

FINALS

(Answer)

PHYSICAL EDUCATION

Benefits and Risks of Supplements

Dietary supplements are products designed to augment our daily intake of nutrients, including vitamins and minerals. Many are safe and offer significant health benefits, but there are some that pose health risks, especially if overused. Dietary supplements include amino acids, fatty acids, enzymes, probiotics, herbals, botanicals, and animal extracts.

Normally, we should be able to get all the nutrients we need from a balanced diet. However, supplements can provide us with extra nutrients when our diet is lacking or certain health conditions (such as cancer, diabetes, or chronic diarrhea) trigger a deficiency. In most cases, a multivitamin/mineral supplement will provide all the micronutrients our body needs. They are generally safe because they contain only small amounts of each nutrient (as measured by the daily value, or DV).

Supplement manufacturers have to follow certain labeling guidelines, including what they can say and not about the purported benefits. That doesn't stop manufacturers from claiming, often misleadingly, that their product can "boost the immune system" or "treat arthritis" even if there is little scientific evidence to support the claims. Generally speaking, the FDA only acts on the most serious infractions.

While most dietary supplements are safe as long as we follow the product instructions, large doses of certain nutrients can have adverse effects. We can even overdose on certain supplements, risking serious harm and death.

(ito and sagot)

Nutrition and food in general have a strong influence on a person's health status. Research has demonstrated that certain ailments are more prevalent when nutrients lack in a person's diet than when the nutrients in question are present. With this in mind, companies and even governments have sought for a solution elsewhere. The answer, for the time being, has been the inclusion of dietary supplements. Dietary supplements may be food or drugs, ingested to provide certain nutrients which may be lacking in a person's diet. They are substances eaten or drank and include vitamins, minerals, amino acids and even herbs that help improve a person's diet. They come in different forms, as liquids, powder, capsules or even pills. They are also known as food supplements or nutritional supplements. Dietary supplements come in handy only for people who lack nutrients in their diets. Vegetarians and vegans fall in this category. In light of their dietary affiliation, they more often than not find themselves in dire need of certain crucial and necessary nutrients, as they cannot get them from their diets. However, for people who adhere comprehensively to the recommended dietary requirements, they have little or no use of these substances.

Despite their contribution into maintaining and reinstating a healthful life, dietary supplements may also come with side effects (especially if overdosed). Taking more than 100% of the dosage of these supplements can result in the dire consequences. Vitamins A

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**Vi Cain Alexander, Sandra Luna
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