

# 20 Things You Need to Know Before Choosing a Regenerative Medicine Clinic

A practical checklist to help you compare clinics, understand the hidden details, and make a more informed decision before treatment.

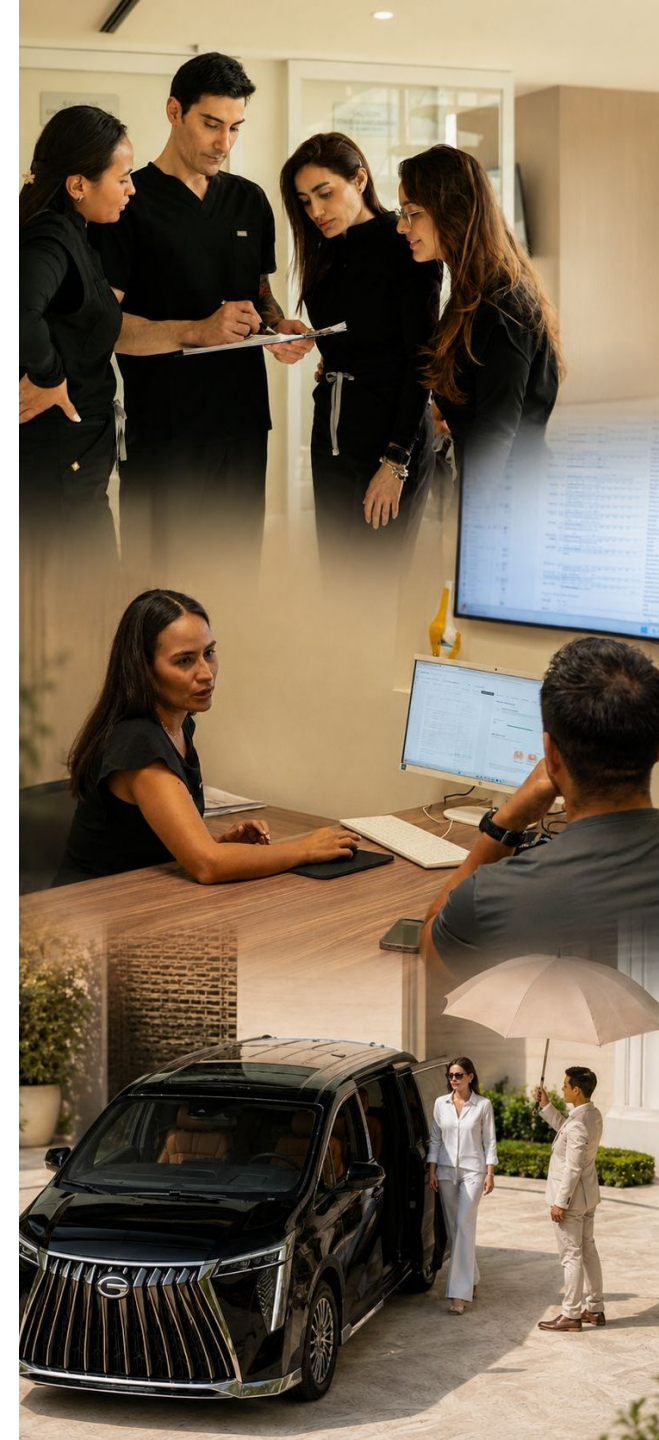
PERSONALIZATION

DIAGNOSTICS

LAB QUALITY

LICENSING

PREMIUM CARE



# Inside This Guide

Use this guide **before you book a consultation, pay a deposit, or compare prices** between clinics. It is designed for patients and families researching stem cells, exosomes, peptides, longevity protocols, and other regenerative medicine options.

 **The main idea:** Price matters, but the little details most clinics do not explain often matter more.

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## Personalization & Diagnostics

Why personalization and diagnostics should come first

02

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## Product, Lab & Licensing

How to evaluate the product, lab, licenses, and documentation

03

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## Delivery & Follow-Up

What to ask about delivery methods, technology combinations, and follow-up

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## Price vs. Real Value

How to compare price versus real value

05

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## Decision Worksheet

A final decision worksheet you can use with any clinic

 This guide is educational. It is not medical advice and does not replace a consultation with a qualified physician. A good clinic should help you understand what is possible, what is realistic, and whether there is a responsible way to support your health goals.

