

Introduction

Dietary supplements are products intended to supplement the diet and provide nutrients that may be missing or insufficient in a person's diet [1]. These supplements can come in various forms, including pills, capsules, powders, liquids, and bars, and may contain vitamins,

to the recommended daily intake and avoid excessive supplementation unless directed by a healthcare provider.

Supplementing a balanced diet: Supplements are intended to complement, not replace, a healthy diet. It's important to focus on consuming a variety of nutrient-dense foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats, to meet nutritional needs. Supplements should only be used to fill gaps where dietary intake falls short.

Special populations: Certain groups, such as pregnant women, children, the elderly, and individuals with chronic illnesses, may have
