

Two new Scientific Publications now available to NPNZ Members

1) Ensuring micronutrient adequacy for vulnerable groups around the world: the role of food supplements

Written by Professor David Richardson, Scientific Advisor to CRN UK and member of the IADSA Scientific Group, the publication highlights the importance of appropriate nutrition interventions to improve child health and development and good nutrition *in utero* in relation to the far-reaching implications for a nation's economic development and the chance for people to prosper.

Governments and health professionals already recognise the need for the use of food supplements in certain targeted population groups. However, significant proportions of the general population are failing to achieve adequate intakes of several micronutrients. A key objective of this IADSA publication is to promote better awareness of the potential role of food supplements in supporting a varied and balanced diet and to help improve the nutritional status of populations around the world.

2) Bioactive Food Components: Changing the Scientific Basis for Intake Recommendation

Written by Dr David Heber, University of California, USA, and Dr Andrew Shao from the IADSA Scientific Group, this publication proposes a new framework for recommended intake, enabling the incorporation of aspects of basic, pre-clinical and clinical research – including the Evidence Based Medicine approach of Randomized Controlled Trials (RCT) – but allowing for decision-making based not primarily on RCT but on the totality of the evidence. It suggests the need for human intervention studies of a smaller scale than those used to evaluate drug efficacy and safety, arguing that RCT used to establish the safety and efficacy of drugs is, alone, not an appropriate method for establishing recommended intakes for nutrients and other bioactive substances.

Both publications are available for free download on the IADSA website: www.iadsa.org