

Nutraceuticals

A Holistic Approach to Disease Prevention

The term nutraceuticals is applied to the products isolated from the herbal sources, nutrients or dietary supplements, processed foods, (cereals, soup and beverages) and specific diets, that may also used as medicine other than nutrition. It usually refers to the foods derived products which may sell in medicinal form, possessing physiological benefits to the host while promoting health and wellness and provide protection against chronic disorders. They may also increase the life expectancy, delay the aging and/or support the structure and function of the body organs. Demand for nutraceuticals with potential to prevent and treat chronic disorders has been interestingly increasing over the past few years. Based on food sources, nutraceuticals are classified into dietary fibers, probiotics, prebiotics, polyunsaturated fatty acids (PUFAs), vitamins, polyphenols and spices. A dietary supplement is generally considered as product containing vitamins, minerals, amino acids, and medicinal plants that are indented to be used to supplement the diet or a concentrate, metabolite, constituent, extract, or combinations of these ingredients. Broadly, nutraceuticals are any of these ingredients or supplements using for health purposes other than nutrition. This book on the fundamentals of Nutraceuticals is organized in two parts i.e., the introductory aspects of macro- and micro-nutrients, gut microbiota regulation, nutraceuticals and drug interactions, while the second part is focusing on the biological benefits of nutraceuticals in different disease states. Besides, this book is also addressing the safety aspects of nutraceuticals and phytotherapeutic support in pregnancy. Including contributions from the experts in the field, target audience (pharmacists, nutritionists, other healthcare providers, and researchers in food and nutrition sector) will be benefited with the updated literature on nutraceuticals and dietary supplements.

Cover



99,95 €

93,41 € (zzgl. MwSt.)

*sofort versandfertig, Lieferfrist: 1-3
Werktag*

Artikelnummer: 9783111317304

Medium: Buch

ISBN: 978-3-11-131730-4

Verlag: De Gruyter

Erscheinungstermin: 22.04.2024

Sprache(n): Englisch

Auflage: 1. Auflage 2024

Serie: De Gruyter STEM

Produktform: Kartoniert

Gewicht: 632 g

Seiten: 372

Format (B x H): 166 x 236 mm

