

THE APPLICABLE REGULATION CONCERNING VITAMINS AND VITAMINIC SUPPLEMENTS USED BY ALBANIAN POPULATION

Afriola Ceta^{1*}, Delina Troja¹, Elena Muca¹, Rozana Troja¹

¹Department of Industrial Chemistry, Faculty of Natural Sciences, University of Tirana, Bulevardi Zogu I, 1000 Tirana, Albania

*e-mail: afriolaceta@gmail.com

Abstract

Choosing the right diet and healthy food is becoming a challenge nowadays taking in consideration the lifestyle we are having. Sometimes it is difficult to consume fresh and secure alimentary products. Moreover consuming more food outside the house makes it difficult to rate the products we are having, their freshness, way of being cooked and therefore their nutritive characteristics.

Vitamins are organic compounds which are needed in small quantities to sustain life. Vitamins help the metabolism in general, they are crucial to growth, to fitness, and to healthy mental and physic conditions. We get vitamins from food because the human body does not produce them. Due to the lifestyle and the characteristic of vitamins, it is becoming difficult to get the right amount of vitamins by simply consuming food; therefore a lot of people are getting these elements through pharmaceutical preparations, the so called food supplements.

The pharmaceutical environment is rich in such products therefore, it is important to know what we are taking, and make a curative assessment of what is really needed in order not to exceed and have the opposite result of toxic amounts of vitamins in the body. On these terms, it is interesting to have more information also on applicable regulations concerning these products. What are the laws and by-laws that regulate their placement on the market? What is allowed for use during production and the respective allowed quantities? Even though these products might seem "easy and light products" compare to the real pharmaceutical drugs still their extended use and accessibility from different range of populations makes it even more important this level of knowledge.

The paper here presented intends to give a short overview of applicable laws and regulation in regards to these products in Albania compare to EU/USA. Moreover, it is an introduction of a two year study related with the recent situation of the consumption of vitamins and food supplements reach with vitamins in Albanian population.

Key words: *Vitamins, Food supplements, Knowledge, Healthy food, Law, Regulation.*