

## **BIOLOGICALLY ACTIVE ADDITIVES**

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**Annotation.** As the title implies the article describes of biologically active additives. And also describes the main classes.

## **БИОЛОГИЧЕСКИЕ АКТИВНЫЕ ДОБАВКИ**

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**Аннотация.** Как следует из названия, статья описывает биологически активные добавки. А также описывает основные классы биологически активных добавок.

The constantly deteriorating ecological situation also does not contribute to obtaining all the necessary minerals, vitamins and biologically active substances when using various, even the most advertised, food products. Therefore, the deficit of various nutrients has become fashionable recently to replenish with the help of a variety of biologically active additives [1].

BAAs are concentrates of natural nutritional and biologically active substances derived from food raw material of animal, marine and mineral origin, nutritional or medicinal plants, or obtained by chemical synthesis (synthesized substances that are identical to natural analogs). The body cannot synthesize these essential nutritional and biologically active substances, so we need to include them into our diet every day. Otherwise they become a deficit which eventually increases, the body is weakened and unable to withstand adverse environmental factors. As a result the working capacity grows worth and aging process is enhanced. Prolonged deficiency of these substances in the body can lead to serious diseases [2].

Biologically active additives are divided into several classes, depending on a number of important factors. The main are three groups of dietary supplements, which are called eubiotics, nutraceuticals and parapharmaceuticals, and are divided by their composition and percentage of certain components.

In this case, in more detail, biologically active additives are divided into more classifications according to different variations and the nature of the application. Modern dietary supplements can be considered as products, divided by the following, the most important criteria:

- Nature of use;
- Application in specific situations;
- Sourcing sources;
- Effects on the body;

- Composition and ingredients.

It is worth considering that biologically active food additives are not medicinal products, therefore they can be used to prevent or maintain good health. But to replace drugs with them, and also to try to cure the disease yourself can not be categorically impossible [3,4].

More correctly will use BAA as an additive for every meal. This will help not only to take the necessary supplements of the body correctly, but also to successfully rationalize their nutrition.

While the benefits of biologically active additives seem to have already been proved by widespread application and feedback, criticism does not stop them. Indeed, BAAs have the properties to favorably influence the human body as a whole, not allowing diseases to actively develop or pass into chronic and sometimes incurable forms.

The main physiological functions, which have BAAs, are the following:

1. Wellness - sufficiently supporting the optimal functioning of the human body;
2. Preventive - for the prevention of a variety of diseases and assistance in adapting to the environment;
3. Restorative - help restore the body after taking antibiotics and synthetic types of drugs;
4. Protective - help to mitigate the effects on the body of synthetic drugs;
5. Preparatory - helps the body to prepare for long-term treatment and the intake of synthetic drugs.

Biologically active additives are substances of natural origin that promote health, prevent diseases, normalize the balance of nutrients in the body, help the body fight infections and accelerate the recovery process. To say more, many biologically active additives contain toning agents that have a really positive effect, providing vitality, increasing performance, both mental and physical, reducing stress and stimulating the protective function of the body. Supplements include vitamins, minerals, amino acids, antioxidants, unsaturated fatty acids, fibers, plant extracts and many other useful components that purify our body of toxic substances, salts, radionuclides and heavy metals, slow the aging process and stimulate the immune system [5].

In the era of fast food and "artificial" food a person does not get a tenth of the useful substances that our grandparents provided themselves with food. Therefore, it is not surprising that the relevance of biologically active additives increases every year. These bioactive substances can give the body everything you need. But under one condition. The BAA itself is a quality preparation containing extracts of all the declared components, without impurities and substitutes, then it actually will bring benefits to the person, not harm.

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