthma, and other complex ailments, but only as a supplement to the main therapy on the recommendation of a doctor.Pay attention to the names of the ingredients if you take more than one dietary supplement. Components of different dietary supplements may be repeated, so they will enter the body in excess.*

*Types of dietary supplements*

*The types of dietary supplements are distinguished according to the technological process that produces them:*

*Concentrates of food substances of natural origin – bee products, mumiyo, yeast, algae, fish caviar and liver, mineral spring water, mineral salts;*

*Traditional seasonings (spices), herbs and tea mixtures, dried fruits, pickles, fermented foods;*

*Vitaminized foods and foods enriched with specific strains of lactic acid bacteria (kefir and yogurt) in a certain concentration;*

*Concentrates of food substances and plants – extracts, extracts, tinctures, syrups, pastes, briquettes, balms;*

*Highly concentrated and pure standardized extracts, artificial and synthetic vitamin preparations, phospholipid, polypeptide and glycoprotein complex preparations, the production of which is close to the pharmaceutical production of drugs;*

*Products obtained with the use of bioengineering.*

*According to the functional role and effect of a dietary supplement, there are the following types:*

*Nutraceuticals are additional sources of nutrients, such as vitamins and essential amino acids.*

*Parapharmaceuticals are substances that perform adaptogenic functions, provide prevention of pathogenic conditions and are used as an adjunctive therapy to regulate the functional activity of organs and systems of the human body within physiological limits. Parapharmaceuticals include bioflavonoids, organic acids, glycosides, biogenic amines, regular oligopeptides, polysaccharides or oligosaccharides, etc.*

*Eubiotics, probiotics are living microorganisms that are representatives of the normal microflora of the human gastrointestinal tract, most often bifidus and lactobacilli, which have a positive effect on human health and immunity.*