

Postgraduate Certificate

Diet and Food Supplements in Parapharmacies





Postgraduate Certificate Diet and Food Supplements in Parapharmacies.

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Global University
- » Credits: 6 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: www.techtute.com/us/pharmacy/postgraduate-certificate/diet-food-supplements-parapharmacies

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01

Introduction

The growing concern of people for their health, skin and hair care has led to an increase in the consumption of supplements and food supplements purchased in Parapharmacies. This trend is developing in parallel with the improvement of the technology applied in this area and the improvement of these products. In this sense, it is essential for professionals to be aware of the latest trends in this market and of the innovations in the most sophisticated items for the well-being of the population. For this reason, in this 100% online program, students will find the most advanced and current syllabus on Dietetics, medicinal plants, galenic forms and Nutricosmetics. A unique qualification, developed by the best experts in the sector.



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A Postgraduate Certificate without classes with fixed schedules or attendance, which adapts to the real needs of pharmacists"

The Diet and Nutrition sector currently covers the needs of the population with nutritional deficits, stomach or dietary problems. However, the trend in recent years has been an increase in the target more concerned with prevention and continuous care of their state of health.

In this scenario, Parapharmacies have seen how these products are widely demanded, which forces professionals to be constantly updating their knowledge about food supplements and supplements, phytotherapy and the latest developments in the sector. For this reason, TECH has created this Diploma in Dietetics and Dietary Supplements in Parapharmacies, which provides students a quick update of only 6 weeks.

An academic itinerary that will immerse you for 150 teaching hours in the most rigorous and current information on the technological advances used in the industry, the scientific evidence on the use of medicinal plants, as well as advances in the improvement of Nutricosmetics. In addition, thanks to the innovative pedagogical resources of this program, students will be able to quickly delve into the traditional and modern galenic forms, or the most sold vitamin complexes.

This is, therefore, an excellent academic opportunity to update their knowledge with a flexible and convenient degree. The professional only needs an electronic device (cell phone, tablet or computer) with internet connection to be able to visualize, at any time of the day, the content of this program. Thus, without the need for attendance, or classes with restricted schedules, the graduate will be able to combine their daily work and/or personal activities with an avant-garde Diploma.

This **Postgraduate Certificate in Dietetics and Food Supplements in Parapharmacies** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ The development of practical cases presented by experts in Pharmacy
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



A qualification that will allow you to be up to date in Dietetics in Parapharmacies in just 6 weeks and with 150 teaching hours of advanced content"

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If you have a digital device with internet connection you will be able to access at any time to the advanced content of this Postgraduate Certificate in Diet and Food Supplements in Parapharmacies”

The program's teaching staff includes professionals from the sector who contribute their work experience to this training program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

This program's design focuses on Problem-Based Learning, through which the professional must try to solve the different professional practice situations that arise during the academic program. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

Delves into the main nutricosmetic uses for skin and hair through innovative didactic resources.

It explores the current market for nutritional supplements and its upward trend.



02 Objectives

During the 150 teaching hours of this Postgraduate Certificate, the pharmacist will be aware of the latest technological advances in the area of Dietetics, its applications in Parapharmacy, as well as the wide range of existing products for its commercialization. To facilitate this update, TECH offers the most advanced pedagogical tools and an excellent teaching staff specialized in this sector. in this sector.



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Incorporate to your Parapharmacy the most outstanding advances in modern galenic forms of food supplements”



General Objectives

- ♦ Broaden knowledge of Parapharmacy Management
- ♦ Enhance skills for the creation and management of online Parapharmacies
- ♦ Boosting the performance of the Parapharmacy business
- ♦ Analyze the most effective marketing strategies in the sector
- ♦ Incorporate the latest technological innovations for the start-up or adaptation of Parapharmacy projects
- ♦ Be aware of all types of products marketable through Parapharmacies
- ♦ Delve into the Parapharmaceutical market
- ♦ Implement actions of analysis and digital positioning of a Parapharmacy





