



Nutraceuticals

Lisa Rapport, Brian Lockwood

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Nutraceuticals are the complementary medicines of the new millennium. Similar to many supplements, nutraceuticals are of natural origin. Usually obtained from a food source, they are sold as isolated, purified components in pharmacological doses for specific ailments. This text assesses the medical and scientific evidence for some of the most commonly used nutraceuticals. Sources, uses, side-effects and drug interactions are described for: glucosamine; octacosanol; proanthocyanidins and grape products; lycopene; carnitine; flaxseed and flaxseedoil; melatonin; and ornithine alpha ketoglutarate. Also considered are the various legal categories and labelling regulations world-wide. The text should be of value to practicing pharmacists, other healthcare professionals and complementary medicine practitioners.

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