

Dietary supplement report

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Every human body should contain dietary Supplements. According to cpmc.com dietary supplements are substances you eat or drink. Dietary supplements are widely available in the United States in health food stores, grocery stores, pharmacies, on the Internet, and by mail. As said on activecenterforhe.com Makers of dietary supplements cannot legally say that dietary supplements can diagnose, cure, treat, or prevent disease. People commonly take them for health-related reasons. As said on execbussiness.com they can be vitamins, minerals, herbs or other plants, amino acids, or parts of these substances.

They can be in pill, capsule, tablet, or liquid form. They supplement the diet and should not be considered a substitute for food. Dietary Supplements are intended to supplement the diet. They are also oral supplements. The three parts of Supplements are Health, Performance, and weight loss. There are many benefits of taking Dietary Supplements, According to livestrong.com such as; taking supplements on top of a healthy diet may be beneficial in ensuring your body have the nutrients it needs each day.

In general, a balanced diet with sufficient amounts of fruits and vegetables without many of saturated fats and sweet sugars contains most vitamins and minerals your body needs. Exceptions to this rule occur in young children who grow and may not get enough vitamins and minerals in their diets, and older adults who may have the same problem. According to nutrition.about.com Taking supplements can provide additional nutrients when your diet is lacking or when certain health conditions cause you to develop an insufficiency or deficiency.

Deficiency means lack or shortage of something, for example vitamin A deficiency in children. Insufficiency means an adequate amount or quantity. Multiple vitamins are generally safe because they contain only small amounts of each nutrient. Shown on livestrong.com the consumption of some dietary supplements may also help prevent cancer. A number of essential vitamins, including vitamins A, C and E, act as antioxidants in the body. Consuming dietary supplements may also aid in tissue maintenance and repair, processes that occur throughout your life. According to jag-lawfirm.com Dietary supplements may be good for you but there are risks from taking these supplements. Dietary supplement side effects can be serious, even fatal in some people, although consumers often take such supplements without realizing the risks. Side effects of supplements can be experienced when using too much of a product, but some people will suffer serious side effects when only using a small, recommended or less amount. The dosage or "serving" recommendations are not government tested or approved, and it is the responsibility of the manufacturer to ensure the safety of recommended servings for everyone who uses the product.

Unless you're seriously deficient a lot of mineral soluble are not good for you. Most vitamins are ok as long as you only take your days allowance. 9according to live strong) Mega dose could be hazardous. For example too much Vitamin D could cause nausea and weakness just like too much vitamin C could cause diarrhea, vomiting and kidney stones. The government's regulations surrounding dietary supplements are treated similar to food products, with some exceptions. According to livestrong.com The U. S. Food and Drug Administration were created to regulate all food and

drugs in the United States as this agency does not monitor dietary supplements. The Center for Food Safety and Applied Nutrition, or (CFSAN), is a scientific regulatory organization responsible for cosmetics, drugs, medical devices and dietary supplements produced in and imported into the United States. As part of a 1994 act that helped to form this agency, the FDA created the United States Pharmacopeia and National Formulary, which provides dietary supplement guidelines and specifications.

Manufactures are not required to register with the (FDA) Food and Drug administration. Dietary supplements are treated similarly to food products with some exceptions. Supplement manufacturers are not required to register with the FDA and do not need approval from the FDA to produce or sell a product. Not need approval from the FDA to produce or sell a product. Manufactures are responsible for ensuring that their products are safe. The health condition I choose is Anemia. As said on webmd. com Anemia is a condition that develops when your blood lacks healthy red blood cells or hemoglobin.

Hemoglobin is the main part of red cell and binds of oxygen. Oral iron supplements are the best way to restore iron level for people who are iron deficient. Should only be used only when dietary measures have failed. Accidental overdose of iron-contain products is a leading cause of fatal poisoning in children younger than six years old. Any medicated product should also stay out the reach of children. If overdose occurs seek immediate medical attention or call poison control. Iron is the medication supplement used to treat or prevent low blood level of iron.

Iron is an important mineral that the body needs to produce red blood cell and keep you in good health. According to physiciansoffice. com the dosage of iron for adults is 50 to 60mg of iron children 4 to 6mg per kg of body weight divided into three equal daily doses. Dietary supplements can be either good or fatal for you. These supplements are usually used for people who don't receive enough nutrients, or people looking for an easy way of healthy living. Anemia is manageable when taking the proper dosage of supplements or eating a proper diet, which contains a well balance meal.

References

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