

## Liverpool John Moores University

Title: NUTRACEUTICALS  
Status: Definitive  
Code: **6004BCBMOL** (101447)  
Version Start Date: 01-08-2011

Owning School/Faculty: Pharmacy & Biomolecular Sciences  
Teaching School/Faculty: Pharmacy & Biomolecular Sciences

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**Academic Level:** FHEQ6      **Credit Value:** 12.00      **Total Delivered Hours:** 30.00  
**Total Learning Hours:** 120      **Private Study:** 90

### Delivery Options

Course typically offered: Semester 1

Component	Contact Hours
Lecture	18.000
Practical	9.000

**Grading Basis:** 40 %

### Assessment Details

Category	Short Description	Description	Weighting (%)	Exam Duration
Exam	AS1	answer 3 out of 6 questions.	70.0	3.00
Practice	AS2	one mini-project	30.0	

### Aims

*To provide a biochemical, physiological and pharmacological basis for the role of nutraceuticals in health and disease.*

### Learning Outcomes

After completing the module the student should be able to:

- 1 Appreciate\_the\_commercial\_importance\_of\_nutraceuticals\_in\_the\_food\_industry.
- 2 Be\_able\_to\_define\_the\_different\_classes\_of\_nutraceuticals.
- 3 Be\_able\_to\_evaluate\_the\_mode\_of\_action\_of\_nutraceuticals\_in\_health\_and\_disease.
- 4 Discuss\_the\_current\_and\_future\_developments\_of\_nutraceuticals.

### Learning Outcomes of Assessments

The assessment item list is assessed via the learning outcomes listed:

EXAM	1	2	3	4
CW	2	3		

### Outline Syllabus

*Historical perspective-Folklore medicine. Awareness of general health, the demand for natural products-natural cures. Awareness and Toxic properties of natural products. Definition of nutraceuticals-overview. Health properties of nutraceuticals. Commercial demand of nutraceuticals including preparation, quality control, legislation and regulation of the sales of nutraceuticals. Classes of nutraceuticals according to their origin and chemical composition. Classes of nutraceuticals according to their mode of action on: Blood, Liver, Brain, Heart, Immune System, Skin, Genito-Urinary System, Bone Structure and Hormonal System. Current state future issues of nutraceuticals from a health and commercial perspective. Correlation of nutraceuticals in health and disease.*

### Learning Activities

Lectures, tutorials, practicals.

### References

<b>Course Material</b>	Book
<b>Author</b>	Goldberg, I.
<b>Publishing Year</b>	1994
<b>Title</b>	Functional Foods: Designer Foods, Pharmafoods, Nutraceuticals.
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Chapman and Hall.
<b>ISBN</b>	0412988518.

<b>Course Material</b>	Book
<b>Author</b>	Robbers, J.E. and Tyler, V.E.
<b>Publishing Year</b>	1999
<b>Title</b>	Tyler's Herbs of Choice: The Therapeutic Use of Phytochemicals.
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Haworth Publishers.
<b>ISBN</b>	0789001608.

<b>Course Material</b>	Book
<b>Author</b>	Barnes, J., Anderson, L.A., Phillipson, J.D. and Newall, C.A.
<b>Publishing Year</b>	2002
<b>Title</b>	Herbal Medicines: A guide for Healthcare Professionals.
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Pharmaceutical Press
<b>ISBN</b>	0853694745.

<b>Course Material</b>	Book
<b>Author</b>	Cassileth, B.R.
<b>Publishing Year</b>	1999
<b>Title</b>	Alternative Medicine Handbook.
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	W.W. Norton Publishers
<b>ISBN</b>	0393045668.

<b>Course Material</b>	Book
<b>Author</b>	Herb World News Online-A service of the Herbs Research Foundation .
<b>Publishing Year</b>	0
<b>Title</b>	
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	
<b>ISBN</b>	

<b>Course Material</b>	Book
<b>Author</b>	Duke, J.A. et. al.
<b>Publishing Year</b>	2002
<b>Title</b>	Handbook of Medicinal Herbs.
<b>Subtitle</b>	
<b>Edition</b>	2nd ed.
<b>Publisher</b>	CRC Press
<b>ISBN</b>	0849312841.

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<b>Course Material</b>	Book
<b>Author</b>	Mann, J. and Truswell, S.
<b>Publishing Year</b>	2001
<b>Title</b>	Essentials of Human Nutrition.
<b>Subtitle</b>	
<b>Edition</b>	2nd ed.
<b>Publisher</b>	Oxford University Press
<b>ISBN</b>	0198508611.

<b>Course Material</b>	Book
<b>Author</b>	Rapport, L. and Lockwood, B.
<b>Publishing Year</b>	2002
<b>Title</b>	Nutraceuticals.
<b>Subtitle</b>	
<b>Edition</b>	
<b>Publisher</b>	Pharmaceutical Press
<b>ISBN</b>	0853695032

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### Notes

This module will provide a biochemical, physiological and pharmacological importance of nutraceuticals in health and disease. The historical development of nutraceuticals, their commercial importance, research methods used in their evaluation and the current and future issues of nutraceuticals in health and disease will be discussed.