

MOSS

NUTRITION

A Systems Approach to Functional Medicine

Manufacturer of Professional Supplements
Sold Exclusively by Healthcare Practitioners

Est. 1991

Treat the Cause

Specialized Products Formulated
to Address Foundational Imbalances



2023 PRODUCTS CATALOG

A MESSAGE FROM DR. MOSS

Thank you for your interest in Moss Nutrition. When we started the Moss Nutrition Professional Line 14 years ago, we began with K Alkaline and K Alkaline + Mg. Today, we have over 130 products with more coming. Therefore, this catalog represents just the latest version of what we offer. More products are on the way.

Speaking of our Brand, it is with great pride that I share with you what makes our brand unique and special. It centers on these Core areas:

- **Formulations:** Ours are based on a Systems approach based on allostatic load theory. For practitioners seeking a simple, cost effective and efficacious approach with a foundation in functional medicine – this method works! See pages 2 and 5 for more about it. If you have questions about how to apply this approach to a specific case, you are welcome to contact me at any time. For an excellent formal training program, visit the Hedberg Institute to learn about the Functional Medicine Master course. Read more about this on page 4.
- **Quality:** All of our products are custom formulas designed by the Moss Nutrition team based on the most current clinical research and feedback from you, our customers. However, no matter how well designed the formula, it ultimately is only as good as the people who manufacture it. To that end, I have personally chosen for product manufacture, depending on the product (Capsules vs. powders vs. softgels) contract manufacturers staffed with the country's top manufacturing personnel. Why don't we manufacture the products ourselves? Truth be told, I could never find manufacturing personnel who perform at the level I have witnessed from the outstanding teams at the various contract manufacturers with whom we work. For these people, meeting all FDA mandated GMP manufacturing regulations is not the final goal but only the beginning in terms of producing high quality products.
- **Assessment:** It all starts here. We can help you answer the question: "Why is my patient Sick?" Once you know why, then you can get better results. My investigation of research, to find the truth behind chronic illness and what to do about it, is the common theme running through all of my newsletters (see inside back cover), all of my seminars (two are featured on page 17) and all of my classes (notably, my Organic Acids Course see page 5). Our monthly webinars, hosted by Dr. Nikolas Hedberg, cover treatment strategies for many conditions (see page 4). Given this approach is not a one-size-fits-all, protocol approach, we are always ready and eager to assist you with your most challenging cases. I am available for consultations, as are Diana Allen, MS, CNS and Joanne Goding (read more about them on page 3).
- **Guaranteed Professional:** When we say professional, we still mean what it always used to mean: Exclusively available ONLY through Practitioners, and never in retail establishments, never available for patients directly, cutting you out of the transaction. We have always stood by this. – Read more on the facing page.



*Dr Jeffrey Moss, President
and Joanne Goding Vice President*

Here's the Bottom Line:

Success for you means getting patients well. Here is how to optimize this:

1. Assess – Why does the patient feel lousy?
2. Diagnose – what is the true cause of the symptom?
3. Customized Protocols – developed to address the true cause.
4. Utilize quality supplements precisely made for this approach, along with lifestyle modifications
5. Supplement sales are guaranteed. Our products cannot be found in retail outlets.
6. Happy patients = Happy Practitioners.

Again, thank you for your interest in Moss Nutrition. As you can see, we are a small company and we like it that way. However, we feel a company does not need to be big to accomplish big things. Therefore, we take great pride in what we have accomplished during these last 14 years in terms of product development, serving the needs of health care practitioners, and most importantly, improving the quality of life of more and more people. We are excited about the possibility of adding you to our ever-growing list of customers and look forward to the opportunity to prove to you that we are worthy of your consideration.

Sincerely,

Jeffrey H. Moss, DDS, CNS, DACBN, President and Founder

A Systems Approach to Functional Medicine Utilizing Formulas Based on Allostatic Load Theory



DR. JEFFREY MOSS, DDS, CNS, DABCN, a graduate of the University of Michigan Dental School, employed clinical nutrition in his dental practice, and maintains a small clinical nutrition practice today. Founded 31 years ago, Moss Nutrition manufactures professional supplements; striving to be an integral part of your health care team by providing quality, research-based products combined with instruction on how to use them for optimal outcomes.

For over 35 years, Dr. Moss has been writing monthly newsletters providing review & commentary on controversial and cutting-edge issues facing the practice of nutritional medicine. Dr. Moss's relentless pursuit of knowledge in clinical nutrition complements his primary passion, teaching. For nearly 20 years he was a faculty member of the University of Bridgeport Master of Science program in Human Nutrition, where he taught classes on clinical assessment and vitamins and minerals. He established the popular online course "Expanded Organic Acids & Amino Acids Testing", is a frequent speaker at teaching seminars across the country and has been a featured guest on various radio shows. His authentic enthusiasm and clear delivery of new insights and fresh, practical perspectives on the subject make him a well sought-after presenter.

Dr. Jeffrey Moss is a Functional Medicine Pioneer; committed to teaching the principles of a systems-based allostatic load model to motivated learners. This model makes it clear that no matter what the chief complaint; suboptimal quality of life in chronically ailing individuals is an issue of long-term cumulative environmental stressors. While one stressor may be diet, it is the excessive whole-body, metabolic response to the total stress load that is the core problem. Dozens of leading authors and experts who specialize in the study and treatment of chronic illness have named this excessive, long-term, whole-body, metabolic response to cumulative environmental stressors: "allostatic load" or allostatic overload."

By 2009, Dr. Moss found that teaching this systems based allostatic load model to receptive learners was not enough to make significant changes in quality of life in large numbers of chronically ailing individuals. In

order to deliver maximum benefits, the information on this systems-based, allostatic load model also required specialized products, formulated to directly address the environmental stressors and the resultant metabolic/allostatic responses that form the basis of the most common chief complaints of these individuals.

To fill this void, Dr. Moss created a truly unique brand of professional grade supplements: the Moss Nutrition Select line - formulated based on systems-based, allostatic load theory.

Specifically, what makes the Moss Nutrition Select line different and special? First and foremost, they are formulated to address the most common **Metabolic Imbalances** that comprise allostatic load plus many of the **Environmental Stressors** that can lead to allostatic load. See list of **Imbalances** and **Stressors** in green box to the right.

ALLOSTATIC LOAD ALGORITHM CHART

On page 5 you will see an allostatic load algorithm created by Dr. Moss that, on the top, provides an overview of the major environmental stressors often encountered by the average patient, which include but are not limited to, diet. The large box highlighted in yellow provides an overview of all of the metabolic imbalances that can be created when cumulative environmental stress is prolonged and allostatic responses to these stressors continue longer than what can be tolerated physiologically.

If you would like a detailed explanation of this chart and how the information it contains can provide answers on how to cost effectively and efficaciously determine why even your most difficult patients are ailing and what can be done to improve health and quality of life, please feel free to contact Dr. Moss at: jeffmoss@mossnutrition.com.

The most common metabolic imbalances and environmental stressors that comprise allostatic load:

METABOLIC IMBALANCES

- Protein catabolism/Loss of muscle mass
- Cortisol/Stress hormone imbalances
- Hyperinsulinemia/Insulin resistance
- Chronic Inflammation
- GI Atrophy/Dysfunction/Dysbiosis
- Loss of Detoxification Capacity
- Suboptimal Mitochondrial numbers and function
- Acid/Alkaline Imbalances
- Suboptimal Fat Metabolism
- Metabolically-Induced Micro-nutrient Deficiency
- Kynurenine Pathway Imbalances
- Increased Free Radical Activity
- Suboptimal Thyroid Function

ENVIRONMENTAL STRESSORS

- Microbial imbalance
- Suboptimal intake of macro and micronutrients
- Psychological stress
- Inability to engage in optimal movement against gravity exercise

Given that this unique, cutting-edge method requires a personalized approach, rather than an assembly-line approach, our products perform best with a health care professional's recommendation, and are not sold in retail outlets.

We Are Here to Help



Diana Allen M.S., C.N.S.
Product Development
Manager and
Clinical Specialist

Diana Allen, MS, CNS has a Master of Science degree in Human Nutrition from the University of Bridgeport and is certified as a Nutrition Specialist by the American College of Nutrition. She came to Moss Nutrition in 2011 with more than a decade of experience

in the supplements industry, previously having served as chief technical writer and Education Administrator at Pioneer Nutritional Formulas.

As Product Development Manager, Diana is involved in all aspects of new product formulations, research and development. She has a precise eye for detail and is committed to selecting the purest and most clinically relevant ingredients for our products. Diana creates informative, referenced Technical Sheets for all products and oversees label accuracy. She also contributes copy for marketing and promotional materials.

Outside of Moss Nutrition, Diana maintains a private practice in nutrition therapy. Her specialties include evolution-based natural foods nutrition, recovery from disordered eating and digestive health and wellness.



Joanne Goding
Vice President, CFO and
Co-owner

Joanne's passion for health and health care stems from the influence of her health and nutrition-oriented, artistic, entrepreneurial mother and her exercise and athletics-oriented, selfless and "work is worship" directed father. Joanne is a self-described "Health Seeker". At

a very young age, she realized that taking care of your health is the best way to enjoy a long, active, quality life - and that it costs less, too. She aims to spread this message.

A gifted artist; prior to joining Moss Nutrition, Joanne operated her own business for a decade as an illustrator and graphic artist, specializing in realistic pen & ink home portraits. With her experience as a sole proprietor, combined with past employment working for 2 different husband/wife owned family businesses, she is a self-taught business woman who understands the challenges of operating a small business and working with family.

Joanne loves helping customers, being creative and being part of a team working towards a common goal. She oversees all marketing design: Website, print materials and email campaigns. Married to Dr. Jeffrey Moss, their daughter Jennie Moss is a recent college graduate.

Introducing:



Dr. Nikolas Hedberg
Chief Medical Officer

Dr. Nikolas Hedberg, DC, DABCI, DACBN a Chiropractic Physician, Board Certified Chiropractic Internist, Board Certified in Nutrition by the American Clinical Board of Nutrition, and an Herbal Medicine Fellow. Dr. Hedberg is the founder of the Immune Restoration Center in Asheville, NC where he consults patients worldwide.

He is the founder of the Hedberg Institute, an online functional medicine education platform for practitioners of all types who want to build a highly effective and successful functional medicine practice. Dr. Hedberg has been a speaker for many years in the functional medicine arena presenting on autoimmune disease and the connection between infections and chronic illness.

Dr. Hedberg is the author of the book, "The Complete Thyroid Health & Diet Guide," a comprehensive guide to understanding thyroid disorders from a functional medicine perspective and how to manage autoimmune thyroid disease.

Dr. Hedberg hosts a monthly webinar where he provides the tools needed to successfully treat patients, including specific supplement protocol guides. These carefully crafted presentations include everything from diagnosis to lab testing and more.

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to read:



**The Moss Nutrition Report - Literature Review
& Commentary newsletters - by Dr. Moss**

**The Moss Nutrition Digest newsletters -
by Diana Allen, MS, CNS**

The Product Review newsletters - by Dr. Moss

Monthly Sales and Promotions

New Product Announcements

Upcoming Events and more!

www.mossnutrition.com/newsletters

Products by Category

ACID/ALKALINE BALANCING SUPPORT

Electrolyte Select™	15
K Alkaline	23
K Alkaline + Mg	24
Magnesium Citrate	26
Magnesium Select®	26
pH Paper Roll	32

ADRENAL/STRESS MANAGEMENT

Ashwagandha Select®	10
DHEA 25mg	15
HPA Select®	21

ALLERGY & SINUS SUPPORT

Quercetin	34
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AMINO ACIDS

AminoMeal Select® Chocolate	8
AminoMeal Select® Vanilla	8
AminoSelect®	7
Elemental Select™	16
L-Carnitine	24
L-Glutamine	25
Leucine Powder	25
Liposomal Glutathione	26
N-Acetyl Cysteine	28

ANTIMICROBIAL SUPPORT

Berberine Select®	11
Black Cumin Seed Oil	12
Lauric Select®	25
Oil of Oregano	30
ParaBotanic Select®	31

ANTIOXIDANTS

Antioxidant Select®	9
Black Cumin Seed Oil	12
Coenzyme Q10 Select® 100 mg	13
CoQH Select®	14
CurcuSelect®	15
Krill Oil	24
Lipoic Acid	26
Liposomal Glutathione	26
N-Acetyl Cysteine	28
Quercetin	34
Resveratrol Select®	34
Selenium 200	39

BLOOD SUGAR/INSULIN MANAGEMENT

Berberine Select®	11
Black Cumin Seed Oil	12
Chromium Select®	13
Glycemic Select®	20
Lipoic Acid	26
NutraGluco Select®	29

BONE SUPPORT

Calcium Select®	13
OsteoSelect®	30
Vitamin D ₃ 1000	42
Vitamin D ₃ 2000	42
Vitamin D ₃ 5000	42
Vitamin D + K 2000	42
Vitamin D + K 5000	42
Vitamin D + K Liquid	42

BRAIN/MEMORY/NEURO/MOOD SUPPORT

5-HTP Select®	7
Brain Select®	12
Krill Oil	24
Magnolia Select™	26
Magtein®	27
Niadoxene Select®	29
PEA Luteolin Select™	30
Phosphatidylserine	32
SereniSelect®	39
Vegan DHA Select®	41

CARDIOVASCULAR SUPPORT

see Essential Fatty Acids (all)	
Berberine Select®	11
Coenzyme Q10 Select® 100 mg	13
CoQH Select®	14
Homocysteine Select®	21
Lipid Select®	25
Vegan DHA Select®	41

CHOLESTEROL SUPPORT

see Essential Fatty Acids (all)	
Garlic Select®	19
Lipid Select®	25
Vegan DHA Select®	41

CIRCULATORY SUPPORT

Coenzyme Q10 Select® 100 mg	13
CoQH Select®	14
InflammaSelect®	23
VascuSelect™	41

COLON/LOWER BOWEL SUPPORT

Acacia Fiber	7
Colon Select®	14
Elemental Select™	16
Flaxseed Fiber	19
Magnesium Citrate	26
Magnesium Select®	26
Motility Select™	28
Permeability Select®	31
ProFiber Select®	33
Slippery Elm Select®	40

DETOXIFICATION SUPPORT

HepatoDetox Select®	21
L-Glutamine	25
Lipoic Acid	26
Liposomal Glutathione	26
N-Acetyl Cysteine	28
Select Cleanse®	37
Select Greens® Lemon	38
Select Greens® Unflavored	38

DIGESTIVE SUPPORT

Berberine Select®	11
Betaine HCl	11
Digest Select®	15
Elemental Select™	16
Marshmallow Select®	27
Pancreatin Select®	31

ENDOCRINE SUPPORT

DHEA 25 mg	15
EPO Organic	18
Flax Oil Organic	18

ESSENTIAL FATTY ACIDS

EPA/DHA Select®	17
EPA/DHA HP Select®	17
EPA/DHA HP Select® Liquid	18
EPO Organic	18
Flax Oil Organic	18
Icelandic Cod Liver Oil	22
Krill Oil	24
Vegan DHA Select®	41

EYE SUPPORT

OculoSelect®	29
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GI HEALTH SUPPORT: DYSBIOSIS

BacilloSpore Select®	10
Berberine Select®	11
Garlic Select®	19
Lauric Select®	25
Oil of Oregano	30
ParaBotanic Select®	31
Probiotic Select®	33

GI HEALTH SUPPORT: RESTORATIVE

BacilloSpore Select®	10
CarnoZinc Select®	13
Elemental Select™	16
GastroSelect®	19
GI Globulin Select®	20
GI Select®	20
IgG Select®	22
L-Glutamine	25
Marshmallow Select®	27
Motility Select™	28
Permeability Select®	31
Probiotic Select®	33
Saccharomyces boulardii	34
Slippery Elm Select®	40

GREENS FORMULAS

Select Greens® Lemon	38
Select Greens® Unflavored	38

HAIR/SKIN/NAILS SUPPORT

Biotin 5000	12
EPO Organic	18
Flax Oil Organic	18

IMMUNE SUPPORT

see Essential Fatty Acids (all)	
Berberine Select®	11
Black Cumin Seed Oil	12
Colostrum Select®	14
Cordyceps Select®	14
ImmunoSelect®	23
Lauric Select®	25
PEA Luteolin Select™	30
Zinc Eval Select®	43
Zinc Select®	43

INFLAMMATORY SUPPORT

see Essential Fatty Acids (all)	
ArthroSelect®	9
Black Cumin Seed Oil	12
CurcuSelect®	15
InflammaSelect®	23
PEA Luteolin Select™	30

Products by Category

JOINT & LIGAMENT SUPPORT

ArthroSelect®	9
EPO Organic	18
Flax Oil Organic	18
InflammaSelect®	23
PEA Luteolin Select™	30

LIVER & GALL BLADDER SUPPORT

Black Cumin Seed Oil	12
HepatoDetox Select®	21

LUNG SUPPORT

N-Acetyl Cysteine	28
Quercetin	34

MEN'S HEALTH

Prostate Select®	34
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MINERALS

Calcium Select®	13
Chromium Select®	13
Electrolyte Select™	15
Ferrochel® Select	18
IsoSol	23
K Alkaline	23
K Alkaline + Mg	24
Magnesium Citrate	26
Magnesium Select®	26
Magtein	27
Selenium 200	39
ZincEval Select®	43
Zinc Select®	43

MITOCHONDRIAL SUPPORT

Coenzyme Q10 Select® 100 mg	13
CoQH Select®	14
SarcoSelect® DF (Dairy Free)	35
SarcoSelect® EAA	36

MULTIVITAMIN & MINERAL

BID MultiSelect®	11
MultiSelect® (without Copper & Iron)	28
NutraGlucO Select®	29

MUSCULOSKELETAL SUPPORT

ArthroSelect®	9
InflammaSelect®	23
Leucine Powder	25
SarcoSelect® DF (Dairy Free)	35
SarcoSelect® EAA	36

PROBIOTICS

BacilloSpore Select®	10
Probiotic Select®	33
Saccharomyces boulardii	34

PROSTATE SUPPORT

Prostate Select®	34
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PROTEIN POWDERS/FUNCTIONAL FOODS

AminoMeal Select® Chocolate	8
AminoMeal Select® Vanilla	8
Elemental Select™	16
Organic Select Pea® Vanilla	30
SarcoSelect® DF (Dairy Free)	35
SarcoSelect® EAA	36
Select Whey® Vanilla	39

SLEEP SUPPORT

Magnesium Citrate	26
Magnesium Select®	26
Melatonin Select® 3 mg	27
Phosphatidylserine	32
Sleep Select®	40

SPORTS NUTRITION

AminoMeal Select® Chocolate	8
AminoMeal Select® Vanilla	8
SarcoSelect® DF (Dairy Free)	35
SarcoSelect® EAA	36

THYROID SUPPORT

IsoSol	23
Selenium 200	39
Thyroid Select®	41

URINARY & BLADDER SUPPORT

UT Select®	41
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VITAMINS

B12 Methylfolate Select®	10
B-Complex Select®	10
Buffered C Select®	12
Gamma-E Select®	19
L-5-MTHF Natural S-Isomer	24
MK-7 Select®	27
Niadoxene Select®	29
Vitamin D ₃ 1000	42
Vitamin D ₃ 2000	42
Vitamin D ₃ 5000	42
Vitamin D + K 2000	42
Vitamin D + K 5000	42
Vitamin D + K Liquid	42

VITAMIN B FORMULAS

B12 Methylfolate Select®	10
B-Complex Select®	10
L-5-MTHF Natural S-Isomer	24
Niadoxene Select®	29

WEIGHT MANAGEMENT

AminoMeal Select® Chocolate	8
AminoMeal Select® Vanilla	8
L-Carnitine	24
Organic Select Pea® Vanilla	30
SarcoSelect® DF (Dairy Free)	35
SarcoSelect® EAA	36
Select Whey® Vanilla	39

WOMEN'S HEALTH

EPO Organic	18
IsoSol	23

SEPTEMBER 2023

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Expanded Use of Organic Acids & Amino Acids Testing

A self-study PowerPoint video course



Are you using Organic Acids Testing with some success but want better results?
Are you looking for better patient compliance?

