

# Bioactive Foods In Promoting Health

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What is a dietary supplement? Congress defined the term dietary supplement in the Dietary Supplement Health and Education Act (DSHEA) of 1994. A dietary supplement is a product taken by mouth that contains a "dietary ingredient" intended to supplement the diet. The dietary ingredients in these products may include: vitamins, minerals, herbs or other botanicals, amino acids, and substances such as enzymes, organ tissues, glandulars, and metabolites. Dietary supplements can also be extracts or concentrates, and may be found in many forms such as tablets, capsules, softgels, gelcaps, liquids, or powders... DSHEA places dietary supplements in a special category under the general umbrella of foods not drugs, and requires that every supplement be labeled a dietary supplement. Probiotic microorganisms can be found in both supplement form and as components of foods and beverages. These bacteria and yeasts have been used for thousands of years to ferment foods. Certain yogurts and other cultured dairy products contain such helpful bacteria, particularly specific strains of Bifidobacteria and Lactobacilli. Not all bacteria present in fermented milk products or yogurt have a probiotic effect. For this reason, in order to consider a Lactobacillus or Bifidobacterium a probiotic, the specific strains selected must exert a clinically established health benefit. Prebiotics are found naturally in many foods, and can also be isolated from plants (e.g., chicory root) or synthesized (e.g., enzymatically, from sucrose) see below, 'Examples of Probiotics and Prebiotics.' EAN/ISBN : 9780080958545 Publisher(s): Elsevier Science, Academic Press Format: ePub/PDF Author(s): Watson, Ronald - Preedy, Victor R.

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