



Daily Article (Bharath's Reading list) - Answers and Explanations 31.08.2023

Article link : <https://bit.ly/3L0twmA> (Are dietary supplements as nutritious as they claim?)

1. The article mentions all the following problems with regard to dietary supplements sold in India except:

- A. The lack of uniformity in the naming and labelling the supplements
- B. Many products containing undisclosed ingredients being sold
- C. Some supplements containing suboptimal levels of nutrients
- D. Lack of any regulatory body in India to oversee these products

Explanation : D

All options except D are true. Dietary supplements are regulated by the Food Safety and Standards Authority of India (FSSAI).

2. Which of the following is not in line with the contents of the article?

- A. Taking specific supplements for long periods of times must be avoided as it could lead to toxicity
- B. Supplements must not be taken without discussion with a registered medical practitioner
- C. Consumers should buy reputed international brands instead of local ones as the former are better regulated
- D. None of the above

Explanation: C

Refer to the lines, 'Along with a health care professional's guidance, one should buy local brands only. Importing can give the opportunity for someone in the middle to play with them.'

3. All the following are mentioned in the article as contributing factors to the growth in the market for dietary supplements in India except:

- A. High demand coupled with a lack of stringent clinical testing and safety mechanisms due to supplements being classified as food products instead of medicines
- B. Companies getting away with false or misleading claims due to lack of strict advertising guidelines and regulatory action
- C. The Covid pandemic triggering increased buying of supplements, especially online
- D. Increased consumer awareness of the importance of supplements and growing interest in understanding them

Explanation: D

Option D states the opposite of what the article says: 'Any new product that promises improved health does well in India because consumers do not put in the effort to understand them....So the real change has to come from the consumers. They need to educate themselves or find a trustworthy person for these recommendations...'