Dr. Jeffrey Moss has developed an approach that works!

One-time registration fee includes the following:

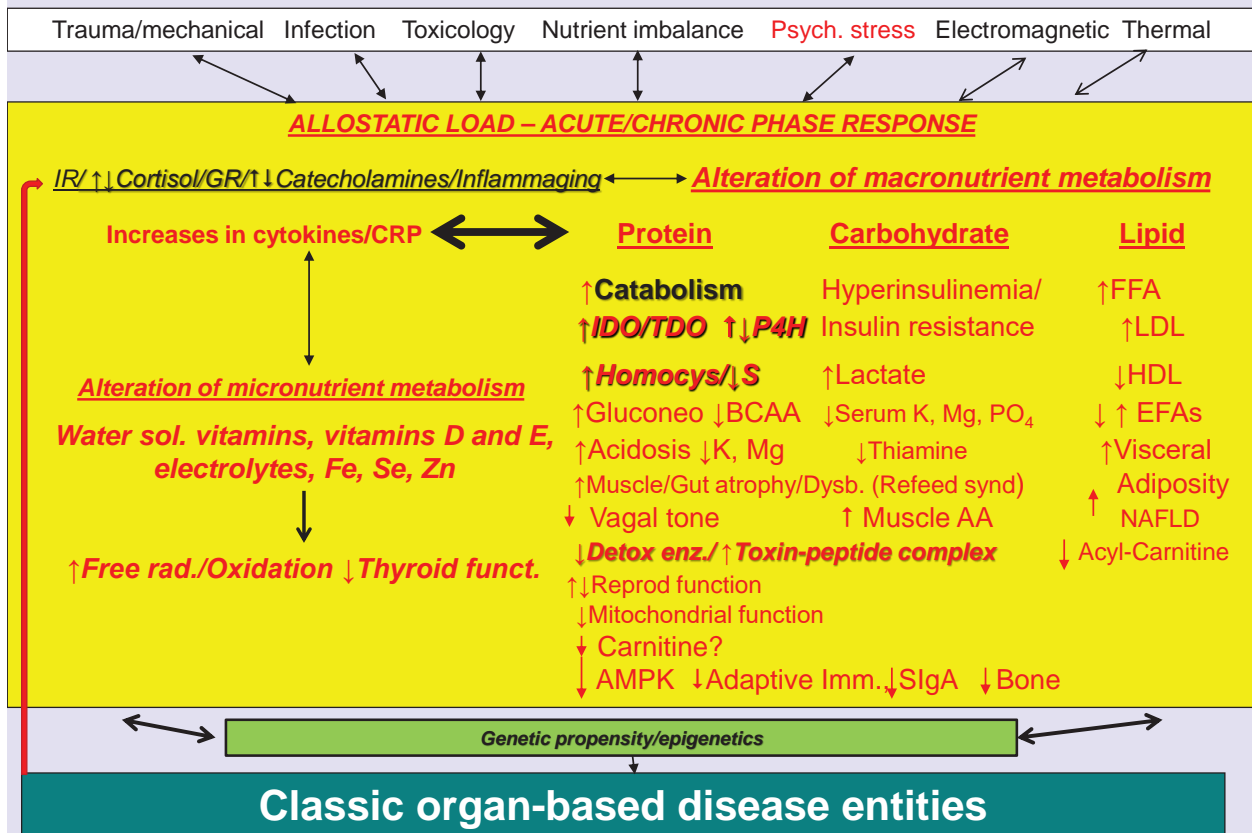
- Unlimited Online Access - 16+ Pre-recorded installments, 1-2 hr. each.
- Direct Consultation - Receive assistance from Dr. Moss with interpretation of lab reports and treatment planning, for your unique patient cases.
- Live Mentoring - Dr. Moss is available to students via phone & email, to answer questions or discuss any subject matter related to the course

Testimonial:

"There are many courses on functional medicine available online, however the vast majority fail to deliver clinically-relevant information. Organic acids arguably provide the most valuable information of any functional medicine test we can run on our patients. Dr. Moss's organic acids course is by far the best course on organic acids testing and interpretation. This course also provides the best "big picture" overview of how to address chronically-ill patients. The cost of the course is so minimal compared to the value, it would be a big mistake for any practitioner not to take this course!"

- Nikolas Hedberg, DC, DABCI, DACBN. Founder of The Hedberg Institute

FUNCTIONAL MEDICINE/CHRONIC ILLNESS – ALLOSTATIC LOAD MODEL



5-HTP Select®

M086

Neurological/Mood Support

Nutrient support for healthy serotonin levels.*

Bottle Size: 90 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule
Servings per container: 90

	Amount per serving
Vitamin B6 (as pyridoxal-5'-phosphate)	10 mg
5-HTP (5-hydroxytryptophan)	50 mg

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Acacia Fiber

M139

Colon/Lower Bowel Support

Organic prebiotic fiber for digestive health.*

Bottle Size: 216 grams Powder

Supplement Facts

Serving Size: 2.4 grams (approx. 1 scoop/teaspoon)
Servings per container: 90

	Amount per serving
Calories	5
Total Carbohydrate	2 g
Dietary Fiber	2 g
Organic Acacia Fiber (<i>Acacia Seyal</i>)	2.4 g

Suggested Use: As a dietary supplement, take 1 scoop two times per day or as directed by your healthcare professional. Mix with 4 oz water or other liquid. Also may be sprinkled on food.

AminoSelect® High Leucine Essentials

M099

Amino Acids

Complete essential amino acid formula with enriched leucine content, for optimizing muscle mass and function.*

Bottle Size: 120 Vegetarian capsules

Supplement Facts

Serving Size: 4 capsules
Servings per container: 30

	Amount per serving
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	50 mg
5-Hydroxytryptophan	20 mg

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

Suggested Use: As a dietary supplement, take 4 capsules per day in divided doses with meals, or as directed by your healthcare professional.

Warning: If you are taking medication, have a medical condition or an upcoming medical procedure, or are pregnant or nursing, consult a physician before using these products. If adverse reactions occur, discontinue use and consult your healthcare practitioner.



Our monthly webinars will provide you with tools needed to successfully treat your patients, including specific supplement protocol guides. These carefully crafted presentations include everything from diagnosis to lab testing and more.

Our webinars are hosted by Dr. Nikolas Hedberg, founder of the Hedberg Institute for Online Functional Medicine Education.

For directions to access webinars, log in (required) and go to:
https://www.mossnutrition.com/doctors/webinar_archives/

All webinars archived as of August, 2023 with more webinars added monthly

AminoMeal Select®

Chocolate



M144

Amino Acids, Protein Powders/Functional Foods, Sports Nutrition, Weight Management

Complete meal replacement and supplement shake featuring hypoallergenic, free-form amino acids for optimizing muscle mass & function.*

Bottle Size: 378 grams Powder

Supplement Facts

Serving Size: 27 grams (approx. 1 scoop)	Amount
Servings per container: 14	per serving
Calories	70
Total Fat	3 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	0 mg
Total Carbohydrate	11 g
Dietary Fiber	4 g
Sugars	1 g
Protein	1 g
Vitamin A (as beta carotene)	600 mcg RAE
Vitamin C (as calcium ascorbate)	100 mg
Vitamin D3 (as cholecalciferol)	10 mcg
Vitamin B1 (as thiamin hydrochloride)	2 mg
Vitamin B2 (as riboflavin-5'-phosphate)	2 mg
Vitamin B3 (as niacinamide)	20 mg NE
Vitamin B6 (as pyridoxal-5'-phosphate)	5 mg
Folate (as L-5-Methyltetrahydrofolate, calcium salt)	200 mcg DFE
Vitamin B12 (as methylcobalamin)	250 mcg
Biotin	300 mcg
Pantothenic Acid (as d-calcium pantothenate)	150 mg
Calcium (as Calcium Bisglycinate Chelate [TRAACS™] and calcium ascorbate)	200 mg
Iodine (as potassium iodide)	150 mcg
Magnesium (as Magnesium Glycinate Chelate [TRAACS™])	100 mg
Zinc (as Zinc Bisglycinate Chelate) (TRAACS™)	10 mg
Selenium (as Selenium Glycinate Complex) (Albion™)	50 mcg
Manganese (as Manganese Bisglycinate Chelate) (TRAACS™)	0.5 mg
Chromium (as Chromium Nicotinate Glycinate Chelate) (TRAACS™)	250 mcg
Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS™)	500 mcg
Sodium (as sodium chloride)	100 mg
Potassium (from Tri-Potassium Citrate and cocoa powder)	440 mg
Proprietary Essential Amino Acid Blend (Reginator®)	3.5 g
(L-Leucine, L-Lysine, L-Valine, L-Isoleucine, L-Arginine, L-Threonine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan)	
Medium Chain Triglycerides (from coconut oil)	3 g
Prebiotic Fructo-Oligosaccharides (from inulin)	2 g
Organic Flaxseed powder (<i>Linum usitatissimum</i>)	500 mg

Guar Gum	300 mg
White Kidney Bean Extract (<i>Phaseolus vulgaris</i>)	300 mg
Green Tea leaf extract (<i>Camellia sinensis</i>) (15% polyphenols)	100 mg
High Gamma Mixed Tocopherols	30 mg
Vanadium (as vanadyl sulfate)	25 mcg

Other Ingredients: Tapioca maltodextrin (non-GMO), cocoa powder, natural flavors, organic gum blend (gum acacia, guar gum), silicon dioxide, monk fruit extract (Luo Han Guo).

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Reginator® is a registered trademark of Eight IP LLC, U.S. Patent No. 9,364,463.

Suggested Use: As a dietary supplement, mix 1 scoop with 8 oz. of water or beverage of choice, once per day or as directed by your healthcare professional.

AminoMeal Select®

Vanilla



M165

Amino Acids, Protein Powders/Functional Foods, Sports Nutrition, Weight Management

Complete meal replacement and supplement shake featuring hypoallergenic, free-form amino acids for optimizing muscle mass & function.*

Bottle Size: 322 grams Powder

Supplement Facts

Serving Size: 23 grams (approx. 1 scoop)	Amount
Servings per container: 14	per serving
Calories	60
Total Fat	2 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	0 mg
Total Carbohydrate	11 g
Dietary Fiber	4 g
Sugars	1 g
Protein	0 g
Vitamin A (as mixed carotenoids)	600 mcg RAE
Vitamin C (as calcium ascorbate)	100 mg
Vitamin D3 (as cholecalciferol)	10 mcg
Vitamin B1 (as thiamin hydrochloride)	2 mg
Vitamin B2 (as riboflavin-5'-phosphate)	2 mg
Vitamin B3 (as niacinamide)	20 mg NE
Vitamin B6 (as pyridoxal-5'-phosphate)	5 mg
Folate (as L-5-Methyltetrahydrofolate, calcium salt)	200 mcg DFE
Vitamin B12 (as methylcobalamin)	250 mcg
Biotin	300 mcg
Pantothenic Acid (as d-calcium pantothenate)	150 mg
Calcium (as Calcium Bisglycinate Chelate [TRAACS™] and calcium ascorbate)	200 mg
Iodine (as potassium iodide)	150 mcg

Magnesium (as Magnesium Glycinate Chelate [TRAACS™])	100 mg
Zinc (as Zinc Bisglycinate Chelate) (TRAACS™)	10 mg
Selenium (as Selenium Glycinate Complex) (Albion™)	50 mcg
Manganese (as Manganese Bisglycinate Chelate) (TRAACS™)	0.5 mg
Chromium (as Chromium Nicotinate Glycinate Chelate) (TRAACS™)	250 mcg
Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS™)	500 mcg
Sodium (as sodium chloride)	100 mg
Potassium (from Tri-Potassium Citrate)	260 mg
Proprietary Essential Amino Acid Blend (Reginator®)	3.5 g
(L-Leucine, L-Lysine, L-Valine, L-Isoleucine, L-Arginine, L-Threonine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan)	
Medium Chain Triglycerides (from coconut oil)	3 g
Prebiotic Fructo-Oligosaccharides (from inulin)	2 g
Organic Flaxseed powder (<i>Linum usitatissimum</i>)	500 mg
Guar Gum	300 mg
White Kidney Bean Extract (<i>Phaseolus vulgaris</i>)	300 mg
Green Tea leaf extract (<i>Camellia sinensis</i>) (15% polyphenols)	100 mg
High Gamma Mixed Tocopherols	30 mg
Vanadium (as vanadyl sulfate)	25 mcg

Other Ingredients: Tapioca maltodextrin (non-GMO), natural flavors, organic gum blend (gum acacia, guar gum), silicon dioxide, monk fruit extract (Luo Han Guo).

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Reginator® is a registered trademark of Eight IP LLC, U.S. Patent No. 9,364,463.

Suggested Use: As a dietary supplement, mix 1 scoop with 8 oz. of water or beverage of choice, once per day or as directed by your healthcare professional.

Antioxidant Select® M106

Antioxidants

Broad-spectrum, nutrient and botanical antioxidant support to help quench free radicals and decrease oxidative stress.*

Bottle Size: 60 Vegetarian capsules

Supplement Facts

Serving Size: 2 capsules	Amount
Servings per container: 30	per serving
Vitamin A (as palmitate)	600 mcg RAE
Vitamin C (as potassium ascorbate)	250 mg
Vitamin E (as d-alpha tocopheryl succinate)	17 mg (25 IU)
Zinc (as Zinc Bisglycinate Chelate) (TRAACS™)	5 mg
Selenium (as selenomethionine)	15 mcg
Manganese (as Manganese Bisglycinate Chelate) (TRAACS™)	1.5 mg
Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS™)	50 mcg
Potassium (from potassium ascorbate)	60 mg
N-Acetyl Cysteine	125 mg
L-Taurine	80 mg
Bilberry fruit extract (<i>Vaccinium myrtillus L.</i>) (5:1)	50 mg

Meriva® Curcumin Phytosome (<i>Curcuma longa</i> root extract & phospholipid complex)	25 mg
Grape Seed Extract (<i>Vitis vinifera</i>) (90% polyphenols)	20 mg
R-Lipoic Acid	15 mg
Coenzyme Q10	10 mg
Bioperine® Black Pepper Extract (<i>Piper nigrum</i>) (95% piperine)	1 mg

Other Ingredients: Microcrystalline cellulose, hypromellose (capsule), silicon dioxide, maltodextrin (non-GMO), vegetable stearate, sunflower lecithin.

TRAACS™ is a trademark of Albion Laboratories, Inc. Meriva® is a trademark of Indena S.p.A., Italy. BioPerine® is a registered trademark of Sabinsa Corporation.

Suggested Use: As a dietary supplement, take 2 capsules per day or as directed by your healthcare professional.

ArthroSelect® M003

Musculoskeletal Support, Joint & Ligament Support

Helps support joint comfort and connective tissue health with clinically researched levels of glucosamine sulfate and niacin, plus chondroitin, MSM, botanicals.*

Bottle Size: 120 Vegetarian capsules

Supplement Facts

Serving Size: 4 capsules	Amount
Servings per container: 30	per serving
Niacin (as niacinamide)	600 mg NE
Glucosamine HCL	1500 mg
Methylsulfonyl Methane (MSM)	500 mg
Chondroitin Sulfate Sodium	250 mg
Boswellin® Super (<i>Boswellia serrata</i> gum resin exudate extract (75% boswellic acid))	100 mg
Meriva® Curcumin Phytosome formulation (<i>Curcuma longa</i> rhizome extract & phospholipid complex)	75 mg
Ginger root extract (<i>Zingiber officinale</i>) (6% gingerols)	50 mg
Rosemary leaf extract (<i>Salvia rosmarinus</i>) (6% carnosic acid)	50 mg
Cetylated Fatty Acids (20% cetyl myristoleate)	40 mg
Chicken Sternon Cartilage Type II (providing 2.5 mg total Collagen)	10 mg

Other Ingredients: Hypromellose (capsule), vegetable stearate, silicon dioxide, sunflower lecithin (from curcumin phytosome), microcrystalline cellulose (from curcumin phytosome).

Boswellin® is a registered trademark of Sabinsa Corporation. Meriva® and Phytosome™ are trademark of Indena S.p.A., Italy.

Suggested Use: As a dietary supplement, take 4 capsules per day with meals, or as directed by your healthcare professional.

Warning: If you are taking medication, have a medical condition or an upcoming medical procedure, or are pregnant or nursing, consult a physician before using these products. If adverse reactions occur, discontinue use and consult your healthcare practitioner.

Ashwagandha Select[®] M146

Adrenal/Stress Management

Adaptogenic herb for balancing stress and cortisol levels.*

Bottle Size: 90 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 90	per serving

Ashwagandha whole plant extract (<i>Withania somnifera</i>) (7% Withanolides)	500 mg
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Other Ingredients: Cellulose (capsule), microcrystalline cellulose, silicon dioxide, vegetable stearate.

Suggested Use: As a dietary supplement, take 1 capsule, 1 or 2 times per day or as directed by your healthcare professional.

B12 Methylfolate Select[®] M084

Natural Berry Lozenge

B-Vitamin Formulas, Vitamins

Supports red blood cell formation and nerve function.

Bottle Size: 60 Tablets

Supplement Facts

Serving Size: 1 tablet	Amount
Servings per container: 60	per serving

Folate (as [6S]-5-Methyltetrahydrofolate, calcium salt)	800 mcg DFE
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Vitamin B12 (as methylcobalamin)	5000 mcg
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Other Ingredients: Mannitol, sorbitol, microcrystalline cellulose, croscarmallose sodium, vegetable stearate, silicon dioxide, natural mixed berry flavor, citric acid, monkfruit extract.

Suggested Use: As a dietary supplement, take 1 tablet per day dissolved under the tongue or as directed by your healthcare professional.



Warning: If you are taking medication, have a medical condition or an upcoming medical procedure, or are pregnant or nursing, consult a physician before using these products. If adverse reactions occur, discontinue use and consult your healthcare practitioner.

