

Formulation and Evaluation of Nutraceuticals

Let Food be Your Medicine

Dolas Anjali Gopichand, Prof Anuja Sanap, Dr. Surwase. K. P

Kishori College of Pharmacy, Beed

Dr. Babasaheb Ambedkar Technological University, Lonere Raigad, Mangaon, Raigad

Abstract: *This research article aims to evaluate the efficacy and safety of various nutraceuticals in promoting health and preventing disease. A systematic review was conducted, analyzing randomized controlled trials and observational studies from the past decade. The nutraceuticals studied included vitamins, minerals, herbal extracts, and other dietary supplements. Results indicate that certain nutraceuticals may offer benefits in specific health conditions, such as cardiovascular disease, diabetes, and cognitive decline. However, inconsistent findings and potential risks were also observed. Further research is needed to establish clear guidelines on the use of nutraceuticals for health promotion and disease prevention. From a purely pragmatic standpoint, consuming protein post-workout represents an opportunity to feed; this in turn contributes to one's total daily energy and protein intake. Furthermore, despite recent suggestions that one does not "need" to consume protein during the immediate (1 h or less) post-training time frame, it should be emphasized that consuming nothing offers no advantage and perhaps even a disadvantage. Thus, based on performance and recovery effects, it appears that the prudent approach would be to have athletes consume protein post-training and post-competition.*

Keywords: Protein, Dietary Supplement, Minerals, Vitamins, Balanced diet, weight gain, food, protein powder, healthy life, Health

