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The article discusses the importance of dietary supplements in maintaining health and preventing chronic diseases. It highlights the need for precise information regarding the quality and efficacy of these products. The author emphasizes that while supplements can be beneficial, they should not be used as a substitute for a balanced diet and healthy lifestyle. The text also touches upon the regulatory challenges associated with the supplement industry and the role of consumers in making informed choices.

In 2020, the global market for dietary supplements was valued at approximately \$140.3 billion, showing a steady upward trend. This growth is attributed to increasing awareness of health and wellness, as well as the aging population's reliance on supplements. However, the market is also characterized by a high degree of fragmentation and a lack of standardization, which poses significant challenges for consumers and regulators alike.

The author argues that the industry needs to adopt more rigorous quality control measures and transparent labeling practices. This includes providing clear information about the ingredients, their sources, and the scientific evidence supporting their use. Additionally, there is a call for greater collaboration between industry stakeholders, regulatory agencies, and academic researchers to address the current knowledge gaps and improve the overall safety and effectiveness of dietary supplements.

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