

DISCIPLINE SHEET
NUTRITIONAL SUPPLEMENTS
ACADEMIC YEAR
2025–2026

1. STUDY PROGRAM INFORMATION

| | |
|-----------------------------------|--|
| 1.1. Higher education institution | UNIVERSITY OF MEDICINE AND PHARMACY OF CRAIOVA |
| 1.2. Faculty | PHARMACY |
| 1.3. Department | PHARMACY I |
| 1.4. Field of study | HEALTH |
| 1.5. Study cycle | LICENSE |
| 1.6. Study program/Qualification | PHARMACY/Pharmacist |

2. INFORMATION ABOUT THE DISCIPLINE

| | | | | | | | |
|---|--------------------------------|----------------|----------|------------------------------------|-----------|---------------------------------|------------|
| 2.1. Name of the discipline | NUTRITIONAL SUPPLEMENTS | | | | | | |
| 2.2. Discipline code | FAR3112 | | | | | | |
| 2.3. The holder of course activities | Cornelia BEJENARU | | | | | | |
| 2.4. Academic degree – course activities | Associate Professor, PhD | | | | | | |
| 2.5. Employment (base norm/associate) | Base norm | | | | | | |
| 2.6. The holder of seminar activities | – | | | | | | |
| 2.7. Academic degree – seminar activities | – | | | | | | |
| 2.8. Employment (base norm/associate) | – | | | | | | |
| 2.9. Year of study | III | 2.10. Semester | V | 2.11. Type of discipline (content) | DS | 2.12. Student attendance policy | DOP |

3. TOTAL ESTIMATED TIME

| | | | | | | | |
|---|--------|----|------------------------|---|-------|-----------|-----------|
| 3.1. Number of credits | | | | | | | 1 |
| 3.2. Number of hours per week | course | 1 | seminar/practical work | – | total | 1 | |
| 3.3. Total hours in the curriculum | course | 14 | seminar/practical work | – | total | 14 | |
| 3.4. Examinations | | | | | | | 2 |
| 3.5. Total hours of individual study | | | | | | | 14 |
| 3.5.1. Study using textbooks, course materials, bibliographies, and notes | | | | | | | 6 |
| 3.5.2. Additional documentation in the library, on specialized electronic platforms, and in the field | | | | | | | 3 |
| 3.5.3. Preparation of seminars/practical works, assignments, reports, portfolios, and essays | | | | | | | 3 |
| 3.5.4. Tutoring | | | | | | | – |
| 3.5.5. Other activities (consultations) | | | | | | | 2 |
| 3.6. Total hours per semester (1 credit = 30 hours) | | | | | | | 30 |

4. PREREQUISITES

| | |
|------------------|--|
| 4.1. Curriculum | Students should have knowledge of pharmaceutical botany, anatomy, physiology, pharmacognosy, pharmacology, cellular and molecular biology. |
| 4.2. Competences | – |

5. CONDITIONS

| | |
|---|---------------------------------------|
| 5.1. For conducting the course | Classroom with audio/video equipment. |
| 5.2. For conducting the seminary/practical work | – |

6. SPECIFIC COMPETENCES ACQUIRED

| | |
|---------------------------------|--|
| PROFESSIONAL COMPETENCES | <p>PC1. The designing, formulating, preparation and conditioning of medicines, nutritional supplements, cosmetics and other health products.</p> <p>PC2. Consulting and expertise in the field of medicines, nutritional supplements, cosmetics and other health products.</p> |
|---------------------------------|--|

| | |
|--------------------------------|---|
| TRANSVERSAL COMPETENCES | <p>TC1. Autonomy and responsibility:</p> <ul style="list-style-type: none"> the acquisition of moral marks, the formation of professional and civic attitudes, allowing students to be correct, honest, non-conflict, cooperative, available to help people, interested in community development; to know and apply the ethical principles related to medico-pharmaceutical practice; to recognize a problem when it comes out and to provide solutions responsible for solving it. <p>TC2. Social interaction:</p> <ul style="list-style-type: none"> to have respect for diversity and multiculturalism; to develop teamwork skills; to communicate orally and in writing the requirements, the way of work, the results obtained; to engage in volunteering, to know the essential issues of the community. <p>TC3. Personal and professional development:</p> <ul style="list-style-type: none"> to have openness to lifelong learning; to become aware of the need for individual study as a basis for personal autonomy and professional development; to capitalize optimally and creatively their own potential in the collective activities; to use the information and communication technology. |
|--------------------------------|---|

7.1. DISCIPLINE OBJECTIVES

| |
|--|
| <p>GENERAL OBJECTIVE OF THE DISCIPLINE</p> <ul style="list-style-type: none"> Acquiring the information required for the knowledge of the legislation regarding the rules nutritional supplements should meet; Acquiring the information required for the recommendation of nutritional supplements in various diseases. <p>SPECIFIC OBJECTIVES</p> <ul style="list-style-type: none"> Gathering the concepts concerning the therapeutic contribution of nutritional supplements; Knowing the nutritional supplements, depending on the disease; Acquiring knowledge on recommending the nutritional supplements, depending on the disease. |
|--|

