



STEVEN
PATCHING MD

Supplementation

Top 8 reasons you should chose Medical Grade Supplements over retail

1. **“Dietary supplements may be adulterated with dangerous compounds.” Researchers at NSF International, Harvard Medical School and other institutions have identified ingredients in supplements that can cause adverse health events, including liver damage, cardiac arrest and even death.**

“Dietary supplements may be adulterated with dangerous compounds be contaminated, fail to contain the purported active ingredient, or contain unknown doses of the ingredients stated on the label; be sold at toxic dosages; or produce harmful effects as a result of their interaction with other drugs.”

*(Office of Inspector General. *Adverse Event Reporting for Dietary Supplements: An Inadequate Safety Valve*. Washington, DC: US Department of Health and Human Services, Office of Inspector General; 2001. OEI-01-00-00180).

2. **“It is important to consult with a health care professional before using any dietary supplement.”**

“Dietary supplements are regulated by the FDA as food, not as drugs. However, many dietary supplements contain ingredients that have strong biological effects which may conflict with a medicine you are taking or a medical condition you may have. Products containing hidden drugs are also sometimes falsely marketed as dietary supplements, putting consumers at even greater risk. For these reasons, it is important to consult with a health care professional before using any dietary supplement.”

*(<https://www.fda.gov/consumers/consumer-updates/dietarysupplements#:~:text=Dietary%20supplements%20are%20regulated%20by,medical%20condition%20you%20may%20have>)

3. **“FDA is not authorized to review dietary supplement products for safety and effectiveness before they are marketed.”**

*(<https://www.fda.gov/food/buy-store-serve-safe-food/what-you-need-know-about-dietary-supplements>)



4. “A 2010 US Government Accountability Office report revealed that an analysis of 40 dietary supplements for the presence of lead, arsenic, mercury, cadmium, or pesticides found trace amounts of 1 or more of these contaminants in 93%.”

“A 2010 US Government Accountability Office report revealed that an analysis of 40 dietary supplements for the presence of **lead, arsenic, mercury, cadmium, or pesticides** found trace amounts of 1 or more of these contaminants in **93%**. Poor compliance may be attributed, at least in part, to inadequate enforcement; in 2013, the FDA inspected only 416 supplement manufacturers for cGMP* adherence, representing 10% of the estimated 4000 manufacturers covered by cGMP regulations and 2.8% of the 14,995 domestic and international dietary supplement firms registered with the FDA.”

*cGMP – Current Good Manufacturing Practice - Good manufacturing practices are the practices required in order to conform to the guidelines recommended by agencies that control the authorization and licensing of the manufacture and sale of food and beverages, cosmetics, pharmaceutical products, dietary supplements, and medical devices.

*(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4330859/>)

5. “Only 2 percent of all imported vitamins and other supplements are inspected. Why? Vitamins and supplements are classified as ‘food’ by law and therefore not subject to the tough regulatory scrutiny of prescription drugs.”

*(<https://www.theepochtimes.com/>)

6. About 90% of ingredients for supplements in the US are sourced through China.

About 90% of ingredients for supplements in the US are sourced through China. Arguably the most polluted industrial process in the world. Yet, we are depending on them for consumable products to help promote improvement in our health.

*(<https://www.theepochtimes.com/>)



7. “The top vitamin exporting province, Zhejiang, has an alarming level of soil pollution from heavy metal.”

The top vitamin exporting province, Zhejiang, has an alarming level of soil pollution from heavy metal. The top vitamin exporting province, Zhejiang, has an alarming level of soil pollution from heavy metal. For example, rice planted in several key agricultural provinces was reported to contain excessive Cadmium, a metal commonly found in batteries, coloring, and the industrial waste from making plastic. It may cause serious kidney disease.

Irrigation water is a nightmare: Half of the country’s major water bodies are polluted, as are 86 percent of city water bodies. Pollution is largely caused by the country’s numerous factories, which rarely have equipment for treating pollution. Seventy to 80 percent of the country’s industrial waste is directly emitted into rivers.”

