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Ping Chung Leung

Chinese University of Hong Kong, Hong Kong

China's new directives on nutraceuticals and Hong Kong experience

Nutraceuticals could be interpreted as nutritional supplements any food substance that is good for health from dairy products to protein or fruit concentrates. Nutraceuticals could be more specific with clear target groups and special claims. China is moving towards that direction. Its State FDA since 2015 has issued a series of guideline for the development of nutritional supplements with special medicinal purposes and contents. Three areas are given immediate priorities viz. infants, lactating mothers and elderlies. Proper clinical trials are recommended. The Institute of Chinese Medicine at Chinese University of Hong Kong has been seriously developing medicinal supplements since year 2000. It has followed the evidence-based approach: From quality assurance, safety, bioactivity confirmations to proper clinical trials. Classical popular complex herbal formulations have been modified into simple combinations to form effective, medicinal supplement to support allopathic treatment of special conditions. The choice of herbs is guided by the pathological processes involved in particular disease entities. Examples of medicinal supplements developed for cancer and cardiovascular treatment will be given to illustrate the principle and procedures involved.

Biography

Ping Chung Leung is an Emeritus Professor of Orthopedics and Traumatology, Faculty of Medicine and Director of Centre for Clinical Trials on Chinese Medicine, Institute of Chinese Medicine. His research areas include orthopedics, osteoporosis, microsurgery, public health, traditional Chinese medicine and general education. He is also the author of over 800 scientific manuscripts in journals and 27 books. He has been appointed as Editor of 11 international journals since 1982. Currently he is working on projects related to aging and neurodegeneration, which initiated his enthusiasm searching for wisdom from other well-established traditional medicine regions in the Middle East and South Asia.

pingcleung@cuhk.edu.hk

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