

**DEVELOPMENT AND BIOCHEMICAL ANALYSIS OF IRON  
SUPPLEMENTARY NUTRACEUTICALS FROM *MORINGA  
OLEIFERA* AND *AMARANTHUS POLYGONOIDES***

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There is a rapid change in our overall lifestyle due to impact of globalization. Every day life has forced consumers to be dependent upon fast foods, which contain unbalanced nutrients. To overcome this problem a Iron supplementary powder Nutraceuticals product developed from *Moringa oleifera* and *amaranthus polygonoides*. Carbohydrate, protein, vitaminA, calcium, zinc, iron, sodium, potassium, cadmium, lead, mercury, moisture, ash content were analyzed in Nutraceutical. There is no presence of heavy metals, it does not produce any harmful and toxic effects. This analysis concluded that the Nutraceutical are used for supplement for iron in pregnancy women and reduce the blood sugar during delivery and pregnancy time for women.

**INTRODUCTION**

According to DeFelice, Nutraceutical can be defined as a food (or part of a food) that provides medical or health benefits, including the prevention and/or treatment of a disease (Brower.V, 1998).

Nutraceuticals are non- specific biological therapies used to promote wellness, prevent malignant processes and control symptoms. These can be grouped into the following three broad categories.

1. Substance with established nutritional functions, such as vitamins, minerals, fatty acids and amino acids-Nutrients
2. Herbs or botanical products as concentrates and extracts-Herbals
3. Reagents derived from other sources (e.g.pyruvate,chondroitin sulphate,steroid hormone precursors) serving specific functions,such as sports nutrition,weight-loss supplements and meal replacements-Dietarysupplements.

In the past five years,the world has witnessed the explosive growth of a multi-billion dollar industry known as Nutraceuticals. The term “Nutriceuticals” combines the word “nutrient” (a nourishing food or food complement) with “pharmaceutical” (a medical drug). The word “Nutraceuticals”has been used to describe a broad list of products sold under the premise of being dietary supplements (i.e. a food), but for the expressed intent of treatment or prevention of disease (Avreljia, 2006).

Nutraceuticals on the market today consist of both traditional foods and non

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