

# Nutrition Supplements in GI & Liver Disorders

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# NAFLD/MAFLD

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Weight loss is the most important strategy.

Synbiotic Supplements

Curcumin

Resveratrol

Hesperidin

Ginger

Melatonin

Cinnamon

Flaxseed

Onion, Pomegranate, ...

# Hepatic Cirrhosis

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BCAA

Vitamin D

B vitamins (Nephro-vit)

Zinc

# IBD

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Enteral Formula

Calcium

Vitamin D

Vitamin B (1, 3, 6, 9, 12)

Iron (injection)

Zinc

Selenium

Potassium

Probiotics/Prebiotics

Curcumin

Quercetin

N-3 Fatty acids

# IBS

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The most consensus is on low FODMAP diet

Probiotic supplementation

Peppermint oil (180-225mg BD)

Psyllium Supplement (10-25 gr)

Vitamin D

# Peptic Ulcer

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Probiotics

Turmeric

Ginger

N-3 Fatty acids

# Celiac disease

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Calcium

Vitamin D

Zinc

Multi-vitamin mineral

# Fat Malabsorption (Biliary/ Pancreatic/...)

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Fat soluble vitamins

Ca, Zn, Mg, ...

Low Oxalate diet



# Thanks for your attention

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ANY QUESTION?