

# [Dietary supplements summary](https://assignbuster.com/dietary-supplements-summary/)

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Dietary Supplements Dietary supplements are minerals, vitamins and other less familiar substances including amino acids, botanicals, animal extracts, enzymes and herbals that add (but not substitute) to diet. Taking dietary supplements could benefit one in several ways. The U. S. Food and Drug Administration, FDA (2014) observes that some minerals and vitamins treat diseases and supplement diet. They have also been used to cure infections, reduce fever, heal wounds and prevent illnesses. Additionally, they ease pain, act as stimulants and treat constipation.   
Even so, dietary supplements pose biological risks to the body because of their active ingredients. As such, they risk complicating or hurting one’s health especially when taken wrongfully (FDA, 2014). They could cause diarrhea, nerve damage and a build-up of toxins in the body over time. Some dietary supplements counter or interact with prescription medications and some should therefore be avoided before surgery.   
The U. S. regulator of food and drug substances, Food and Drug Administration, FDA, does not consider dietary supplements as drugs but foods, thus not subjected to regulations governing drugs. Even so, FDA (2014) observes that manufacturers are required to adhere to labeling regulations and claims regarding the supplements. Whatever claim is made regarding a dietary supplement should be based on credible evidence. They must have a label indicating that the product is not meant for diagnosis, prevention, treatment or cure of any disease.   
Hypertension is the selected medical condition. Omega-3 fatty acid dietary supplements lower blood pressure and thus prevent hypertension. As noted by University of Maryland Medical Center, UMMC (2014), a daily intake of 3 grams or more of fish oil reduces blood pressure in people suffering from untreated hypertension, but this should be taken as directed by a physician. Analyzing the supplement facts of Omega-3 EPA, it would be appreciated that it contains docosahexaenoic acid, DHA, and eicosapentaenoic acid, EPA, found in cold water fish which are the sources of health effect for the supplement. Other ingredients include glycerin, gelatin and water.   
References   
U. S. Food and Drug Administration. (2006, May). Dietary supplements: What you need to know. Retrieved 27 April 2014 from http://www. fda. gov/   
University of Maryland Medical Center. (2014). Omega-3 fatty acids. Retrieved 27 April 2014 from http://umm. edu/