

MINERALS AND VITAMINS IN PLANT RESOURCES

PHARMACOGNOSY-PHYTOTHERAPY

FACULTY OF PHARMACY

ACADEMIC YEAR: 2025-2026

2nd YEAR, 1st SEM



1 hour LECTURE,
1 hour PRACTICAL/ week

EVALUATION: COLLOQUIUM

ECTS: 2

LECTURE TOPICS

- Essential vitamins and minerals study : structure, biological role and metabolism.
- Identification of plant sources rich in nutrients.
- Benefits of vitamins and minerals in the prevention of chronic diseases
- Differences between dietary supplements and OTC herbal medicines.



SKILLS AQUIRED

- To differentiate between different vitamins, micro and macro minerals
- To know the recommended plant sources
- To understand their function and metabolism
- To explain and ways to address imbalances; impact on health
- Correct patient counseling