BacilloSpore Select[®] M157

3+ Billion CFUs

GI Health Support: Dysbiosis, GI Health Support: Restorative, Probiotics

Shelf stable, spore-producing probiotic. Two proprietary researched strains.*

Bottle Size: 100 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 100	per serving

Lactospore[®] <i>Bacillus coagulans</i> MTCC 5856	18.75 mg (1.5+ billion CFUs)
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OPTI-BIOME[®] <i>Bacillus subtilis</i> MB40	18.75 mg (1.5+ billion CFUs)
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Other Ingredients: Microcrystalline cellulose, delayed release capsule (hypromellose, gellan gum), L-leucine, silicon dioxide.

Lactospore[®] is a registered trademark of Sabinsa Corporation. OPTI-BIOME[®] is a trademark of BIO-CAT Microbials, LLC.

Suggested Use: As a dietary supplement, take 1 capsule per day with a meal, or as directed by your healthcare professional.

B-Complex Select[®] M045, M046

Vitamins, B-Vitamin Formulas

High potency B vitamin complex for support of proper nerve function and energy production.*

Bottle Sizes: 60, 120 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 60, 120	per serving

Thiamin (as thiamin HCl)	100 mg
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Vitamin B2 (as riboflavin 35 mg, riboflavin-5'-phosphate 20 mg)	55 mg
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Vitamin B3 (as niacinamide)	55 mg
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Vitamin B6 (as pyridoxine HCl 20 mg, pyridoxal-5'-phosphate 5 mg)	25 mg
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Folate (as [6S]-5-methyltetrahydrofolate, calcium salt)	200 mcg DFE
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Vitamin B12 (as methylcobalamin)	250 mcg
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Biotin	2000 mcg
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Pantothenic Acid (as d-calcium pantothenate)	100 mg
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Choline (as choline L[+] bitartrate) (VitaCholine [™])	40 mg
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Inositol	100 mg
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Other Ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide.

VitaCholine[™] is a trademark of Balchem Corporation.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Berberine Select®

M076

Antimicrobial Support: Parasitic, Blood Sugar/Insulin Management, Digestive Support

Support for healthy insulin sensitivity, healthy blood glucose metabolism and a healthy gut microbiome.*

Bottle Size: 120 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule Amount
Servings per container: 120 per serving

Berberine HCl **500 mg**
(from Indian Barberry root extract) (*Berberis aristata*) (40:1)

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide.

Suggested Use: As a dietary supplement, take 1 or 2 capsules, 2 times per day or as directed by your healthcare professional.

Warning: Not for use by children under 12 years of age.

Betaine HCl

M042

Digestive Support

Supports healthy digestion by restoring optimal hydrochloric acid levels.*

Bottle Size: 120 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule Amount
Servings per container: 120 per serving

Betaine Hydrochloride **750 mg**

Other Ingredients: Cellulose (capsule), vegetable stearate, silicon dioxide.

Suggested Use: As a dietary supplement, take 1 capsule per meal or as directed by your healthcare professional.

Warnings: Do not take this product if you have a history of stomach ulcers, or are taking medication for stomach ulcers.

BID MultiSelect® (without Copper, Iron, Vitamin K)

M110, M111, M112

Multivitamin & Mineral

Comprehensive vitamin/mineral supplement in a convenient 2-per day format.*

Bottle Size: 60, 120, 240 Tablets



Supplement Facts

Serving Size: 2 tablets Amount
Servings per container: 30, 60, 120 per serving

Vitamin A (as palmitate) **900 mcg RAE**

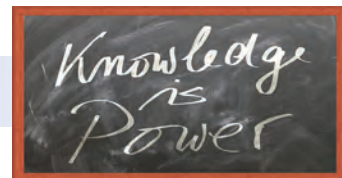
Vitamin C (as calcium ascorbate, ascorbic acid) **225 mg**

Vitamin D3 (as cholecalciferol)	20 mcg (800 IU)
Vitamin E (as d-alpha tocopheryl succinate)	25 mg
Vitamin B1 (as thiamin HCl)	25 mg
Vitamin B2 (as riboflavin-5'-phosphate)	12 mg
Vitamin B3 (as niacinamide)	40 mg
Vitamin B6 (as pyridoxal-5'-phosphate)	5 mg
Folate (as [6S]-5-Methyltetrahydrofolate, calcium salt)	400 mcg DFE
Vitamin B12 (as methylcobalamin)	50 mcg
Biotin	50 mcg
Pantothenic Acid (as d-calcium pantothenate)	25 mg
Choline (as citrate)	50 mg
Calcium (as Calcium Citrate Malate) (Albion™)	50 mg
Iodine (as potassium iodide)	25 mcg
Magnesium (as Magnesium Bisglycinate Chelate) (TRAACS™)	25 mg
Zinc (as Zinc Bisglycinate Chelate) (TRAACS™)	8 mg
Selenium (as Selenium Glycinate) (Albion™)	150 mcg
Manganese (as Manganese Bisglycinate Chelate) (TRAACS™)	10 mg
Chromium (as Chromium Nicotinate Glycinate Chelate) (TRAACS™)	60 mcg
Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS™)	60 mcg
Potassium (as Potassium Glycinate Complex) (Albion™)	30 mg
Inositol	50 mg
Citrus Bioflavonoid Complex	50 mg
Alpha Lipoic Acid	50 mg
Coenzyme Q10	30 mg
Bromelain (2400 GDU)	20 mg
Papain	20 mg
Horsetail Aerial Extract (<i>Equisetum arvense</i>)	10 mg
Lutein (from Lutemax® 2020 marigold flower extract)	5 mg
Zeaxanthin (from Lutemax® 2020 marigold flower extract)	1 mg
Boron (as Bororganic Glycine) (Albion™)	2 mg
Vanadium (as Vanadium Nicotinate Glycinate Chelate) (TRAACS™)	50 mcg

Other Ingredients: Microcrystalline cellulose, croscarmellose sodium, vegetable stearates, silicon dioxide, maltodextrin (non-GMO), hydroxypropyl methylcellulose, glycerin.

Albion™, TRAACS™ and the Albion Gold Medallion design are trademarks of Albion Laboratories, Inc. Lutemax® 2020 is a trademark of OmniActive Health Technologies Ltd.

Suggested Use: As a dietary supplement, take 2 tablets per day with meals or as directed by your healthcare professional. May be taken in divided doses.



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

Biotin 5000

M126

Skin/Hair/Nails Support

Essential coenzyme & B complex vitamin for healthy metabolic function. Helps support healthy hair, skin and nails.*

Bottle Size: 90 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 90	per serving
Biotin	5000 mcg

Other Ingredients: Dicalcium phosphate, cellulose (capsule), vegetable stearate, silicon dioxide, microcrystalline cellulose.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Black Cumin Seed Oil Organic

M168

Antioxidants, Immune Support, Inflammatory Support, Blood Sugar/Insulin Management, Liver & Gall Bladder Support, Antimicrobial Support: Viral, Antimicrobial Support: Parasitic, Antimicrobial Support: Fungal.

Pure, organic, cold-pressed oil of *Nigella sativa* seed, rich in antioxidant thymoquinone.*

Bottle Size: 60 Softgels

Supplement Facts

Serving Size: 1 softgel	Amount
Servings per container: 60	per serving
Organic Black Cumin Seed Oil (<i>Nigella sativa</i>)	500 mg

Other Ingredients: Gelatin, glycerin, purified water

Suggested Use: As a dietary supplement, take 1 softgel two times per day, with food or as directed by your healthcare professional.

Black Cumin Seed Oil

M133

Antioxidants, Immune Support, Inflammatory Support, Blood Sugar/Insulin Management, Liver & Gall Bladder Support, Antimicrobial Support: Viral, Antimicrobial Support: Parasitic, Antimicrobial Support: Fungal.

Pure, cold-pressed oil of *Nigella sativa* seed, rich in antioxidant thymoquinone.*

Bottle Size: 60 Softgels

Supplement Facts

Serving Size: 1 softgel	Amount
Servings per container: 60	per serving
Black Cumin Seed Oil (<i>Nigella sativa</i>)	1000 mg

Other Ingredients: Gelatin (bovine), vegetable glycerin, purified water.

Suggested Use: As a dietary supplement, take 1 softgel, one or two times per day with food or as directed by your healthcare professional.

Brain Select[®]

M104, M105

Neurological/Mood Support

Targeted nutrient support for healthy cognitive function, learning, memory and mood.*

Bottle Size: 120, 240 Vegetarian capsules

Supplement Facts

Serving Size: 4 capsules	Amount
Servings per container: 30, 60	per serving
Vitamin B3 (as niacinamide)	400 mg
Vitamin B6 (as pyridoxal-5'-phosphate)	20 mg
Acetyl-L-Carnitine	425 mg
DMAE Bitartrate	100 mg
Glycerylphosphorylcholine (as AlphaPrime-GPC™)	75 mg
Phosphatidylserine (from sunflower lecithin)	75 mg
Vinpocetine	10 mg
Huperzine A	250 mcg

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide, sunflower lecithin.

AlphaPrime-GPC™ is a trademark of Vesta Ingredients, Inc. .

Suggested Use: As a dietary supplement, take 4 capsules per day in divided doses, or as directed by your healthcare professional.

Buffered C Select[®]

M1018

Vitamins, Vitamin C

Vitamin C from three naturally buffered mineral ascorbates, plus pure ascorbic acid with acerola and citrus bioflavonoids for enhanced antioxidant support.*

Bottle Size: 90 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 90	per serving
Vitamin C (as ascorbic acid, calcium ascorbate, magnesium ascorbate, potassium ascorbate)	500 mg
Calcium (as ascorbate)	25 mg
Magnesium (as ascorbate)	10 mg

Warning: If you are taking medication, have a medical condition or an upcoming medical procedure, or are pregnant or nursing, consult a physician before using these products. If adverse reactions occur, discontinue use and consult your healthcare practitioner.

Potassium (as ascorbate)	5 mg
Citrus Bioflavonoid Complex (50% hesperidin)	125 mg
Acerola Cherry powder (25% vitamin C)	25 mg

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, silicon dioxide, vegetable stearate.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Calcium Select®

M048

Minerals, Bone Support

Supports healthy bone, muscle, and cardiovascular function with well-absorbed Albion® chelates and vitamin D.*

Bottle Size: 120 Vegetarian capsules

Supplement Facts

Serving Size: 2 capsules Amount
Servings per container: 60 per serving

Vitamin D3 (as cholecalciferol) **5 mcg (200 IU)**

Calcium (as Di-Ccalcium Malate [DimaCal™],
Calcium Bisglycinate Chelate [TRAACS™]) **500 mg**

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

DimaCal®, TRAACS™ and the Albion Gold Medallion design are trademarks of Albion Laboratories, Inc..

Suggested Use: As a dietary supplement, take 2 capsules per day or as directed by your healthcare professional.

CarnoZinc Select®

M158

GI Restorative

Natural, researched support for upper GI comfort & function.*

Bottle Size: 60 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule Amount
Servings per container: 60 per serving

Zinc (as Zinc-L-Carnosine) **16 mg**

Zinc-L-Carnosine (as Pepzin GI®) **75 mg**

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

Pepzin GI® is a registered trademark of Yonezawa Hamari Chemicals, Ltd.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Chromium Select®

M096

Blood Sugar/Insulin Management, Minerals

Essential mineral plus synergistic alpha lipoic acid and vanadium to help support healthy insulin and blood sugar levels.*

Bottle Size: 90 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule Amount
Servings per container: 90 per serving

Chromium (as Chromium Nicotinate
Glycinate Chelate) (TRAACS™) **400 mcg**

Alpha Lipoic Acid **60 mg**

Vanadium (as vanadyl sulfate) **3 mg**

Other Ingredients: Microcrystalline cellulose, cellulose (capsule), leucine, silicon dioxide.

TRAACS™ is a trademark of Albion Laboratories, Inc.

Suggested Use: As a dietary supplement, take 1 capsule per day with meals or as directed by your healthcare professional.

Coenzyme Q10 Select®

M020

Mitochondrial Support, Coenzyme Q10, Cardiovascular Support, Antioxidants

Potent antioxidant support for cardiovascular health and healthy energy levels. Provides 100 mg of researched ubiquinone plus BioPerine® for enhanced bioavailability.*

Bottle Size: 60 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule Amount
Servings per container: 60 per serving

Coenzyme Q10 (ubiquinone) **100 mg**

BioPerine® Black Pepper Extract (*Piper nigrum*) (95% piperine) **5 mg**

Other Ingredients: Capsule (hypromellose), microcrystalline cellulose, vegetable magnesium stearate, silicon dioxide.

BioPerine® is a registered trademark of Sabinsa Corporation.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Moss Nutrition uses only the finest ingredients in our formulas, such as the trademarked ones on page 7.

Colon Select®

M136

Colon/Lower Bowel Support

Natural support for bowel cleansing & regularity.*

Bottle Size: 120 Vegetarian capsules

Supplement Facts

Serving Size: 2 capsules	Amount
Servings per container: 60	per serving
Vitamin C (as magnesium ascorbate)	100 mg
Magnesium (as magnesium hydroxide, magnesium ascorbate)	200 mg
Cape Aloe leaf latex extract (<i>Aloe ferox</i>) (18% aloin)	300 mg
Triphala Powder [providing equal parts Amla fruit (<i>Emblia officinalis</i>), Belleric Myrobalan fruit (<i>Terminalia bellerica</i>), Chebulic Myrobalan fruit (<i>Terminalia chebula</i>)]	100 mg
Barberry bark powder (<i>Berberis vulgaris</i>)	75 mg
Turkey Rhubarb root powder (<i>Rheum palmatum</i>)	75 mg
Marshmallow root powder (<i>Althaea officinalis</i>)	40 mg
Sweet Fennel seed powder (<i>Foeniculum vulgare</i>)	40 mg
Organic Ginger root powder (<i>Zingiber officinale</i>)	40 mg

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

Suggested Use: As a dietary supplement, take 2 capsules at bedtime or as directed by your healthcare professional.

This Product Is Not Recommended For Long Term Use.

Colostrum Select®

M123

Immune Support

Immunoglobulin-rich colostrum extract. Researched to help support immune and gut health.*

Bottle Size: 120 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 120	per serving
Tegriceal® Bovine Colostrum (standardized to contain 40% IgG)	600 mg

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, silicon dioxide, vegetable stearate. Contains: Milk.

Tegriceal® is a registered trademark of Sterling Technology, Inc.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Warning: If you are taking medication, have a medical condition or an upcoming medical procedure, or are pregnant or nursing, consult a physician before using these products. If adverse reactions occur, discontinue use and consult your healthcare practitioner.

CoQH Select®

M064

Mitochondrial Support, Coenzyme Q10, Cardiovascular Support, Antioxidants

Advanced CoQ10 support with CoQH-CF ubiquinol, researched for superior absorption and stability.*

Bottle Size: 60 Softgel capsules

Supplement Facts

Serving Size: 1 softgel	Amount
Servings per container: 60	per serving
CoQH-CF® Ubiquinol (Reduced Coenzyme Q-10)	100 mg

Other Ingredients: D-Limonene oil, gelatin, glycerin, purified water, caprylic acid, capric acid, caramel liquid, alpha-lipoic acid.

CoQH-CF® is a trademark of Soft Gel Technologies, Inc. Q+®, Kaneka Ubiquinol™ and the Quality Seal® are registered or pending trademarks of Kaneka Corp.

Suggested Use: As a dietary supplement, take 1 softgel per day or as directed by your healthcare professional.

Cordyceps Select®

Mushroom Mycelia Extract

M130

Immune Support

High potency, researched organic extract to support healthy immune response and vitality.

Bottle Size: 90 Vegetarian capsules

Supplement Facts

Serving Size: 2 capsules	Amount
Servings per container: 45	per serving
Cordyceps (Cs-4) mycelia extract (<i>Cordyceps sinensis</i>) (8:1)	1000 mg

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

Suggested Use: As a dietary supplement, take 2 capsules per day or as directed by your healthcare professional.



CurcuSelect[®] with Meriva[®]



M080

Antioxidants, Inflammatory Support

High potency, researched Meriva[®] curcumin extract for a healthy inflammatory response.

Bottle Size: 120 Vegetarian capsules

Supplement Facts

Serving Size: 2 capsules Amount
Servings per container: 60 per serving

Meriva[®] (Curcuma longa root extract & phospholipid complex) 500 mg

Other Ingredients: Microcrystalline cellulose, hypromellose (capsule), sunflower lecithin, vegetable stearate, silicon dioxide.

Meriva[®] is a trademark of Indena S.p.A., Italy.

Suggested Use: As a dietary supplement, take 1-2 capsules, two times per day or as directed by your healthcare professional.

The MOSS NUTRITION REPORT

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Product Review
October 2019 #330

MORE DOCUMENTATION OF THE CLINICAL EFFICACY OF MERIVA – THE FORM OF CURCUMIN IN CURCU SELECT[®]

INTRODUCTION

As many, if not most of you, are undoubtedly aware, we have been seeing over the last year or so an interesting version of what I would describe as “curcumin wars” occurring in various supplement company advertisements that appear in the major clinical nutrition and alternative medicine journals. While the overall appearance of these ads varies, the main theme is always the same – absorbability. As you are probably also aware, standard, commercial curcumin is very poorly absorbed. Based on this fact, a cottage industry has developed with competing supplement companies continuing to make claims of ever more absorbable forms of curcumin.

To read the complete article, go to www.mossnutrition.com/curcumin

DHEA

M088

Adrenal/Stress Management, Hormone Support

Natural hormonal support for the adrenal gland.*

Bottle Size: 90 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule Amount
Servings per container: 90 per serving

DHEA (dehydroepiandrosterone from Wild Yam) 25 mg

Other Ingredients: Microcrystalline cellulose, cellulose (capsule).

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Digest Select[®] Plant-Based Enzymes

M100, M152

Digestive Support

Broad-spectrum support for healthy digestion from a high potency blend of plant-based enzymes. Suitable for use by vegetarians.*

Bottle Size: 90, 180 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule Amount
Servings per container: 90, 180 per serving

Digestive Enzyme Blend	110 mg
Amylase	3500 DU
Protease I	21,000 HUT
Protease II	4,000 PC
Alpha-Galactosidase	150 GalU
Glucoamylase	9 AGU
Lactase	1,000 ALU
Protease III	50 SAPU
Invertase	400 SU
Lipase	500 FIP
Acid Maltase	14 MaltU
Peptidase	2 AP

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide.

Suggested Use: As a dietary supplement, take 1 capsule at start of each meal, or as directed by your healthcare professional.

