

DODACI PREHRANI KOD OSTEOPOROZE

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Osteoporozna je oboljenje koje pogađa koštanu srž i može biti praćena frakturama. To je bolest koja je prije bila specifična za žene u postmenopauzi, a danas se u praksi može naći sve više slučajeva muškaraca i žena mlađe generacije, koji od nje boluju. Razlog je vjerovatno današnji način života i način ishrane (unošenje fosforne kiseline u cola gaziranim napitcima i pored unosa kalcijuma i vitamina D).

Svjetsko tržište i proizvođači dodataka prehrani prepoznali su problem, pa se i kod nas može pronaći veliki broj dodataka koji imaju suportivnu ulogu u tretmanu ove bolesti. Tu se najčešće radi o preparatima kalcijuma i vitamina D, njihovim čistim oblicima ili kombinacijama. U prvom redu se tu mogu spomenuti klasični oralni preparati poput Osteostopa (Life line), Osteopana (Dietpharm), Osteokomplexa (Natural Wlth), Osteocare (Vitabiotics). To su preparati koji sadrže kombinacije kalcijuma sa magnezijumom, cinkom, vitaminom D i vitaminom C. Čist kalcij-citrat može se pronaći u vidu tableta (Natural Wealth), te od istog proizvođača kalcij-karbonat u kombinaciji sa vitaminom D. Slične proizvode ima i proizvođač „Polja Prirode“. Kombinaciju kalcijuma sa magnezijumom i cinkom proizvodi i Webers Natural, te Natural Wealth.

U novije vrijeme pojavili su se preparati kalcijuma i vitamina d u vidu eferveta što pacijentima omogućuje lakši unos ovih supstanci, pogotovo u slučaju kad već uzimaju oralne lijekove za tretman bolesti. I tu se radi o kombinacijama i čistim preparatima kalcijuma, a na našem tržištu su traženi oni od Senslab-a, Biofar-a, Dietpharma, Hermesa i sl. Innotech je na tržište lansirao Ideos kao tablete za žvakanje, koje radi i ABO pharma iz Njemačke. Lifetime i ranije Vitabiotics proizvode ih i u tekućem obliku, sa dva ukusa: naranče i borovnice. Vitamin D se može naći u čistom obliku u vidu kapi (Plivit D3 i AD3 do Krke), a Natural Welth ga je uradio i u obliku tableta.

Farmaceut ima širok asortiman za odabir odgovarajućeg dodatka, a koji će biti odabran ovisi od afiniteta pacijenta prema obliku preparata, sklonosti ka stvaranju kamenca (dilema citrat/karbonat), te o finansijskoj situaciji pacijenta, o kojoj takođe kod nas moramo voditi računa.

FOOD SUPPLEMENTS IN OSTEOPOROSIS

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Osteoporosis is disease which attacks bone marrow and can be associated with fractures. This disease was earlier specific for women in postmenopause, and today you can find in practice many cases of this disease in men and young women. Reason for this is most probably modern way of life and way of nutrition (intake of phosphoric acid in cola drinks).

World market and producers of food supplements are recognizing this problem, so you can find a huge number of food supplements which have a supportive role in treatment of this disease. The most common are preparations of calcium and vitamin D, their pure forms or combinations. In first row we can mention classical oral preparations like Osteostop (Life line), Osteopan (Dietpharm), Osteokomplex (Natural Wlth), Osteocare (Vitabiotics). Those are preparations which contain combinations of calcium with magnesium, zinc, vitamin D and vitamin C. Pure calcium-citrate you can find in tablets (Natural Wealth), and from the same producers calcium-carbonate in combination with vitamin D. Similar products have manufacturer „Polja Prirode“. Combination of calcium with magnesium and zinc produce also Webers Natural and Natural Wealth.

Recently they showed up some new products of calcium and vitamin D in form of effervescents for easier way for intake of these substances, especially in case when already takes oral medications for treatment of disease. This is also combination or pure preparations of calcium, and on our market people wanted them from Senslab, Biofar, Dietpharm, Hermes etc. Innotech was launched with Ideos like chewing-tablets, and same worked ABO pharma from Germany. Lifetime and earlier Vitabiotics make it in liquid form, in two tastes: orange and blueberry. Vitamin D you can find in pure form in liquid-drops (Plivit D3 and AD3 from Krka), and Natural Wealth make it in tablets.

The pharmacist has a wide range of products to offer to patients. Decision which to choose depends from affinity of patient to way of intake preparation, inclinations for kidney stone (limitation of this

treatment-dilema citrat/carbonat), and also for financial capability of patient, which also we have to calculate.