

STUDY OF THE EFFECTS OF CERTAIN BIOLOGICALLY ACTIVE ADDITIVES ON METABOLISM AND THEIR CLASSIFICATION (IN THE CASE OF EXPONENTIAL TOXIC HEPATITIS)**Abdullayeva Masuma****Madaminova Parvinaxon**

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ANNOTATION

According to their composition, dietary supplements are divided into the following groups: nutraceuticals. Para pharmaceuticals and eubiotics. Nutraceuticals are biologically active food supplements used to correct the chemical composition of human food.

Nutraceuticals are essential nutrients or their close precursors. This group of dietary supplements can be rightfully classified as food, since in most cases it is represented by well-studied natural components. physiological need and biological role of which are established. Nutraceuticals include vitamins. provitamins. macro-microelements. polyunsaturated fatty acids, amino acids, carbohydrates, food fibers.

The use of nutraceuticals in the daily diet of patients and healthy people allows: easily and quickly eliminate the lack of essential nutrients, which is universally detected in most adults

and child population:

- take into account as much as possible

The nutritional needs of a particular person are individual needs, which differ significantly not only in age, sex, intensity of physical activity, but also due to the metabolism of a genetically determined individual, ero features of biorhythms. Environmental conditions of the habitat region, physiological conditions - pregnancy, psycho-emotional stress, etc.

- maximally meet the changed physiological needs for nutrients of a sick person, bypass parts of the metabolic pathways damaged by the disease, and sometimes - correct them;

by strengthening the elements of protection of cellular enzyme systems

raise the overall nonspecific resistance to

adverse

environmental factors

population living both in ecologically clean and in

ecologically unfavorable regions: • to influence first of all enzymatic systems,

xenobiotics;

- enhance and accelerate the binding and excretion from the body foreign and toxic substances.

Thus, the use of nutria satins is an effective means of prevention 13 of the 56 first (and sometimes the main) treatment of patients with widespread chronic diseases. Like obesity, diabetes, cardiovascular disease malignant neoplasms, immunodeficiency states, diseases substances particular.

The study of the influence of some biologically active additives on the metabolism and their classification (using experimental toxic hepatitis as an example) of the human system normalizes the balance of nutrients, helps maintain and promote health (prevention and reduction of the risk of diseases), and accelerates the healing process.

Usually, drugs are used to stop an undesirable process in the body, to prevent serious consequences, and dietary supplements put the body in order. Experienced doctors use this approach in their actions. Dietary supplements have great potential in helping to manage health. For this reason, they are mainly used to make up for the deficiency of essential substances. So you can prolong life, carry out the prevention of certain diseases, reduce risk factors. After all, it has been established that there is a connection: a deficiency of certain nutrients - the risk of a particular disease (for example, calcium deficiency - osteoporosis).the effect of the drugs taken. And of course, with prolonged and uncontrolled consumption of dietary supplements, there is a risk of overdose. Another negative aspect of the use of dietary supplements is that relying on the positive effect of supplements, a sick person may not rush to the doctor and lose time. Therefore, if you are going to start using dietary supplements, you should consult with your doctor.

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To date, more than 3 thousand biologically active food supplements have been registered in our country, and even more components that are used in their manufacture. Some manufacturers, using the procedure of certification and registration, which is not so complicated compared to drugs, can overestimate the beneficial properties of dietary supplements. For this reason, further we will talk about the properties of some components of dietary supplements.

Many dietary supplements contain adaptogenic and tonic substances that stimulate the body's defenses, increase overall stability and vitality, performance, and can reduce the negative impact of the environment and stress. The listed properties, for example, have: extracts from plants - eleutherococcus, magnolia vine and others, animal organs, propolis, mummy. These components in supplements are combined with vitamins, dietary fiber and other substances. Guided by the purposes of application, the composition and ratio of components vary.

Often, dietary supplements include seaweed - chlorella, kelp, ascophyllum, spirulinafucus. These algae are a good source of vegetable protein that is easy to digest. In addition, they contain a lot of vitamins, trace elements saturated with fatty acids, and amino acids. And chlorella contains even more vitamin B12 than animal liver, so a vegetarian should pay attention to it. With the help of algae, radionuclides, salts of heavy metals, and toxic substances can be quickly removed from the body. They are also used for the prevention of cardiovascular and oncological diseases, asthma and allergic reactions, contribute to the normalization of thyroid function (as they are rich in iodine), and the elimination of inflammatory processes in the gastrointestinal tract.

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