

The MOSS NUTRITION REPORT



Jeffrey Moss, DDS, CNS, DACBN ✕ jeffmoss@mossnutrition.com ✕ 800-851-5444 ✕ www.MossNutrition.com

➤ Product Review ◀

January 2016 #286

SIX NEW PRODUCTS FROM MOSS NUTRITION

We have just added six new products to the **Moss Nutrition Professional Line**, with even more on the way shortly! Each one is rigorously tested both pre- and post-production to ensure purity and potency. Each one contains no detectable levels of heavy metals, microbes or other contaminants. Each one is *verified gluten-free*.

As you can see, the **Moss Nutrition Professional Line** is now expanding rapidly to meet your needs. As we begin this New Year, I would like to thank you for your loyal support and look forward to further serving you.

DHEA – 25 mg

DHEA is a hormone that is naturally secreted by the adrenal glands. It is the most abundant adrenal steroid hormone in the body and is a precursor to androgen and other hormones. DHEA has been found to help support healthy estrogen and testosterone levels. It also helps to regulate healthy metabolism and energy levels, helps to promote a healthy immune system response, and helps support and maintain healthy function of the adrenal cortex and medulla. Moss Nutrition DHEA is a plant-based supplement derived from Wild Yam, and provides 25 mg per capsule.

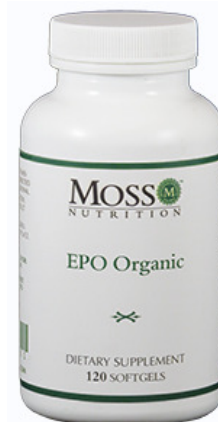


DHEA – 25 mg – Moss Nutrition

Contents: 90 Vegetarian Capsules

EPO Organic

EPO Organic is a potent, high quality, certified organic Evening Primrose Oil (EPO) supplement, providing 1000 mg per capsule. EPO is a rich source of the essential fatty acid Gamma Linolenic Acid (GLA), a healthy omega-6 fatty acid that helps to decrease inflammation in the body.



GLA plays a role in hormone production, fat metabolism and insulin regulation. It can be synthesized in the body from linoleic acid but conversion is often poor. GLA supplements such as **EPO Organic** help to ensure adequate serum levels of this important fatty acid.

For centuries, Native American and European herbalists have made use of evening primrose for both food and medicine. The oil contained in the seeds provides one of the most highly regarded and well-researched dietary sources of GLA known today.

Evening Primrose oil is frequently recommended to help support women's health throughout the lifecycle – from PMS to pregnancy, breast health and menopause. EPO has also been researched for potential benefits to healthy joints and cartilage, healthy skin, healthy cardiovascular function and a healthy gastrointestinal lining. EPO also may help support neurological health.

EPO Organic – 1000 mg – Moss Nutrition

Contents: 120 Soft Gels

Flax Oil Organic

Moss Nutrition **Flax Oil Organic** is an excellent source of *alpha-linolenic acid*, an essential omega-3 fatty acid that must be supplied by the diet. **Flax Oil Organic** provides 1000 mg of certified organic, golden flaxseed oil per capsule.



Omega-3 alpha-linolenic acid (ALA) supports health in many ways, beginning with its critical role as a component of healthy cell membranes. ALA is incorporated into the phospholipid bilayer of cell membranes throughout the body, where it enables proper flexibility, fluidity, permeability, and cell membrane-bound enzyme activity.

Alpha-linolenic acid also serves as the biological precursor of two important, longer-chain omega-3 fatty acids: EPA and DHA, which are present in fish oil. EPA and DHA have been shown to directly provide heart-healthy, anti-inflammatory and brain supportive benefits.

The human cardiovascular and immune systems, brain, hair, and nails and skin all depend on an adequate supply of essential fatty acids for health but omega-3 fatty acids are commonly deficient in Western diets. Taking flaxseed oil helps to significantly increase ALA levels and has been studied for numerous benefits including: helping to maintain cholesterol levels that are already within the normal range, helping to support platelet aggregation levels that are already within the normal range, helping to support cartilage and joint function, helping to maintain heart health and helping to support the maintenance of healthy prostaglandin balance.

Research indicates that deficiencies of omega-3 fatty acids may cause a wide range of common symptoms, notably dry skin and scalp, depressed energy levels and issues of metabolic dysregulation. These issues as well as brain and mental function, cardiovascular health and

immune system health all may benefit from supplementation with high quality flaxseed oil.

Flax Oil Organic – 1000 mg – Moss Nutrition

Contents: 120 Soft Gels

Magnesium Citrate

Magnesium Citrate offers very well absorbed magnesium in a high potency, 175 mg capsule.

Magnesium is one of the most important minerals required for human health. It serves as a cofactor in at least 300 enzymatic reactions within the body, including those related to energy production. Magnesium helps to maintain healthy blood vessel tone and is often used to help support the maintenance of a healthy cardiovascular system. Magnesium ions are required for muscle relaxation to occur, including the cardiac muscle and other large muscles in the body. Magnesium may help to relax the bowel, promoting regularity, and help support emotional wellbeing and balance during the premenstrual cycle.

