

➔ The Moss Nutrition Professional Line ⇐

SUPPORT FOR OPTIMIZING MUSCLE MASS & FUNCTION

Supplement Facts

Serving Size: 1 scoop (approximately 42 g)
Servings Per Container: 14



	Amount Per Serving	% Daily Value
Calories	150	
Calories from Fat	30	
Total Fat	3.5 g	5%*
Saturated Fat	3.5 g	18%*
Cholesterol	20 mg	7%*
Total Carbohydrate	16 g	5%*
Dietary Fiber	5 g	20%*
Sugars	4 g	**
Protein	13 g	
Vitamin C (as calcium ascorbate)	50 mg	83%*
Vitamin D (as cholecalciferol)	67.5 IU	17%*
Vitamin B1 (as thiamin mononitrate)	5 mg	333%*
Vitamin B2 (as riboflavin)	5 mg	294%*
Vitamin B3 (as niacinamide)	5 mg	25%*
Vitamin B6 (as pyridoxine HCl)	5 mg	250%*
Folate (as Quatrefolic® (6S)-5-Methyltetrahydrofolic acid)	50 mcg	13%*
Vitamin B12 (as methylcobalamin)	25 mcg	417%*
Biotin	50 mcg	17%*
Pantothenic Acid (as d-calcium pantothenate)	50 mg	500%*
Calcium (as TRAACS® Calcium Bisglycinate Chelate)	150 mg	15%*
Iodine (as potassium iodide)	20 mcg	13%*
Magnesium (as TRAACS® Magnesium Bisglycinate Chelate)	150 mg	38%*
Zinc (as TRAACS® Zinc Bisglycinate Chelate)	2.5 mg	17%*
Selenium (as Albion® Selenium Glycinate Complex)	13.5 mcg	19%*
Manganese (as TRAACS® Manganese Bisglycinate Chelate)	0.5 mg	25%*
Chromium (as TRAACS® Chromium Nicotinate Glycinate Chelate)	11 mcg	9%*
Molybdenum (as TRAACS® Molybdenum Glycinate Chelate)	16 mcg	21%*
Potassium (as Albion® Potassium Glycinate Complex)	200 mg	6%*
Tapioca maltodextrin (non-GMO)	3 g	**
L-leucine	2 g	**
Organic Flax Fiber (from flax seed meal)	2 g	**
Inulin	2 g	**
Isomalto-oligosaccharide mixture (soluble fiber)	1.8 g	**
Medium chain triglycerides	1.75 g	**
HMB (calcium B-hydroxy B-methyl butyrate)	1.5 g	**
Coconut Oil	400 mg	**
Meriva® Curcumin Phytosome (Curcuma longa root extract & phospholipid complex)	250 mg	**
Choline (as choline bitartrate)	50 mg	**
Inositol	50 mg	**
L-Taurine	50 mg	**
Mixed Tocopherols (non-GMO)	30 mg	**
L-Carnitine HCl	11 mg	**

* Percent Daily Values are based on a 2000 calorie diet.
** Daily Value not established.

Other Ingredients: Proserum® grass-fed whey protein concentrate, natural vanilla flavors, xanthan gum, stevia leaf extract, monkfruit extract.

Contains milk (whey protein concentrate) and soy (mixed tocopherols, curcumin phytosome).

SUGGESTED USE: MIX 1 SCOOP WITH AT LEAST 8 OZ. OF WATER OR BEVERAGE OF CHOICE, ONCE PER DAY OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

WARNING: IF TAKING MEDICATION, PREGNANT OR NURSING CONSULT A PHYSICIAN BEFORE USING.

Quatrefolic® is a registered trademark of Gnosis S.p.A.
Albion, TRAACS and the Albion Medallion design are registered trademarks of Albion Laboratories, Inc.
Meriva® is a trademark of Indena S.p.A.
Proserum® is a registered trademark of Wisdom Proteins, Inc.

- Helps promote and maintain healthy muscle tissue.*
- With premium Proserum® whey protein, L-leucine & HMB.*
- Comprehensive macronutrients, activated vitamins & minerals & specialty ingredients to help address inflammatory processes.*

Decreased muscle mass (sarcopenia) has a profound effect on quality of life, influencing a wide range of health parameters far beyond the obvious loss of strength and balance which signal the condition. In practice, sarcopenia lies at the heart of many chronic issues seen in our patients, notably decreased insulin sensitivity and energy production. By helping to promote muscle synthesis and optimize muscle mass and function, the ingredients in SarcoSelect™ can help to promote positive clinical outcomes in individuals with sub-optimal muscle mass, regardless of the patient's chief complaint.

SarcoSelect™ is the first formula of its kind: a macronutrient-based, state of the art functional food rich in quality whey protein and leucine plus bioavailable micronutrients and anti-inflammatory compounds, specifically designed to help optimize muscle physiology in patients with declining lean body mass.

Provided in a low-glycemic natural vanilla flavor, SarcoSelect™ can be mixed simply with water, milk or a plant-based beverage (i.e. almond milk) or blended with fruits to create a tasty shake. Depending on patient needs, SarcoSelect™ may be used as a meal replacement, snack or pre/post-workout beverage. Research suggests that timing SarcoSelect™ consumption to coincide with a high protein-containing meal, pulse-feeding style, may yield the best anabolic results.