# The Hidden Problem Patients Face

Regenerative medicine is growing fast. More patients are traveling for stem cell therapy, exosome therapy, peptide protocols, and advanced recovery programs. But **not all clinics are the same.**

## Selling Over Science

Some clinics focus on selling a treatment rather than evaluating the patient. They use the same protocol for almost every person who walks through the door.

## Opaque Supply Chains

Some clinics buy products from third-party labs without explaining where the product came from, how it was tested, or what documentation exists.

## Uninformed Patients

Many patients never know what questions to ask until after they already paid. This guide exists to change that.

Regenerative medicine is not just about receiving cells, exosomes, or peptides. It is about choosing the right clinic, with the right process, for the right patient.

**Use this guide as a checklist. A serious clinic should welcome educated questions.**



# Part 1 — Personalization, Diagnostics & Planning

Before discussing cells, exosomes, or price, the clinic should understand the patient. These first points help you identify whether a clinic is practicing personalized medicine or simply selling a standard package.

## 01 — Not One-Size-Fits-All

Your age, condition, inflammation level, medications, previous surgeries, immune system, lifestyle, and goals should all shape the recommendation.

*Ask: Is my protocol personalized to my condition, goals, medical history, diagnostics, and risk factors?*

## 02 — Personalization Over a Menu

A treatment menu is not a medical strategy. Personalized care includes medical history review, lab testing, imaging, biomarker evaluation, and follow-up.

*Ask: What information do you use to design my protocol before recommending a treatment?*

## 03 — Diagnostics Drive Decisions

Without diagnostics, the clinic may be guessing. Bloodwork, imaging, biomarkers, metabolic markers, hormones, and inflammatory markers clarify the picture.

*Ask: What diagnostics or records do you review before deciding what I need?*

## 04 — Map the Patient Journey

A good clinic should understand where the patient is before treatment and where the patient wants to go. Symptoms, limitations, prior treatments, and goals become the roadmap.

*Ask: How do you document my baseline and track my progress after treatment?*

## 05 — AI as a Support Tool

Artificial intelligence should not replace the physician. But AI can help organize patient data, evaluate biomarker trends, support follow-up, and help the team see patterns faster.

*Ask: Do you use any digital platform, dashboard, or AI-supported system to organize diagnostics and follow-up?*

# Part 2 — Product Source, Lab Quality & Licensing

The quality of the product is not only a marketing statement. It depends on sourcing, manufacturing, testing, documentation, traceability, and regulatory structure.

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## 06 — Ask Where the Product Comes From

Is the product made in-house or purchased from a third party? What tissue source is used? How are donors screened? What quality documentation is available?

*Ask: Where exactly do the cells, exosomes, or biologic products come from?*

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## 07 — The Laboratory Matters

Lab quality influences consistency, traceability, documentation, sterility process, and transparency behind the product. The real story often starts before the treatment room.

*Ask: Do you have access to a licensed laboratory, and can you explain the process in simple terms?*

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## 08 — Licensing & Regulatory Structure

Patients should ask whether the clinic, doctors, laboratory, and tissue-handling processes operate under appropriate authorizations in that country.

*Ask: What medical, laboratory, tissue, or clinical application licenses are relevant to my treatment?*



# Cells, Exosomes & Full Process Control

## 09 — Does the Clinic Control the Full Process?

Some clinics simply administer products purchased elsewhere. A vertically integrated clinic has more control over manufacturing, documentation, communication between lab and doctors, and treatment customization.

*Ask: Do you manufacture or verify the products directly, or do you depend on external suppliers?*

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## 10 — Not All Stem Cells Are the Same

Stem cells can differ by tissue source, donor criteria, culture process, passage number, fresh versus frozen handling, testing standards, and documentation. Two clinics may use the same words but deliver very different products.

