SYLLABUS

1. Course title:

HERBAL SUPPLEMENTS

2. Code:

3. Cycle of study:

1

4. ECTS credits:

2

5. Type of course:

○ Mandatory ◉ Elective

6. Prerequisites:

Student does not have to pass any subject before this.

7. Class restrictions:

No restrictions

8. Duration / semester:

1 1

9. Weekly contact hours:

9.1. Lectures:	2
9.2. Seminars:	0
9.3. Laboratory/Practice classes:	0

10. Faculty:

Faculty of Farmacy

11. Department/study program:

Farmacy (integrated I and II cycle)

12. Lecturer:

dr. sc. Ermina Cilović Kozarević, assoc. prof.

13. Lecturer's e-mail:

ermina.cilovic@untz.ba

14. Web site:

www.frmf.untz.ba

15. Course aims:

The student will learn about herbal supplements that are in daily use in the treatment of various health conditions. Students will use the acquired knowledge and skills in everyday life, and for listening to other subjects from narrow scientific field Pharmacognosy.

16. Learning outcomes:

At the end of the semester/course, students who have continuously performed their duties will be able to:
- they know how to distinguish high-quality from low-quality herbal supplements
- recommend basic herbal supplements in the treatment of basic health disorders and diseases.

17. Course content:

Drugs as natural medicinal raw materials.
Species, tinctures, dry and liquid extracts
Availability and quality of herbal supplements.
Herbal supplements to improve concentration, memory (Ginko bilobae folium).
Herbal supplements for improving the general vitality of the organism (Ginseng radix).
Herbal supplements to improve food digestion (Menthae piperitae folium)
Herbal supplements for improving symptoms of benign prostatic hyperplasia (Cucurbitae pepo seed, Epilobii herba).
Herbal supplements against constipation (Sennae folium et fructus).
Herbal supplements against hair loss (Rosmarini aetheroleum).
Herbal anti-nausea supplements (Zingiberis rhizoma).
Herbal supplements against Escherichiae coli (Vaccinii macrocarpon fructus, Vaccinii vitis ideae fructus).
Herbal supplements against nervous tension (Valerianae radix).
Herbal supplements in diabetes mellitus (Vaccinii myrtilli fructus).
Seminary.

18. Learning methods:

Teaching methods: lectures (theoretical teaching) and seminars. The lectures include the entire material provided by the curriculum and are conducted ex cathedra.
The student's seminar work is a mandatory group team project.

19. Assessment methods:

Knowledge testing methods: final exam, seminar paper. The final exam is written and/or oral in the scheduled exam times and contains essay questions, questions with short answers, and questions with multiple choice answers. Topics for seminar papers are assigned by the teacher at the beginning of the semester. Seminar papers are done in groups and defended publicly during lectures.
The exam grade is determined according to the following scale:

Student obligations	Points
Seminar paper	50 (minimum 28 points)
Final test	50 (minimum 27 points)

20. Assessment components:

The final success of the student is evaluated using the grading scale as follows:
10 (A) - outstanding performance without errors or with minor errors, 95-100 points
9 (B) - above the average, with some errors, 85-94 points
8 (C) - average, with noticeable errors, 75-84 points
7 (D) - generally good, but with significant shortcomings, 65-74 points
6 (E) - meets the minimum criteria, 55-64 points
5 (F, FX) - does not meet the minimum criteria, below 55 points
The grade 6 (E) is the lowest passing grade.

21. Required reading list:

1. Tucakov J (2014). Herbal treatment, Belgrade (88-205)
2. Authorized lectures from teacher.
3. Herbal Supplements - Drug Interactions, Scientific and Regulatory Perspectives (2006), Taylor & Francis

22. Web sources:

23. Applicable starting from the academic year:

2023/2024.

24. Adopted in the Faculty/Academy session:

17.11.2025.