Electrolyte Select[™]

M149

Acid/Alkaline Balancing Support, Minerals

High potassium electrolyte powder to support optimal hydration, muscle physiology, and alkaline pH. Sugar-free raspberry flavor.*

Bottle Size: 225 grams Powder

Supplement Facts

Serving Size: 7.45 grams (approx. 1 scoop) Amount
Servings per container: 30 per serving

Calcium (as Calcium Bisglycinate Chelate) (Albion[®])	100 mg
Magnesium (as Di-Magnesium Malate) (Albion[®])	100 mg
Sodium (as Himalayan pink sea salt)	200 mg
Potassium (as potassium citrate)	1,000 mg

Other Ingredients: Citric acid, malic acid, natural raspberry flavor, silicon dioxide, red beet powder, monk fruit extract (Luo Han Guo).

Albion[®] is a registered trademark of Balchem Corporation or its subsidiaries.

Suggested Use: As a dietary supplement, mix 1 scoop with 8 oz. water or beverage of choice, once per day or as directed by your healthcare professional.

Elemental Select™

M148

Amino Acids, Colon/Lower Bowel Support, Digestive Support, Protein Powders/Functional Foods, GI Health Support: Restorative.

Comprehensive, hypoallergenic, predigested elemental diet formula for people with suboptimal gastrointestinal function.*
Natural vanilla flavor.

Bottle Size: 1.04 Kg (2.3 lbs.) Powder

Supplement Facts

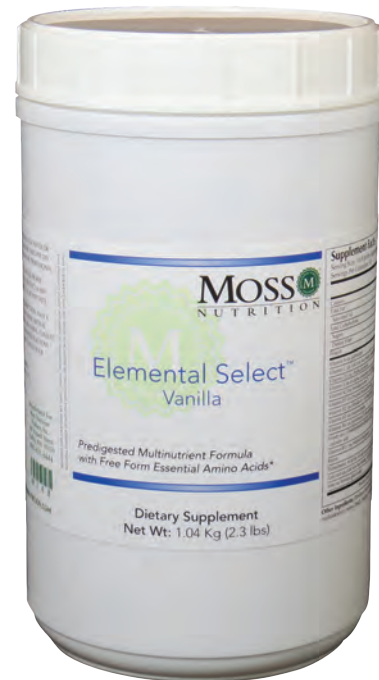
Serving Size: 34.8 grams (approx. 1 scoop)	Amount
Servings per container: 30	per serving
Calories	150
Total Fat	5 g
Saturated Fat	5 g
Total Carbohydrate	21 g
Sugars	14 g
Dietary Fiber	1 g
Protein	1 g
Vitamin A (as palmitate)	150 mcg RAE (500 IU)
Vitamin C (as calcium ascorbate, potassium ascorbate)	15 mg
Vitamin D3 (as cholecalciferol)	1.25 mcg (50 IU)
Vitamin E (as d-alpha tocopheryl acetate)	5 mg (10 IU)
Vitamin K2 (as menaquinone-7)	15 mcg
Vitamin B1 (as thiamin hydrochloride)	0.5 mg
Vitamin B2 (as riboflavin-5'-phosphate)	0.5 mg
Vitamin B3 (as niacinamide)	2.5 mg
Vitamin B6 (as pyridoxal-5'-phosphate)	1 mg
Folate (as L-5-Methyltetrahydrofolic acid, calcium salt)	68 mcg DFE
Vitamin B12 (as methylcobalamin)	0.8 mcg
Biotin	10 mcg
Pantothenic Acid (as d-calcium pantothenate)	2.5 mg
Calcium (as calcium ascorbate, calcium citrate)	50 mg
Iron (as ferrous gluconate)	0.5 mg
Phosphorus (as sodium phosphate)	100 mg
Iodine (as potassium iodide)	15 mcg
Magnesium (as magnesium malate)	25 mg
Zinc (as zinc citrate)	1.5 mg
Selenium (as L-selenomethionine)	15 mcg
Copper (as copper sulfate)	0.1 mg
Manganese (as manganese citrate)	0.2 mg
Molybdenum (as sodium molybdate)	7.5 mcg
Sodium (as sodium phosphate)	148.5 mg
Potassium (as potassium citrate, potassium ascorbate)	100 mg
Choline (as choline bitartrate)	25 mg
Proprietary Essential AA Blend (Reginator®)	1800 mg
(L-Leucine, L-Lysine, L-Valine, L-Isoleucine, L-Arginine, L-Threonine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan)	
L-Glutamine	750 mg
L-Proline	225 mg

L-Aspartic Acid	685 mg
L-Serine	410 mg
L-Alanine	325 mg
Glycine	180 mg
L-Tyrosine	40 mg
L-Carnitine L-Tartrate	200 mg
Taurine	185 mg

Other Ingredients: Dextrose monohydrate (non-GMO), medium chain triglycerides (MCT from highly refined coconut oil), tapioca maltodextrin (non-GMO), natural vanilla flavor.

Reginator® is a registered trademark of Eight IP LLC, U.S. Patent No. 9,364,463.

Suggested Use: As a dietary supplement, mix 1 scoop with at least 8 oz. of water or beverage of choice, two or more times per day or as directed by your healthcare professional.



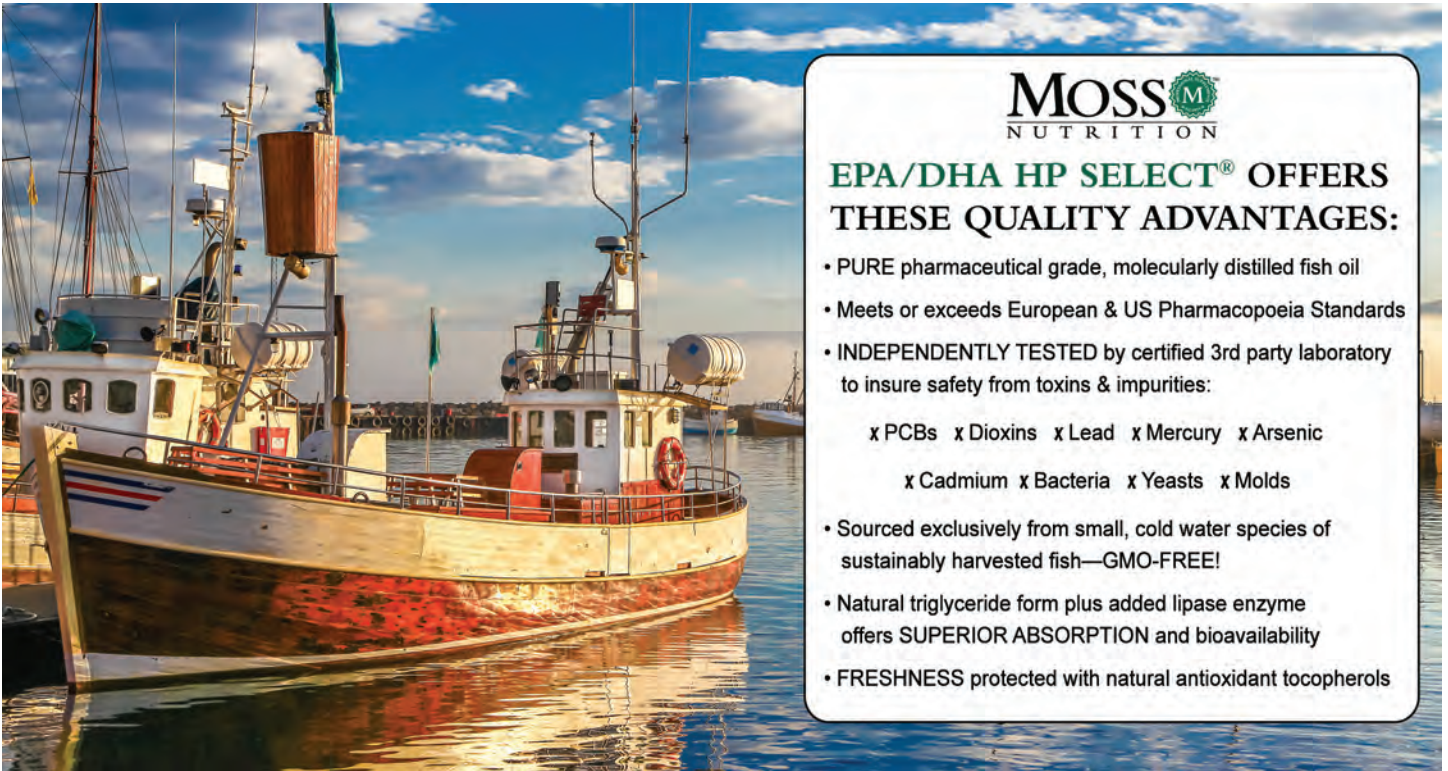
Elemental Select™
Single Serving Size Samples
Now Available!

Contact us for more
information

e-mail
info@mossnutrition.com

or call
(800) 851-5444





EPA/DHA HP SELECT® OFFERS THESE QUALITY ADVANTAGES:

- PURE pharmaceutical grade, molecularly distilled fish oil
- Meets or exceeds European & US Pharmacopoeia Standards
- INDEPENDENTLY TESTED by certified 3rd party laboratory to insure safety from toxins & impurities:
 - x PCBs x Dioxins x Lead x Mercury x Arsenic
 - x Cadmium x Bacteria x Yeasts x Molds
- Sourced exclusively from small, cold water species of sustainably harvested fish—GMO-FREE!
- Natural triglyceride form plus added lipase enzyme offers SUPERIOR ABSORPTION and bioavailability
- FRESHNESS protected with natural antioxidant tocopherols

EPA/DHA Select®

M063

Fish Oil, Fatty Acids, Inflammatory Support

Standard potency molecularly distilled fish oil for a healthy inflammatory response. Natural triglyceride form.*

Bottle Size: 180 Softgel capsules



Supplement Facts

Serving Size: 2 softgels	Amount
Servings per container: 90	per serving
Calories	21
Total Fat	2 g
Saturated Fat	0.5 g
Trans Fat	0 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	0.5 g
Omega-3 Fatty Acids	660 mg
EPA (Eicosapentaenoic Acid)	360 mg
DHA (Docosahexaenoic Acid)	240 mg

Other Ingredients: Fish oil (natural triglyceride form), gelatin, glycerol, purified water, natural mixed tocopherols (non-GMO). Contains fish (sardines, anchovies, herring, mackerel).

Suggested Use: As a dietary supplement, take 2 softgels per day or as directed by your healthcare professional.

Warning: If you are taking medication, have a medical condition or an upcoming medical procedure, or are pregnant or nursing, consult a physician before using these products. If adverse reactions occur, discontinue use and consult your healthcare practitioner.

EPA/DHA HP Select®

M061, M039, M062

Fish Oil, Fatty Acids, Inflammatory Support

High potency molecularly distilled fish oil for a healthy inflammatory response. Natural triglyceride form. Lemon flavor.*

Bottle Size: 60, 120, 240 Softgel capsules



Supplement Facts

Serving Size: 2 softgels	Amount
Servings per container: 30, 60, 120	per serving
Calories	20
Total Fat	2 g
Saturated Fat	0.5 g
Trans Fat	0 g
Polyunsaturated Fat	1 g
Monounsaturated Fat	0.5 g
Omega-3 Fatty Acids	1280 mg
EPA (Eicosapentaenoic Acid)	720 mg
DHA (Docosahexaenoic Acid)	480 mg
Other Omega-3's	80 mg

Other Ingredients: Omega-3 triglycerides, gelatin, glycerol, natural tocopherols (non-GMO), water, lipase, natural lemon flavor. Contains fish (anchovies).

Suggested Use: As a dietary supplement, take 2 softgels per day or as directed by your healthcare professional.

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

EPA/DHA HP Select® Liquid

Natural Lemon Flavor

M069

Fish Oil, Fatty Acids, Inflammatory Support

Molecularly distilled, pharmaceutical grade fish oil high in essential omega-3 fatty acids EPA and DHA. Light-tasting, natural lemon flavor.*



Bottle Size: 8 fl. oz. (240 ml Liquid)

Supplement Facts

	Amount per serving
Serving Size: 1 teaspoon (5 ml)	
Servings per container: 48	
Calories	40
Total Fat	4.5 g
Saturated Fat	1 g
Trans Fat	0 g
Polyunsaturated Fat	2 g
Monounsaturated Fat	1 g
Omega-3 Fatty Acids	1600 mg
EPA (Eicosapentaenoic Acid)	800 mg
DHA (Docosahexaenoic Acid)	500 mg
Other Omega-3s	300 mg

Other Ingredients: Purified fish oil triglycerides (from sardine, anchovy, herring, mackerel), natural tocopherols (non-GMO), natural lemon flavor. **Contains fish.**

Suggested Use: As a dietary supplement, take 1 teaspoon per day or as directed by your healthcare professional.

Refrigerate after opening.

EPO Organic

M081

Fatty Acids

Provides essential fatty acids from Evening Primrose Oil.*

Bottle Size: 120 Softgel capsules

Supplement Facts

	Amount per serving
Serving Size: 1 softgel	
Servings per container: 120	
Calories	10
Total Fat	1 g
Trans Fat	0 g
Polyunsaturated Fat	1 g
Organic Evening Primrose Oil	1000 mg
Linoleic Acid (Omega-6)	680 mg
Gamma-Linolenic Acid (GLA) (Omega-6)	100 mg
Oleic Acid (Omega-9)	100 mg

Other Ingredients: Organic evening primrose seed oil, natural vitamin E (non-GMO), gelatin, glycerol, pure water.

Suggested Use: As a dietary supplement, take 1 softgel 3 times per day with meals or as directed by your healthcare professional.

Ferrochel® Select



Minerals, Iron

Absorbable iron as Albion™ bisglycinate chelate.*

Bottle Size: 120 Vegetarian capsules

Supplement Facts

	Amount per serving
Serving Size: 1 capsule	
Servings per container: 120	
Iron (as Ferrous Bisglycinate Chelate) (Ferrochel™)	27 mg

Other Ingredients: Microcrystalline cellulose, hypromellose (capsule), L-leucine, silicon dioxide.

Ferrochel™ and the Albion Gold Medallion design are trademarks of Albion Laboratories, Inc.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

Flax Oil Organic

M082

Brain/Memory/Neuro/Mood Support, Cardiovascular Support, Cholesterol Support, Endocrine Support, Essential Fatty Acids, Immune Support, Inflammatory Support, Joint & Ligament Support, Skin/Hair/Nails Support

Omega-3 essential fatty acids from certified organic flaxseed.*

Bottle Size: 120 Softgel capsules

Supplement Facts

	Amount per serving
Serving Size: 1 softgel	
Servings per container: 120	
Calories	10
Total Fat	1 g
Polyunsaturated Fat	0.5 g
Trans Fat	0 g
Organic Golden Flaxseed Oil	1000 mg
Alpha-Linolenic Acid (Omega-3)	500 mg
Linoleic Acid (Omega-6)	165 mg
Oleic Acid (Omega-9)	150 mg

Other Ingredients: Organic golden flaxseed oil (non-GMO), gelatin, glycerol, pure water.

Suggested Use: As a dietary supplement, take 1 softgel 3 times per day with meals or as directed by your healthcare professional.



Flaxseed Fiber

M138

Colon/Lower Bowel Support

Organically grown, cold-milled flaxseed providing fiber, protein & essential fatty acids.*

Bottle Size: 252 grams Powder

Supplement Facts

Serving Size: 5.6 grams (approx. 2 scoops/teaspoons)	Amount
Servings per container: 45	per serving
Calories	30
Total Fat	2 g
Total Carbohydrate	2 g
Dietary Fiber	2 g
Protein	1 g
Organic Flaxseed (<i>Linum usitatissimum</i>)	5.6 g

Suggested Use: As a dietary supplement, take 2 scoops per day or as directed by your healthcare professional. May be taken in divided doses. Mix with 8 oz water or other liquid. Also may be sprinkled on food.



Gamma-E Select®

M140

Vitamins

Complete Vitamin E tocopherol complex providing significant levels of antioxidant gamma-tocopherol.*

Bottle Size: 60 Softgels

Supplement Facts

Serving Size: 1 softgel	Amount
Servings per container: 60	per serving
Vitamin E (as d-alpha-tocopherol)	268.5 mg (400 IU)
High Gamma Mixed Tocopherols	67 mg
(providing d-gamma-tocopherol 55 mg, d-delta- + d-beta-tocopherol 11.9 mg)	

Other Ingredients: Softgel capsule (gelatin, glycerin, purified water), highly refined soybean oil (non-GMO).

Suggested Use: As a dietary supplement, take 1 softgel capsule per day or as directed by your healthcare professional.

Warning: If you are taking medication, have a medical condition or an upcoming medical procedure, or are pregnant or nursing, consult a physician before using these products. If adverse reactions occur, discontinue use and consult your healthcare practitioner.

Garlic Select®

Allicin & S-Allyl Cysteine Complex M124

Cholesterol Support, GI Health Support: Dysbiosis

Unique, high potency blend of garlic extract and fermented black garlic.*

Bottle Size: 60 Vegetarian capsules

Supplement Facts

Serving Size: 2 capsules	Amount
Servings per container: 30	per serving
Garlic Extract (bulb) (<i>Allium sativum</i>) (3:1 extract, 1% allicin)	800 mg
Black Fermented Garlic powder extract (yielding 1.2 mg S-allyl cysteine)	220 mg

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

Suggested Use: As a dietary supplement, take 2 capsules per day, preferably in divided doses, or as directed by your healthcare professional.



GastroSelect®

Gutgard™

M008

GI Health Support: Restorative

Nutritional support for the esophagus and upper gastrointestinal tract. Contains researched levels of deglycyrrhizinated licorice, mastic, aloe vera and acid-buffering minerals.*

Bottle Size: 60 Vegetarian capsules

Supplement Facts

Serving Size: 2 capsules	Amount
Servings per container: 30	per serving
Potassium (from 200 mg potassium bicarbonate)	78 mg
Mastic gum (<i>Pistacia lentiscus</i>)	200 mg
GutGard™ Deglycyrrhizinated Licorice root extract (<i>Glycyrrhiza glabra</i>)	150 mg
Aloe Vera Gel inner leaf (<i>Aloe barbadensis</i>) (200:1, 5% polysaccharides)	100 mg
Bismuth Citrate	100 mg

Other Ingredients: Capsule (hypromellose), vegetable stearate, microcrystalline cellulose, silicon dioxide.

GutGard™ is a registered trademark of Natural Remedies PVT. LTD.

Suggested Use: As a dietary supplement, take 2 capsules after meals or as directed by your healthcare professional.

GI Globulin Select® (Powder) M143

GI Health Support: Restorative

Targeted support for GI comfort and healthy gut flora balance.*

Bottle Size: 136 grams Powder

Supplement Facts

Serving Size: 4.5 grams (approx. 1 scoop)	Amount
Servings per container: 30	per serving
Calories	30
Total Fat	2 g
Saturated Fat	0.5 g
Cholesterol	75 mg
Protein	2 g
IgY Max™ Hyperimmunized Egg Powder	4.5 g

Warning: Contains egg.

IgY Max™ is a trademark of IgY Nutrition, LLC and is used under license.

Suggested Use: As a dietary supplement, 1 scoop mixed into cold water or as directed by your healthcare professional. Also may be sprinkled on cold food. Do not heat or add to hot liquids/food.

