

## Essential herbal supplements and important dietary for geriatrics.

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### Abstract

**The world is going through an alarming time when human health is at risk. Elderly people and young children are currently the most vulnerable as the COVID-19 pandemic spreads. However, these risks can be reduced with nutritious foods and supplements designed to boost your immune system. Are you wondering what a dietary supplement is. Dietary supplements are simple foods that complement our regular diet to properly nourish our bodies. Dietary supplements refer to vitamins, amino acids, fatty acids and minerals.**

**Keywords:** COVID-19, Dietary supplements, Herbal supplements, Inflammation, Nutritious foods.

### Introduction

Dietary supplements are substances that can be used to add nutrients to your diet or to reduce your risk of health problems such as osteoporosis or arthritis. Available in extract or liquid form [1]. They may contain vitamins, minerals, fibre, amino acids, herbs, or other botanicals or enzymes. Some dietary supplement ingredients are added to foods and beverages. You don't need a doctor's prescription to buy dietary supplements. Dietary supplements, also called nutraceuticals or nutraceuticals, provide nutrients that are not available in sufficient amounts. It can also be described as substances that you eat or drink to support health and supplement your normal diet. Nutraceuticals are not food substitutes, but they reduce the risk of health problems such as osteoporosis and arthritis. Nutrients and vitamins that lighten. Liquid nutritional supplements provide calories, protein, vitamins and minerals in one serving. Their purpose is to supplement the normal diet. These drinks are usually milk-like, but not necessarily milk-based and come in a variety of flavours [2]. There are also juice-like supplements. An 8-ounce serving contains 130-560 calories and 8-25 grams of protein, depending on supplements.

### Dietary supplements

**Calcium:** Calcium works with vitamin D to keep bones strong at all ages. Bone loss can lead to fractures in both older women and men. Calcium can be found in calcium-added foods such as milk and dairy products (fat-free or low-fat are best), canned cartilaginous fish, dark green leafy vegetables such as kale and breakfast cereals.

**Vitamin D:** Most people in the United States consume less than the recommended amount of vitamin D [3]. Talk to your doctor about adding vitamin D-fortified milk and dairy products, vitamin D-fortified cereals, fatty fish to your diet and using vitamin D supplements.

**Vitamin B6:** This vitamin is necessary for the formation of red blood cells. Found in potatoes, bananas, chicken breasts and fortified cereals.

**Vitamin B12:** This keeps red blood cells and nerves healthy. Older people need as much vitamin B12 as other adults, but some people have trouble absorbing the vitamin naturally found in food. They may recommend eating foods such as fortified cereals that contain it, or taking B12 supplements [4]. Strict vegetarians and vegans are at increased risk of developing vitamin B12 deficiency because natural dietary sources of vitamin B12 are limited to animal foods. Talk to your doctor about whether taking a B12 supplement is right for you.

### Herbal supplements

Various herbal supplements also promise to slow down or reverse the effects of aging. The herbs do this by activating a group of proteins known as sirtuins. Sirtuins regulate many biological functions, including metabolic rate, inflammation, cell defence and regeneration and brain plasticity. Sirtuins also regulate the function of mitochondria, often referred to as the cell's powerhouses [5]. Activation of sirtuins also shows promise in the treatment of Alzheimer's disease. Foods rich in sirtuin activators include

- Green Tea
- Red grape juice
- Coffee
- Fennel
- Dark chocolate
- Kale
- Extra virgin olive oil

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- Red onion
- Turmeric
- Walnut

## Conclusion

Getting enough potassium in your diet also helps keep your bones strong. This essential mineral is essential for cell function and has been shown to help reduce the risk of high blood pressure and kidney stones. You have not consumed the recommended 4,700 mg of potassium.

Magnesium plays an important role in about 300 different physiological processes. Proper intake helps keep your immune system in top shape, your heart healthy and your bones strong.

"Many natural foods, including vegetables, contain magnesium, but it's often lost during processing," says Tucker. Magnesium absorption decreases with age. Some medications taken by older people, including diuretics, can also reduce magnesium absorption.

## References

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