*Ask: What type of cells are used, what is the source, and how are they processed?*

## 11 — Not All Exosomes Are the Same

Patients should ask whether exosomes are quantified, characterized, sterile, documented, and used as part of a broader protocol or as a generic vial. The word *exosomes* alone is not enough.

*Ask: How are the exosomes characterized, tested, and documented?*

- 📄 Two clinics may use identical terminology – stem cells, exosomes, regenerative therapy – while delivering products of vastly different quality, traceability, and documentation. Always look behind the words.



## Part 3 — Treatment Strategy, Delivery & Patient Experience

The product is only one part of the decision. The delivery method, the team, the technology combinations, and the experience around the treatment all matter.



### 12 — Delivery Method Is Critical

The treatment is not only what product is used — it is also how and where it is delivered. For orthopedic and pain cases, precision can matter, including image-guided delivery by trained specialists.

*Ask: Who performs the procedure, and how do you decide the delivery method?*



### 13 — Combination Protocols

Many patients benefit from a broader strategy that may include regenerative biologics, peptides, IV therapy, oxygenation therapies, recovery technologies, nutrition, hormone optimization, and follow-up.

*Ask: What else do you do to prepare the body, support recovery, and optimize the environment around the therapy?*



### 14 — The Medical Team Matters

A strong program may involve a medical director, specialists, functional medicine doctors, orthopedic or pain specialists, lab staff, patient coordinators, and recovery support. The system matters as much as the individual therapy.

*Ask: Who is involved in reviewing, designing, administering, and following my case?*

# Patient Selection, Service & the Full Journey

## 15 — Patient Selection Is Important

Not every patient is a good candidate for every therapy. A professional clinic should evaluate each patient carefully and explain what may or may not be appropriate.

*Ask: Are there cases you do not accept, and what would make me a poor candidate?*

## 16 — Premium Service Is Part of the Experience

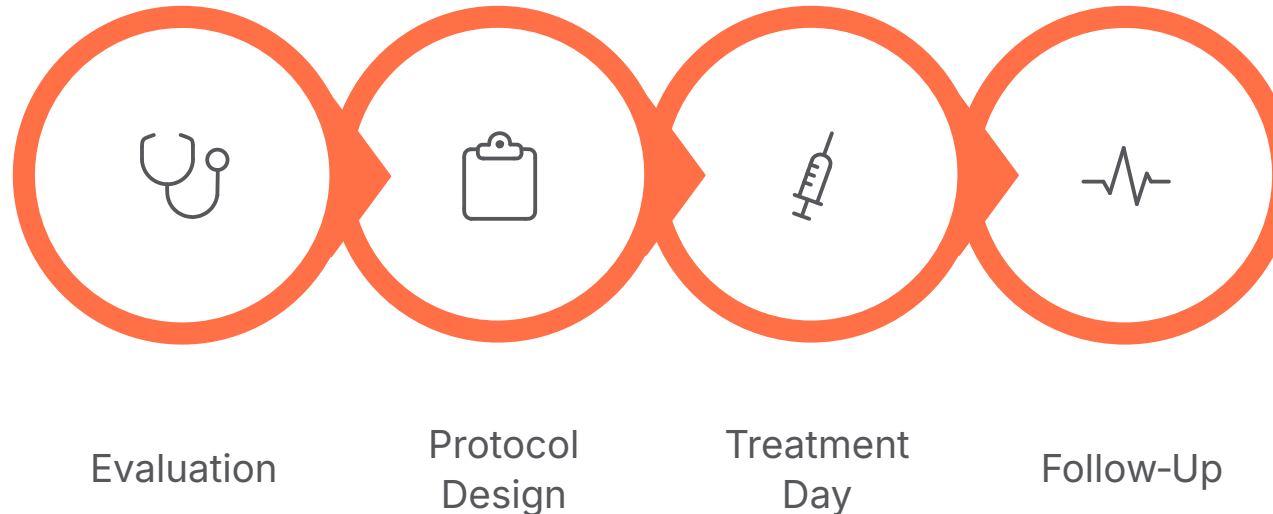
For international patients, treatment is only one part of the journey. Communication, transport, scheduling, medical record organization, comfort, and follow-up can change the entire experience.