In its role as a coenzyme, magnesium assists in the metabolism of fats and carbohydrates and participates in healthy nerve cell transmission and conduction. As a structural mineral, magnesium works together with calcium to help promote healthy teeth formation and bone mineral density. Many people do not obtain enough magnesium from dietary sources and magnesium deficiency is common.

The citrate form of magnesium is made by reacting a naturally occurring form of magnesium (typically oxide) with pharmaceutical grade, pure citric acid. The resulting *magnesium citrate* is far more readily soluble than magnesium oxide alone. Oxides and carbonates depend on high levels of stomach acid for absorption, but citrates and other Krebs cycle intermediates do not. Individuals with hypochlorhydria (low stomach



acid) may particularly benefit from taking magnesium citrate and other chelated forms of magnesium that do not require high stomach acid for absorption.

Magnesium Citrate – 175 mg – Moss Nutrition

Contents: 90 Vegetarian Capsules

Quercetin

Quercetin is a flavonol, a type of flavonoid compound found naturally in apples, onions, citrus, sage, tea, red grapes and many other fruits and vegetables. Flavonoids are plant pigments that exhibit potent antioxidant and anti-inflammatory properties. Our **Quercetin** provides 300 mg of Quercetin per capsule.



Quercetin is widely recognized as one of the most pharmacologically active known flavonoids. It is considered by many to be one of nature's most active biological response modifiers. The biological activity and benefits of numerous medicinal plants may be associated with their high quercetin levels.

As an antioxidant, quercetin may help to protect cellular structures and to protect cholesterol and blood vessel linings from free radical damage. Quercetin is recognized as an effective vasodilator and may help to support healthy blood pressure and healthy lung function, as well as prostate and urinary health.

Quercetin supplements are frequently used to provide anti-histamine, anti-inflammatory and anti-allergy benefits. In vitro, quercetin has been shown to help stabilize mast cells, a type of immune cell involved in histamine release and the inflammation response. Quercetin helps to inhibit the synthesis of enzymes that regulate histamine release and degranulation. For this reason, quercetin may be useful in helping to provide relief from allergies.

Quercetin also is being studied for its potential effects to gut health, since mast cell activation has been associated with irritable and inflammatory gastrointestinal disorders. In general, quercetin may help to support a healthy inflammatory response by reducing the production of prostaglandins and leukotrienes, compounds that promote inflammation throughout the body.

Quercetin – 300 mg – Moss Nutrition

Contents: 60 Vegetarian Capsules

Selenium 200

Selenium is an important trace mineral that plays a key role in contributing to the body's antioxidant capacity. It has been shown to help support a healthy immune system and healthy thyroid and prostate function.



In the body, selenium binds with cysteine to form selenocysteine, an amino acid which is incorporated into various selenium-dependent enzymes (selenoproteins). As research continues to evolve, at least 25 important selenoproteins have been identified and studied.

Selenium is considered an important antioxidant mineral. Critical selenoproteins are involved in the synthesis of powerful antioxidant enzymes including glutathione peroxidase, widely regarded as one of the major antioxidant enzymes and redox regulators in human cells. Selenium also helps to regenerate vitamin C and vitamin E to prolong and increase the antioxidant capacity of these two essential vitamins.

Selenium is also required for healthy thyroid function. Selenium-dependent enzymes are involved in the production, conversion and activation of thyroid hormones. By virtue of its role in helping to regulate thyroid gland function, selenium helps to support normal development, growth, and metabolism throughout the lifespan.

Selenoproteins also have been investigated for their role in helping to prevent the malignant transformation of normal cells. They are thought to serve as antimutagenic agents by reducing oxidative stress and preventing DNA damage. As noted above, the protective effect of selenium is especially associated with its presence in antioxidant enzymes, notably glutathione peroxidase and thioredoxin reductase.

Other selenium-dependent enzymes have been shown to help beneficially regulate the body's inflammatory, immune and autoimmune responses.

Selenium 200 from Moss Nutrition provides 200 mcg of pure L-selenomethionine per capsule. Selenomethionine is a chelate produced by reacting selenium with the sulfur-containing amino acid methionine. It is recognized as one of the most highly bioavailable, organic forms of supplemental selenium available today.

Selenium 200 – 200 mcg – Moss Nutrition

Contents: 90 Vegetarian Capsules

***MORE NEW PRODUCTS
COMING!***

As I mentioned earlier, we have many more **True Market Protected** products in the works. The following **Moss Nutrition Select** products are expected soon including (*but are not limited to*):

5-HTP Select

Glucosamine Sulfate

L-5-MTHF

L-Tyrosine

Methyl B-12 Select

N-Acetyl Cysteine

When will they be here? We will send out announcements by email as these arrive. Or, you can visit our website at this page below to see all our new products at any time:

www.mossnutrition.com/products/newproduct/

Please note that as we bring in new **Moss Nutrition Select** products, with **True Market Protection**, we will continue to phase out similar products from other distribution lines that are readily available on a retail basis, just as we have been doing all along.