



Food Research Lab  
A Unit of **guires**  
We Make It Happen.

# SAFETY & EFFICACY RESEARCH FOR FUNCTIONAL FOODS, NUTRACEUTICALS & COSMECEUTICALS.

Evidence-Based Review System for the Scientific Evaluation of  
Health Claims





# ABOUT THE COURSE

- **Course Duration:** 3 months
- **Instructor:** Dr. Radhika Ganesan, expert with 25 years in food, nutrition, and product development
- **Focus:** Significant Scientific Agreement (SSA) standards under section 403(r)(3) of the Federal Food, Drug, and Cosmetic Act



**COURSE  
FEE:  
₹85,000+  
GST**

- **Purpose:** Master scientific evaluation of health claims
- **Target Audience:** Professionals in functional foods, nutraceuticals, and cosmeceuticals
- **Outcome:** Develop safe and effective products



# Key Learning Outcomes



## Systematic review

Master the evidence-based review system and apply the Cochrane-standard systematic review methodology.



## Identify & evaluate

Learn to identify and evaluate substance-disease relationships & surrogate endpoints for disease risk.



## Practical application

Develop products with defined doses as per FDA guidelines, focusing on practical application in the final module.

## Course Structure



**Week 01**  
Introduction to Evidence-Based Review Systems.



**Week 05-06**  
Rigorous Evaluation of Evidence.



**Week 02**  
Analysis of Surrogate Endpoints for Disease Risk.



**Week 07**  
Crafting Claim Languages for Qualified Health Claims.



**Week 03**  
Understanding Human Study Designs.



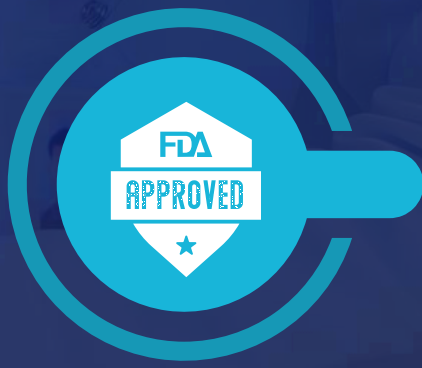
**Week 08-11**  
Capstone: Theoretical Development of Functional Products.



**Week 04**  
Applying Evidence-based Review Methodology: PRISMA/MOOSE.



**Week 12**  
Practical Development of a Product with Defined FDA-Approved Dose.



# INSTRUCTOR PROFILE

**DR. RADHIKA GANESAN, R.D., PH.D.**

Founder Of Food research lab



Dr. Radhika Ganesan, R.D., Ph.D., has extensive training from prestigious institutes including Harvard, Lund and CFTRI. Her expertise in navigating the complex landscape of health claims and product development is unmatched, making her an invaluable guide through the intricacies of this field.



# Who Should Enroll

Ideal for product developers, researchers & professionals in the food, pharmaceutical & cosmeceutical industries seeking to ensure their products meet rigorous health claim standards globally.



**DURATION:  
3 MONTHS**



# Market Trends & Opportunities



The demand for scientifically validated health products is surging as consumers increasingly seek functional foods and supplements that offer verified health benefits. This course positions you to meet these demands and excel in a rapidly growing market focused on health and wellness.


***TAKE THIS STEP TOWARDS BECOMING A LEADER IN DEVELOPING  
EVIDENCE-BACKED HEALTH PRODUCTS.***

***BE AT THE FOREFRONT OF THE HEALTH & WELLNESS REVOLUTION!***

 **REGISTER NOW**

## CONTACT US

 food\_research\_lab

 INDIA :+91 9566299022

 course@foodresearchlab.com

 www.foodresearchlab.com

