

Dr Palaniyamma Durairaj, Senior Manager – Clinical Affairs and Nutrition, Amway Global delivered the talk on “The Science Behind Dietary Supplements”

Dr. Palani emphasized on, the need for supplements to address India's micronutrient deficiencies and the triple burden of malnutrition. She highlighted the importance of high-quality, validated supplements, made from pure and potent ingredients undergoing strict quality control as well as the delivery and formulation methods of the supplements as it is crucial for nutrient absorption. Scientific evidence shows arterial calcification can be prevented with vitamin K2 and protein shots before meals can increase time in euglycemia.

Dr. Palani also discussed the topics of metagenomics, nutrigenomics, and nutrigenetics, and listed the emerging trends like personalized nutrition and microbiome-based supplements.