

MedChem & CADD-2013: Assessment of sulfate contamination of botanical products and possible health effects

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Botanical products such as herbal teas are susceptible to sulfate contamination from the environment and/or during manufacturing processes, and accordingly may lead to health problems. In this research, sulfate contamination of herbal tea products was assessed using IC chromatography system. Results, demonstrated that sulfate levels in some samples exceeded 250 and 500 mg/L levels, set by international organizations. Herbal tea contamination with sulfate, in this research was shown to be originating from the herbal tea products themselves or the ingredients they are made of, and therefore could interfere with their function and lead to health problems. Results in this study propose that herbal tea production should fall under stringent regulations concerning planting, manufacturing and quality control, in order to avoid the associated health problems.

A food supplement is a manufactured product. When taken orally in pill, capsule, tablet or liquid form, a food supplement is intended to supplement the diet. The nutrient class includes vitamins, minerals, fiber, fatty acids and amino acids. Food supplements which are marketed as having a beneficial biological effect, such as plant pigments or polyphenols but have not been confirmed as essential for life, may also contain substances. Animals can also be a source of additional ingredients, such as collagen from chickens or fish. These are also sold individually and in combination, and can be combined with nutritious ingredients.

The products that are sold as food supplements will come with a Supplement label which includes the amount per serving (dose) and active ingredients. Apart from this is also includes ingredients like fillers, binders and flavorings. The manufacturer suggests serving size, but your

healthcare professional may decide that a different amount is best for you. Food supplements include ingredients such as vitamins, minerals, herbs, amino acids, and enzymes. Food supplements are marketed in forms such as tablets, capsules, capsules, capsules, powders and liquids. Certain dietary supplements can help you get adequate amounts of essential nutrients if you don't eat a variety of nutritious foods. However, supplements cannot replace the variety of foods that are important for a healthy diet.

Many supplements contain active ingredients. These active ingredients can have strong effects on the body. It is mandatory to be alert regarding the possibility of a bad reaction, particularly when taking a new product. You are most likely to experience side effects from supplements if you take them in large doses or in place of prescribed medications, or if you take many different supplements.

Certain supplements may increase the risk of bleeding or, if taken before surgery, may affect your response to anesthesia. Supplements can also interact with certain medications to cause problems. Manufacturers can add vitamins, minerals, and other supplement ingredients to the foods you eat, especially cereals and breakfast drinks. As a result, you can get more of these ingredients than you think, and more may not be better.

Taking more than what you need is more expensive and may also increase your risk of side effects. For example: headaches, liver damage can be caused by taking too much of vitamin A. Apart from this, it also minimizes the bone strength and cause birth defects. Too much iron causes nausea and vomiting and can damage the liver and other organs.

Food supplements are products intended to supplement diet. They are not drugs and are not intended to treat, diagnose, alleviate, prevent or cure illnesses. Food supplements can benefit your health - but taking supplements can also pose health risks. Unlike drugs, supplements are not allowed to be marketed for the treatment, diagnosis, prevention or cure of disease. This means that supplements should not make claims of disease, such as "lowers high cholesterol" or "treats heart disease". Such claims cannot be legitimately made for dietary supplements.

This could make them dangerous in certain situations and injure or complicate your health. Eating a variety of healthy foods is the best way to get the nutrients you need. However, some people do not get enough vitamins and minerals from their daily diet, and their doctors may recommend a supplement. Food supplements can provide nutrients that may be lacking in your daily diet.