GI Select® M011, M129

GI Health Support: Restorative

Clinically researched nutrients & soothing, anti-inflammatory herbs for optimum intestinal structure/function. Lemon flavor.*

Bottle Size: 120, 240 grams Powder

Supplement Facts

Serving Size: 4 grams (approx. 1 scoop)	Amount
Servings per container: 30, 60	per serving
L-Glutamine	1500 mg
N-Acetyl-D-Glucosamine	1000 mg
MSM (methylsulfonylmethane)	200 mg
Aloe Vera Gel inner leaf (200:1) (<i>Aloe barbadensis</i>)	200 mg
Quercetin (dihydrate)	125 mg
C3 Reduct® (<i>Curcuma longa</i> extract; 95% tetrahydrocurcuminoids)	100 mg
Slippery Elm bark powder (<i>Ulmus rubra</i>)	100 mg
Marshmallow root powder (<i>Althaea officinalis</i>)	100 mg
GutGard™ Deglycyrrhizinized Licorice root extract (<i>Glycyrrhiza glabra</i>)	75 mg

Other Ingredients: Citric acid, natural lemon flavor, monk fruit extract (Luo Han Guo), malic acid. Contains crustacean shellfish (from shrimp and crab shells).

C3 Reduct® is a trademark of Sabinsa Corporation. GutGard™ is a registered trademark of Natural Remedies PVT. LTD.

Suggested Use: As a dietary supplement, mix 1 scoop with 8 oz. water or beverage of choice, once per day or as directed by your healthcare professional.

Glycemic Select® M044



Blood Sugar/Insulin Management

Micronutrient and botanical support for healthy blood sugar metabolism.*

Bottle Size: 180 Vegetarian capsules

Supplement Facts

Serving Size: 6 capsules	Amount
Servings per container: 30	per serving
Vitamin D3 (as cholecalciferol)	10 mcg (400 IU)
Vitamin K2 (as menaquinone-7)	100 mcg
Thiamin (Vitamin B1) (as Benfotiamine)	75 mg
Magnesium (as Di-Magnesium Malate) (Albion®)	150 mg
Zinc (as Zinc Bisglycinate Chelate) (Albion®)	30 mg
Chromium (as Chromium Nicotinate Glycinate Chelate) (Albion®)	600 mcg
Alpha Lipoic Acid	650 mg
L-Taurine	600 mg
Salaretin® salacia bark extract (<i>Salacia chinensis</i>) (standardized to 20% saponins, 1% mangiferin)	200 mg
Cinnamon bark extract (<i>Cinnamomum cassia</i>)	150 mg
L-Leucine	150 mg
Bacillus Coagulans (provides 100 million CFU)	13.38 mg
Trans-resveratrol (from <i>Polygonum cuspidatum</i> root extract)	10 mg
Vanadium (as vanadium amino acid chelate)	200 mcg

Other Ingredients: Microcrystalline cellulose, hypromellose (capsule), vegetable stearate, silicon dioxide.

Albion® and the Albion Gold Medallion design are registered trademarks of Balchem Corporation or its subsidiaries.

Salaretin® is a registered trademark of Sabinsa Corporation.

Suggested Use: As a dietary supplement, take 6 capsules per day in divided doses with meals or as directed by your healthcare professional.



Detoxification Support: General & Heavy Metal, Liver & Gall Bladder Support

Comprehensive liver and gall bladder support with a potent blend of standardized Milk Thistle extract, activated B-vitamins, amino acids, ox bile & herbs.*

Bottle Size: 90 Vegetarian capsules

Supplement Facts

Serving Size: 3 capsules	Amount per serving
Servings per container: 30	
Vitamin B6 (as pyridoxal-5'-phosphate)	5 mg
Folate (as [6S]-5-Methyltetrahydrofolate, calcium salt)	170 mcg DFE
Vitamin B12 (as methylcobalamin)	10 mcg
Magnesium (as Magnesium Bisglycinate Chelate) (TRAACS™)	30 mg
Milk Thistle seed extract (<i>Silybum marianum</i> G.) (80% silymarin)	140 mg
Choline (as choline bitartrate)	120 mg
Inositol	120 mg
L-Methionine	100 mg
L-Taurine	75 mg
Ox Bile Extract	75 mg
Meriva® Curcumin Phytosome (<i>Curcuma longa</i> root extract and phospholipid complex)	50 mg
Beet Root powder (<i>Beta vulgaris</i>) (non-GMO)	50 mg
Artichoke leaf extract (<i>Cynara scolymus</i>) (5% cynarin)	25 mg
Dandelion leaf extract (<i>Taraxacum officinale</i>) (5:1)	25 mg
Black Radish root powder (<i>Raphanus sativus niger</i>)	25 mg

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, silicon dioxide, vegetable stearate, sunflower lecithin (Meriva® phytosome).

TRAACS™ is a trademark of Albion Laboratories, Inc. Meriva® is a trademark of Indena S.p.A., Italy.

Suggested Use: As a dietary supplement, take 3 capsules per day in divided doses or as directed by your healthcare professional.



Cardiovascular Support

Researched support nutrients for healthy homocysteine levels & endothelial function.*

Bottle Size: 90 Vegetarian capsule

Supplement Facts

Serving Size: 1 capsules	Amount per serving
Servings per container: 90	
Vitamin B6 (as pyridoxal-5'-phosphate)	10 mg
Folate (as [6S]-5-methyltetrahydrofolate, calcium salt)	2000 mcg DFE
Vitamin B12 (as methylcobalamin)	1000 mcg
Trimethylglycine (Betaine)	500 mg
Meriva® Curcumin Phytosome (<i>Curcuma longa</i> root extract & phospholipid complex)	50 mg

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, sunflower lecithin, vegetable stearate, silicon dioxide.

Meriva® is a trademark of Indena S.p.A., Italy.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Adrenal/Stress Management

Premium blend of adaptogenic and tonifying herbs to support healthy adrenal function, a normal stress response, optimal energy levels, and overall wellbeing.*

Bottle Size: 60, 120 Vegetarian capsules

Supplement Facts

Serving Size: 2 capsules	Amount per serving
Servings per container: 30, 60	
Rhodiola root extract (<i>Rhodiola rosea</i>) (3% rosavins)	300 mg
Sensoril® Ashwagandha root and leaf extract (<i>Withania somnifera</i>) (min. 10% withanolide glycosides)	250 mg
Eleuthero root extract (<i>Eleutherococcus senticosus</i>) (0.5% eleutherosides)	200 mg
Panax Ginseng root extract (20% ginsenosides)	200 mg
Licorice root powder (<i>Glycyrrhiza glabra</i>)	40 mg

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

Sensoril® is a registered trademark of Natreon, Inc.

Suggested Use: As a dietary supplement, take 2 capsules between meals, 1 or 2 times per day or as directed by your healthcare professional.

Warning: If you are taking medication, have a medical condition or an upcoming medical procedure, or are pregnant or nursing, consult a physician before using these products. If adverse reactions occur, discontinue use and consult your healthcare practitioner.

Icelandic Cod Liver Oil

Natural Lemon Flavor

M067

Fish Oil, Fatty Acids, Inflammatory Support

Purified, pharmaceutical grade liquid cod liver oil from Arctic seas. Pleasant natural lemon flavor.



Bottle Size: 8 fl. oz./240 ml Liquid

Supplement Facts

Serving Size: One teaspoon (5 ml)	Amount
Servings per container: 48	per serving
Calories	40
Total Fat	4.6 g
Saturated Fat	0.8 g
Trans Fat	0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	2.3 g
Vitamin A (as retinyl palmitate)	1500 mcg RAE
Vitamin D3 (as cholecalciferol)	11.5 mcg
Omega-3 Fatty Acids	1081 mg
DHA (Docosahexaenoic Acid)	460 mg
EPA (Eicosapentaenoic Acid)	345 mg
Other Omega-3s	276 mg

Other Ingredients: Purified Icelandic cod liver oil, vitamin A (retinyl palmitate), vitamin D3 (cholecalciferol), vitamin E (d-alpha tocopherol acetate), natural lemon flavor. **Contains fish (cod).**

Suggested Use: As a dietary supplement, take 1 teaspoon per day or as directed by your healthcare professional.

Refrigerate after opening

Icelandic Cod Liver Oil

Capsules

M171

Fish Oil, Fatty Acids, Inflammatory Support

Purified, pharmaceutical grade cod liver oil from Arctic sea. 3 softgel serving size.

Bottle Size: 90 Softgels

Supplement Facts

Serving Size: 3 Softgels	Amount
Servings per container: 30	per serving
Calories	30
Total Fat	3 g
Saturated Fat	0.5 g
Cholesterol	15 mg
Polyunsaturated Fat	0.8 g
Monounsaturated Fat	1.2 g
Vitamin A (from retinyl palmitate & cod liver oil)	2250 mcg RAE
Vitamin D3 (from cholecalciferol & cod liver oil)	33 mcg
Omega-3 Fatty Acids	600 mg
EPA (Eicosapentaenoic Acid)	255 mg
DHA (Docosahexaenoic Acid)	300 mg
Other Omega-3's	45 mg

Other Ingredients: Gelatin (bovine), glycerin, pure water.

Suggested Use: As a dietary supplement, take 3 softgels per day with food, or as directed by your healthcare professional.

IgG Select[®]

M156

GI Health Support: Restorative

Serum-derived bovine immunoglobulin powder for intestinal & immune health.*

Bottle Size: 75 grams Powder

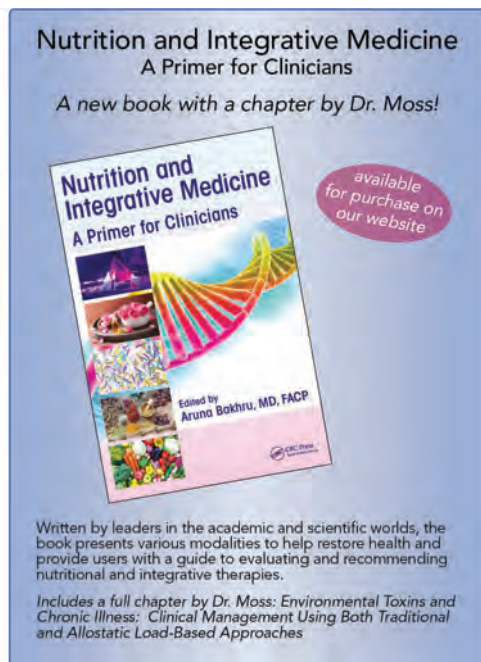
Supplement Facts

Serving Size: 2.5 grams (approx. 1 scoop)	Amount
Servings per container: 30	per serving
Calories	10
Protein	2 g
Immunolin[®] Serum-derived Bovine Immunoglobulins	2.5 g
[providing 1125 mg Immunoglobulin G (IgG); 125 mg Immunoglobulin M (IgM); 25 mg Immunoglobulin A (IgA); 125 mg bovine serum albumin]	

Other Ingredients: Sunflower lecithin.

Immunolin[®] is a registered trademark of Entera Health, LLC.

Suggested Use: As a dietary supplement, 1 scoop per day mixed with water or beverage of choice, or as directed by your healthcare professional.



Immune Support

A comprehensive blend of standardized herbal extracts and L-Lysine to support healthy immune function.*

Bottle Size: 120 Vegetarian capsules

Supplement Facts

Serving Size: 2 capsules	Amount
Servings per container: 30, 60	per serving
Echinacea root extract (4:1) (<i>Echinacea purpurea</i>)	300 mg
Andrographis leaf extract (25:1) (<i>Andrographis paniculata</i>) (10% andrographolides)	300 mg
Olive Leaf extract (3:1) (<i>Olea europaea</i> L.) (18% oleuropein)	200 mg
Astragalus root extract (4:1) (<i>Astragalus membranaceus</i>)	150 mg
Goldenseal root extract (5:1) (<i>Hydrastis canadensis</i>) (5% berberine)	100 mg
Oregon Grape root powder (<i>Mahonia aquifolium</i>)	100 mg
Schisandra berry extract (4:1) (<i>Schisandra chinensis</i>)	100 mg
Amla fruit extract (<i>Emblica officinalis</i>) (40% tannins)	100 mg
L-Lysine (HCL)	100 mg

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

Suggested Use: As a dietary supplement, take 2 capsules 1 to 3 times per day or as directed by your healthcare professional.

Musculoskeletal Support, Joint & Ligament Support, Inflammatory Support, Circulatory Support

Comprehensive support for a healthy inflammatory response in the gut lining and throughout the body.*

Bottle Size: 120, 240 Vegetarian capsules

Supplement Facts

Serving Size: 2 capsules	Amount
Servings per container: 60, 120	per serving
Niacin (as niacinamide)	150 mg
L-Glutamine	350 mg
MSM (methylsulfonylmethane)	350 mg
Boswellin® Super (<i>Boswellia serrata</i>) gum resin extract (75% boswellic acid)	125 mg
Bromelain 2400 GDU	125 mg
Quercetin	100 mg
Meriva® Curcumin Phytosome (<i>Curcuma longa</i>) root extract & phospholipid complex	100 mg
Grape Seed Extract (<i>Vitis vinifera</i>) (95% proanthocyanidins)	75 mg
Ginger Root Extract (<i>Zingiber officinale</i>) (6% gingerols)	75 mg

Other Ingredients: Cellulose (capsule), sunflower lecithin, silicon dioxide, vegetable stearate, microcrystalline cellulose.

Boswellin® is a trademark of Sabinsa Corporation. Meriva® is a trademark of Indena S.p.A., Italy.

Suggested Use: As a dietary supplement, take 2 capsules 2 times per day between meals or as directed by your healthcare professional.

Thyroid Support, Minerals, Women's Health

Iosol provides the essential mineral iodine which has been proportioned by a special process yielding a water soluble iodine compound.*

Bottle Size: 1 fl. oz. (30 ml)

Supplement Facts

Serving Size: 1 drop	Amount
Servings per container: 610 drops	per serving
Iodine	1830 mcg

Ingredients: Glycerine (vegetarian), Iodine, Ammonium Iodide, DI Water.

Suggested Use: As a dietary supplement, mix one drop into two ounces of water. Take one to three times a day or use as directed by your Physician or Health Professional.

Minerals, Acid/Alkaline Balancing Support

Essential mineral (as potassium bicarbonate) for support of re-establishing acid/base balance. May contribute to optimal bone physiology.*

Bottle Size: 90 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 90	per serving
Potassium (as potassium bicarbonate)	200 mg

Other Ingredients: Hypromellose (capsule), L-leucine, silicon dioxide.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Warning: If you are taking medication, have a medical condition or an upcoming medical procedure, or are pregnant or nursing, consult a physician before using these products. If adverse reactions occur, discontinue use and consult your healthcare practitioner.

K Alkaline + Mg Capsules

M002

Minerals, Acid/Alkaline Balancing Support

Essential minerals as potassium bicarbonate (150 mg) and chelated Albion TRAACS™ magnesium in two forms (glycinate and malate; 40 mg) for support of re-establishing acid/base balance; optimal bone physiology and electrolyte balance.*

Bottle Size: 90 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule Amount
Servings per container: 90 per serving

Magnesium (as Di-Magnesium Malate [Albion™] & Magnesium Bisglycinate Chelate [TRAACS™]) **40 mg**

Potassium (as potassium bicarbonate) **150 mg**

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

Albion™ and TRAACS™ are trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Krill Oil

M083

Fatty Acids

Provides omega-3 fatty acids & phospholipids from oceanic Antarctic krill for brain, liver, & cardiovascular health.*

Bottle Size: 120 Softgel capsules

Supplement Facts

Serving Size: 2 softgels Amount
Servings per container: 60 per serving

Calories **10**

Total Fat **1 g**

Saturated Fat **0.5 g**

Krill Oil (*Euphasia superba*) **1000 mg**

Phospholipids **200 mg**

Total Omega-3 Fatty Acids **140 mg**

EPA (Eicosapentaenoic Acid) **60 mg**

DHA (Docosahexaenoic Acid) **40 mg**

Astaxanthin **400 mcg**

Other Ingredients: Purified Antarctic krill oil (non-GMO), gelatin, glycerol, purified water, vitamin A (as beta carotene). Contains: shellfish.

Suggested Use: As a dietary supplement, take 2 softgels per day with meals or as directed by your healthcare professional.

L-5-MTHF Natural S-Isomer

M093

Vitamins, B-Vitamin Formulas

Methylated folate as natural 6S isomer to help support a healthy methylation cycle. 1 mg capsules.*

Bottle Size: 120 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule Amount
Servings per container: 120 per serving

Folate (as [6S]-5-Methyltetrahydrofolate, calcium salt) **1000 mcg DFE**

Other Ingredients: Microcrystalline cellulose, hypromellose (capsule), vegetable stearate, silicon dioxide.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

L-Carnitine

M022

Amino Acids

Support for healthy mitochondrial fatty acid metabolism.*

Bottle Size: 90 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule Amount
Servings per container: 90 per serving

L-Carnitine (as 750 mg L-Carnitine tartrate) **500 mg**

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

Suggested Use: As a dietary supplement, take 1 capsule between meals or as directed by your healthcare professional.



Warning: If you are taking medication, have a medical condition or an upcoming medical procedure, or are pregnant or nursing, consult a physician before using these products. If adverse reactions occur, discontinue use and consult your healthcare practitioner.

L-Glutamine

M075

Amino Acids, Detoxification Support, GI Health Support: Restorative

Pure amino acid support for a healthy gastrointestinal lining and immune defense.*

Bottle Size: 300 grams Powder

Supplement Facts

Serving Size: 5 grams (approximately 1 scoop) Amount
Servings per container: 60 per serving

L-Glutamine **5 g**

Suggested Use: As a dietary supplement, take 5 grams (1 scoop) mixed in water or beverage of choice, 1 to 3 times per day between meals or as directed by your healthcare professional.

Lauric Select[®]

M065

Antimicrobial Support: Viral, Immune Support

Researched antimicrobial support from monolaurin, a fatty acid derivative from coconut oil.*

Bottle Size: 90 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule Amount
Servings per container: 90 per serving

Monolaurin **600 mg**

Inosine **7.5 mg**

Other Ingredients: Hypromellose (capsule), vegetable magnesium stearate, silicon dioxide.

Suggested Use: As a dietary supplement, take 1 capsule 3 times per day or as directed by your healthcare professional.

Lauric Select[®]
Excellent Source
of Antimicrobial Monolaurin

Listen Online

Learn about Dr. Hedberg's background & what led him to focus on autoimmune disease. Having worked with dozens of antimicrobial products, he shares why he focuses on monolaurin for so many patients. Hear about case presentations that respond most favorably to Lauric Select[®], dosage guidance and other supportive recommendations.

www.mossnutrition.com/monolaurin

A pre-recorded interview with Dr. Nikolus Hedberg, hosted by Dr. Jeffrey Moss

Leucine Powder

M026

Amino Acids, Musculoskeletal Support

Essential, branched chain amino acid naturally found in whey protein. Supports lean muscle protein synthesis and healthy body composition.*

Bottle Size: 65 grams Powder

Supplement Facts

Serving Size: 2 grams (approx. 1 scoop) Amount
Servings per container: approx. 30 per serving

L-Leucine **2 g**

Suggested Use: As a dietary supplement, take 1 scoop per day mixed into a protein-based beverage or as directed by your healthcare professional.

