

Abstract

SAFETY OF THE SELECTED FOOD SUPPLEMENTS FROM VIEWPOINT OF THE PRESENCE ADDITIVES.

Student: Renáta Jajtnerová

Tutor: PharmDr. Jitka Pokladníková, Ph.D.

Department of Social and Clinical Pharmacy, Faculty of Pharmacy in Hradec Králové, Charles University in Prague

Introduction: Nowadays the additives are absolutely common part of our life and we encounter with them almost daily. We can find them not only in food but also in drugs or various food supplements. Their safety is often discuss and the opinions of individual experts are often different.

Objective: The aim of this work is to evaluate the safety of food supplements in terms of the presence of food additives and their possible interactions with substances. The evaluation concern food supplements which occurred on the Czech market in 2011. Because the number of food supplements on our market is very high, I focused only on the supplements used for the support joints and for the treatment of osteoarthritis.

Methodology: One of the pharmaceutical chains provided for us the list of best-selling products and the complete list of products we received from the Ministry of health. Than the composition of these supplements was sought on the Information system decision of the chief hygienist (Is RoHy) alternatively in the pharmacy or directly from the producer. The evaluation of safety was performed according to the system of marking. This system was developed by Ing. Vít Syrový and is available to the public. Side effects of individual additives were searched in the book of Tereza Vrbová „Víme co jíme? aneb Průvodce „Éčky“ v potravinách.“ During the data processing was used descriptive statistics.

Results: Altogether were evaluated 399 food supplements and as safe can be called 38 of them which is 10%. 361 products were unhealthy which is 90%.

The most common adverse effect caused by food additives is hypersensitivity to the additive and gastrointestinal problems which can be caused also exceptionally by the effective component. This can lead to mutual potentiation and gastrointestinal problems can be amplified.

Conclusion: We came to the conclusion that the vast majority of food supplements used to support joints and for the treatment of osteoarthritis can have some negative effect on the consumer's health and this negative effect can manifest as the negative effects already described. Only incomplete one tenth of all rated products makes up the safe supplements.

Keywords: additives, glucosamine hydrochloride, glucosamine sulfate, chondroitin sulfate, collagen, food additives, gelatine.