

Comprehensive Analysis of Hepatoprotective Supplements through Chemical, Microbiological, and Palynological Approach

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Introduction

Dietary supplements are ingested to enhance the diet by providing essential nutritional components. However, poor-quality supplements, including those marketed for liver protection, can pose public health risks due to undeclared ingredients, contaminants, or inaccurate dosages, which increase the potential for adverse effects.

Objective

This study analyses hepatoprotective supplements on the Portuguese market to verify label compliance and detect potential adulterants or contaminants.



Methodology

- Chromatography and spectroscopic techniques
- Microbiological analysis
- Palynological analysis

Supplement Compliance



Chemical composition



Presence of microbiological contaminants



Alignment of ingredients with label claims

Remarks

By combining chemical characterization, microbiological analysis, and palynology, this study offers a comprehensive approach to evaluating the quality and safety of hepatoprotective supplements.

Key Sources

Hepatoprotective, supplements, microbiology, palynology, Chromatography, contaminants

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