



## EDITORIAL

### Nutraceuticals

Nutraceutical are substances that often are considered as food or part of food which provides health benefits, encompassing prevention and treatment of disease. These includes isolated nutrients, dietary supplements, genetically engineered foods, herbal products, processed foods (cereals, soups, beverages).

Nutraceuticals also may be considered as a group of products that are more than food but less than drugs. Unfortunately till date we don't have internationally accepted definition of these products and hence their definition varies from country to country. In most countries nutraceuticals are considered as part of dietary supplements. From a safety point of view nutraceuticals are trusted products even if they are not approved. With a lot of nutraceuticals clinical studies have been carried out and results originating from these trials support their effectiveness as well as their general safety. Nutraceuticals however shows a few adverse reactions, if used without medical control as interactions with medication can be harmful, especially in vulnerable (old, very young, chronically sick) populations.

**Piuse Pallavi Pandey**  
CRA,  
Clinimed Life Sciences Pvt. Ltd  
E-Mail: [piusedr@gmail.com](mailto:piusedr@gmail.com)

Indian Research Journal of Pharmacy and Science; 29(2021)2537;  
Journal Home Page: <https://www.irjps.in>  
DOI: 10.21276/irjps.2021.8.3.1