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Potential applications of microemulsions for solubilization and delivery of nutraceuticals: A literature review

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Nutraceutical product is a food or fortified food product that not only supplements the diet but also assists in treating or preventing disease, so provides medical benefits. They can be considered non-specific biological therapies used to promote general well-being, control symptoms and prevent malignant processes. They can be classified on the basis of their natural sources, pharmacological conditions, as well as chemical constitution of the products. Most often they are grouped in the following categories: Dietary supplements, functional food, medicinal food and pharmaceuticals. The most common nutra-molecules are phytosterols, lycopenes, vitamin E, luteins, CoQ10 and others. In the market nutraceuticals are seen in many forms: Some in powdered form, some encapsulated as soft gels, others are dissolved and sold as liquid solutions. Different types of pharmaceutical systems are used to deliver nutraceuticals but stability is a problem. One of the best options explored to solve these problems can be microemulsions.

Biography

Fasiha Shah has completed her MPhil from Punjab University, Pakistan in 2007 with research topic probiotics. She is working in RAK Medical & Health Sciences University since 2008 as a Senior Lecturer and has published around 4 papers as first author and 2 papers as second author.

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