



# NOW OFFERING REGENERATIVE THERAPIES

**Advanced Healing — Right Here at Pioneer Comprehensive Medical**

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## WHAT ARE REGENERATIVE THERAPIES?

Regenerative medicine uses the body's natural healing capabilities to repair and restore damaged tissues. You may have heard of “stem cells,” but the field includes much more—like Platelet-Rich Plasma (PRP), Mesenchymal Stem Cells (MSCs), and Exosomes.

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## WHAT'S NEW WITH REGENERATIVE THERAPIES?

We're expanding beyond PRP to offer:

- **Mesenchymal Stem Cells (MSCs)**
  - Derived from healthy, screened perinatal (placental) tissue. These master repair cells help rebuild cartilage, tendons, ligaments, bone, and more—reducing pain and inflammation.
- **Exosome Therapy**
  - Exosomes are messenger particles derived from differentiated stem cells. They stimulate repair and regeneration, especially when combined with MSCs.

# WHY CHOOSE REGENERATIVE THERAPY?

- **World-Class Quality, Made Accessible**

- We now offer some of the best regenerative products in the world—sourced right here in Utah—at the most affordable prices.

- **Safe, Legal, Local**

- Avoid costly, uncertain travel abroad. Our therapies are administered safely under medical guidance in our clinic.

- **Real Results for Real Conditions**

These therapies may help support recovery and relief from:

- Joint pain and orthopedic injuries
  - Degenerative disc disease
  - Arthritis
  - Autoimmune diseases
  - Inflammatory conditions of the gut and GI tract
  - Neurologic symptoms and neurodegenerative conditions
  - Decline in sexual function and performance for both men and women
- Many patients turn to regenerative medicine as a way to delay or even avoid surgery—and to improve quality of life without relying solely on medications.

See additional flyers for a more complete list of all the conditions regenerative therapies may help treat.



# WHAT ARE STEM CELLS?

**Stem cells are your body's natural repair system. They are unique cells with two powerful abilities:**

1. They can become other types of cells—like cartilage, muscle, bone, or nerve—depending on where healing is needed (differentiation).
2. They can renew themselves, continually making more of these healing cells over time (self-renewal).

Because of these traits, stem cells play a central role in tissue regeneration, reducing inflammation, and supporting recovery from injury or chronic disease. In regenerative medicine, we use carefully sourced stem cells to harness this healing potential and direct it where your body needs it most.

# TYPES OF STEM CELLS

<b>TYPE</b>	<b>SOURCE</b>	<b>POTENCY</b>	<b>NOTES</b>
<b>Embryonic (ESCs)</b>	<b>Embryos (IVF)</b>	<b>Pluripotent</b>	<b>Ethically complex, highly regulated (We do not use these at PCM for ethical and medical reasons)</b>
<b>Adult Stem Cells (ASCs)</b>	<b>Bone marrow, fat, etc.</b>	<b>Multipotent</b>	<b>Common in clinical use, few ethical concerns (We do not use these at PCM)</b>
<b>Induced Pluripotent (iPSCs)</b>	<b>Reprogrammed adult cells</b>	<b>Pluripotent</b>	<b>Experimental, ethical alternative (We do not use these at PCM)</b>
<b>Perinatal MSCs</b>	<b>Placenta, umbilical cord, amniotic fluid</b>	<b>Multipotent</b>	<b>High regenerative value, ethically favorable (These are the stem cells we use at PCM)</b>

# HOW STEM CELLS WORK

**Stem cells operate in three primary ways in the body:**

## **1. Direct Differentiation**

In specific cases, stem cells differentiate directly into the required cell types to repair damaged tissues.

For example, MSCs can become cartilage cells, aiding in the regeneration of damaged joints.

## **2. Paracrine Signaling**

Stem cells release bioactive molecules—cytokines, growth factors, and exosomes—that communicate with nearby cells.

This signaling stimulates tissue repair, reduces inflammation, and recruits other cells to the area to aid in healing.

It's not just about stem cells turning into new tissue, but also about instructing and recruiting your body's own mechanisms to repair itself—and giving it the ingredients to do so.

## **3. Immunomodulation**

Certain stem cells, especially MSCs, have the ability to regulate the immune system.

They suppress excessive inflammation and create an anti-inflammatory environment, which is especially helpful in managing autoimmune diseases and chronic inflammation.

This is why stem cell therapy is being explored for conditions like arthritis, inflammatory bowel disease, and more.

# **BENEFITS OF STEM CELL THERAPY**

Stem cells have unique properties that make them valuable across various medical fields. Here are the key benefits:

## **1. Tissue Regeneration**

Stem cells regenerate damaged tissues, providing solutions for injuries, degenerative diseases, and organ damage.

## **2. Anti-Inflammatory Effects**

Particularly MSCs can reduce inflammation in conditions like arthritis, autoimmune diseases, and inflammatory bowel disease.