Specific Objectives

- ◆ Describe the differences between food supplements, nutricosmetics and food supplements
- ◆ Identify the current uses of Nutricosmetics for skin and hair
- ◆ Delve into the different types of galenic forms
- ◆ Update your knowledge on medicinal plants and their pharmacological actions

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Update your knowledge on the commercialization of medicinal plants, vitamins and minerals in Parapharmacy”

03

Course Management

In order to offer a quality degree within everyone's reach, TECH carries out a rigorous selection process for each and every one of the teachers that make up its programs. Thus, students who take this Postgraduate Certificate will have access to an advanced syllabus developed and taught by specialists in Pharmaceuticals, Biotechnology and Integrative Dietetics. Likewise, thanks to their proximity, graduates will be able to resolve any doubts they may have about the content of this degree throughout the academic itinerary.



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The excellent teaching team specialized in Biotechnologist and Integrative Dietitian will be responsible for you to get the update you are looking for in Parapharmacy"

Management



Ms. Forner Puig, María José

- ♦ Pharmacist expert in Phytotherapy. Product specialist at Arkopharma Laboratories
- ♦ Assistant pharmacist at Traver-Martin Pharmacy
- ♦ Master in Dietetics, Nutrition and Nutritional Coaching by Sefhor Spanish Training Society
- ♦ Expert in Nutrition, Dietetics and Phytotherapy by the UNED (National University of Distance Education)
- ♦ Diploma in Sports Nutrition in Football by Barça Innovation Hub Universiti
- ♦ Degree in Pharmacy from the University of Valencia

Professors

Ms. De la Casa Moreno, Inmaculada

- ♦ Aesthetician/Dietician-Nutritionist at ARK AESTHETIC CENTER
- ♦ Dietician-Nutritionist at DUAL Clinic
- ♦ Dietician-Nutritionist in the Endocrinology and Diabetes Unit of La Fe Clinical Hospital
- ♦ Aesthetician and Dietician at Spa del Mar
- ♦ Clinic assistant at Medibelia Clinic
- ♦ Aesthetician and Chiromassage at MASAJES A MIL
- ♦ Dietician and nutritionist at FUNDACIÓN JOSÉ NAVARRO
- ♦ Dietitian-nutritionist at CENTRO MULTIDISCLIPINAR ATTRIUM
- ♦ Master's Degree in Personalized and Community Nutrition from the University of Valencia
- ♦ Degree in Human Nutrition and Dietetics from the University of Valencia



04

Structure and Content

The curriculum of this Postgraduate Certificate has been created by an excellent team of specialists versed in Integrative Supplementation and Nutrition. Their deep knowledge in the field of Dietetics is reflected in the advanced content of this program, which will allow the professional to delve into food supplements, Nutricosmetics and the bases that support Phytotherapy. In addition, the innovative didactic resources that make up the virtual library allow students to expand the information and pursue this degree with greater dynamism.



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You have at your disposal multimedia pills and numerous additional didactic material to extend the advanced information provided by this program”

Module 1. Food Supplements

- 1.1. Food Supplements at XXI Century:
 - 1.1.1. Definition
 - 1.1.2. Structure
 - 1.1.3. What Is It For?
 - 1.1.4. Main Products
 - 1.1.5. Main Differences
- 1.2. Differences between food supplement, nutricosmetic and dietary supplement
 - 1.2.1. Food Supplements
 - 1.2.2. Nutricosmetics
 - 1.2.3. Dietary Supplements
 - 1.2.4. Main Differences
- 1.3. Main ingredients in food supplements
 - 1.3.1. Minerals
 - 1.3.2. Fibre
 - 1.3.3. Vitamins.
 - 1.3.4. Amino Acids
 - 1.3.5. Polyunsaturated Fatty Acids(AGPI)
 - 1.3.6. Probiotics and plants
- 1.4. Nutricosmetics
 - 1.4.1. What is Nutricosmetics?
 - 1.4.2. Cosmetic or Nutricosmetic
 - 1.4.3. Uses of Nutricosmetics: Skin
 - 1.4.4. Uses of Nutricosmetics: Hair
- 1.5. Galenic forms of food supplements
 - 1.5.1. What are galenic forms?
 - 1.5.2. Different types of dosage forms
 - 1.5.3. Traditional dosage forms
 - 1.5.4. Modern galenic forms