7.2. LEARNING OUTCOMES

| |
|---|
| <p>KNOWLEDGE</p> <ul style="list-style-type: none"> The student identifies, describes, explains and understands nutritional supplements and the bioactive substances in them, in order to use them rationally. <p>SKILLS</p> <ul style="list-style-type: none"> The student describes, defines and discusses aspects of nutritional supplements, the bioactive substances in them and evaluates nutritional intake for health. <p>RESPONSIBILITY AND AUTONOMY</p> <ul style="list-style-type: none"> The student provides information about nutritional supplements, nutrition methods, and potential pharmacological interactions. |
|---|

8. CONTENTS

| 8.1. Course (content units) | No. of hours |
|--|--------------|
| 1. Introductory concepts. Current legislation of nutritional supplements. | 1 |
| 2. Nutritional supplements – ways of recommendation in therapy. | 1 |
| 3. Nutritional supplements recommended in the therapy of the diseases in the gastrointestinal segment. | 1 |
| 4. Nutritional supplements used as laxative-purgatives. | 1 |
| 5. Nutritional supplements used in hepatic diseases. | 1 |
| 6. Nutritional supplements recommended in the diseases of the urinary system. | 1 |
| 7. Nutritional supplements used in imbalances of minerals and vitamins. | 1 |
| 8. Nutritional supplements recommended in obesity. | 1 |
| 9. Adjuvant nutritional supplements in arterial hypertension. | 1 |
| 10. Nutritional supplements recommended in stimulating the immunity. | 1 |
| 11. Nutritional supplements used for diseases of the nervous system. | 1 |
| 12. Nutritional supplements recommended in dermatological cosmetics. | 1 |
| 13. Adjuvant nutritional supplements in children's diet. | 1 |
| 14. Adjuvant nutritional supplements in the diet of pregnant women. | 1 |
| Total | 14 |

REFERENCES

- Berginc Katja, Kreft S. *Dietary supplements: safety, efficacy and quality*. Woodhead Publishing–Elsevier, Cambridge, UK, 2014.
- Cass Hyla. *Ghidul suplimentelor nutritive în tratamentul medicamentos*. Ed. Curtea Veche Publishing, București 2013.
- Cristea Aurelia Nicoleta. *Farmacie clinică*. Vol. I, Ed. Medicală, București, 2006.
- Dragomirescu Anca, Dehelean Cristina. *Nutriție și produse dietetice disponibile în farmacie*. Ed. Brumar, Timișoara, 2002.

5. Faur Virginia. *Adevărul despre alimentație*. Ed. Dacia Europa Nova, Lugoj, 2002.
6. Girija Sastry V., Siva Kumar N., Achyutha Valli Devi Y. *Dietary supplements and nutraceuticals: scientific principles and health benefits*. Notion Press Publisher, Chennai, Tamil Nadu, India, 2025.
7. Mihele Denisa. *Nutriție, dietoterapie și compoziția alimentelor*. Ed. Multi Press Internațional, București, 2004.
8. Mukherjee B. (ed). *Dietary supplements and nutraceuticals*. Springer Nature, Singapore, 2025.
9. Stroescu V., Corciovei Constantinescu Iosefina, Fulga I., Coman Oana Andreia. *Îndreptar pentru prescrierea medicamentelor*. Ed. ALL Educațional, București, 1999.
10. Webb G.P. *Dietary supplements and functional foods*. Blackwell Publishing Ltd., Oxford, UK, 2011.

9. CORROBORATING THE DISCIPLINE CONTENT WITH THE EXPECTATIONS OF EPISTEMIC COMMUNITY REPRESENTATIVES, PROFESSIONAL ASSOCIATIONS AND EMPLOYEE REPRESENTATIVES RELATING TO THIS PROGRAM

The knowledge and the practical skills acquired at the Nutritional Supplements discipline provide the study basis for the processes detailed at other disciplines are the foundation for the understanding and learning of any plant-based medicine or nutritional supplement.

10. METHODOLOGICAL GUIDELINES

| | |
|--------------------------|---|
| Types of activity | Teaching/learning techniques, materials, resources: lectures, interactive courses, group work, problem-based/project-based learning, etc. Learning, teaching, research, and practical application activities within the discipline are conducted in a blended format. |
| Course | The following methods are used in combination: lectures, debates, problem-solving. |
| Individual study | Before each course and each practical assignment. |

11. EVALUATION

| Type of activity | Evaluation forms | Evaluation methods | Weight of final grade |
|--|--|---|-----------------------|
| Lecture | Formative assessment through tests during the semester Summative assessment during the exam | Verification (written exam). Grades are given on a scale of 1–10. The minimum passing grade is 5. | 80% |
| Assessment of stage knowledge | Tests during the semester | Test (written). Grades are given on a scale of 1–10. The minimum passing grade is 5. | 10% |
| Individual performance evaluation | Formative assessment through essays, projects, worksheets, applied discussion | Applied discussion | 10% |
| Minimum performance standard | Knowledge of the main nutritional supplements and their therapeutic use. | | |
| Appeals | According to the Student Examination Methodology. | | |

12. CONSULTATIONS

| Consultation schedule | No. of hours | Place of deployment | Period | In charge | Scheduling of topics |
|-----------------------|--------------|--------------------------------|--------|-------------------|----------------------|
| | 2 hours/week | Headquarters of the Discipline | Weekly | Course instructor | Theme of the week |

Date of approval: 26th September 2025

Dean,
Prof. univ. dr. Octavian Croitoru

Department Director,
Conf. univ. dr. Cornelia Bejenaru

Discipline Holder,
Conf. univ. dr. Cornelia Bejenaru