

Vitamin a supplementation in terms of lifestyle disease

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ABSTRACT

Introduction: Rational nutrition is one of the most important factors affecting human development, maintaining good health and prevention of civilization diseases.

Purpose: To assess the state of knowledge among students from John Paul II State School of Higher Education in Biala Podlaska in the impact and effectiveness of vitamin A supplementation on the human body. As well as the assessment of students' knowledge concerning the problem of deficits and diseases caused the overdose of vitamin A.

Materials and methods: The study was conducted among 70 students of the John Paul II State School of Higher Education in Biala Podlaska in the period March - April 2018. We used the diagnostic survey

method based on the original questionnaire.

Results: Students have knowledge about dietary supplements; they could indicate the main effect of the preparations. 62.86% of the respondents knew the correct definition of dietary supplements. They had difficulty with the term of vitamin A in the human body and the diseases caused by the lack of it. The problem was a detailed knowledge of the occurrence and impact on the body of vitamin A supplementation. A small percentage (14.29%) students have ever taken supplements.

Conclusions: Students have knowledge about dietary supplements

Keywords: Vitamin A, dietary supplement, students, civilization disease
