



Dietary supplements – theory and practice

Suplementy diety – teoria i praktyka

1. IMPRINT

Academic Year	2025/2026
Department	Faculty of Medicine
Field of study	Medicine
Main scientific discipline	Medical science
Study Profile	<i>General academic</i>
Level of studies	Uniform MSc
Form of studies	Full time studies
Type of module / course	Non-compulsory (optional)
Form of verification of learning outcomes	Completion
Educational Unit / Educational Units	Department of Social Medicine and Public Health Medical University of Warsaw Medical Simulation Center Banacha Campus 3a Pawińskiego St., 02-106 Warsaw phone: 22 116 63 35 e-mail: msizp@wum.edu.pl
Head of Educational Unit / Heads of Educational Units	Prof. Aneta Nitsch-Osuch, MD, PhD
Course coordinator	Katarzyna Okręglicka, PhD kokreglicka@wum.edu.pl
Person responsible for syllabus	Katarzyna Okręglicka, PhD kokreglicka@wum.edu.pl
Teachers	Katarzyna Okręglicka, PhD kokreglicka@wum.edu.pl

2. BASIC INFORMATION

Year and semester of studies	I-II year, summer, and winter semester	Number of ECTS credits	2.00
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FORMS OF CLASSES	Number of hours	ECTS credits calculation
Contacting hours with academic teacher		
Lecture (L)		
Seminar (S)	30 (e-learning)	1.20
Classes (C)		
e-learning (e-L)		
Practical classes (PC)		
Work placement (WP)		
Unassisted student's work		
Preparation for classes and completions	20	0.80

3. COURSE OBJECTIVES

O1	Familiarise oneself with the types of available on market dietary supplements. Dietary Supplement Regulation on Polish and European market.
O2	Familiarise oneself with the relationship between various dietary supplements intake and the state of human health.
O3	Familiarise oneself with food additives present in dietary supplements and functional food (sweeteners, preservatives, antioxidants), their safety of use and health effects.

4. STANDARDS OF LEARNING – DETAILED DESCRIPTION OF EFFECTS OF LEARNING

Code and number of the effect of learning in accordance with standards of learning	Effects in the field of: <i>(in accordance with appendix to the Regulation of Minister of Science and Higher education from 29th of September 2023)</i>
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Knowledge – Graduate* knows and understands:

C.W39.	consequences of vitamin and mineral deficiencies and excesses;
C.W40.	the causes and consequences of poor nutrition, including prolonged under- and over-eating and the use of unbalanced diets, and digestive and absorption disorders;
C.W34.	basic concepts of general toxicology;
E.W37.	environmental and epidemiological conditions, causes, symptoms, principles of diagnosis and therapeutic management of the most common diseases in GP practice;
E.W38.	principles of health-seeking behaviour, the basics of prevention and early detection of the most common diseases of civilisation and the principles of screening for these diseases;

Skills– Graduate* is able to:

B.U8.	use medical databases and correctly interpret the information they contain to solve problems in basic and clinical sciences;
D.U5.	critically analyse medical literature, including literature in English, and draw conclusions;
E.U21.	provide health education to the patient, including nutritional education tailored to individual needs;
E.U25.	provide the patient with information, adapting its quantity and content to the patient's needs and capabilities, and supplement verbal information with models and written information, including charts and instructions, and apply it appropriately;

* In appendix to the Regulation of Minister of Science and Higher education from 29th of September 2023, „graduate”, not student is mentioned.

5. ADDITIONAL EFFECTS OF LEARNING *(non-compulsory)*

Number of effect of learning	Effects in the fields of:
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Knowledge – Graduate knows and understands:

K1	
K2	

Skills– Graduate is able to:

S1	
S2	

Social Competencies – Graduate is ready for:

SC1	
SC2	

6. CLASSES

Form of class	Class contents	Effects of Learning
S-el1	Dietary supplements – definitions, legal regulation on Polish and European market	C.W34.
S-el2	Vitamins and minerals supplements – indications to use	C.W40., E.W38.
S-el3	Bioactive plant compound used in dietary supplements with proven beneficial effects on the human body.	C.W39., C.W40., E.W9., E.W38.
S-el4	Food Additives - definitions, legal regulation on Polish and European market.	C.W39., C.W40., E.W37., E.W38.
S-el5	Non-sugar sweeteners – safe alternative for sugar or hazard.	C.W34.
S-el6	Preservatives, antioxidants, food colouring – benefits and limitations in use	C.W34., C.W40., E.W38.

S-el7	Food additives health impact.	C.W34., C.W39., C.W40., E.W9., E.W37., E.W38.
S-el8	Theory vs practice – part 1. Dietary supplements exposure – deficiency or overdose. Practice course.	B.U8., D.U5., E.U21., E.U25.
S-el9	Theory vs practice – part 2. Sugar or Non-sugar sweeteners exposure – safe intake or overdose. Practice course.	B.U8., D.U5., E.U21., E.U25.
S-el10	Theory vs practice – part. 3 Common food preservatives – main sources in diet. Practice course.	B.U8., D.U5., E.U21., E.U25.

7. LITERATURE

Obligatory

1. Willett W, Rockström J, Loken B. i wsp. Food in the Anthropocene: the EAT–Lancet Commission on healthy diets from sustainable food systems. The Lancet. 2019; 393(10170):447-492.
2. Melina V, Craig W, Levin S. Position of the Academy of Nutrition and Dietetics: vegetarian diets. Journal of the Academy of Nutrition and Dietetics. 2016; 116(12):1970-1980.
3. Gehring J, Touvier M, Baudry J. i wsp. Consumption of ultra-processed foods by pesco-vegetarians, vegetarians, and vegans: associations with duration and age at diet initiation. The Journal of nutrition. 2021; 151(1):120-131.

Supplementary

8. VERIFYING THE EFFECT OF LEARNING

Code of the course effect of learning	Ways of verifying the effect of learning	Completion criterion
<i>e.g. G.K1, G.S1, K1</i>	<i>This field defines the methods used for grading students e.g. pop quiz, test, written report etc.</i>	<i>e.g. threshold number of points</i>
C.W34., C.W39., C.W40., E.W9., E.W37., E.W38.	Active participation in e-learning. Test	Certificate
B.U8., D.U5., E.U21., E.U25.	Active participation in seminars, preparing final work. Test	To pass is necessary to collect above 60% of the maximum possible points from assignments and test.

9. ADDITIONAL INFORMATION

(Optional course – full on e-learning platform.

Access to e-learning will be available from 21th of October 2025 to 8th January 2026 and 1st March to 31st of May 2026;

A person responsible for the course: Katarzyna Okreglicka PhD, katarzyna.okreglicka@wum.edu.pl,

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ATTENTION

The final 10 minutes of the last class of the block/semester/year should be allotted for students to fill out the Survey of Evaluation of Classes and Academic Teachers