

Dietary supplements and its legal regulations

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ABSTRACT

Dietary supplements are products intended to supplement the diet and are not drugs for disease treatments. They are vitamins, minerals, herbals, botanicals, amino acids, enzymes, metabolites and many other products. Some supplements play an important role in health, for example calcium and vitamin D are important for keeping bones strong and folic acid is important for pregnant women to prevent certain birth defect in their babies. Dietary supplements are available in the market in the form of tablets, capsules, soft gels, gel caps, powders, drinks and energy bars. These dietary supplements do not have to be approved by the U.S. Food and Drug Administration (FDA) before marketing as required for prescription drugs or over-the-counter drugs, but manufacturers must register their manufacturing facilities with the FDA and are responsible to having evidence that their dietary supplement products are safe and label claims are not misleading. With a few well define exceptions dietary supplements such as pre-workout for athletics and weight loss products may only be marketed to support structure or function of the body, without claiming to treat a disease or condition and must include a label that highlight "These statements have not been evaluated by FDA and this product is not intended to diagnose, treat, cure, or prevent any diseases". Popular dietary supplements including safety and risks will be highlighted in this presentation

BIOGRAPHY

Osama O Ibrahim is a highly-experienced principal research scientist with particular expertise in the field of microbiology, cell biology and bioprocessing for both bio pharmaceuticals and food bio-ingredients. He is knowledgeable in microbial screening, culture improvement, molecular biology, genetic engineering, fermentation research (antibiotics, enzymes, therapeutic proteins, organic acids), biochemistry (metabolic pathways, enzymes kinetics, enzymes immobilization, bioconversion) and analytical biochemistry. He received his B.S. in Biochemistry with honour and two M.S. degrees in Industrial fermentation and in Microbial physiology. He received his Ph.D. in Basic Medical Science (Microbiology, Immunology and Molecular biology) from New York Medical College

PUBLICATIONS

- Identified emerging technology in microbiology, enzymology and molecular biology and established the potential ones for Kraft foods business.
- Initiated external researchers projects with several Universities and Provided technical support and evaluation for these projects.
- Maintained literature surveillance / expertise in emerging Bio-technologies for biotechnolgy industries

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