

How safe is the use of herbal weight loss products sold in Dubai

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In recent years, the use of herbal weight loss products as alternative obesity treatment has increased, which leads to the growing market of herbal remedies worldwide. As the products are sold as herbal supplements which aid in weight loss, consumers are attracted to the claims and purchase them without knowledge of the possible banned chemicals which are being used in these products. World Health Organization, Food and Drug Administration (FDA), European Medicines Agency have issued several guidelines for safe and appropriate use of herbal supplements. Considering the above facts, Dubai Central Laboratory has investigated and tested ten synthetic adulterants which are commonly used in herbal weight loss products and are currently being sold in middle east market. s. We at DCL, investigated and quantified ten synthetic adulterants, namely Sibutramine, Phenolphthalein, Metformin, Amphetamine, Phentermine, Penfluridol, Spironolactone, Bumetanide, Fluoxetine and Triamterene in common adulterated herbal weight loss products which are currently sold in middle east market using a validated UPLC-MS/MS method. 15-20 % of the adulterated synthetic substances were detected in the herbal weight loss products while screening the samples. The overall impact of the analysis will help to ensure public health and safety, which is one of the strategic plan of Dubai Municipality (DM).

Biography

Fatema Saeed Bin Bakhit is a Head of Food Chemical Analyst Unit, at Dubai Central Laboratory, Dubai Municipality, Dubai, and UAE. Having more than 16 years of experience in the Food chemical testing. Completed Bachelor's degree in Chemistry from U.A.E University, UAE, during the year 2004. Worked in different positions within Dubai Municipality. Participated in oral and posters competitions at different national and international conferences. Attended different seminars at national and international levels. She is the key initiator for many new methods developed for the unit. Main area of research interest is Food chemical analysis. She is a member in Fruit and Vegetable protocol for the UAE Ministry of Climate and Environment, UAE. Also she is a member in Halal Committee for Dubai Municipality, Dubai, UAE and she is a member for Food safety technical team and she is a member for SOP committee at DCL, Dubai, and member for Radiation sample control under FANR, UAE, and she got an awards in many areas one of this is Creative and Innovative Leader during the year 2017 for Food and Environment Section, DCL, Dubai.