Leucine is a branched chain amino acid that participates in muscle synthesis. As a supplement, leucine has been shown to help support healthy muscle mass & lean body composition in adults of all ages. It should be taken with a protein-based beverage.

Lipid Select[®]

M004, M159

Cholesterol Support, Cardiovascular Support

Researched levels of red yeast rice, plus CoQ10, green tea and BioPerine to help support healthy cholesterol and triglyceride levels.*

Bottle Size: 60, 180 Vegetarian capsules

Supplement Facts

Serving Size: 2 capsules Amount
Servings per container: 30, 90 per serving

Red Yeast Rice Extract **1200 mg**

(*Monascus purpureus*) (0.4% monacolins)

CoQ10 (ubiquinone) **60 mg**

Green Tea Leaf Extract (decaffeinated) (*Camellia sinensis*) **50 mg**

(98% polyphenols; 45% EGCG)

BioPerine[®] Black Pepper Extract (*Piper nigrum*) (95% piperine) **2 mg**

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide.

BioPerine[®] is a registered trademark of Sabinsa Corporation.

Suggested Use: As a dietary supplement, take 2 capsules per day with meals or as directed by your healthcare professional.

Lipoic Acid M120

Antioxidants, Detoxification Support

Powerful antioxidant support from alpha-lipoic acid.*

Bottle Size: 60 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 60	per serving

Alpha Lipoic Acid	300 mg
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Other Ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Liposomal Glutathione M162

Amino Acids, Antioxidants, Detoxification Support

Stabilized glutathione liposome offering advanced delivery antioxidant support.*

Bottle Size: 4 fl. oz./120 ml Liquid

Supplement Facts

Serving Size: 4 ml (1 scant teaspoon)	Amount
Servings per container: 30	per serving

Glutathione	500 mg
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Other Ingredients: Purified water, non-GMO sunflower lecithin (essential lipid blend), natural flavors, vegetable glycerin, stevia leaf extract (as glucosylsteviosides), potassium sorbate.

Suggested Use: As a dietary supplement, take 4 milliliters (1 scant teaspoon) daily in water or juice, or as directed by your healthcare professional.

Magnesium Citrate M092, M131

Minerals, Acid/Alkaline Balancing Support

Essential mineral (as magnesium citrate) for maintenance of healthy muscle & nerve function.*

Bottle Size: 90, 180 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 90, 180	per serving

Magnesium (as magnesium citrate)	120 mg
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Other Ingredients: Hydroxypropyl methylcellulose (capsule), microcrystalline cellulose, L-leucine.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Magnesium Select® M010, M029

Minerals, Acid/Alkaline Balancing Support

Pure, high potency, fully chelated Albion TRAACS™ magnesium malate/glycinate complex. Helps support healthy muscle & nerve function, acid/base balance.*

Bottle Size: 100, 250 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 100, 250	per serving

Magnesium (as Di-Magnesium Malate [Albion™], Magnesium Bisglycinate Chelate [TRAACS™])	150 mg
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Other Ingredients: Hypromellose (capsule), vegetable stearate, silicon dioxide.

Albion™, TRAACS™ and the Albion Gold Medallion design are trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Magnolia Select™ M160

Brain/Memory/Neuro/Mood Support

Standardized magnolia extract to help support restful sleep and relaxed mood.*

Bottle Size: 120 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 120	per serving

Magnolia bark extract (<i>Magnolia officinalis</i>) (standardized to 90% honokiol + magnolol)	200 mg
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Other Ingredients: Cellulose (capsule), microcrystalline cellulose, L-leucine.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.



Magtein®

M169

Brain/Memory/Neuro/Mood Support, Minerals

Patented form of magnesium-L-threonate to support cognitive function, memory and attention. 2,000 mg per 3 capsule serving size.*

Bottle Size: 90 Vegetarian capsules

Supplement Facts

Serving Size: 3 capsules	Amount
Servings per container: 30	per serving

Magnesium (from 2,000 mg Magtein® Magnesium L-Threonate)	144 mg
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Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide.

Magtein® is protected under a family of US patents, pending patents, and is protected worldwide. Magtein® is a registered trademark of Magceutics®, Inc. and is distributed exclusively by AIDP, Inc..

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Marshmallow Select®

M135

Digestive Support, GI Health Support: Restorative

Organic Marshmallow root and GutGard™ DGL; helps support healthy gastrointestinal function and digestive comfort.*

Bottle Size: 176 grams Powder

Supplement Facts

Serving Size: 1 Tablespoon (3.92 grams)	Amount
Servings per container: 45	per serving

Organic Marshmallow root powder (<i>Althaea officinalis</i>)	3,770 mg
GutGard™ Deglycyrrhizinated Licorice root extract (<i>Glycyrrhiza glabra</i>)	150 mg

GutGard® is a registered trademark of Natural Remedies Pvt.

Suggested Use: As a dietary supplement, take 1 tablespoon per day in divided doses (1.5 level teaspoons, AM & PM) or as directed by your healthcare professional. Mix with 8 oz water or other liquid.



Warning: If you are taking medication, have a medical condition or an upcoming medical procedure, or are pregnant or nursing, consult a physician before using these products. If adverse reactions occur, discontinue use and consult your healthcare practitioner.

Melatonin Select® 3 mg

M028

Sleep Support

Nutrient used to help regulate the sleep-wake cycle and encourage healthy sleep patterns.*

Bottle Size: 60 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 60	per serving

Vitamin B6 (as pyridoxine HCl)	15 mg
Melatonin	3 mg

Other Ingredients: Microcrystalline cellulose, vegetable capsule, L-leucine.

Suggested Use: As a dietary supplement, take 1 capsule per day, 20 minutes before bedtime or as directed by your healthcare professional.



MK-7 Select®

M125

Bone Support, Cardiovascular Support

Vitamin K2 as well-absorbed Menaquinone-7.*

Bottle Size: 60 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 60	per serving

Vitamin K2 (as Menaquinone-7)	160 mcg
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Other Ingredients: Microcrystalline cellulose, cellulose (capsule), silicon dioxide, dicalcium phosphate, vegetable stearate.

Suggested Use: As a dietary supplement, take 1 capsule per day with food or as directed by your healthcare professional.

Warning: If taking medication (especially blood thinning medication), pregnant or nursing, consult a physician before using.

Motility Select™

M137

GI Health Support: Restorative, Colon/Lower Bowel Support

Natural prokinetic formula to support healthy intestinal motility.*

Bottle Size: 180 Vegetarian capsules

Supplement Facts

Serving Size: 3 capsules	Amount
Servings per container: 60	per serving
Vitamin B6 (as pyridoxal-5'-phosphate)	10 mg
Potassium (as citrate)	99 mg
Organic Ginger root powder (<i>Zingiber officinale</i>)	900 mg
GutGard™ Deglycyrrhizinated Licorice root extract (<i>Glycyrrhiza glabra</i>)	150 mg
5-HTP	50 mg
Meriva® Curcumin Phytosome (<i>Curcuma longa</i> root extract & phospholipid complex)	50 mg

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide.

GutGard™ is a registered trademark of Natural Remedies PVT. LTD. Meriva® is a trademark of Indena S.p.A., Italy.

Suggested Use: As a dietary supplement, take 3 capsules, 1-2 times per day between meals or as directed by your healthcare professional.

MultiSelect® (without Copper & Iron)



M037

Multivitamin & Mineral

High potency multivitamin and mineral supplement with Albion™ chelates, activated B vitamins and broad-spectrum antioxidant support.*

Bottle Size: 180 Vegetarian capsules

Supplement Facts

Serving Size: 6 capsules	Amount
Servings per container: 30	per serving
Vitamin A (as palmitate)	1350 mcg
Vitamin C (as ascorbic acid)	500 mg
Vitamin D3 (as cholecalciferol)	20 mcg
Vitamin E (as d-alpha tocopherol succinate)	25 mg
Vitamin K (as Vitamin K1 Phytonadione 500 mcg, Vitamin K2 Menaquinone-7 50 mcg)	550 mcg
Vitamin B1 (as thiamin HCl)	60 mg
Vitamin B2 (as riboflavin)	60 mg
Vitamin B3 (as flush-free niacinamide)	60 mg NE
Vitamin B6 (as 1:1 pyridoxine HCl: pyridoxal-5'-phosphate)	10 mg
Folate (as [6S]-5-MTHF, calcium salt)	400 mcg
Vitamin B12 (as methylcobalamin)	220 mcg
Biotin (as d-Biotin)	200 mcg

Pantothenic Acid (as d-calcium pantothenate)	125 mg
Choline (as citrate)	100 mg
Calcium (as Calcium Bisglycinate Chelate) (TRAACS™)	100 mg
Iodine (as potassium iodide)	250 mcg
Magnesium (as Di-Magnesium Malate [Albion™], Magnesium Bisglycinate Chelate [TRAACS™])	200 mg
Zinc (as Zinc Bisglycinate Chelate) (TRAACS™)	17 mg
Selenium (as Selenium Glycinate Complex) (TRAACS™)	160 mcg
Manganese (as Manganese Bisglycinate Chelate) (TRAACS™)	1 mg
Chromium (as Chromium Nicotinate Glycinate Chelate) (TRAACS™)	50 mcg
Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS™)	60 mcg
Potassium (as Potassium Glycinate Complex) (Albion™)	100 mg
Mixed Tocopherols (d-alpha, d-beta, d-gamma, d-delta)	300 mg
Inositol	100 mg
Citrus Bioflavonoid Complex	100 mg
Trimethylglycine	100 mg
Alpha Lipoic Acid	20 mg
Coenzyme Q10 (ubiquinone)	20 mg
Boron (as Bororganic Glycine) (Albion™)	2 mg
Vanadium (as Vanadium Nicotinate Glycinate Chelate) (TRAACS™)	50 mcg

Other Ingredients: Cellulose (capsule), vegetable stearate, maltodextrin (non-GMO), silicon dioxide.

Albion™, TRAACS™ and the Albion Gold Medallion design are trademarks of Albion Laboratories, Inc. U.S. Patent 6,706,904. Quatrefolic® is a registered trademark of Gnosis, S.p.A. U.S. Patent No. 7,947,662.

Suggested Use: As a dietary supplement, take 6 capsules per day in divided doses with meals, or as directed by your healthcare professional.

N-Acetyl Cysteine

M085

Amino Acids, Antioxidants, Detoxification Support

Nutrient precursor for glutathione, provides antioxidant and detoxification support.*

Bottle Size: 120 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 120	per serving
N-Acetyl L-Cysteine	700 mg

Other Ingredients: Cellulose (capsule), microcrystalline cellulose, L-leucine.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Warning: If you are taking medication, have a medical condition or an upcoming medical procedure, or are pregnant or nursing, consult a physician before using these products. If adverse reactions occur, discontinue use and consult your healthcare practitioner.

Niadoxene Select®

M077

Brain/Memory/Neuro/Mood Support, Vitamins B-Formulas

Support for healthy neurotransmitter activity, relaxation and stress relief, and cartilage and joint health.*

Bottle Size: 100 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 100	per serving
Niacinamide (Vitamin B3)	500 mg NE
Vitamin B6 (as Pyridoxal-5'-Phosphate)	12.5 mg

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, silicon dioxide, vegetable stearate.

Suggested Use: As a dietary supplement, take 1 capsule, two times per day with meals or as directed by your healthcare professional.

NutraGluco Select®

M132

Multivitamin & Mineral, Blood Sugar/Insulin Management

Vitamins & minerals for healthy glucose balance.*

Bottle Size: 120 Vegetarian capsules

Supplement Facts

Serving Size: 6 capsules	Amount
Servings per container: 20	per serving
Vitamin A (as retinyl palmitate)	1500 mcg RAE
Vitamin C (as ascorbic acid, calcium ascorbate)	300 mg
Vitamin D (as cholecalciferol)	2.5 mcg (100 IU)
Vitamin E (as d-alpha tocopherol)	268 mg
Vitamin B1 (as benfotiamine)	50 mg
Vitamin B2 (as riboflavin HCl)	25 mg
Vitamin B3 (as niacinamide)	150 mg
Vitamin B6 (as pyridoxal-5'-phosphate)	25 mg
Folate (as [6S]-5-methyltetrahydrofolate, calcium salt)	800 mcg DFE
Vitamin B12 (as methylcobalamin)	50 mcg
Biotin	3000 mcg
Calcium (as calcium ascorbate)	30 mg
Pantothenic Acid (as d-calcium pantothenate)	100 mg
Magnesium (as Di-Magnesium Malate [Albion™] & Magnesium Bisglycinate Chelate [TRAACS™])	150 mg
Zinc (as Zinc Bisglycinate Chelate) (TRAACS™)	30 mg
Chromium (as Chromium Nicotinate Glycinate Chelate) (TRAACS™)	1000 mcg
Potassium (as Potassium Glycinate Complex) (Albion™)	150 mg
Vanadium (as Vanadium Nicotinate Glycinate Chelate) (TRAACS™)	20 mcg
Alpha Lipoic Acid	600 mg
L-Leucine	150 mg

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

Albion™, TRAACS™ and the Albion Gold Medallion design are trademarks of Albion Laboratories, Inc.

Suggested Use: As a dietary supplement, take 2 capsules with a meal, 3 times per day or as directed by your healthcare professional.

OculoSelect®

M102

Eye Support

Comprehensive, antioxidant-rich formula with Lutemax® 2020 for healthy eyes and visual function.*

Bottle Size: 120 Vegetarian capsules

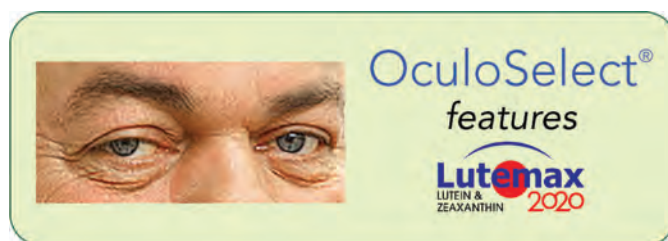
Supplement Facts

Serving Size: 2 capsules	Amount
Servings per container: 60	per serving
Vitamin A (as palmitate)	450 mcg RAE (1500 IU)
Vitamin C (as zinc ascorbate)	50 mg
Vitamin E (as d-alpha-tocopherol)	134 mg (200 IU)
Vitamin B1 (thiamin)	5 mg
Vitamin B2 (as riboflavin-5'-phosphate)	10 mg
Vitamin B3 (as niacinamide)	5 mg NE
Vitamin B12 (as methylcobalamin)	50 mcg
Zinc (as zinc ascorbate)	14 mg
Selenium (as selenomethionine)	15 mcg
L-Taurine	100 mg
N-Acetyl Cysteine	100 mg
Alpha Lipoic Acid	25 mg
Meriva® Curcumin Phytosome (<i>Curcuma longa</i> root extract & phospholipid complex)	50 mg
Bilberry fruit extract (<i>Vaccinium myrtillus</i> L.) (5:1)	50 mg
Lutein (from Lutemax® 2020 marigold flower extract)	20 mg
Zeaxanthin (from Lutemax® 2020 marigold flower extract)	4 mg

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

Meriva® is a trademark of Indena S.p.A., Italy. Lutemax® 2020 is a trademark of OmniActive Health Technologies Ltd.

Suggested Use: As a dietary supplement, take 2 capsules per day or as directed by your healthcare professional.



Oil of Oregano

M070, M071

GI Health Support: Dysbiosis, Antimicrobial Support: Parasitic, Antimicrobial Support: Fungal

Strong antimicrobial agent, supports GI system health. Oil of the herb.*

Bottle Size: 60, 120 Softgel capsules

Supplement Facts

Serving Size: 1 softgel Amount
Servings per container: 60, 120 per serving

Oil of Oregano aerial extract (*Origanum vulgare*)
(providing 82.5 mg [55%] carvacrol) **150 mg**

Other Ingredients: Rice bran oil, gelatin, glycerin, purified water.

Suggested Use: As a dietary supplement, take 1 softgel per day or as directed by your healthcare professional.



OsteoSelect®



M078, M079

Bone Support

Support for healthy bones featuring calcium and magnesium in a 2:1 ratio, trace minerals, strontium, horsetail and vitamins D3 & K2.*

Bottle Size: 120, 240 Tablets

Supplement Facts

Serving Size: 4 tablets Amount
Servings per container: 30, 60 per serving

Vitamin D3 (as cholecalciferol) **15 mcg (600 IU)**

Vitamin K2 (as menaquinone-7) **50 mcg**

Calcium (as Calcium Citrate Malate) (Albion™) **600 mg**

Magnesium (as Di-Magnesium Malate) (Albion™) **300 mg**

Zinc (as Zinc Bisglycinate Chelate) (TRAACS™) **10 mg**

Copper (as Copper Bisglycinate Chelate) (TRAACS™) **500 mcg**

Manganese (as Manganese Bisglycinate Chelate) (TRAACS™) **2 mg**

Potassium (as Potassium Glycinate Complex) (Albion™) **150 mg**

Strontium (as strontium citrate) **50 mg**

Horsetail aerial extract (*Equisetum arvense*) **40 mg**

Boron (as Bororganic Glycine) (Albion™) **2 mg**

Other Ingredients: Microcrystalline cellulose, vegetable stearates, citric acid, croscarmellose sodium, silicon dioxide, hydroxypropyl methylcellulose, glycerin.

Albion™, TRAACS™ and the Albion Gold Medallion design are trademarks of Albion Laboratories, Inc.

Suggested Use: As a dietary supplement, take 4 tablets per day or directed by your healthcare professional.

Organic Select Pea® Vanilla

M122

Protein Powders/Functional Foods

Highly absorbable vegan protein powder derived from certified organic peas. Sweetened with natural, zero glycemic monk fruit extract.*

Bottle Size: 520 grams Powder

Supplement Facts

Serving Size: 26 grams (approx. 1 scoop) Amount
Servings per container: 20 per serving

Calories **100**

Total Fat **2 g**

Saturated Fat **0.5 g**

Trans Fat **0 g**

Cholesterol **0 g**

Total Carbohydrate **1 g**

Dietary Fiber **<1 g**

Sugars **0 g**

Includes 0 g Added Sugars

Protein **20 g**

Calcium **20 mg**

Iron **4 mg**

Sodium **200 mg**

Ingredients: Certified organic yellow pea protein isolate, natural vanilla flavor, organic gum acacia, organic guar gum, monk fruit extract (Luo Han Guo).

Suggested Use: As a dietary supplement, mix 1 scoop per day with 8 oz. of water, plant milk or beverage of choice, or as directed by your healthcare professional.