- 1.6. Dietetics and nutrition
 - 1.6.1. Differences and similarities between the two
 - 1.6.2. Branches of nutrition and dietetics
 - 1.6.3. Diets
 - 1.6.4. Types of Diets
- 1.7. Plants medicinal
 - 1.7.1. Brief introduction to Phytotherapy
 - 1.7.2. What are medicinal plants?
 - 1.7.3. What are medicinal plants used for?
 - 1.7.4. What are the main medicinal plants and their main pharmacological action?
- 1.8. Vitamins and minerals
 - 1.8.1. What kind of vitamins are sold in a Parapharmacy?
 - 1.8.2. Different types of vitamins and minerals: vitamin complexes
 - 1.8.3. Best sellers
 - 1.8.4. The vitamin market
- 1.9. The food supplements market
 - 1.9.1. Food supplements "a growing trend"
 - 1.9.2. Self-Consumption
 - 1.9.3. Which are the best sellers
 - 1.9.4. Types
- 1.10. Technology applied to dietetics
 - 1.10.1. Latest technological advances
 - 1.10.2. Technological innovation
 - 1.10.3. Major technological advances
 - 1.10.4. Main Applications

05

Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





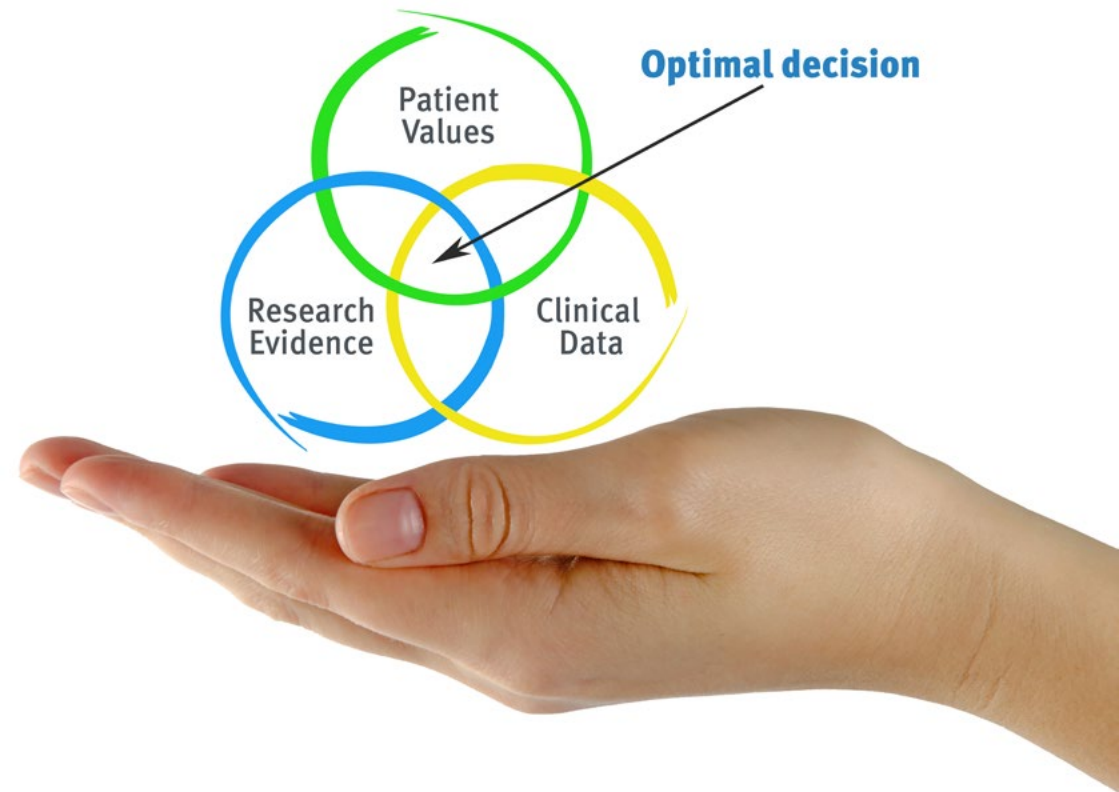
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Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"

At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will be confronted with multiple simulated clinical cases based on real patients, in which they will have to investigate, establish hypotheses and ultimately, resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Pharmacists learn better, more quickly and more sustainably over time.

