



SERBIAN NUTRITION SOCIETY

BOOK OF ABSTRACTS

**14th INTERNATIONAL CONGRESS ON NUTRITION:
„A PLACE WHERE SCIENCE MEETS PRACTICE“**

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Preface

Serbian Nutrition Society (SNS) was established in 1956 as an independent non-profit society. SNS has a tradition of gathering established experts and young ones from human and veterinary medicine, pharmacy, biology, chemistry, biochemistry, agriculture, food technology, food microbiology and others with the similar areas of interests. Every year SNS organizes seminars for national experts and students on actual topics and every four years a congress on nutrition. Recently, SNS, together with the Federation of European Nutrition Sciences (FENS), successfully organized three summer schools for young Ph-students. SNS has been elected to be a host of the next, 14th FENS' European Conference on Nutrition, in Belgrade 2023.

The main themes of the 14th international congress on nutrition were:

1. Food, Nutrition and Health
2. Public Health Nutrition;
3. Food Quality and Safety;
4. Food Technology
5. Emerging Issues in Food and Nutrition

These themes were covered by XV sessions, one symposium and one round table. The congress was organized in hybrid format: *ad personam* and *online* attendance. A special pleasure was that the congress participated many internationally recognized scientists, domestic and foreign ones, and, as well as, young researchers from various countries. So, at the congress were presented: 6 plenary, 78 oral and 55 poster presentations. Having in mind that the 14th congress on nutrition is the primary domestic one, opened for foreign

experts, it is reasonable that the great majority of the abstract's authors come from the national research institutions and academia.

The programme of the congress has been accredited as the international one by the Health Council of the Ministry of Health of the Republic of Serbia No B 32/21.

The authors were asked to submit abstracts online with good scientific practice and the following statements of the *Instruction on the method of cooperation between the Serbian Nutrition Society and business and/or other entities in the prevention of conflicts of interest*. This document has been available on the congress and SNS website. The abstracts were reviewed by the Scientific Committee.

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Vitamin and mineral dietary supplements for children available on the Serbian market.^P

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Vitamin and mineral supplements make up a large proportion of dietary supplements market both, for adults and children. **Aims:** The aims of this abstract were to identify vitamin and/or mineral supplements intended for use in children available on the Serbian market, to assess their quantitative and qualitative composition, as well as health claims from their labels.

Methods: Vitamin and/or mineral supplements for children on the Serbian market were identified using the freely available database of dietary products registered in Serbia (last update – June 2018, Ministry of Health). Those supplements registered after June of 2018 were added to the list after a search of online pharmacies from Serbia. The intention for those supplements to be used in children was assessed by the words „baby“, „junior“, „(for) kids“ and similar terms on their labels. Data on the intended use, composition, daily doses and health claims were taken from dietary supplements labels. The compliance of the identified supplements composition and health claims with the national regulation were assessed.

Results: In total, 30 different vitamin and/or mineral dietary supplements intended for use in the pediatric population were identified on the Serbian market. Most of them (80%) were combinations of different vitamins and minerals in dosage forms appropriate for use in children (chewable tablets, powders, lollipops, effervescent – 63%, liquid forms – 37%). Vitamins C, D, A, B₆ and B₁₂, zinc, iron and iodine were the most commonly present vitamins/minerals in the analyzed supplements. Chemical sources of vitamins and minerals in childrens' supplements were compliant with the national legislation. Daily doses of vitamins/minerals according to the manufacturers' recommendations did not differ between age groups from 3 to 12+ years, except for vitamin E, iron and calcium. Daily doses of vitamin D and iodine in the analyzed supplements were equivalent to the maximum amounts allowed in dietary supplements for adults (400 IJ and 150 µg, respectively). Health claims used on the labels were in compliance with the national regulation except in the cases of vitamin C, B₁₂ and K for which a total of 4 unapproved health claims were made.

Conclusions: Many pediatric supplements containing vitamins and/or minerals are available on the Serbian market and most of them are compliant with the available requirements of the national regulations. However, the lack of proper regulation pertaining to dietary supplements for children, specifically, makes it hard to assess the appropriateness of their use in different pediatric age groups.

Key words: dietary supplements; vitamins; minerals; children