

# Welcome to Nutrition as Medicine™

BEYOND THE PLATE: WHY WE USE NUTRITION AS MEDICINE™

We have all heard the phrase "food as medicine." Here at sam, we believe your health deserves something more precise than just "food." That's why we have pioneered a different approach: Nutrition as Medicine.

## What is Nutrition as Medicine™?

Nutrition as Medicine™ uses our dietary strategies and specific nutrients to prevent, manage, or treat health conditions.

While "food" is what you eat, "nutrition" is how your body uses what you eat to heal, perform, and thrive. By focusing on the clinical application of nutrients, we move beyond general wellness into the realm of targeted results.



IT'S NOT  
JUST FOOD  
—IT'S  
NUTRITION  
AS  
MEDICINE™.  
PRECISION  
STRATEGIES  
FOR A  
HEALTHIER  
YOU.



## Why the Distinction Matters

- We don't just look at ingredients; we look at the impact of specific nutrients on your unique physiology.
- Nutrition as Medicine™ isn't about a generic "healthy diet." It's a customized roadmap designed to address specific health hurdles.
- By treating nutrition with the same respect and rigor as traditional medicine, we empower you to take control of your long-term vitality.



## Your Health, Refined

Whether you are looking to manage a chronic condition or optimize your daily energy, our approach ensures that every bite serves a clinical purpose. Nutrition as Medicine™ is more than a philosophy—it's our commitment to helping you use science-backed dietary strategies to live your best life.