Even those labeled as “organic” are not safe, since **USDA organic standards place no limit on levels of heavy metal contamination for certified organic foods.**

[* \(https://www.theepochtimes.com/\)](https://www.theepochtimes.com/)

8. The Journal of the American Medical Association found that dietary supplements account for half of all Class 1 drug recalls in the United States.

The research, supported by the Canadian Institutes of Health Research, showed that over a nine-year period (2004–2012), 51 percent of the U.S. Food & Drug Administration’s (FDA) recalls involved dietary supplements containing unapproved ingredients or drugs. During this period, 465 products were recalled, of which 237 were dietary supplements.

(Harel Z, Harel S, Wald R, Mamdani M, Bell CM. The Frequency and Characteristics of Dietary Supplement Recalls in the United States. JAMA Intern Med. 2013;173(10):929- 930. doi:10.1001/jamainternmed.2013.379.)





Why we have decided to partner with Thorne

THORNE

Our Mission:

We believe personalized, scientific wellness can extend the duration of one's health span and create happier and healthier lives.

Who We Are:

Our ambition is to empower our customers to improve and extend their health span through testing, teaching, and transforming health, so they can prevent adverse chronic health conditions before they begin.

As people seek new ways to optimize health and fuel their personal resiliency, Thorne is here to help them achieve their goals.

From health tests powered by the proprietary, multi-omic Onegvity Health Intelligence platform, to advanced nutritional formulas, Thorne can redefine what it means to live healthy.

Thorne

Manufacturing | Independent Certification | Sourcing | Testing

Manufacturing

Using advanced equipment, our quality team methodically tests our raw ingredients, and then our production team meticulously crafts each supplement with the utmost consideration for details, from mixing the raw materials to encapsulating and bottling the finished product. To meet the highest quality standards, we also ensure that our facility is third-party certified.





Independent Certification

cGMP



Thorne has an exemplary record of compliance with the Current Good Manufacturing Practices (cGMP), set by the U.S. Food and Drug Administration. Our manufacturing facility, warehouses, and shipping centers are inspected and have passed every inspection without issuance of an FDA Form 483.

[Certificate of GMP Compliance of a Manufacturer](#)

NSF Certification



Thorne's facility is NSF Certified and manufactures more than 30 NSF Certified for Sport® products, which gives athletes complete confidence in our nutritional supplements. This is particularly important for the number of U.S. National Teams, athletes of the NBA, NFL, and UFC that we partner with as an exclusive provider.

[NSF® Certificate](#) | [NSF Certified for Sport™ Certificate](#)

TGA



Thorne has an A rating from Australia's Therapeutic Goods Administration, widely recognized as the toughest regulatory agency in the world. Only a handful of U.S. companies have achieved certification, and Thorne is the first U.S. nutritional supplement company to be fully certified.

[TGA GMP Certificate](#)



Sourcing

Clinical Research

At Thorne, being able to rely on the safety and efficacy of our nutritional supplement products is the motivating force behind our clinical trials program. Our confidence that each product we formulate and manufacture works in the body comes from extensive clinical research and medical literature that substantiate the presence of each ingredient in each formula.

In addition to confirming the efficacy of our products, clinical research helps us better understand their efficacy. And it paves the way for new discoveries. The ultimate goal of our research partnerships is to help us fulfill our mission of solving the biggest challenges in health and wellness.

More than 40 products in clinical trials around the world

At any given time, numerous Thorne nutritional supplement products are being tested in clinical trials taking place around the world. Our collaborations with independent researchers help us scientifically confirm the efficacy and safety of our products and explore new potential for them.

<https://www.thorne.com/company/clinical-research>

Absorption

When it comes to taking a mineral supplement, there are several things to consider when trying to maximize your supplementation. The primary goal is to absorb the most amount of the mineral from the fewest number of capsules and without any side effects. We accomplish this through: Form, Balancing absorption with concentration, and prioritizing tolerability.

<https://www.thorne.com/take-5-daily/article/get-the-most-out-of-mineral-supplementation>

Allergens

Thorne has created a strict 'No' List. This list includes unacceptable ingredients for all of Thorne's nutritional supplements. They have made a promise to never use any of these ingredients that are contained on this list. Unfortunately, many other companies do not hold themselves to these same standards.

