Nutraceuticals Program

Cenegenics® Medical Institute products are made with the highest quality ingredients matching specifications given by its physicians, pharmacists, and nutritionists. We use laboratory analysis to ensure that the ingredients match specifications. There are many standards in the industry. Two specific high standards apply to Vitamins and Minerals. These standards are USP (United States Pharmacopoeia) and NF (National Formulary). These standards are set for the raw ingredient supplier to follow, ensuring that the product is manufactured exactly to specifications required by the government agency.

Only when the specifications are met can a raw ingredient supplier state on a certificate of analysis USP or NF. This identification helps the dietary supplement manufacturer know that they are getting the highest quality product available in the United States. Cenegenics products use USP and NF vitamins and minerals. Cenegenics also ensures that our suppliers’ sources are guaranteed for quality, quantity, and purity with our own review team and evaluations conducted on an (minimum) annual basis. Our sourcing is based on quality, not price.

Our nutraceuticals are “Pharmaceutical Grade,” as opposed to “Food Grade,” which is typically supplied in a health food store. It is important to note that “Food Grade” supplements contain only raw ingredients that are substandard and virtually ineffective. Despite the contents of the supplements, manufacturers are approved to have “Food Grade” on their labels due to incredibly lax regulations. On the other hand, the quality of “Pharmaceutical Grade” products is substantially higher because the raw ingredients are most pure and best absorbed in the body.

**Even if your diet is optimal, you can no longer get sufficient nutrients from your food supply.**

Our society does not encourage good eating habits, making it more challenging to "eat right." What's worse, even the best diet is no longer sufficient for optimal nutrition. After generations of super-farming, our soil is now depleted of much needed nutrients, so the food that comes to market is actually less nutritious. Food additives, fat and sugar substitutes, and food processing have exacerbated the problem. More people are overweight and/or suffering from food sensitivities and allergies than ever before. Finally, recent studies have proven that our ability to absorb some nutrients becomes compromised as we age.

**Why Cenegenics Nutraceuticals?**

Cenegenics Nutraceuticals are the only medically formulated, totally complete adult nutritional supplements available anywhere. Unlike other products with small amounts of otherwise fine ingredients, Cenegenics Nutraceuticals contain the efficacious doses of each ingredient that are uniquely combined to offer individual and synergistic benefits. Superior pharmacy grade products, all Cenegenics Nutraceuticals are designed for maximum bioavailability and are manufactured with strict quality-control standards.

Formulation components are patient specific. All components are pre-packaged in convenient packets, for proper dosage at appropriate times. Cenegenics® Nutraceuticals are automatically delivered to patient’s homes monthly, with no need to re-order, making them easy to use.
Why Should Patients Take Them?

Unfortunately, it is virtually impossible to get optimal therapeutic and protective dosages of all these nutrients—vitamins, minerals, enzymes and other compounds—from food. Most food is highly processed and refined, removing much of the vitamin, mineral and phytonutrient content. Even whole foods like fruits and vegetables lose a good percentage of their vitamin content during the time it takes to harvest, package, and ship them. The more time they sit on the grocer's shelf, the more of their nutrients they lose. Furthermore, the mineral content of fruits and vegetables is directly tied to the mineral richness of the soil in which they are grown, and much of the soil in the United States no longer contains significant amounts of important minerals like selenium and chromium.

Research is constantly demonstrating that truly therapeutic amounts of vitamins and minerals and antioxidants—the amounts needed to reduce the risk for various diseases—is substantially more than the rather paltry amounts in the RDIs. And some vitally important nutrients, like folic acid, are actually better absorbed from supplements than from food. Supplements are simply a delivery system for the nutrients you need for optimal health; it is no longer possible to depend on our food supply to deliver those nutrients in the amounts you need for optimal health.

What do they do?

