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Physiological Nutraceuticals: The rule of 3Rs as an innovative approach to Nutrition and Health**Barbara Aghina**

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“Physiological Nutraceuticals” is one of the most modern and innovative expression of Nutritional Science. It is based on the principles of human physiology and developed following the most recent discovers in the field of Molecular Biology and in the P.N.E.I. (Psyco- Neuro- Endocrine-Immunology) domain. The goal of Physiological Nutraceuticals is to help the body to restore its physiological condition and maintain it at its best through a correct nutrition, a healthy life style and the use of specifically designed dietary supplements in order to interact with metabolic functions and maintain body homeostasis.

Guna Physiological Nutraceuticals dietary supplements are the expression of this nutraceutical philosophy: designed as multicomponent products, they combine plant-based extracts, pro- and prebiotics, minerals, vitamins and many other components in a perfectly balanced ratio.

Starting from the centrality of the gut and its primary role in the onset of several diseases, Physiological Nutraceuticals postulated the Rule of the “3Rs”: it represents the most simple and physiological way to guarantee the intestinal health, through the following linked and sequential acts: Rebalance (the pH)-Repair (the gut mucosa)-Replace (the microbiota)

**Biography**

Barbara Aghina is a Biologist; after taking her Master degree in Molecular Biology, she has dedicated her life to the study of Nutrition and the development of new nutraceutical solutions. She is part of the Scientific Department of Guna Pharmaceuticals (Milan) where she is involved in research projects and in the divulgation of Physiological Nutraceuticals principles through educational activities (lectures, congresses, round tabales) addressed to doctors, pharmacists, nutritionists.

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