



MEDICAL FOODS
FUNCTIONAL FOODS
DIETARY SUPPLEMENTS



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Medical foods means nutritional substances in any form that are formulated to be consumed or administered enter ally under the supervision of a physician. Functional foods are the foods that marketed for purposes other than nourishment of your body. For instance, Activia® is a probiotic yogurt. It helps to regulate your digestive system. On the other hand, Dietary supplement is a manufacture product that can provide nutrient extracted from food source in order to increase the quantity of their consumption.

Difference among medical foods, functional foods, and dietary supplements

Medical Foods	Functional Foods	Dietary Supplement
<ul style="list-style-type: none"> • Medical foods are foods that are specially formulated and intended for the dietary management of a disease. 	<ul style="list-style-type: none"> • A functional food is a food that claimed to have an additional function by adding new ingredients or more of existing ingredients. 	<ul style="list-style-type: none"> • Dietary supplement is a manufacture product that can provide nutrient extracted from food source in order to increase the quantity of their consumption.
<ul style="list-style-type: none"> • Formulated to consume under the supervision of a physician. 	<ul style="list-style-type: none"> • No need to consume under the supervision of a physician. 	<ul style="list-style-type: none"> • For some cases needed to consume under the supervision of a physician.
<ul style="list-style-type: none"> • Manufacturers are not required to prove efficacy or safety before marketing medical food. 	<ul style="list-style-type: none"> • Required to prove safety before marketing functional food. 	<ul style="list-style-type: none"> • Does not required to prove efficacy or safety before marketing dietary supplement.
<ul style="list-style-type: none"> • Taken when a patient is receiving active and ongoing medical supervision. For a condition requiring medical care. 	<ul style="list-style-type: none"> • Have a potentially positive effect on health beyond basic nutrition. 	<ul style="list-style-type: none"> • People take these to make sure that they get enough essential nutrients.
<p><u>Example:</u></p> <ul style="list-style-type: none"> • <i>Axona</i> is marketed for “Alzheimer’s disease”. • <i>Limbrel</i> is marketed for “osteoarthritis”. 	<p><u>Example:</u></p> <ul style="list-style-type: none"> • <i>Activia</i> • <i>DanActive</i> • Grains, fruits, nuts, vegetables and modified foods such as yogurt, orange juice are the examples of functional food. 	<p><u>Example:</u></p> <ul style="list-style-type: none"> • Vitamin D and B12, mineral like calcium and iron.