

## FUNCTIONAL FOOD AND IT'S INGREDIENTS

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**Summary.** The properties of various functional food ingredients ( omega-3 fatty acids, dietary fibres, herbal extracts, vitamins, minerals) were analysed. In recent years the number of studies on functional food, it's ingredients physiological and technological properties and use has largely increased. This is due to their important role in the prevention of many diseases. Application of functional food ingredients in to practise of the manufacture of food products has some problems: health claims need to be substantiated scientifically. There are few databases about functional food ingredients, their technological and other properties, exists problems of analysing rare ingredients, especially botanical extracts, knowing and understanding consumers about functional food and their ingredients properties also exist.

**Key words:** functional food, functional food ingredients.