

**Dr. Palaniyamma Durairaj MBBS, MD, Senior Manager-
Clinical affairs and Nutrition, Amway Global Services India Pvt. Ltd.** delivered
a talk on **‘Supplements for Human Health: Validation of Benefits’**.

She started by presenting news articles, one of which stated that 73% of urban rich Indians were protein deficient. She then presented the numbers on Indians being deficient on micronutrients like Vitamin D, Iron, Calcium, Vitamin A, and Iodine. She explained the concept of the triple nutrition – Undernutrition, Hidden Hunger, and Overnutrition and the common nutrients that are missing from the diet.

She further presented a poster of ICMR for an ideal diet to prevent hidden hunger and diseases. She explained the importance of macronutrients and micronutrients for proper functioning of the body and also listed vitamins, minerals, and the diseases caused due to their deficiencies. She then showcased the initiatives taken by the government of India to resolve the nutritional problems in India. She listed the advantages of validating supplements and how they can transform and improve public health. She further specified the factors contributing to the effectiveness of nutrition supplements. She concluded the talk by talking about Personalized nutrition as an emerging trend and its implications.