With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.



According to Dr. Gervas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, attempting to recreate the actual conditions in a pharmacist's professional practice.

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Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”

The effectiveness of the method is justified by four fundamental achievements:

1. Pharmacists who follow this method not only grasp concepts, but also develop their mental capacity, by evaluating real situations and applying their knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

Our University is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing cases.

Pharmacists will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 115,000 pharmacists have been trained with unprecedented success in all clinical specialties, regardless of the surgical load. This pedagogical methodology is developed in a highly demanding environment, with a university student body with a high socioeconomic profile and an average age of 43.5 years.

Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



Study Material

All teaching material is created specifically for the course by specialist pharmacists who will be teaching the course, so that the didactic development is highly specific and accurate.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



Video Techniques and Procedures

TECH introduces students to the latest techniques, to the latest educational advances, to the forefront of current pharmaceutical care procedures. All of this, first hand, and explained and detailed with precision to contribute to assimilation and a better understanding. And best of all, you can watch them as many times as you want.



Interactive Summaries

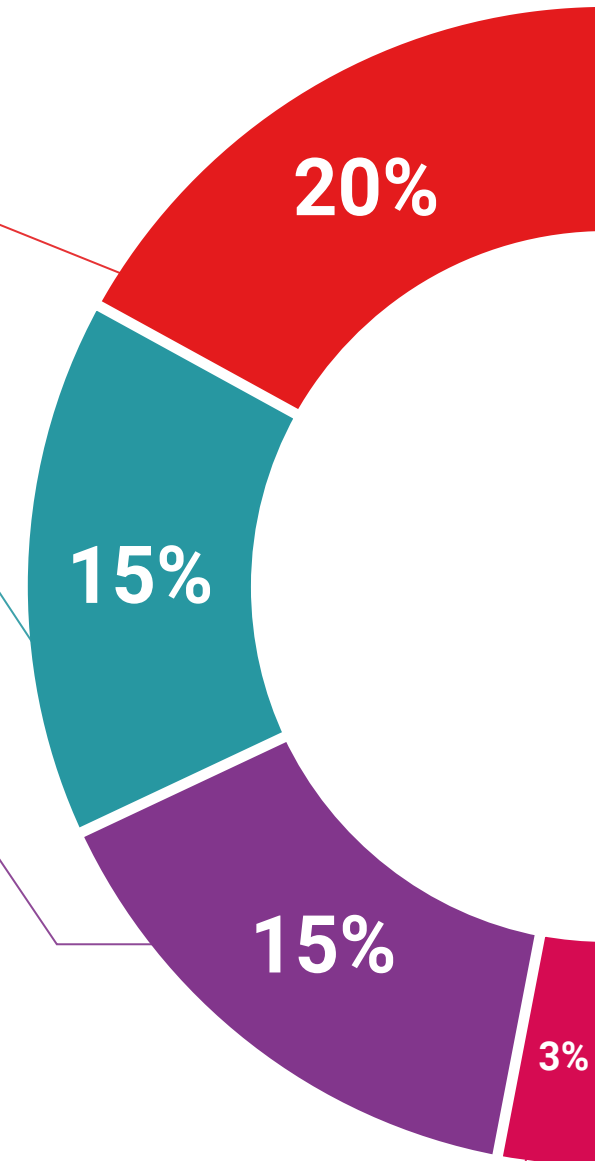
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