<https://www.thorne.com/thorne-no-list>



Testing

Round 1

Raw materials and components

We test every raw material and component. In our in-house laboratory we screen for raw material contaminants.

Round 2

In-process testing

In-process testing helps ensure the correct amount of ingredients are used in our formulations, and we stringently check for any bottle, label, or capsule defects throughout the manufacturing process.

Round 3

Finished product testing

Before being released for sale, finished products are tested to confirm the identity, potency, and purity of the ingredients, and to confirm that no microbiological contamination occurred during manufacturing.

Round 4

Stability testing

We test product stability to confirm each product will meet its label claims up to the product's expiration date.





Thorne partnerships and affiliates...

Mayo Clinic



Thorne entered into a Master Clinical Study Agreement with Mayo Clinic in August 2014 to conduct a series of randomized double-blind placebo-controlled clinical trials on several nutritional supplements. The studies are designed to test the safety and efficacy of a range of single compounds from natural sources, plant extracts with complex molecular attributes, and complex nutritional products formulated to address specific nutritional needs.

The primary focus has been on testing materials that are considered GRAS (Generally Recognized as Safe) within the FDA designation, and to emphasize the understanding of mechanism of action, safety, pharmacokinetics, and optimal use for these products. Thorne also provides reliable, relevant health information from Mayo Clinic to the general public.

Team USA



Thorne is the proud exclusive wellness partner for 12 U.S. National Teams. We provide a large portfolio of NSF Certified for Sport[®] supplements products to these USA teams and athletes that support their performance goals. We also provide additional support for these athletes including health testing and consultation, which enable each athlete on the team to follow a personalized plan for diet, exercise, and supplementation. By utilizing follow-up retesting, the athletes, coaches, and trainers are able to monitor individual improvement and modify each protocol as needed.





The UFC



UFC® is the world's premier mixed martial arts organization and operates the UFC Performance Institute®, a state-of-the-art training and research facility that has served more than 400 athletes since opening in 2017. As the Official Sports Performance Nutrition Partner of UFC, Thorne support UFC athletes and trainers with Thorne's comprehensive line of NSF Certified for Sport® products. In addition to providing UFC athletes with the highest-quality supplements, Thorne also has ownership of the Performance Institute Nutrition Stations, dedicated areas that provide precision health and wellness solutions to UFC athletes. Together the UFC and Thorne are addressing both the immediate and long-term health needs of UFC athletes.

Helsinn



Since 2012, Thorne has teamed with Helsinn HealthCare SA, a leading multinational pharmaceutical company based in Switzerland that specializes in cancer supportive care. Helsinn's contributions to cancer care include a portfolio of therapeutic agents implemented around the world. The alliance between Helsinn and Thorne enables both companies to fulfill a shared mission: to provide the best possible quality of life for individuals whose lives are impacted by cancer.



World-class scientific collaborations

Thorne is proud to be working with the following research organizations



Cleveland Clinic



Mayo Clinic



Columbia University



Johns Hopkins



National Institutes of Health



Mount Sinai Health System



Duke



Scripps Institution of Oceanography



West Point



Emory University





Directions for Supplement Ordering

1. Within 48-72 Hours you will receive an email inviting you to Patching MD Dispensary. *(If you do not hear from us within this time don't hesitate to call or text us: (916)-397-8783. Or if you need any help with the ordering process don't hesitate to reach out)*
2. Accept the invite and you will be asked to create an account. Make sure you do this; it is how you will have access to the **5% off!**
3. You now have access to the dispensary. Place all the supplements you have been prescribed into your cart and order.

There are other really healthy and popular supplements in the dispensary. (Fish oil, Probiotics, Collagen, Prebiotics, Vitamin D, etc...)

We strongly recommend you select recurring order so you don't forget to order before you run out. Consistency is key when it comes to supplementation.

4. If you have a family member or friend you would like to share access to this shop. Go ahead and send us a quick email with their **name and email address** and we will send them an invite.

Email us: Patchingsteven@gmail.com

Text us: (916)397-8783

**Congratulations, you just took a huge step in the right
direction in improving your health!**

Steve Patching M.D.

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