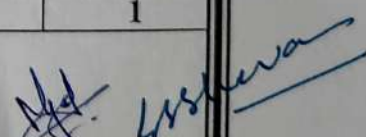


**Value added course on
Nutraceutical Science: Bridging Nutrition and Medicine
Course Content**

Module	Content	Number of hours
I	Introduction to Nutraceuticals a) Historical perspective, Definition and scope of Nutraceuticals b) Regulatory framework and Standards c) Emerging trends and present market	2
II	Basic concepts in nutrition a) Macro and micronutrients and their functions b) Dietary reference intake (DRI'S) c) Metabolism and bioavailability of nutrients	4
III	Nutraceuticals and Human Health a) Ingredients of nutraceutical: Vitamins, minerals, proteins, aminoacids, phytochemicals, antioxidants, probiotics, prebiotics and botanical's b) Role of nutraceuticals in disease prevention and management	4
IV	Nutraceutical and Clinical Practice a) Evidence based research on nutraceuticals b) Case studies and Clinical Trials c) Adverse effects, safety monitoring and precautions for special population	5 (Lab)
V	Product development, Quality control and Assurance a) Nutraceutical product development, creating effective nutraceutical blend b) Quality control and Quality Assurance c) Personalized diet, tailoring recommendations and preparation of nutrient rich recipe -Cooking demonstration and discussion (Group activity)	9 (Lab)
VI	Marketing of Nutraceuticals a) Assessing the patients/consumers nutritional needs b) Communicating the benefits of nutraceuticals c) Labeling claims d) Developing a protocol e) Ethical consideration	3 (Lab)
VII	Assessment/Presentation	2 (Lab)
VIII	Certificate and award ceremony	1


 Dr. Marina G D'Souza
 Dr. Ganesh Shevkar