## **3. Reduced Scar Formation**

By encouraging healthy tissue formation, stem cells minimize fibrosis and scarring, which benefits wound healing and aesthetic applications.

## **4. Lower Risk of Rejection**

Since MSCs are “immune privileged,” they can be used in allogeneic (donor-derived) settings without triggering an immune response.

## **5. Non-Invasive Collection**

Perinatal-derived MSCs are collected from tissues that do not require invasive procedures, making them accessible and ethically sound.

## **6. Versatility in Applications**

Stem cells can be applied across multiple medical disciplines, from orthopedics to neurology and dermatology, making them adaptable to a wide range of therapeutic needs.

# WHAT ARE EXOSOMES?

**Exosomes are tiny, naturally occurring particles released by cells—especially stem cells—that act like messengers in the body. They carry powerful healing signals in the form of proteins, RNA, and signaling molecules.**

Here's what makes them essential to regenerative therapy:

- **Cellular Communicators**
  - Exosomes help cells “talk” to one another—promoting repair, reducing inflammation, and triggering regeneration in injured or aging tissue.
- **Derived from Stem Cells**
  - The exosomes we use are harvested from high-quality stem cells, making them highly bioactive and therapeutically potent.
- **Amplify Stem Cell Therapy**
  - When used with stem cells, exosomes enhance cellular communication and healing response, making both therapies more effective.
- **High Dose, Low Risk**
  - Because exosomes are microscopic and non-cellular, we can administer millions more in a single injection than stem cells alone. For example, our exosomes contain around 110 billion per cc—or more—depending on their intended therapeutic use.
- **Age-Related Benefit**
  - As we age, our own stem cells age too—becoming fewer in number and less responsive. By combining stem cells with exosomes, we compensate for this decline and help maximize therapeutic results, especially in older patients.

Exosome therapy represents one of the most advanced tools in modern regenerative medicine—supporting joint repair, immune modulation, tissue rejuvenation, and more.

# THE POWER OF POSSIBILITY: BEYOND MANAGEMENT—TOWARD RENEWAL

For many people, traditional medicine stops at symptom management. But regenerative therapies are different—they're about restoration, particularly when added to comprehensive functional medicine principles.

Using biologically active compounds like stem cells and exosomes, we tap into your body's own healing systems. These therapies go beyond masking symptoms.

Together, they:

- Reduce chronic inflammation
- Rebuild damaged or aging tissues
- Improve circulation, cell signaling, and immune balance
- Support joint, nerve, and soft tissue recovery
- Promote overall tissue rejuvenation from the inside out

Whether you're struggling with joint pain, fatigue, injury, or simply the wear of time—there is real potential for improvement. You don't just manage decline—you support regeneration.

Imagine what your life could look like when your body begins to heal at the cellular level:

- Moving without hesitation again
- Sleeping better, waking with less stiffness
- Returning to activities you once loved
- Having energy that keeps up with your goals
- Feeling your age—or younger
- Energy to accomplish the things that are important to you
- Assistance in hormone regulation

**That's the power of stem cells and exosomes.**



# WHOLE-BODY HEALING STARTS FROM WITHIN

**At our clinic, we believe regenerative therapy works best when your entire body is supported. That's why we emphasize the importance of nutrition, gut health, and Hyperbaric Chamber therapy alongside your treatment.**

✓ **Gut Health:** A healthy gut plays a key role in reducing inflammation, supporting your immune system, and optimizing how your body responds to regenerative treatments.

✓ **Supplementation:** Clean Collagen Powder (available at Direct Nutrition) and Fish Oil. You need to support your body's natural process of creating new, healthy cells.

✓ **Hyperbaric Chamber:** Our on-site hyperbaric chamber delivers concentrated oxygen to your tissues, helping speed up healing, reduce inflammation, and improve cellular function.

Together, these therapies enhance your results — giving your body everything it needs to heal, restore, and thrive.

# FREQUENTLY ASKED QUESTIONS

## **Is it safe?**

Yes. We use only rigorously screened and prepared donor tissue. Treatments are performed under medical supervision.

## **Is it legal?**

Yes. All treatments comply with FDA guidelines and are sourced ethically.

## **Will I need surgery?**

In many cases, regenerative therapy helps patients delay or avoid surgery.

## **Is it painful?**

Most procedures are minimally invasive and well tolerated.

## **How long until I see results?**

Some patients notice improvement in days to weeks; others may see results over several months, depending on their condition.

# PRICING & DETAILS

This pricing sheet is for examples; actual costs will vary based on each patient's individual needs.

