

ABSTRACT

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Title of Thesis: The Usage of Food Supplements and Free Sales Drugs

In this rigorous theses we targeted the usage of food supplements and free sales drugs. These preparations were divided into several groups – for motoric system, for loss of cholesterol, for improvement of difficulties in menopause, for urological problems, for pregnant and lactating women, multivitamins and multiminerals, for improvement of growth of hair, nails and skin, for improvement of sight, for weight loss, for problems with prostate gland, for detoxication of organism, for improvement of memory and better capillary return and by venous problems. Respondents filled question forms, where they presented the usage of the preparations, their dosage, length and result of the usage. Then the question forms were analyzed, percent representation of preparations in this groups were found, recommended dosage was checked and subjective effects according to the respondents were detected. Further the effect and the motivation of usage were interpreted. Multivitamins and multiminerals were the most used group. More than half of respondents felt relief from pain. More than half of respondents were motivated by advertising.