

DIETARY SUPPLEMENT

NUTRIENT SUPPORT

DIGESTIVE HEALTH

HEART HEALTH

BONE HEALTH

Dietary supplements include vitamins, minerals, herbs or other botanicals, amino acids, and other substances that are intended to supplement the diet. These products are not intended to diagnose, treat, cure, or prevent any disease. (Source: FDA)

- Dietary supplements can come in various forms, such as:

Tablets,

Capsules & gummies

Powders

Liquid

Ingredients in food products.



Common Supplements

- **Vitamins (multivitamins or individual vitamins like vitamin D and biotin).**
- **Minerals (calcium, magnesium, and iron).**
- **Botanicals or herbs (echinacea and ginger).**
- **Botanical compounds (caffeine and curcumin).**
- **Amino acids (tryptophan and glutamine).**
- **Live microbes (commonly referred to as “probiotics”).**





Benefits?

Supplements can offer various potential benefits when used appropriately and in conjunction with a healthy lifestyle.

- **Filling nutrient gaps**
- **Improved overall nutrition and well being**
- **Support for specific health conditions**
- **Convenience and accessibility**
- **Sports performance and recovery**

NOTE: While dietary supplements can offer potential benefits, they are not a substitute for a balanced diet and healthy lifestyle.

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