PEA Luteolin Select™

M173

Brain/Memory/Neuro/Mood Support, Inflammatory Support, Joint & Ligament Support, Immune Support

Natural support for comfort and relief; helps promote a healthy inflammatory response.*

Bottle Size: 60 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule Amount
Servings per container: 60 per serving

Palmitoylethanolamide (PEA) (as Levagen®+) **300 mg**

Luteolin **50 mg**

Other Ingredients: Hypromellose (capsule), vegetable stearate, silicon dioxide.

Levagen®+ is a registered trademark of Gencor.

Suggested Use: As a dietary supplement, take 1 capsule, two times per day with meals or as directed by your healthcare professional.

Pancreatin Select®

M147

Digestive Support

Broad-spectrum digestive support complex with Pancreatin 8X, HCl, ox bile, lipase and herbal bitters and cofactors.*

Bottle Size: 120 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule Amount
Servings per container: 120 per serving

Pancreatin 8X (providing: Protease 40,000 USP units; Amylase 40,000 USP units; Lipase 3,200 USP units)	200 mg
Betaine HCl	150 mg
Ox Bile Extract (45% cholic acid)	60 mg
Artichoke whole herb extract (<i>Cynara scolymus</i>) (standardized to 5% cynarin)	50 mg
Gentian root extract (<i>Gentiana scabra</i>) (5:1)	50 mg
Lipase (1500 FIP/g)	50 mg

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, silicon dioxide.

Suggested Use: As a dietary supplement, take 1 capsule per meal or as directed by your healthcare professional.

ParaBotanic Select®

M036

GI Health Support: Dysbiosis, Antimicrobial Support: Viral, Antimicrobial Support: Parasitic, Antimicrobial Support: Fungal

Comprehensive blend of 8 concentrated herbal extracts and powders featuring Wormwood, Olive Leaf, plus Berberine for a healthy intestinal and immune system.*

Bottle Size: 120 Vegetarian capsules

Supplement Facts

Serving Size: 4 capsules Amount
Servings per container: 30 per serving

Wormwood leaf powder (<i>Artemisia absinthium</i>)	400 mg
Olive leaf extract (<i>Olea europaea</i>) (20% oleuropein)	325 mg
Berberine Hydrochloride	200 mg
Thyme leaf extract (<i>Thymus vulgaris</i>) (4:1)	200 mg
Neem leaf powder (<i>Azadirachta indica</i>)	200 mg
Clove Bud powder (<i>Syzygium aromaticum</i>)	200 mg
Black Walnut hull powder (<i>Juglans nigra</i>)	100 mg
Oregon Grape root powder (<i>Mahonia aquifolium</i>)	100 mg
Myrrh gum resin powder (<i>Commiphora molmol</i>)	100 mg

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

Warning: Contains tree nuts (walnuts). Not recommended for long term use.

Suggested Use: As a dietary supplement, take 4 capsules per day or as directed by your healthcare professional. Best taken in divided doses on an empty stomach.

Permeability Select®

M012

GI Health Support: Restorative, Colon/Lower Bowel Support

Researched, nutritional support for a healthy intestinal lining. L-glutamine, quercetin, zinc carnosine and soothing mucilaginous botanicals.*

Bottle Size: 120 Vegetarian capsules

Supplement Facts

Serving Size: 4 capsules Amount
Servings per container: 30 per serving

Vitamin A (palmitate)	300 mcg RAE
Vitamin E (as d-alpha tocopherol succinate)	67 mg
Folate (as [6S]-5-Methyltetrahydrofolate, calcium salt)	400 mcg
L-Glutamine	1000 mg
N-Acetyl Glucosamine	500 mg
Okra powder (<i>Abelmoschus esculentus</i>)	300 mg
Cat's Claw inner bark (<i>Uncaria tomentosa</i>)	300 mg
Aloe Vera inner leaf gel (200:1) (<i>Aloe barbadensis</i>) (5% polysaccharides)	200 mg
Quercetin Dihydrate	100 mg
Sodium Butyrate	100 mg
Gamma Oryzanol	75 mg
Zinc-L-Carnosine (providing 4.5 mg elemental zinc)	37.5 mg

Other Ingredients: Hypromellose (capsule), silicon dioxide, inulin vegetable stearate, citric acid.

Warning: Contains crustacean shellfish (from shrimp & crab shells).

Suggested Use: As a dietary supplement, take 4 capsules with a meal, 2 times per day or as directed by your healthcare professional.



Warning: If you are taking medication, have a medical condition or an upcoming medical procedure, or are pregnant or nursing, consult a physician before using these products. If adverse reactions occur, discontinue use and consult your healthcare practitioner.

Katie called to place a re-order for **SarcoSelect®**.

Upon being asked "How is it working?" she exclaimed:

"Life Changing!"

We asked her to elaborate and realized that Katie had a fascinating story to tell.

To watch Dr. Moss's video and learn how **SarcoSelect®** helped an athlete go to:

mossnutrition.com/sarco-success



SarcoSelect®, our Signature Product, is a research-based functional food specifically designed to optimize muscle mass and function. Read more on pages 36-37.

pH Paper Roll

HY01

Acid/Alkaline Balancing Support

pH paper test strips. Sensitive from between 5.0 to 8.0 range.*

Roll Size: 186 inches

Use Size: 2 inches
Uses per roll: 93

Suggested Use: Withdraw and tear off approximately 2 inches of paper and immerse in solution to be tested. Remove and promptly compare with specimen colors on dispenser to determine corresponding pH.



Warning: If you are taking medication, have a medical condition or an upcoming medical procedure, or are pregnant or nursing, consult a physician before using these products. If adverse reactions occur, discontinue use and consult your healthcare practitioner.

Phosphatidylserine

M113

Brain/Memory/Neuro/Mood Support, Sleep Support

Nutrient support for cognitive health, memory and mental performance.*

Bottle Size: 90 Vegetarian capsules

Supplement Facts

Serving Size: 3 capsules
Servings per container: 30

Amount
per serving

Phosphatidylserine (from non-GMO sunflower lecithin) **300 mg**

Other Ingredients: Microcrystalline cellulose, hypromellose (capsule), dicalcium phosphate, silicon dioxide, calcium silicate, vegetable stearic acid.

Suggested Use: As a dietary supplement, take 3 capsules per day, in divided doses with meals, or as directed by your healthcare professional.



Probiotic Select™ Innovative Packaging Advantage



Stable at Room Temperature, Proven Performance

Preserving potency & extending product shelf life are high priorities at Moss Nutrition. Because probiotics are extremely sensitive to moisture & temperature changes, maintaining critical environmental conditions is crucial for preserving potency. Glass bottles form condensation when refrigerated and opened in a warm room. Our advanced Activ-Polymer™ plastic bottle prevents this problem, helping to ensure product stability throughout shelf life and patient use life *at room temperature*.

Patented Activ-Polymer™ Technology

Activ-Polymer™ technology is engineered to control internal package environment, protecting the integrity of **Probiotic Select™** via:

- Maintain target relative humidity levels.
- Manage residual moisture.
- Manage moisture that may enter during use.



Probiotic Select®

25+ Billion CFUs

M094, M095

GI Health Support: Dysbiosis, GI Health Support: Restorative, Probiotics

Comprehensive, high potency blend of 12 synergistic probiotic species for broad-spectrum intestinal health support. Targeted release capsule, Activ-Polymer® bottle, refrigeration not required.*

Bottle Size: 60, 120 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule Amount
Servings per container: 60, 120 per serving

Select 12-Strain Probiotic Blend - providing 25+ Billion

Colony Forming Units (CFUs) at time of manufacture:

<i>Lactococcus lactis</i> A200	4.5+ billion CFUs
<i>Lactobacillus plantarum</i> A987	3.4+ billion CFUs
<i>Lactobacillus paracasei</i> A234	3.35+ billion CFUs
<i>Lactobacillus casei</i> A179	2.68+ billion CFUs
<i>Lactobacillus rhamnosus</i> A119	2.68+ billion CFUs
<i>Lactobacillus acidophilus</i> A118	2.0+ billion CFUs
<i>Lactobacillus salivarius</i> A862	1.68+ billion CFUs
<i>Streptococcus thermophilus</i> A336	1.68+ billion CFUs
<i>Bifidobacterium lactis</i> A026	1.68+ billion CFUs
<i>Lactobacillus brevis</i> A216	0.67+ billion CFUs
<i>Bifidobacterium bifidum</i> A910	0.34+ billion CFUs
<i>Bifidobacterium longum</i> A730	0.34+ billion CFUs

Other Ingredients: Prebiotic blend (guar fiber, inulin from chicory root), targeted release capsule (hypromellose, gellan gum), vegetable stearate, silicon dioxide.

Does not contain gluten, dairy or GMOs.

Suggested Use: As a dietary supplement, take 1 capsule, 1 or 2 times per day or as directed by your healthcare professional.

ProFiber Select®

M058

Fiber

Blend of soluble and insoluble fibers that also contains probiotics for maintenance of a healthy digestive system. Sweetened with cane sugar and stevia.*

Bottle Size: 450 grams Powder

Supplement Facts

Serving Size: 15 grams/.53 oz (approx. 1 scoop) Amount
Servings per container: 30 per serving

Calories	50
Total Carbohydrate	13 g
Dietary Fiber	10 g
Soluble Fiber	7 g
Insoluble Fiber	3 g
Sugars	2 g
Includes 2g Added Sugars	
Vitamin A (as beta carotene)	375 mcg
Vitamin C (as ascorbic acid)	30 mg
Vitamin E (as d-alpha tocopheryl succinate)	10 mg
Sodium	5 mg
Potassium	20 mg

Ingredients: Fiber blend (maltodextrin (non-GMO), oat fiber, polydextrose, acacia gum, purified cellulose, inulin, cellulose gel, guar gum, fenugreek fiber, citrus pectin, apple fiber, barley beta glucans), cane sugar, citric acid, natural flavors, medium chain triglycerides, soy lecithin, beta carotene (color), beet juice (color), *Lactobacillus acidophilus*, stevia leaf extract.

Contains milk (from *L. acidophilus*) and soy. Manufactured in a facility that processes milk, soy, eggs, nuts and wheat.

Suggested Use: As a dietary supplement, mix 1 scoop (15 g) with 8 oz. of chilled water or beverage of choice, or as directed by your healthcare professional.

Prostate Select[®]



Prostate Support, Men's Health

Herb & nutrient formula designed to support prostate health.*

Bottle Size: 90 Vegetarian capsules

Supplement Facts

Serving Size: 3 capsules	Amount
Servings per container: 30	per serving
Zinc (as Zinc Arginate Chelate) (Albion [®])	10 mg
Saw Palmetto berry extract (<i>Serenoa repens</i>) (8:1 supercritical CO2 extract; 45% total fatty acids)	400 mg
Pygeum bark extract (<i>Pygeum africanum</i>) (200:1) (2.5% total sterols calculated as beta-sitosterol)	300 mg
Stinging Nettle root extract (<i>Urtica dioica</i>) (7:1)	250 mg
L-Glycine	100 mg
L-Alanine	100 mg
L-Glutamic Acid	100 mg
Diindolylmethane (DIM)	100 mg
Pumpkin Seed extract (<i>Cucurbita pepo</i>) (2%-4% phenolic derivatives as Enterodiol)	60 mg
Meriva[®] Curcumin Phytosome (<i>Curcuma longa</i>) root extract and phospholipid complex	50 mg
Lycopene	10 mg

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, silicon dioxide, vegetable stearate, sunflower lecithin.

Albion[®] and the Albion Gold Medallion design are registered trademarks of Balchem Corporation or its subsidiaries. Meriva[®] is a trademark of Indena Sp.A., Italy.

Suggested Use: As a dietary supplement, take 3 capsules per day or as directed by your healthcare professional.

This Product Is Only Intended For Use By Men

Quercetin

M091

Allergy & Sinus Support, Antioxidants

Provides anti-inflammatory, antihistamine support.*

Bottle Size: 60 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 60	per serving
Quercetin (as quercetin dihydrate)	300 mg

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide.

Suggested Use: As a dietary supplement, take 1 capsule with meals, 1 to 3 times per day or as directed by your healthcare professional.

Resveratrol Select[®]

M141

Antioxidants

Researched antioxidant to support healthy aging, cardiovascular & immune function. 225 mg Trans-Resveratrol optimized with Quercetin.*

Bottle Size: 60 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 60	per serving
Trans-Resveratrol (from 450 mg <i>Polygonum Cuspidatum</i>)	225 mg
Quercetin	225 mg

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Saccharomyces boulardii

M040, M059

GI Health Support: Restorative, Probiotics

Pure deactivated yeast probiotic for a healthy gastrointestinal system. Stable at room temperature.*

Bottle Size: 60, 120 Vegetarian capsules

Supplement Facts

Serving Size: 2 capsules	Amount
Servings per container: 30, 60	per serving
Saccharomyces boulardii (supplying 10+ billion CFUs)	500 mg

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, L-leucine, silicon dioxide.

Suggested Use: As a dietary supplement, take 2 capsules per day or as directed by your healthcare professional.





For a generation concerned about maintaining quality of life
could loss of muscle mass & function be the most important issue?

SarcoSelect®

Our signature product available in 2 choices:

DF - Dairy Free
EAA - Essential Amino Acids



A research-based functional food specifically designed to optimize muscle mass & function

SarcoSelect® DF

with Organic Pea Protein



Mitochondrial Support, Musculoskeletal Support, Protein Powders/Functional Foods, Sports Nutrition, Weight Management

Evidence-based functional protein shake designed to help promote healthy muscle growth and function. Intended primarily for use by patients for whom loss of muscle mass (sarcopenia) may contribute to poor clinical outcomes in chronic illness and decreased quality of life. Featuring dairy-free pea protein, leucine, advanced micronutrient complexes and Meriva® curcumin phytosome for inflammation support. Naturally sweetened with monk fruit. Creamy vanilla flavor.*

Bottle Size: 543 grams Powder

Supplement Facts

	Amount per serving
Serving Size: 40.6 grams (approx. 1 scoop)	
Servings per container: 14	
Calories	130
Total Fat	4.5 g
Saturated Fat	2 g
Trans Fat	0 g
Cholesterol	0 mg
Total Carbohydrate	10 g
Dietary Fiber	6 g
Sugars	0 g
Protein	13 g
Vitamin C (as calcium ascorbate)	50 mg
Vitamin D3 (as cholecalciferol)	1.7 mcg
Vitamin B1 (as thiamin mononitrate)	5 mg
Vitamin B2 (as riboflavin)	5 mg
Vitamin B3 (as niacinamide)	5 mg NE
Vitamin B6 (as pyridoxine HCl)	5 mg
Folate (L-5-methyltetrahydrofolate, calcium salt)	50 mcg DFE
Vitamin B12 (as methylcobalamin)	25 mcg
Biotin	50 mcg
Pantothenic Acid (as d-calcium pantothenate)	50 mg
Choline (as choline bitartrate)	50 mg

Calcium (as Calcium Bisglycinate Chelate) (Albion®)	150 mg
Iodine (as potassium iodide)	20 mcg
Magnesium (as Magnesium Bisglycinate Chelate) (Albion®)	150 mg
Zinc (as Zinc Bisglycinate Chelate) (Albion®)	2.5 mg
Selenium (as Selenium Glycinate Complex) (Albion®)	13.5 mcg
Manganese (as Manganese Bisglycinate Chelate) (Albion®)	0.5 mg
Chromium (as Chromium Nicotinate Glycinate Chelate) (Albion®)	11 mcg
Molybdenum (as Molybdenum Glycinate Chelate) (Albion®)	16 mcg
Potassium (as Potassium Glycinate Complex) (Albion®)	210 mg
Organic Tapioca Maltodextrin (non-GMO)	3 g
HMB (calcium B-hydroxy B-methylbutyrate)	3 g
L-Leucine	2 g
Organic Golden Flaxseed powder (non-GMO)	2 g
Organic Inulin	2 g
Isomalto-Oligosaccharide Mixture (soluble fiber)	1.8 g
Medium Chain Triglycerides	1.75 g
Organic Coconut Oil powder	400 mg
Meriva® Curcumin Phytosome (<i>Curcuma longa</i> root extract & phospholipid complex)	250 mg
Inositol	50 mg
L-Taurine	50 mg
Mixed Tocopherols (non-GMO)	30 mg
L-Carnitine HCl	11 mg

Other Ingredients: Organic pea protein (non-GMO), natural vanilla flavor, silicon dioxide, organic gum acacia, organic guar gum, monk fruit extract (Luo Han Guo), sunflower lecithin.

Albion® is a registered trademark of Balchem Corporation or its subsidiaries. Meriva® is a trademark of Indena S.p.A., Italy.

Suggested Use: As a dietary supplement, 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 you are taking medication, have a medical condition or an upcoming medical procedure, or are pregnant or nursing, consult a physician before using these products. If adverse reactions occur, discontinue use and consult your healthcare practitioner.



Mitochondrial Support, Musculoskeletal Support, Protein Powders/Functional Foods, Sports Nutrition, Weight Management

Evidence-based functional food shake designed to help optimize muscle growth and function. EAA formula features hypoallergenic free-form essential amino acids, bioavailable vitamins & minerals, and Meriva® curcumin phytosome. Delicious chocolate flavor, naturally sweetened with monk fruit.*

Bottle Size: 427 grams Powder

Supplement Facts

Serving Size: 30.5 grams (approx. 1 scoop)	Amount
Servings per container: 14	per serving
Calories	70
Total Fat	3 g
Saturated Fat	2 g
Trans Fat	0 g
Total Carbohydrate	9 g
Dietary Fiber	7 g
Sugars	0 g
Protein	1 g
Vitamin C (as calcium ascorbate)	50 mg
Vitamin D3 (as cholecalciferol)	1.7 mcg
Vitamin B1 (as thiamin mononitrate)	5 mg
Vitamin B2 (as riboflavin-5'-phosphate)	5 mg
Vitamin B3 (as niacinamide)	5 mg NE
Vitamin B6 (as pyridoxine hydrochloride)	5 mg
Folate (as L-5-Methyltetrahydrofolate, calcium salt)	50 mcg DFE
Vitamin B12 (as methylcobalamin)	25 mcg
Biotin	50 mcg
Pantothenic Acid (as d-calcium pantothenate)	50 mg
Choline (as choline bitartrate)	50 mg

Free-Form Amino Acids

AminoMeal Select™ & SarcoSelect® EAA contain a proprietary blend of free-form amino acids, the building blocks of every protein, including muscle. It provides *all 9 essential amino acids plus L-arginine* in a specific ratio researched to promote muscle protein synthesis (MPS) more effectively than many other protein or amino acid supplements, such as branched-chain amino acids.