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## Anti-aging

**Product: (MSC) EXM Stem Cells / EXO-ELITE 2 CC - 4 CC  
(4 CC is ideal)**

**Price: (MSC) EXM Stem Cells 1 CC ~ \$1,800**

**(Exosomes) EXO Elite 1 CC ~ \$1,100 total \$2,900**

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**(MSC) EXM Stem Cells 2 CC ~ \$3,400**

**(Exosomes) EXO Elite 2 CC ~ \$2,200 total \$5,600**

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## Joint Renewal

**Product: EXO 1 CC / (MSC) EXM Stem Cells 1 CC**

**Use Case: Osteoarthritis or joint degeneration (shoulder, knee, elbow)**

**Price: EXO 1 CC ~ \$1,800**

**(MSC) EXM Stem Cells 1 CC ~ \$1,800 total \$3,600**

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## Intimacy Optimization Series

**Product: EXO-PV-MAX 1 CC - 2 CC**

**Use Case: Sexual wellness (men & women)**

**Price: EXO-PV-MAX 1 CC ~ \$1,400 EXO-PV-MAX 2 CC ~ \$2,800**

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## **Neuro Recovery Bundle**

**Product: EXO ELITE 1 CC**

**Use Case: Post-concussion, neuropathy, brain fog**

**Price: EXO ELITE 1 CC ~ \$1,100 EXO ELITE 2 CC ~ \$2,200**

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## **Spine & Disc Recovery Plan**

**Product: (MSC) EXM Stem Cells 1 CC / EXO 1 CC**

**Use Case: Back pain and disc issues**

**Price: (MSC) EXM Stem Cells 1 CC ~ \$1,800**

**EXO 1 CC ~ \$1,800 total \$3,600**

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## **Soft Tissue Repair Protocol**

**Product: (MSC) EXM Stem Cells 1 CC / EXO 1 CC**

**Use Case: Tendon/ligament damage (shoulder, ankle, etc.)**

**Price: (MSC) EXM Stem Cells 1 CC ~ \$1,800**

**EXO 1 CC ~ \$1,800 total \$3,600**

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## **Surgical Recovery Boost**

**Product: (MSC) EXM Stem Cells 1 CC - 2 CC**

**Use Case: Post-op healing acceleration (ACL, meniscus, etc.)**

**Price: (MSC) EXM Stem Cells 1 CC ~ \$1,800**

**(MSC) EXM Stem Cells 2 CC ~ \$3,400**

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## **Diabetic Wound Support Plan**

**Product: EXM Stem Cells 1 CC**

**Use Case: Slow-healing wounds / ulcers**

**Price: EXM Stem Cells 1 CC ~ \$1,800**

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## **Proactive Athlete Optimization**

**Product: EXM Stem Cells 1 CC**

**Use Case: Injury prevention & recovery for athletes**

**Price: EXM Stem Cells 1 CC ~ \$1,800**

# ACCESS MADE POSSIBLE

MSC and exosome therapy were once accessible only to the ultra-wealthy—or required traveling abroad to receive treatments that were often subpar, inactive, or questionably regulated. Even then, those options were typically more expensive than what we're now able to offer—without the added costs of travel, lodging, missed work, or disruption to your life.

Thanks to major advances in science and sourcing, these leading-edge therapies are finally within reach. While not currently covered by insurance, we've made them more accessible by acquiring some of the best stem cells and exosomes available—ethically procured at the best possible price.

See the attached pricing sheet to get a sense of what's available. We'll work with you to tailor a personalized treatment plan that fits both your health goals and your budget. These therapies have created possibilities for your health , athletic performance , and aging gracefully with confidence and performance that have never been available like this or even thought possible previously in medicine.

## Connect With Our Team

**Call our office (801) 576-1086 or ask your provider how regenerative therapy might fit into your personalized health plan.**



**Scan the QR code to visit our website and learn more.**



# POST-TREATMENT CARE

- **Please stay for 10 minutes after your injection so we can make sure you're feeling okay and monitor for any immediate reactions. This is just a routine precaution to ensure your safety.**
- **Avoid high-impact activities or strenuous movements for 24 - 48 hours post-treatment.**
- **Performing mild activity to stimulate the area can be beneficial. For example, if we inject your shoulder, doing some gentle shoulder exercises can help attract the healing effects of the regenerative therapy, even if it causes mild soreness.**
- **You may experience mild swelling, discomfort, or bruising at the injection site. This is common and usually goes away within a few days.**
- **For pain relief, it's recommended to take acetaminophen. Avoid NSAIDs and Steroids, as they can interfere with the inflammatory phase that is essential for healing.**
- **You may apply moist heat to the injection area after your treatment to help ease any discomfort and support the healing process.**
- **Allergic reactions are very rare, but if you experience a mild reaction, you can take Benadryl. If the reaction is severe or you develop a fever, seek medical attention immediately.**
- **For sexual wellness treatments, please avoid sexual intercourse for 24 to 48 hours to allow proper healing and reduce the risk of irritation or complications.**
- **Schedule a follow-up appointment 2-4 weeks after the procedure to assess pain levels, mobility, and overall recovery.**