

Dr. Atanu Haldar, Senior Director and Head of R&D and Regulatory Affairs, Herbalife delivered a talk on **‘Role of Nutraceuticals in Chronic Systemic Inflammation’**.

He first explained nutraceuticals followed by systemic inflammation and its causes and effects. He mentioned that nutraceuticals represent an active option to regulate systemic inflammation. He stated that nutraceuticals have shown a wide range of health effects like antioxidant, anti-inflammatory, and anti-cancer to name a few.

He then gave an example using a paper on inflammation as the marker for atherosclerosis and cardiovascular diseases followed by another example on diet and its effect on gut microbiome which leads to a reduction of inflammatory responses.

He then presented some clinical evidence where some macronutrients and micronutrients have influenced inflammatory responses, whereas vitamins and bioactive compounds have influenced anti-inflammatory responses. He concluded the talk by stating that nutraceuticals can contribute to the state of well-being, reduce the risk of certain pathologies, and improve the quality of life.