

**I. Aim of the discipline:**

Dietary supplements and nutrient chemistry is a complex medical discipline, which includes aspects of the principles of a healthy diet, but also those related to nutrition therapy, important components of the treatment of many diseases. The concepts of composition, processing, preservation, quality control of food products, are learned by students to complement their knowledge of pharmaceutical sciences.

II. Objectives obtained in teaching the discipline:

Nutrition knowledge in the pharmaceutical studies are necessary, useful and indispensable to the extent that the pharmacist is a health adviser.

III. Basic content of the course:

The discipline is studied at the 3rd year.

A. Lectures:

<i>Semester VI</i>		
No	Contents	Hours
1.	Psychology and biology of nutrition	2
2.	Nutraceuticals, functional foods, food supplements. Food management and food safety	2
3.	Isoflavones: sources and metabolism. Lycopene: food sources and properties. Wine and tea polyphenols and their biological role. Fresh and processed fruit phytochemicals pepper (<i>Capsicum anuum</i>)	2
4.	Conjugated polyunsaturated acids: natural sources. Garlic - food mystical in health promotion. Intake of dietary fiber and their role in health	2
5.	Probiotics and prebiotics	2
6.	Nutrition during pregnancy and lactation. Nutrition preschool children, adults and elderly persons	2
7.	Nutrition in atherosclerosis, heart failure and hypertension. Nutrition in diabetes, hyperlipidemia and obesity	2
8.	Nutrition in gastrointestinal pathologies in hepatobiliary and renal insufficiency. Nutrition in allergy and asthma. Allergy caused by fruits and vegetables. Nutritional anemia. Nutrition in cancer. Nutrition in tuberculosis. Nutrition in sexually transmitted diseases: AIDS, syphilis, gonorrhoea.	3
Total		17

B. Laboratory work:

<i>Semester VI</i>		
No	Contents	Hours
1.	Psychology and biology of nutrition	2
2.	Nutraceuticals, functional foods, food supplements. Food management and food safety	2
3.	Isoflavones: sources and metabolism. Lycopene: food sources and properties. Wine and tea polyphenols and their biological role. Fresh and processed fruit	2



	phytochemicals pepper (<i>Capsicum anuum</i>)	
4.	Conjugated polyunsaturated acids: natural sources. Garlic - food mystical in health promotion. Intake of dietary fiber and their role in health	2
5.	Probiotics and prebiotics	2
6.	Nutrition during pregnancy and lactation. Nutrition preschool children, adults and elderly persons	2
7.	Nutrition in atherosclerosis, heart failure and hypertension. Nutrition in diabetes, hyperlipidemia and obesity	2
8.	Nutrition in gastrointestinal pathologies in hepatobiliary and renal insufficiency. Nutrition in allergy and asthma. Allergy caused by fruits and vegetables. Nutritional anemia. Nutrition in cancer. Nutrition in tuberculosis. Nutrition in sexually transmitted diseases: AIDS, syphilis, gonorrhoea.	3
Total		17

IV. Recommended literature:**A. Compulsory:**

1. Kramer K., Hoppe P., Packer L. Nutraceuticals in health and disease prevention, Marcel Dekker Inc., 2001.
2. Lockwood B.: Nutraceuticals, Ed. a 2-a, Pharmaceutical Press, 2007.
3. Vasson M.P., Jardel A.: Principes de nutrition pour le pharmacien, Lavoisier, 2005.
4. Wildman R.E.C.: Handbook of Nutraceuticals and Functional Foods, Ed. a 2-a, CRC Press, 2007.

B. Additional:

1. Matcovschi C., Safta V. Ghid farmacoterapeutic (medicamente omologate în Rep. Moldova) – Ch.: „Vector V-N” SRL, 2010.
2. Segal R., Principiile nutriției, Ed. Academica, Galați, 2002.
3. Stoll A.L.: Factorul Omega-3. Dieta revoluționară omega-3 pentru sănătatea creierului și împotriva depresiei, Elena Francisc Publishing, 2005.

V. Teaching and learning methods:

Course, practical work.

VI. Suggestions for individual work:

Additional literature consulted, individual consultations, thematic reports.

VII. Methods of assessment:

Curentă: assessment.

Final: colloquium.

Absence on colloquium without good reason is recorded as „absent” and is equivalent to 0 (zero). The student has the right to re-take the on colloquium twice.

VIII. Language of study:

Romanian.