

# FNG-650 : Micronutrients, Dietary Supplements and Nutraceuticals

A study of the essential vitamins and minerals in humans. Mechanisms of absorption, digestion, functions, requirements, metabolism. A review of functional foods, phytochemicals, herbs and biologically active compounds in foods and their relevance to human health and prevention of disease. Critical analysis of the research and professional literature is utilized throughout the course.

**Credits** 3

**Instructional Method**

LEC

**Required Prerequisites**

[CHE-112](#) or [BIO-322](#)

**Semester Offered**

Varies-Contact Prog. Director