2022-3 Drugs vs. Supplement

The FD&C Act defines drugs, in part, by their intended use, as "articles intended for use in the diagnosis, cure, mitigation, treatment, or prevention of disease" and "articles **(other than food) intended to affect the structure or any function of the body of man or other animals**" [FD&C Act, sec. 201(g)(1)].

Drugs are considered unsafe until proven safe.
In general, the FDA considers new drugs to be unsafe until they are proven safe through clinical trials. The FDA must approve any new drug before it can be legally sold in the US.

In 1994, the Dietary Supplement Health and Education Act (DSHEA) defined dietary supplements as a category of food, which put them under different regulations from drugs. **Supplements are intended to affect the structure or any function of the body of man or other animals.**

Dietary supplements are considered safe until proven unsafe. FDA is not legally responsible for the safety of dietary supplements; the manufacturers are. Manufacturers are also responsible for what's in their supplements, and assuring that the contents are the same from one pill or package to another. The **FDA only looks into reported problems or safety hazards. They do not routinely check for quality of supplements, like they do for drugs.**

Supplement Literature

The DSHEA provides that retail outlets may make available "third-party" materials to help inform consumers about any health-related benefits of dietary supplements. These materials include articles, book chapters, scientific abstracts, or other third-party publications. These provisions stipulate that the information must not be false or misleading; cannot promote a specific supplement brand; must be displayed with other similar materials to present a balanced view; must be displayed separate from the supplements; and may not have other information attached (product promotional literature, for example).

Aroga Supplements are intended to affect the structure or any function of the body of man or other animals.

Specifically Aroga Supplements are designed to support the the structure and function of cellular apoptosis pathways.

Cellular apoptosis pathways

Cellular apoptosis pathways are activated by small bitter polyphenols that are released first from the food. While the remaining food is digested, these small bitter molecules enter the blood, go to all cells, and only activate the apoptosis pathways that the remaining nutrients can repair.

For example, If you eat Asparagus, and immediately go to the restroom, you will smell these small bitter Asparagus ingredients that have already been to all your cells activating the different apoptosis pathway to get their enzymes ready to use the other nutrients coming from the food as it is digested.

In other words small bitter ingredients (BI) in food are the first components in food to leave the digestive tract. Then, the BI enter the blood and go to all cells. Next, the BI activate the specific apoptosis pathways that the other food ingredients can repair in the cell. It can take hours for the other ingredients in the food to get to the cells and make the repairs. This gives the cells time to get the enzymes that will be used, ready to make the needed cellular repairs.

To summarize, bitter food ingredients talk to cells by activating specific apoptosis pathway enzyme systems that use the other food nutrients to repair cells. This maintains the structure and function of cells. Healthy cells make healthy bodies.