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### **Herbal ingredients of cosmetical diet supplements**

The paper contains a list and description of herbs recommended in skin problems due to poor metabolism, and those used to strengthen nails and hair. Scientific data indicate that the greatest potential value in such specimens may consist of a nettle leaf (*folium urticae*) and burdock root (*radix bardanae*), which show the most versatile performance in all areas examined, i.e. effects on the body (strengthening the skin creations, *Metabolica*, *Diuretica*, *detoxica*). In addition, a horsetail herb (*herba equiseti*) and the tri-colour violet herb (*violae tricoloris tea*) have been recognized as useful in pro-cosmetic supplements because they are active in most of the ranges. The description and detailed characteristics of the raw materials of herbs are shown in this paper.

The second part of the work analyzes the content of herbs in food supplements. We analyzed the composition of 179 recommended specimens as pro-cosmetic diet supplements, sorted according to the manufacturer's instructions into the specific purpose groups (SCF - action both on the skin, hair and nails, S - effects on the skin, W and WP - acting on the hair and hair and nails, and a few other groups of specimens: R, WS, SP). The most common raw material for herbal specimens in the two groups turned out to be a horsetail herb (almost 60% of supplements) often in combination with the nettle leaf (30%). Relatively few formulas contain a tri-colour violet herb (9.5%), but burdock root occurs sporadically (less than 1%) in this type of specimens.