

Good Practices in Dispensing Dietary Supplements in a Community Pharmacy from San Miguel de Tucumán †

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Abstract: Pharmacy practice endeavors to develop, produce, preserve, dispense, administer, and monitor the use of medical and healthcare products. Dispensing these implies not only providing them but also informing them about their correct use. This work aimed to optimize the dispensing of dietary supplements, ensure their rational use, and assess the compliance of products with labeling and packaging regulations. Teachers of the Professional Pharmacy Practice course at Facultad de Bioquímica, Química y Farmacia (Universidad Nacional de Tucumán) undertook the production of monographs and leaflets for patients assisted in Community Pharmacy in San Miguel de Tucumán. They later participated in an online survey on the information displayed on labels and packaging. Monographs were widely accepted as practical, and leaflets helped clear up doubts. Forty-one point six percent consumed dietary supplements, 73.8% of whom were younger than 42. Of these, 40.5% were men. They consumed sports nutrition supplements (41.7%), vitamin and mineral supplements (23.8%), energizers (23.8%), and immune system boosters (20.2%). Product labels and packaging were found to conform with regulations. In conclusion, pharmaceutical counseling helps optimize dietary supplement use. Educating consumers and raising their awareness of the need to use these products rationally contributes to healthcare.

Keywords: dispensing; dietary supplements; rational use; pharmacy; education; health.

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Conflicts of Interest

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