

Food supplements can be found everywhere today. But are they really working and how useful are they? This was told by Rachel Woods, nutritionist, senior teacher of physiology from the University of Lincoln.

Many of us do not know about the risks, restrictions and marketing tricks associated with dietary supplements. This is what must be remembered before ordering a particular supplement.

**Start with food, not with additives.** It is almost always better to receive nutrients from food, and not from dietary supplements. In general, additives are needed to maintain a diet, and not to replace full food. On the other hand, there are circumstances when the reception of additives is necessary. For example, folic acid is recommended to be taken before and during pregnancy to reduce the risk of defects in the nervous tube in the fetus, vitamin D is in winter, when there is little sunlight, vitamin B12 - vegetarians.

**You may not be aware that you are taking too much.** It is much easier to accept too much dose of dietary supplements than overdoing food. In the short term, this will lead to nausea or diarrhea, and prolonged abuse can have serious consequences. For example, fat-soluble vitamins (A, D, E and K) accumulate in the body, and are not excreted from it. Excess vitamin D can lead to calcium accumulation, damage to the kidneys and heart, weakening of bones. Many of us do not regularly check the level of nutrients in the blood, therefore they do not understand that something is wrong until the symptoms appear.

**Do not trust the advice on social networks.** The food standards agency clearly states that the additives are "not drugs" and "cannot have a pharmacological, immunological or metabolic effect".

The nutritionist called five things that all people need to know about dietary supplements



Foodchain ID

**The food additive industry is more focused on sales, not science.** Therefore, often dietary supplements are advertised by influents who do not have education in the field of nutrition or healthcare.

**Some additives are not safe for everyone.** If the additive is available without a recipe, this does not mean that it is safe. Even dietary supplements with the “natural” marking can interact with medicines or harm.

***News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.***