*Ask: Who coordinates my travel, schedule, medical records, and communication before and after the visit?*

## 17 — Before, During & After Treatment

A good clinic should explain the full journey: evaluation, medical review, diagnostics, protocol design, treatment day, safety process, recovery instructions, follow-up, and long-term planning.

*Ask: Can you walk me through the complete patient journey from first call to follow-up?*



A transparent clinic should be able to walk you through every stage of this journey clearly and confidently before you commit to anything.

# Part 4 — Price, Value & Transparency

Price matters. But the cheapest clinic is not always the best decision. A patient should compare what is included, what is documented, who is responsible, and how much transparency is provided.

## 18 — Be Careful With Price-Only Clinics

The lowest price can be attractive, but price may reflect product source, lab process, doctor expertise, licensing, diagnostics, facility standards, service, and follow-up. Ask what is included and what is missing.

*Ask: What exactly is included in the price, and what is not included?*

## 19 — Ask About the Hidden Details

The important details are often hidden: supplier, testing, sterility, viability, documentation, delivery, medical review, follow-up, and realistic expectations. These details help patients compare clinics fairly.

*Ask: What documentation can I review before deciding?*

## 20 — Choose Transparency

Transparency is one of the strongest signs of a serious clinic. A transparent clinic should explain the process, source, safety standards, team, price, limitations, and follow-up clearly.

*Ask: What can you show me that supports the quality, safety, and traceability of what I will receive?*

# Red Flags When Comparing Clinics

These signs do not automatically mean a clinic is unsafe, but they should make you slow down and ask more questions.

- The clinic **promises a cure, guaranteed results, or miracle outcomes**.
- They recommend treatment **before reviewing your medical history or records**.
- They **cannot clearly explain** where the biologic product comes from.
- They cannot provide **quality documentation** such as viability, sterility, batch traceability, or a Certificate of Analysis.
- They **avoid questions** about licensing, regulatory structure, or physician credentials.
- They **only compare themselves by price**.
- They offer the **same package to every patient**, regardless of condition or goals.
- They **do not explain what happens after treatment**.
- They **pressure you to pay quickly** before answering your questions.
- They make the process sound **too simple for a complex medical decision**.



✅ A serious clinic should not be offended by educated questions. Transparency builds trust.

# How to Compare Clinics Fairly

Use this table when comparing two or three clinics. Do not compare only the price. Compare what the price actually includes.

| Category                             | Clinic A | Clinic B | Clinic C |
|--------------------------------------|----------|----------|----------|
| Medical review before recommendation |          |          |          |
| Personalized protocol                |          |          |          |
| Diagnostics or record review         |          |          |          |
| Product source explained             |          |          |          |
| In-house lab or verified supplier    |          |          |          |
| Fresh vs frozen explained            |          |          |          |
| COA / documentation available        |          |          |          |
| Licensing explained                  |          |          |          |
| Specialist delivery method           |          |          |          |
| Combination technologies             |          |          |          |
| Patient coordination                 |          |          |          |
| Post-treatment follow-up             |          |          |          |
| Clear total price                    |          |          |          |

Print or copy this table and fill it in during or after each consultation. The clinic that scores highest across all categories – not just price – is likely the stronger choice.

# Questions to Ask Before You Book

Copy these questions and use them during your consultation. You do not need to ask all of them at once. Start with the ones that matter most for your case.



### Medical Planning

- How do you decide if I am a candidate?
- Who reviews my medical history?
- What diagnostics or imaging should I provide?
- How do you personalize the protocol?



### Product & Laboratory

- Where are the cells or exosomes manufactured?
- Are products fresh, frozen, or shipped from another lab?
- What tissue source is used?
- Can you provide quality control documentation?