A better question is, “What don’t they do?” A few examples:
One theory of aging holds that we age largely because of free radical oxidative damage; free radicals cause a kind of "rusting" of our body's systems (much like an apple that "oxidizes" if you slice it and leave it out in the air). This slowly impedes our body's ability to function optimally. Vitamin C, E, selenium, zinc and CO enzyme Q-10 are all powerful antioxidants that help prevent this damage by "squelching" free radicals before they can do their mischief. The B-vitamins, B-6, B-12 and folic acid in particular, help bring down dangerous levels of a compound called homocysteine, which is a strong risk factor—stronger than cholesterol, in fact—for heart disease. Choline and inositol help prevent fat buildup in the liver. Chromium helps insulin do its job better, leading to better blood sugar control. L-taurine helps prevent fluid accumulation and water retention by keeping excess sodium out of the cells, while at the same time contributing to our antioxidant defenses, reinforcing the immune system, strengthening the heart muscle and helping to stabilize blood sugar.
For more detailed examples, please refer to the individual specification sheets of each supplement formulation.

What is in Cenegenics Nutraceuticals?

Vitamins, minerals, herbs, anti-oxidants, liver detoxifiers, digestive enzymes, bioflavonoids, brain function enhancers, phytonutrients, probiotics, etc. are all available through Cenegenics’ Pharmacy.

What is not in Cenegenics Nutraceuticals?

Yeast, wheat, gluten, corn, sodium, sugar, starch, milk/whey/dairy, flavoring, preservatives, colorings, overlapping ingredients, or extraneous bottles are not components of the Cenegenics Nutraceutical Program.

How are they different from other brands?

Cenegenics Nutraceuticals are the only medically formulated, totally complete adult nutritional supplements available anywhere. Unlike other products with small amounts of otherwise fine ingredients, Cenegenics Nutraceuticals contain the efficacious dosages of each ingredient. A superior pharmacy grade product, all components are designed for maximum bioavailability and are manufactured with strict quality-control standards. They are created by an outstanding advisory board of MDs, PhDs, Pharmacists and Nutritionists and are reviewed and updated annually.
Quality and Convenience Comparison

In an objective effort to prevent duplication of the Cenegenics Nutraceuticals by over-the-counter products, a research team visited several major health food stores to compare Cenegenics to OTC for quality and convenience.

**Quality**
Despite significant time and effort, the team was not able to duplicate Cenegenics Nutraceutical quality. At each store, certain important ingredients were either not available, out-of-stock, or in a form that was not bioavailable. Furthermore, most of the over-the-counter products were food grade, as compared to Cenegenics superior pharmacy grade supplements. Trying to purchase complete supplementation, the research team found that there also was considerable overlap in over-the-counter products.

**Convenience**
The team was unable to find any one store stocking all the recommended supplements. Furthermore, determining whether the stocked products were pharmacy grade was extremely cumbersome and time consuming. Cenegenics® complete line of formulations contain all of our recommended supplements and, through automatic monthly shipment, are always in stock, conveniently packaged, and shipped directly to our patients.

**Price Guarantee**
Cenegenics guarantees our product prices. If a product of the same ingredients, strength, and quality is found, Cenegenics will match its price.

**Cenegenics Nutraceutical Formulations**
In our ongoing commitment to medical excellence, we at Cenegenics Medical Institute have recently reformulated our nutraceuticals making them among the highest quality available in the market. Our focus remains clear: ensuring our patients a comprehensive program, complete with nutritional supplementation guaranteed and tested for quality, quantity, and purity. Only the most distinguished sources have been utilized to substantiate what latest research has shown to be effective. We have created and are proud to offer these cogent bioavailable nutrients compounded at highly preventive dosages.

- Comprehensive Multi/Vitamin Mineral Formula
- Antioxidant Formula
- Vascular Formula
- Brain Enhancer
- Prostate Formula
- Liver Formula
- Joint Formula

In addition to the Cenegenics Formulations, our pharmacy continues to provide many other nutraceuticals of only the highest quality that can be included in patient programs allowing Cenegenics physicians and nutrition & exercise counselors to create specific, individual, and comprehensive patient programs.