

CONSUMPTION OF VITAMINS AND MINERALS BEFORE AND DURING A PANDEMIC OF COVID-19

Marija Popović Milenković^{1*}, Marina Tomović²

¹Pharmacy of Kragujevac, Kragujevac, Srbija

²University Kragujevac – Faculty of Medical Science, Department of Pharmaceutical Tehnology, Kragujevac, Serbia

*marijapopmil@gmail.com

Food supplements (FS) are concentrated sources of vitamins, minerals, or other ingredients with nutritional or other physiological effects. Due to their easy availability, their consumption has increased. The aim of this research is comparison of supplement consumption in the period before and the period during the COVID pandemic. Pharmacy level research was done. We observed the amount of issued supplements for each quarter in 2019 and compared these results with the amount of issued supplements in COVID-19' waves from March 2021 to March 2022. Observed supplements contain vitamins (C, D, B12), minerals (Ca, Mg, Zn, Se, Fe), alpha lipoic acid, glucosamine, chondroitin and collagen. Research showed that the consumption of vitamins C, D and Mg, Zn, Se and alpha lipoic acid has significantly increased in comparison to the period before the pandemic. At the beginning of the pandemic, the consumption of alpha lipoic acid has increased 2.7 times, and later 150-200 times. Vitamin D consumption has increased 2.4 times, and later 7-9 times. Vitamin C and Zn consumption has increased 2 times, and later 20 times. Vitamin B12 consumption was at the same level, and Mg consumption had a slight increase. Ca and Fe consumption was reduced 2 times and glucosamine, chondroitin and collagen consumption was reduced up to 5 times. This data has shown us that patients have focused their interest and finances on the immunity, and other conditions were partially or completely neglected.

References

1. Aysin E, Urhan M. Dramatic Increase in Dietary Supplement Use During Covid-19. *Curr Dev Nutr* 2021; Volume 5: 201-207.

POTROŠNJA VITAMINA I MINERALA U PERIODU PRE I ZA VREME PANDEMIJE COVID-19

Marija Popović Milenković^{1*}, Marina Tomović²

¹Apotekarska ustanova Kragujevac, Kragujevac, Srbija

²Univerzitet Kragujevac – Fakultet medicinskih nauka, Katedra za farmaceutsku tehnologiju, Kragujevac, Srbija

*marijapopmil@gmail.com

Suplementi predstavljaju koncentrate vitamina, minerala i drugih supstanci sa nutritivnim ili drugim fiziološkim efektima. Njihova dostupnost je laka pa je porasla i njihova potrošnja. Cilj ovog istraživanja je poređenje potrošnje suplemenata u periodu pre izbijanja i u toku epidemije COVID-19 (1). Istraživanje je rađeno na nivou apoteke. Posmatrali smo količinu izdatih suplemenata po kvartalima u 2019 godini i poredili sa količinom izdatih suplemenata u periodu talasa epidemije od marta 2021 do marta 2022 godine. Suplemente koje smo posmatrali sadržali su vitamine (C, D, B12), minerale (Ca, Mg, Zn, Se, Fe), alfalipoinjska kiselina, glukozamin, hondroitin i kolagen. Istraživanje je pokazalo da je potrošnja vitamina D, C kao i Mg, Se, Zn i alfalipoinjske kiseline značajno porasla u odnosu na adekvatan period pre pandemije u 2019 godini. Na početku pandemije potrošnja alfalipoinjske kiseline je bila 2,7 puta veća da bi potom dostigla 150-200 puta veću potrošnju. Vitamin D u početku 2,4 puta a kasnije 7-9 puta veću potrošnju. Vitamin C i Zn u početku 2 a kasnije i do 20 puta veću potrošnju. Vitamin B12 približno ista potrošnja na godišnjem nivou a Mg blago povećanje. Potrošnja Ca i Fe je smanjena i do 2 puta a potrošnja glukozamina, hondroitina i kolagena i do 5 puta je bila manja. Ovi podaci nam pokazuju da su pacijenti više koristili preparate za povećanje imuniteta a ostala stanja (problemi sa kostima, mišićima...) su delimično ili potpuno zanemarena.

Literatura

1. Aysin E, Urhan M. Dramatic Increase in Dietary Supplement Use During Covid-19. Curr Dev Nutr 2021; Volume 5: 201-207.