

# KNOW YOUR HEALTH SUPPLEMENTS & NUTRACEUTICALS

## ★ What is Health Supplement/Nutraceutical?

Health Supplements and Nutraceuticals are concentrated source of nutrients including vitamins, minerals, herbals and botanicals, amino acids, enzymes etc. that maybe taken in small measured quantities to supplement diet.

## ★ Are Health supplements/Food Supplement/Dietary supplements all same?

Across the globe, Supplements are marketed under different names like Health Supplements, Food Supplements and Dietary supplements.

## ★ Are Supplements recommended only for athletes?

Supplements may be taken by people other than athletes as well especially if recommended by a healthcare professional.

## ★ Are supplements good for everyone?

Supplements can be taken by all age groups except infants. However, generally children below 5 years, pregnant and lactating women, people having medical conditions or on medication may need to consult healthcare professional before taking supplements.

## ★ Do I need to take supplements if I eat healthy diet?

Generally nutrients present in the supplements are available in our food. But our daily diet sometimes may not contain some of the nutrients required by the body. Hence, taking supplements is one of the methods to fulfil this need.

## ★ If I am eating supplements do I need to eat food also?

Health Supplements are intended to provide nutrients which are absent or inadequate in the diet and not to replace the balanced diet and the variety of foods that make a healthy diet.

## ★ Is it necessary to take supplements daily & how long should I eat this?

Supplements may be necessary if the nutrient requirement is not fulfilled by the diet. The duration of usage shall be based on recommendation made on the label or as per advice of a healthcare professional.

## ★ When and how many times in a day should I take these Supplements?

Supplements should be taken after meals for better absorption, unless it is otherwise mentioned on the label. Generally, the label on the pack of supplements provides details on serving size / recommended dose and instructions for consumption.

## ★ What are the precautions to be taken while taking supplements?

Please read the label carefully and preferably take supplements in consultation with a healthcare professional.

## ★ What is the difference between medicine/drug and Health Supplement/Nutraceutical?

Drugs/medicine are meant for treatment and curing of disease, whereas Supplements are to supplement diet with the required nutrients that may be absent or inadequate in our diet.

## ★ Can I take supplements with my regular medicine?

Please check for any contra-indications on the label or please consult your healthcare professional before doing so as they might have adverse interactions.

## ★ Is taking two or more Health Supplements together harmful?

Taking two or more supplements together may not be harmful. However, it is advisable to consult your healthcare professional before doing so.

## ★ Supplements can help prevent or manage conditions like diabetes or heart disease?

Supplements are not intended to prevent, treat or cure any specific health conditions like diabetes or heart diseases etc.

## ★ Can supplements for sports persons including those for bodybuilding be taken without any consultation?

Supplements intended for sports persons including those for bodybuilding should be taken under the advice of professional nutritionist or healthcare professional. Care should be taken to ensure that such products do not contain any substances prohibited by World Anti-Doping Agency (WADA) and other hormones or steroids or psychotropic ingredients prohibited as per Food Safety and Standards Regulations.

### Contact us:

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