

➔ The Moss Nutrition Professional Line ➔

COMPREHENSIVE, HIGH LEUCINE ESSENTIAL AMINO ACID COMPLEX

AminoSelect™

Supplement Facts

Serving Size: 4 Capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value
L-Leucine	1200 mg	**
L-Lysine	400 mg	**
L-Valine	330 mg	**
Isoleucine	320 mg	**
Threonine	280 mg	**
Phenylalanine	200 mg	**
Methionine	100 mg	**
Histidine	40 mg	**
5-Hydroxytryptophan	20 mg	**

** Daily Value (DV) not established.

Other ingredients: Cellulose (capsule), vegetable stearate, microcrystalline cellulose, silicon dioxide.

Does not contain gluten.

SUGGESTED USE: 4 CAPSULES PER DAY, IN DIVIDED DOSES WITH MEALS, OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

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

- Supports enhanced protein nutrition.*
- Contains full complement of nine essential amino acids.*
- High leucine content helps to build muscle mass, optimize muscle function & promote healthy lean body composition.*

AminoSelect™ is a comprehensive essential amino acid formulation, enriched with a high leucine content to help retain and promote lean body composition and support healthy muscle physiology and function.

Amino acids are the building blocks of protein. Amino acids are supplied by protein-containing foods in the diet (notably meat, fish, eggs, dairy products, legumes, nuts and seeds). Individuals who fail to consume, digest or absorb adequate protein may benefit from taking a supplement such as **AminoSelect™** to provide the essential amino acids needed to build muscle fiber and other protein-containing structures in the body such as collagen, bones, antibodies, enzymes, etc.

The human body is not efficient at storing excess amino acids for later use; therefore, amino acids must be consumed daily. Ideally, the typical American diet would provide sufficient quantities of essential amino acids but numerous metabolic and environmental factors (high stress levels, illness or injury—conditions which are implicated in accelerated protein breakdown) may support the need for amino acid supplementation. **AminoSelect™** may be recommended for individuals whose diets are insufficient in quality protein, individuals with catabolic metabolisms, athletes whose protein demands are naturally increased due to high physical activity, and anyone with malabsorption due to issues such as intestinal inflammation, low hydrochloric acid levels, pancreatic insufficiency and microbiome imbalances.

AminoSelect™ contains superior quality amino acids in their free form (as opposed to protein-bound) to promote their rapid absorption and utilization. All nine essential amino acids are included in the formula, with extra-high levels of leucine, a branched chain amino acid required for the synthesis of muscle tissue. Research suggests that supplementation

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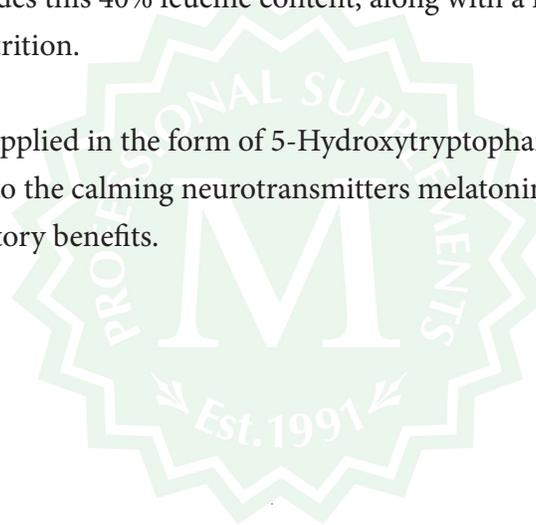
*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

with high leucine essential amino acids may be effective at helping older adults to significantly promote lean body composition, improve muscle physiology and enhance functional physical performance.

A 2016 double-blind, randomized, placebo-controlled trial published in the *European Journal of Clinical Nutrition* examined the effect of two essential amino acid supplements, providing leucine contents of either 20% or 40%, on healthy retired adults between the ages of 65 and 75. The supplements were taken twice daily, morning and evening, with a meal. Total lean body mass and functional physical performance (handgrip strength, arm curls, etc.) were the primary outcomes measured.

After three months, subjects in both essential amino acid supplement groups demonstrated significant improvements in functional performance compared to baseline. However, only the group taking the 40% leucine supplement showed a significant trend for greater gains in lean muscle mass, when compared to the 20% leucine group and the placebo group. **AminoSelect™** provides this 40% leucine content, along with a full complement of essential amino acids needed for healthy protein nutrition.

The tryptophan in this formula is supplied in the form of 5-Hydroxytryptophan (5-HTP), a metabolite of L-tryptophan and the immediate precursor to the calming neurotransmitters melatonin and serotonin. 5-HTP also has been suggested to provide anti-inflammatory benefits.



REFERENCES

1. Ispoglou T, et al. Double-blind, placebo-controlled pilot trial of L-Leucine-enriched amino-acid mixtures on body composition and physical performance in men and women aged 65-75 years. *Eur J Clin Nutr.* 2016 Feb;70(2):182-8.
2. Yang TH, et al. Supplement of 5-hydroxytryptophan before induction suppresses inflammation and collagen-induced arthritis. *Arthritis Res Ther.* 2015 Dec 15;17:364.

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