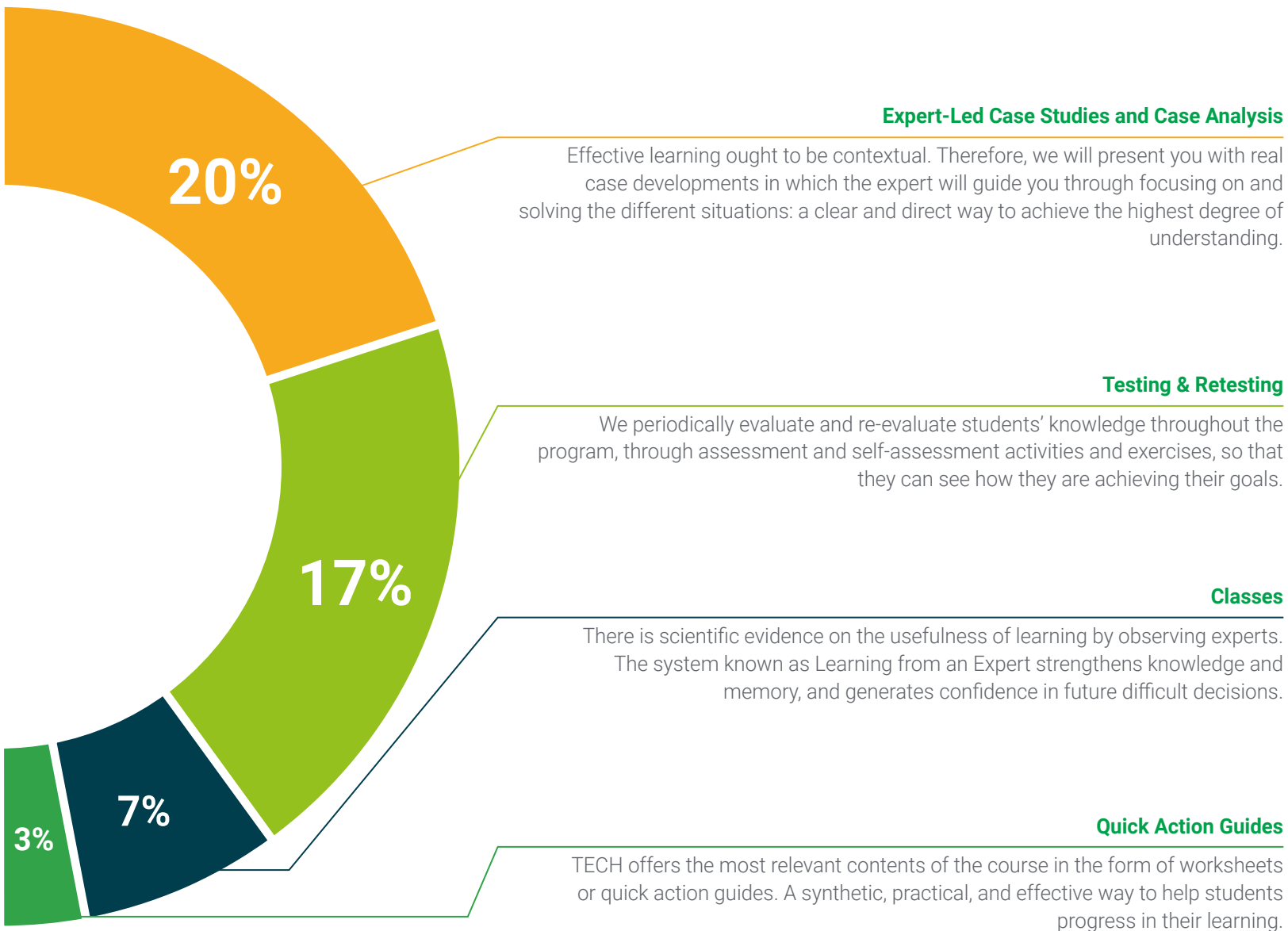
This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





06 Certificate

Diet and Food Supplements of Parapharmacy guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Global University..



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*Successfully complete this program and
receive your university qualification without
having to travel or fill out laborious paperwork"*

This private qualification will allow you to obtain a **Postgraduate Certificate in Diet and Food Supplements in Parapharmacies** endorsed by **TECH Global University**, the world's largest online university.

TECH Global University is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** private qualification is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

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Modality: **online**

Duration: **6 weeks**

Accreditation: **6 ECTS**





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