

Medical Foods vs. Dietary Supplements

Medical foods are often confused with dietary supplements—perhaps because both may contain nutritional ingredients; however, the terms are not interchangeable and fall within discrete regulatory classifications.¹



Medical foods are intended to:

- Provide support for the nutritional management of a **specific disease or condition** that has distinct and established nutritional requirements
- Be used under the supervision of a physician
- Support those who have trouble digesting and absorbing food and certain nutrients and cannot nutritionally manage their condition through diet modification alone

Dietary supplements and functional foods are intended to:

- Provide nutritional support for **healthy people**
- Provide nutrients or dietary ingredients intended to affect normal structure or function in humans

Get to Know the Science Behind Metagenics Medical Foods



Although not required for classification as a medical food, Metagenics conducts research on medical food formulas and key ingredients to demonstrate positive clinical outcomes.



We drive relevant insights in clinical nutrition through partnerships including those with Joslin Diabetes & Harvard Univ., Erasmus Medical Center, Cambridge Univ. UK, Cleveland Clinic, and more.



Key ingredient blends that are targeted for the nutritional management of a specific disease or condition offer therapeutic benefits not accessible through diet alone.



To ensure the purity of every ingredient and finished product, we conduct additional in-house testing for contaminants—such as heavy metals, microbes, and pesticides—as well as ingredients like gluten and lectins.



“Medical foods are designed to restore function during early phases of declining health by managing the nutritional deficiencies affected by a specific condition or disorder.”
—Jeffrey Bland, PhD and former CSO, Metagenics

Delivering Advanced Clinical Nutrition

Fortified pea and rice protein

Complete vegan protein blend, with added free amino acids, that is easily digestible and absorbable

Designer carbohydrates






Features specialized types of prebiotic carbohydrates that are well tolerated and provide therapeutic benefit for the nutritional management of specific conditions

Balanced-ratio micronutrients

Strategic blends in specific combinations to help manage nutritional deficiencies and imbalances that affect disease management

Healthy fats

Strategic blends of fats for targeted therapeutic benefits that are easily absorbed by the body and utilized for energy

	<p>UltraInflamX Plus 360[®] Advanced nutritional support for the management of compromised gut function in IBD</p>	<p>CurQfen[®]</p> <ul style="list-style-type: none"> A unique, patented blend of curcumin and fenugreek shown to be 45.5x more bioavailable than a standard curcumin extract <p>XNT ProMatrix[®]</p> <ul style="list-style-type: none"> A unique hops compound with potent antioxidant properties that demonstrates 81% more bioavailability than a standard xanthohumol extract²
	<p>Ultra Glucose Control[®] Support for the nutritional management of glucose response</p>	<p>MetaRelease[®]</p> <ul style="list-style-type: none"> A proprietary blend of slow-release amylopectin (UCAN SuperStarch[®]) and prebiotic IMO fiber designed to support a beneficial glucose/insulin response and sustained energy release Complete formula has been shown to increase glucagon-like peptide-1 (GLP-1) levels when compared to a typical breakfast³ <ul style="list-style-type: none"> ✓ GLP-1 is a hormone that stimulates insulin secretion and induces satiety.⁴
	<p>UltraGI Replenish[®] Support for the management of compromised gut function with digestive disorders including malabsorption</p>	<p>PreBiome 2'-FL[™]</p> <ul style="list-style-type: none"> Functional prebiotic that helps support the growth of beneficial bacteria, including bifidobacteria, and supports intestinal butyrate production <ul style="list-style-type: none"> ✓ Butyrate is a short-chain fatty acid that supports many essential GI tract functions. <p>Sustamine[®]</p> <ul style="list-style-type: none"> A unique dipeptide form of L-Alanyl-L-Glutamine that demonstrates 224% greater bioavailability when compared to standard L-glutamine
	<p>UltraMeal Cardio 360[®] Support for the nutritional management of dyslipidemia</p>	<p>Reducol[®]</p> <ul style="list-style-type: none"> Phytosterols clinically shown to lower LDL-C and reduce the absorption of dietary cholesterol in the intestine <p>XNT ProMatrix[®]</p> <ul style="list-style-type: none"> A unique hops compound with potent antioxidant properties that demonstrates 81% more bioavailability than a standard xanthohumol extract²
	<p>UltraMeal Advanced Protein[®] Support for the nutritional management of sarcopenia</p>	<p>Branched-chain amino acids</p> <ul style="list-style-type: none"> Pea and rice blend including added branched-chain amino acids to support muscle protein synthesis <p>Cocoa polyphenols</p> <ul style="list-style-type: none"> May contribute to healthy blood flow and augment nitric oxide synthesis in blood vessels

Gluten-free, non-GMO • Low allergy potential • Designed for easy digestion • Great taste

For more information on how to implement medical foods into your practice, contact your sales representative.

NOTICE: This product is to be used under the direct supervision of a physician or other licensed healthcare practitioner. Do not engage in any diet supplying less than 800 calories per day without medical supervision.

References:

- Morgan S, MD, RD and Baggott J, PhD. Medical Foods: Products for the Management of Chronic Diseases. *Nutrition Reviews*. 2006;64(11).
- Konda V, O'Connor A, et al. Enhanced bioavailability of a novel xanthohumol formulation prepared from spent hops polyphenols complexed with protein. Abstract and poster presented at Scripps Natural Supplements (January 2016, San Diego, CA).
- Mottalib A, Mohd-Yusof BN, Shehabeldin M, Poher DM, Mitri J, Hamdy O. Impact of Diabetes-Specific Nutritional Formulas versus Oatmeal on Postprandial Glucose, Insulin, GLP-1 and Postprandial Lipidemia. *Nutrients*. 2016;8(7).
- Gromada J, Brock B, Schmitz O, Rorsman P. Glucagon-like peptide-1: regulation of insulin secretion and therapeutic potential. *Basic Clin Pharmacol Toxicol*. 2004;95(6):252-62.

