

STRATEGIC DESIGN OF DELIVERY SYSTEMS FOR NUTRACEUTICALS AND HEALTH BENEFITS-A REVIEW

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ABSTRACT

Nutraceuticals are natural active ingredients that can be present in functional or separate food. Nutraceuticals is a combination of two words: nutrition and pharmaceutical. It means that could be used as a food supplements and functional ingredients in food processing to decrease the risk of diseases. In this paper, importance of active ingredients, operation mechanism of nutraceutical, sources and health benefits are reviewed.

KEYWORDS: *Nutrition and Pharmaceutical*