

УДК 664:663.05

Хашемі.Д.Г. – ст. гр. БХФ-2-15

*Київський національний університет технологій та дизайну*

## **ХАРЧОВІ ДОБАВКИ**

Науковий керівник: ст. викладач Звонук О.А.

D.G.Hashemi

*Kyiv National University of Technologies and Design*

## **NUTRITIONAL SUPPLEMENTS**

Supervisor: O.A.Zvonok

Keywords: nutritional supplements, dyes.

A nutritional supplements is a palatable, ready-made drink packed full of calories, protein, vitamins and minerals.

As a general rule healthy males requite approximately 2000 calories. If you are unwell and have a poor appetite a doctor may recommended you to eat nutritional supplement.

Supplement are available in a variety of categories, types, styles and flavors. Hormon replacement, Immune Function, Gene Support. There are antioxidants, Cardiovascular, Drin Mixes Energy and Athletics, weight control. The most popular Dietary Supplements contain various essential nutrients.

Natural Dietary Supplement are extracted from plants, animal tissues or inorganic material, such as seawater and rocks.

Semi-synthetic supplements are extracted from natural sources and then chemically changed. Synthetic supplements are completely artificially produced.

Mineral and vitamin supplements can help correct mineral a vitamin deficiencies. If you do not have a nutrient deficiency, you will less likely experience benefits from dietary supplements.

If you are healthy and regularly consume variety of foods, dietary supplements will not likely boost you immunity or help present infections or other diseases.

If you have s disease but you do not have a nutrient deficiency, dietary supplements will not likely help you treat that disease. For example, vitamin Ca, Zn supplements do not likely prevent or shorten the duration of common cold or flu.

The safety of each supplement is described under a related nutrient. In general, most dietary supplements should be safe when used according to instructions provided by the producers.

Dyes are added to food in order to: restore the natural color lost in processing or storage; increase the intensity of natural color to enhance the visual appeal of the product; colorless coating products, such as soft drinks, ice cream, confectionery products to provide attractive appearance and color variety.

In this paper, we introduce tighter with natural and synthetic food dyes.

The main representatives of synthetic dyes, reflecting monochromatic radiation of red, orange and yellow are Karmuazin, Ponce, erytrozyn, Tartrazine. Their essential advantage is the high coloring capability, which allows you to receive necessary food color intensity using a small number of colors. They have a standard power coloring, high resistance to light, oxidizing and reducing agents, changes in the pH. Synthetic thermostable dyes, paints them as the product may be subjected to all necessary technological operations, including pasteurization, sterilization, cooling and freezing.

Natural dyes began to be used very long time without any studies, including toxicology. Most of them are of vegetable origin and are a mixture of carotenoids, anthocyanin's, flavonoids, chlorophyll and other natural ingredients. They can be used for coloring foods.

Natural food colors that stand out from plant sources can be classified by major classes of molecules pigments. In terms of the possibility of using vegetable dyes in hemorrhage food, the most widely used substance relating to carotenoids and anthocyanin's.

УДК 615.453.6:613.25

Ходьков П. – ст. гр. БХФ 2-14

*Київський національний університет технологій та дизайну*

## **ПРЕПАРАТ ПРОТИ ОЖИРІННЯ, ЯКИЙ ЗМЕНШУЄ ЖИР БЕЗ ПРИДУШЕННЯ АПЕТИТУ**

Науковий керівник: старший викладач Звонок О. А.

Hodkov P.

*Kiev National University of Technology and Design*

## **ANTI-OBESITY DRUG THAT SHRINKS FAT WITHOUT SUPPRESSING APPETITE**

Supervisor: senior lecturer Zvonok O. A.

*Ключові слова: таблетки, ожиріння.*

*Keywords: pill, obesity.*

GALVESTON, Texas – Given the ever-increasing obesity epidemic, researchers from The University of Texas Medical Branch at Galveston have discovered a promising developing drug that has been shown to selectively shrink excess fat by increasing fat cell metabolism. The drug significantly reduces body weight and blood cholesterol levels without lowering food intake in obese mice, according to a recent study published in Biochemical Pharmacology.

Obesity is a major public health problem around that world that is a leading cause of healthcare costs and compromised quality of life. In the U.S., 40 percent of adults are obese and 30 percent are overweight, battling serious obesity-related chronic diseases. The estimated cost of obesity in the U.S. is about \$150 billion each year.

"As fat cells grow larger, they begin to overexpress a protein that acts as a metabolic brake that slows down fat cell metabolism, making it harder for these cells to burn accumulating fat," said senior author Stanley Watowich, UTMB associate professor in the department of biochemistry and molecular biology. "In addition, as the fat tissue expands, they secrete greater amounts of hormones and pro-inflammatory signals that are responsible for several chronic diseases, including type 2 diabetes and cardiovascular disease."

The researchers discovered a molecule that blocks this metabolic brake from operating in obese white fat cells. By blocking this metabolic brake, they were able to increase the metabolism within white fat cells.