The SarcoSelect™ formula was conceived following research published in 2011 by Nicholas E.P. Deutz et al in the journal *Clinical Nutrition*. This paper describes the results of a randomized, double blind study where ingestion of a complete, balanced functional food beverage containing added whey protein and leucine was able to significantly stimulate muscle protein synthesis in resting patients, whereas a standard functional food beverage without additional whey protein and leucine had no effect on muscle protein synthesis in resting patients.

(continued on reverse side)

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

It is noteworthy that patients in the Deutz et al study were experiencing cancer-induced muscle wasting (i.e. cachexia, a metabolic endpoint analogous to sarcopenia) with systemic inflammation a universal finding—as it is in our chronically ill patients. This and other clinical similarities between sarcopenic muscle loss and cancer-related cachexia make the Deutz et al results profoundly applicable to patients for whom decreasing muscle mass and a chronically inflamed physiology serve as both causes and effects of increased allostatic load, a vicious cycle that inhibits improved symptomology and outcomes.

Findings from the Deutz et al study are also notable in that subjects taking the whey- and leucine-enhanced supplement were found to synthesize new muscle proteins *while at rest*. Whey protein and branched chain amino acid supplements are well known to help increase muscle mass in conjunction with weight bearing exercise. The fact that individuals who took the experimental functional food were able to build muscle while lying down speaks to the formula's potential. SarcoSelect™ may be highly beneficial even, if not especially, for the catabolic patient who is unable to participate in regular exercise.

The WHEY PROTEIN in SarcoSelect™ is provided as ProSerum®: a low-temperature processed, premium quality whey protein derived from the milk of grass-fed, South Australian cattle. Whey protein contains a full complement of amino acids and is especially high in leucine, a dietary amino acid capable of directly stimulating muscle protein synthesis.

Free LEUCINE is added to SarcoSelect™ to help support and enhance its anabolic properties. HMB, a metabolite of leucine, has been clinically shown to help maintain and promote muscle mass in adults, both with and without resistance training.

COMPLEX CARBOHYDRATES from Tapioca Maltodextrin are included in SarcoSelect™ based on research suggesting that a properly balanced carbohydrate:protein ratio enhances protein absorption and intracellular uptake, leading to increased muscle synthesis. FIBER from Flaxseed, Inulin and Oligosaccharides helps to promote satiety, support cholesterol excretion and blunt the post-prandial glucose response via delayed gastric emptying and inhibition of starch degradation in the small intestine.

INFLAMMATION SUPPORT comes from Meriva® Curcumin Phytosome, a patented turmeric extract that bonds curcumin to non-GMO soy lecithin in a 1:2 ratio for enhanced lipid solubility. Research suggests Meriva® provides *at least* a 20-fold increase in curcuminoid absorption compared to standardized curcumin extracts. As primary active phenols in turmeric, curcuminoids have been shown to switch off inflammatory pathways by influencing both COX enzymes and NF-κB transcription factors.

TARGETED VITAMINS & MINERALS in SarcoSelect™ feature fully chelated Albion® minerals for enhanced bioavailability, and folate in its preferred activated form, 5-methyltetrahydrofolate, to help support healthy methylation. The micronutrients in Moss Nutrition SarcoSelect™ help to make it “a multi with direction,” one that truly will make a difference to your patients.

REFERENCES

1. Deutz NE, et al. Muscle protein synthesis in cancer patients can be stimulated with a specially formulated medical food. *Clin Nutr.* 2011 Dec;30(6):759-68.
2. Biolo G, et al. Muscle contractile and metabolic dysfunction is a common feature of sarcopenia of aging and chronic diseases: From sarcopenic obesity to cachexia. *Clinical Nutrition* (2014), <http://dx.doi.org/10.1016/j.clnu.2014.03.007>
3. Manders RJ, et al. Insulinotropic and muscle protein synthetic effects of branched-chain amino acids: potential therapy for type 2 diabetes and sarcopenia. *Nutrients.* 2012 Nov 8;4(11):1664-78.
4. Pasiakos SM, et al. Leucine-enriched essential amino acid supplementation during moderate steady state exercise enhances postexercise muscle protein synthesis. *Am J Clin Nutr.* 2011 Sep;94(3):809-18.
5. Koopman R, et al. Combined ingestion of protein and free leucine with carbohydrate increases postexercise muscle protein synthesis in vivo in male subjects. *Am J Physiol Endocrinol Metab.* 2005 Apr;288(4):E645-53.
6. Stout JR, et al. Effect of calcium β-hydroxy-β-methylbutyrate (CaHMB) with and without resistance training in men and women 65+ yrs: a randomized, double-blind pilot trial. *Exp Gerontol.* 2013 Nov;48(11):1303-10.
7. Belcaro G, et al. Efficacy and safety of Meriva®, a curcumin-phosphatidylcholine complex, during extended administration in osteoarthritis patients. *Altern Med Rev.* 2010 Dec;15(4):337-44.
8. Cuomo J, et al. Comparative absorption of a standardized curcuminoid mixture and its lecithin formulation. *J Nat Prod.* 2011 Apr 25;74(4):664-9.