### Licensing & Safety

- What licenses or regulatory authorizations apply to this treatment?
- Who performs the procedure?
- What safety testing is completed before administration?
- What are the contraindications or reasons you would not treat me?



### Experience & Follow-Up

- What happens before, during, and after treatment?
- Who coordinates my schedule and travel logistics?
- What support do I receive after I return home?
- How is progress tracked over time?

## Your Decision Worksheet

Use this worksheet after speaking with a clinic. Score each category from 1 to 5, where 1 means weak or unclear and 5 means strong and transparent.

| Category                         | Score 1-5 | Notes |
|----------------------------------|-----------|-------|
| Clarity of medical evaluation    |           |       |
| Personalization of protocol      |           |       |
| Quality of diagnostics           |           |       |
| Product source transparency      |           |       |
| Laboratory and quality control   |           |       |
| Licensing and regulatory clarity |           |       |
| Medical team expertise           |           |       |
| Delivery method and precision    |           |       |
| Technology combinations          |           |       |
| Patient service and coordination |           |       |
| Follow-up system                 |           |       |
| Total value for price            |           |       |

✔ A strong clinic should score high in transparency, documentation, personalization, medical oversight, and follow-up – not only in marketing.



#### Ventajas del uso de E

- **Vías de administración:** Intralesional, tópico, epidural, etc.
- **Se puede combinar:** con PRP, plasma rico en plaquetas, ácido hialurónico, etc.
- **Me gustan en lo personal:** para aguda aunque su evidencia en patología crónica y en pacientes están convencidos del uso de



# Why Patients Choose Cellular Institute in Cancun

At Cellular Institute, our approach is built around a simple belief: patients deserve more than a treatment. They deserve a complete regenerative medicine experience designed around personalization, diagnostics, advanced technologies, laboratory transparency, premium care, and responsible medical planning.

Our model combines clinical care, in-house cellular manufacturing through **Cellgenic**, association with **ISSCA physician education**, advanced diagnostics, AI-supported health intelligence, and concierge patient coordination in Cancun.

## Personalized Protocols

We evaluate the patient, the condition, the goals, and the available records before designing a recommendation. No two patients receive the same plan.

## In-House Lab Control

Our cellular products are manufactured and quality-controlled through our laboratory ecosystem, supporting traceability and transparency at every step.

## Multiple Technologies

Protocols may combine biologics, peptides, oxygenation therapies, IV support, recovery technologies, diagnostics, and lifestyle support.

## Premium Patient Journey

International patients receive support with coordination, scheduling, transportation, communication, and follow-up throughout the entire experience.

The goal is not to pressure patients into treatment. The goal is to help each person understand whether they may be a candidate and what type of strategy may be appropriate for their case.

[See If You Are a Candidate](#)

[Schedule a Discovery Call](#)

☐ **Important disclaimer:** This guide is for educational purposes only. It does not diagnose, treat, cure, or prevent disease. Medical decisions should be made after evaluation by a qualified physician. Individual results vary, and no outcome is guaranteed.

# Final Thought

Regenerative medicine can be confusing because many clinics use the same words: stem cells, exosomes, peptides, anti-aging, recovery, and longevity. But the real difference is often found behind the words.



## Look for the Process

A serious clinic should be able to walk you through their evaluation, protocol design, and treatment process step by step — before you commit.



## Look for the Documentation

Quality documentation — COAs, sterility records, batch traceability — is a sign that the clinic takes product integrity seriously.



## Look for the Team

The medical team, lab staff, and patient coordinators working together as a system is what separates a clinic from a treatment center.

 The better question is not simply: *How much does it cost?*

The better question is: **What exactly am I receiving, who is responsible for it, how was it made, how was it tested, why is it appropriate for me, and what happens after treatment?**

## Cellular Institute — Cancun, Mexico

Advanced regenerative medicine, longevity protocols, in-house cellular manufacturing, AI-supported health intelligence, diagnostics, and concierge patient care.

[See If You Are a Candidate](#)