Each serving of **AminoMeal Select™ and SarcoSelect® EAA** offers the MPS equivalent of at least 15 grams of whey or pea protein.*

Calcium (as Calcium Bisglycinate Chelate) (TRAACS™)	150 mg
Iodine (as potassium iodide)	20 mcg
Magnesium (as Magnesium Bisglycinate Chelate) (TRAACS™)	150 mg
Zinc (as Zinc Bisglycinate Chelate) (TRAACS™)	2.5 mg
Selenium (as Selenium Glycinate Complex) (Albion™)	13.5 mcg
Manganese (as Manganese Bisglycinate Chelate) (TRAACS™)	0.5 mg
Chromium (as Chromium Nicotinate Glycinate Chelate) (TRAACS™)	11 mcg
Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS™)	16 mcg
Sodium (as sea salt)	120 mg
Potassium (from Potassium Glycinate Complex [Albion™], cocoa)	440 mg
Proprietary Essential Amino Acid Blend (Reginator®) (L-Leucine, L-Lysine, L-Valine, L-Isoleucine, L-Arginine, L-Threonine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan)	3.6 g
Organic Tapioca Maltodextrin (non-GMO)	3 g
L-Leucine	2 g
Organic Golden Flaxseed powder (non-GMO)	2 g
Organic Inulin	2 g
Isomaltol Oligosaccharide Mixture (soluble fiber)	1.9 g
Medium Chain Triglycerides	1.75 g
HMB (calcium B-hydroxy B-methylbutyrate)	1.5 g
Organic Coconut Oil Powder	400 mg
Meriva® Curcumin Phytosome (<i>Curcuma longa</i> root extract & phospholipid complex)	250 mg
Inositol	50 mg
L-Taurine	50 mg
Mixed Tocopherols (non-GMO)	30 mg
L-Carnitine HCL	11 mg

Other Ingredients: Cocoa powder, organic gum acacia, organic guar gum, natural chocolate flavor, silicon dioxide, monk fruit extract (Luo Han Guo), sunflower lecithin (curcumin phospholipid complex).

Suggested Use: As a dietary supplement, mix 1 scoop with 8 oz. water or beverage of choice, once per day or as directed by your healthcare professional.



Detoxification Support: General

Pea protein-based meal replacement to support phase I & II liver detoxification with vitamins, minerals, amino acids and herbs.*

Bottle Size: 840 grams Powder

Supplement Facts

Serving Size: 40 grams (approx. 1 scoop) Amount
Servings per container: 21 per serving

Calories	120
Total Fat	3 g
Saturated Fat	0 g
Trans Fat	0 g
Cholesterol	0 mg
Total Carbohydrate	7 g
Dietary Fiber	5 g
Sugars	0 g
Protein	17 g
Vitamin A (as beta carotene)	900 mcg
Vitamin C (as ascorbic acid)	300 mg
Vitamin D3 (as cholecalciferol)	2.5 mcg
Vitamin E (as mixed tocopherols)	18 mg
Vitamin B1 (as thiamin HCl)	5 mg
Vitamin B2 (as riboflavin-5'-phosphate)	5 mg
Vitamin B3 (as niacinamide)	10 mg
Vitamin B6 (as pyridoxal-5'-phosphate)	2 mg
Folate (as L-5-MTHF, calcium salt)	100 mcg
Vitamin B12 (as methylcobalamin)	10 mcg
Biotin	125 mcg
Pantothenic Acid (as d-calcium pantothenate)	35 mg
Calcium (as Calcium Bisglycinate Chelate) (TRAACS™)	150 mg
Phosphorus (as dipotassium phosphate)	46 mg
Iodine (as potassium iodide)	50 mcg
Magnesium (as magnesium citrate)	150 mg
Zinc (as Zinc Bisglycinate Chelate) (TRAACS™)	10 mg
Selenium (as Selenium Glycinate Complex) (Albion™)	40 mcg
Copper (as Copper Bisglycinate Chelate) (TRAACS™)	1 mg
Manganese (as Manganese Bisglycinate Chelate) (TRAACS™)	1 mg
Chromium (as Chromium Nicotinate Glycinate Chelate) (TRAACS™)	100 mcg
Molybdenum (as Molybdenum Glycinate Chelate) (TRAACS™)	100 mcg
Sodium (from all sources)	140 mg
Potassium (as Potassium Glycinate Complex [Albion™] and potassium phosphate)	350 mg
Inulin (prebiotic fiber)	2000 mg
L-Glycine	1500 mg
Organic Golden Flaxseed powder (<i>Linum usitatissimum</i>)	1000 mg
L-Lysine	1000 mg

L-Threonine	540 mg
L-Leucine	250 mg
Meriva® Curcumin Phytosome (<i>Curcuma longa</i> root extract & phospholipid complex)	250 mg
Milk Thistle seed extract (<i>Silybum marianum</i>) (80% silymarin)	200 mg
L-Taurine	150 mg
Calcium D-glucarate	100 mg
Methylsulfonylmethane (MSM)	100 mg
Plant-Based Digestive Enzymes Proprietary Blend (protease I, II & III, amylase, lipase, cellulase, hemicellulase, maltase, invertase, alpha-galactosidase, bromelain & papain)	100 mg
Organic Chlorella (broken cell wall)	50 mg
Organic Matcha Green Tea powder (0.6 mg caffeine)	50 mg
N-Acetyl-L-Cysteine	50 mg
L-Cysteine	10 mg

Other Ingredients: Organic yellow pea protein isolate (non-GMO), organic tapioca maltodextrin, medium chain triglycerides, silicon dioxide, natural flavors (vanilla & orange), organic gum acacia, organic guar gum, monk fruit extract (Luo Han Guo), sunflower lecithin (non-GMO).

Albion™, TRAACS™ and the Albion Gold Medallion design are trademarks of Albion Laboratories, Inc. Meriva® is a trademark of Indena S.p.A., Italy.

Suggested Use: As a dietary supplement, mix 1 scoop with at least 8 oz. of water or beverage of choice, one to three times per day or as directed by your healthcare professional.

A complete Program for healthy cleansing, detoxification & weight loss



Select Cleanse® 14-Day Detox Program

5 products & a Program Guide, including:

- Full Dietary Guidelines
- Cleansing Schedule/Calendar
- 12 Delicious, Cleansing smoothie recipes
- Optional Supportive Supplementation Info.

Learn more:

www.mossnutrition.com/14daydetox

Warning: If you are taking medication, have a medical condition or an upcoming medical procedure, or are pregnant or nursing, consult a physician before using these products. If adverse reactions occur, discontinue use and consult your healthcare practitioner.

Detoxification Support, Greens Formulas

Alkalinizing blend of organic greens plus powdered vegetables, fruits, sprouts and grasses. With broken-cell chlorella and spirulina, grape extracts, prebiotics and enzymes for enhanced digestibility. Refreshing lemon flavor, sweetened with monk fruit.*

Bottle Size: 304.3 grams Powder

Supplement Facts	
Serving Size: 10 grams (approx. 1 scoop)	Amount
Servings per container: 30	per serving
Calories	30
Total Carbohydrate	5 g
Dietary Fiber	2 g
Total Sugar	1 g
Protein	2 g
Calcium (all sources)	50 mg
Iron (all sources)	1 mg
Potassium	250 mg
Proprietary Organic Greens Blend	6,521 mg
Organic spinach leaf, organic kale leaf, organic spirulina, organic wheat grass, organic barley grass, organic chlorella, organic broccoli sprout, organic collard greens leaf	
Proprietary Organic Fruit Blend	2,436 mg
Organic apple fruit, organic camu camu fruit, organic blueberry fruit, organic cranberry fruit, organic raspberry fruit	
Proprietary Organic Vegetable & Herb Blend	543 mg
Organic beet root, organic carrot root, organic tomato fruit, organic alfalfa leaf, organic parsley leaf	
Proprietary Antioxidant OPC Blend	210 mg
Grape Skin Extract (<i>Vitis vinifera</i>) (30% polyphenols), Grape Seed Extract (<i>Vitis vinifera</i>) (95% proanthocyanadins)	
Proprietary Prebiotic/Enzyme Blend	125 mg
Organic burdock root, protease, amylase, cellulase, lipase	

Other Ingredients: Natural lemon flavor, malic acid, monk fruit extract (*Siraitia grosvenorii*).

Suggested Use: As a dietary supplement, mix 1 scoop (10 g) with 8 oz. water or beverage of choice, or as directed by your healthcare professional.

Detoxification Support, Greens Formulas

Alkalinizing blend of organic greens plus powdered vegetables, fruits, sprouts and grasses. With broken-cell chlorella and spirulina, grape extracts, prebiotics and enzymes for enhanced digestibility.*

Bottle Size: 295 grams Powder

Supplement Facts	
Serving Size: 9.8 grams (approx. 1 scoop)	Amount
Servings per container: 30	per serving
Calories	30
Total Carbohydrate	5 g
Dietary Fiber	2 g
Total Sugar	1 g
Protein	2 g
Calcium (all sources)	50 mg
Iron (all sources)	1 mg
Potassium	250 mg
Proprietary Organic Greens Blend	6,521 mg
Organic spinach leaf, organic kale leaf, organic spirulina, organic wheat grass, organic barley grass, organic chlorella, organic broccoli sprout, organic collard greens leaf	
Proprietary Organic Fruit Blend	2,436 mg
Organic apple fruit, organic camu camu fruit, organic blueberry fruit, organic cranberry fruit, organic raspberry fruit	
Proprietary Organic Vegetable & Herb Blend	543 mg
Organic beet root, organic carrot root, organic tomato fruit, organic stinging nettle leaf, organic parsley leaf	
Proprietary Antioxidant OPC Blend	210 mg
Grape Skin Extract (<i>Vitis vinifera</i>) (30% polyphenols), Grape Seed Extract (<i>Vitis vinifera</i>) (95% proanthocyanadins)	
Proprietary Prebiotic/Enzyme Blend	125 mg
Organic burdock root, protease, amylase, cellulase, lipase	

Suggested Use: As a dietary supplement, mix 1 scoop (9.8 g) with 8 oz. water or beverage of choice, or as directed by your healthcare professional.



Warning: If you are taking medication, have a medical condition or an upcoming medical procedure, or are pregnant or nursing, consult a physician before using these products. If adverse reactions occur, discontinue use and consult your healthcare practitioner.

Protein Powders/Functional Foods

Our Whey Protein is derived from grass-fed cows. The milk is GMO-free, hormone-treatment-free, pesticide and chemical-free with minimal processing.*

Bottle Size: 870 grams Powder

Supplement Facts	
Serving Size: 29 grams (approx. 1 scoop)	Amount
Servings per container: 30	per serving
Calories	110
Total Fat	2 g
Saturated Fat	1 g
Trans Fat	0 g
Cholesterol	63 mg
Total Carbohydrate	2 g
Sugars	2 g
Includes 0 g Added Sugars	
Protein	23 g
Calcium	94 mg
Sodium	70 mg
Alpha-Lactalbumin	2,933 mg
Beta-Lactoglobulin	10,465 mg
Immunoglobulin G	920 mg
Bovine Serum Albumin	345 mg
Protease Peptone 5	949 mg

Ingredients: Whey protein concentrate (sourced from the milk of New Zealand grass-fed cows), natural vanilla flavor, monk fruit extract, sunflower lecithin. **Contains milk.**

Suggested Use: As a dietary supplement, mix 1 scoop with at least 8 oz. of water or beverage of choice, once per day or as directed by your healthcare professional.

Amino Acid Composition for 30 gram serving	
Actual values appear on product labels and vary according to flavor selection.	
Alanine	1426 - 1620 mg
Arginine	739 - 840 mg
Aspartic acid	2983 - 3390 mg
Cysteine	766 - 870 mg
Glutamic acid	4910 - 5580 mg
Glycine	554 - 630 mg
Histidine	528 - 600 mg
Isoleucine	1848 - 2100 mg
Leucine	3010 - 3420 mg
Lysine	2482 - 2820 mg
Methionine	686 - 780 mg
Phenylalanine	924 - 1050 mg
Proline	1716 - 1950 mg
Serine	1426 - 1620 mg
Threonine	1954 - 2220 mg
Tryptophan	554 - 630 mg
Tyrosine	924 - 1050 mg
Valine	1690 - 1920 mg

Minerals

Essential mineral (as selenomethionine) required for glutathione peroxidase production, has strong antioxidant and immunomodulatory properties.*

Bottle Size: 90 Vegetarian capsules

Supplement Facts	
Serving Size: 1 capsule	Amount
Servings per container: 90	per serving
Selenium (as L-selenomethionine)	200 mcg

Other Ingredients: Microcrystalline cellulose, hypromellose (capsule), L-leucine, silicon dioxide.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Brain/Memory/Neuro/Mood Support

Support for calm, relaxed mood and a serene mind.*

Bottle Size: 60, 120 Vegetarian capsules

Supplement Facts	
Serving Size: 2 capsules	Amount
Servings per container: 30, 60	per serving
GABA (Gamma-Aminobutyric Acid)	550 mg
L-Theanine (as Suntheanine®)	200 mg
Holy Basil leaf extract (<i>Ocimum sanctum</i>) (2.5% ursolic acid)	100 mg

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

Suntheanine® is a registered trademark of Taiyo International, Inc.

Suggested Use: As a dietary supplement, take 2 capsules between meals, 1 or 2 times per day or as directed by your healthcare professional.

Suntheanine®



Sleep Support

Comprehensive sleep formula featuring melatonin, valerian root extract, L-theanine, GABA, 5-HTP and more.*

Bottle Size: 60 Vegetarian capsules

Supplement Facts

Serving Size: 2 capsules	Amount
Servings per container: 30	per serving
Magnesium (as Di-Magnesium Malate) (Albion®)	40 mg
Valerian root extract (4:1) (<i>Valeriana officinalis</i>)	125 mg
Gamma Aminobutyric Acid (GABA)	100 mg
Inositol	100 mg
L-Theanine (as Suntheanine®)	100 mg
5-Hydroxytryptophan (5-HTP)	50 mg
Sensoril® Ashwagandha (<i>Withania somnifera</i>) root & leaf extract (10% withanolides)	50 mg
Holy Basil leaf extract (8:1) (<i>Ocimum sanctum</i>) (2% ursolic acid)	40 mg
Hops strobile extract (4:1) (<i>Humulus lupulus</i>)	40 mg
Passion Flower aerial extract (4:1) (<i>Passiflora incarnata</i>) (4% flavonoids)	40 mg
Rhodiola root extract (<i>Rhodiola rosea</i>) (3% rosavins)	40 mg
California Poppy aerial extract (5:1) (<i>Eschscholzia californica</i>)	25 mg
Jujube seed extract (4:1) (<i>Ziziphus jujuba</i>)	25 mg
Melatonin	3 mg

Other Ingredients: Hypromellose (cellulose), microcrystalline cellulose, maltodextrin (non-GMO), silica, hydroxypropyl cellulose.

Albion® is a registered trademark of Balchem Corporation or its subsidiaries. Suntheanine® is a registered trademark of Taiyo International, Inc. Sensoril® is a trademark of Natreon, Inc. and is protected under U.S. Patents 6,153,198 & 7,318,938.

Suggested Use: As a dietary supplement, take 2 capsules 30 to 45 minutes before bed or as directed by your healthcare professional.

Slippery Elm Select®

GI Health Support: Restorative, Colon/Lower Bowel Support

Unique blend of organic Slippery Elm bark powder and Boswellia standardized extract. Helps soothe and support a healthy GI lining.*

Bottle Size: 166 grams Powder

Supplement Facts

Serving Size: 1 scoop (3.7 grams)	Amount
Servings per container: 45	per serving
Slippery Elm bark powder (<i>Ulmus rubra</i>)	2,590 mg
Boswellia Serrata gum extract (65% boswellic acids)	1,110 mg

Suggested Use: As a dietary supplement, take 1 scoop per day or as directed by your healthcare professional. Either sprinkle on food, add to shake, or mix with water or juice, allow to thicken for 15 minutes & drink as a slurry. May be taken in divided doses.



HEDBERG INSTITUTE

ONLINE FUNCTIONAL MEDICINE EDUCATION

Functional medicine doesn't have to be difficult when you learn clinical strategies and a proper approach for every patient you see. The Hedberg Institute will teach you how to properly assess chronically-ill patients and how to get them well quickly and effectively.

The Hedberg Institute courses are perfect for both the beginning functional medicine practitioner and the advanced practitioner who wants all the complexities of functional medicine simplified into one course which provides all the knowledge a practitioner needs to master the art of functional medicine. The Hedberg Institute Membership course includes: *Functional Medicine Fundamentals, Master Thyroid Disorders, Gut Health Mastery, Natural Hormone Replacement, Infection Connection, 4 bonus lessons, Functional Medicine Case Studies and Organic Acids (This is Dr. Jeffrey Moss's complete organic acids course, the most comprehensive course ever created on organic acids testing and proper interpretation.)*

The Hedberg Institute courses are highly recommended by Dr. Jeffrey Moss:

"For me, there is only one functional medicine educational program that prepares students for routine daily practice in this manner, the Hedberg Institute, which was developed and is taught by one of the greatest functional medicine practitioners and educators, Dr. Nikolas Hedberg."

www.hedberginstitute.com

Thyroid Select[®]

M049

Thyroid Support

Comprehensive support for a healthy thyroid gland and healthy thyroid hormone production.*

Bottle Size: 120 Vegetarian capsules

Supplement Facts

Serving Size: 2 capsules	Amount
Servings per container: 60	per serving
Vitamin A (as palmitate)	600 mcg RAE
Iodine (as potassium iodide)	150 mcg
Zinc (as Zinc Bisglycinate Chelate) (TRAACS™)	15 mg
Selenium (as selenomethionine)	50 mcg
Manganese (as Manganese Bisglycinate Chelate) (TRAACS™)	5 mg
N-Acetyl L-Tyrosine	200 mg
L-Leucine	200 mg
Ashwagandha root extract (<i>Withania somnifera</i>) (7% withanolides)	200 mg
Coleus forskohlii root extract (10% forskolin)	100 mg
Guggul gum resin extract (<i>Commiphora mukul</i>) (10% guggulsterones)	100 mg

Other Ingredients: Hypromellose (capsule), microcrystalline cellulose, silicon dioxide, vegetable stearate.

TRAACS™ is a trademark of Albion Laboratories, Inc.

Suggested Use: As a dietary supplement, take 2 capsules per day with food or as directed by your healthcare professional.

UT Select[®]

M108

Urinary & Bladder Support

Comprehensive formula for support of healthy urinary tract and bladder function.*

Bottle Size: 60 Vegetarian capsules

Supplement Facts

Serving Size: 2 capsules	Amount
Servings per container: 30	per serving
Vitamin C (as potassium ascorbate)	60 mg
Vitamin B6 (as pyridoxal-5'-phosphate)	2 mg
Cranberry fruit extract (<i>Vaccinium macrocarpon</i> Aiton) (10% proanthocyanidins)	360 mg
D-Mannose	200 mg
Ursolia[®] sage leaf extract (<i>Salvia officinalis</i> L.) (15% ursolic acid)	100 mg
Stinging Nettle leaf extract (5:1) (<i>Urtica dioica</i> L.)	100 mg
Uva Ursi leaf extract (4:1) (<i>Arctostaphylos uva-ursi</i> L.)	100 mg
Parsley whole herb extract (4:1) (<i>Petroselinum crispum</i>)	100 mg
Horsetail aerial extract (<i>Equisetum arvense</i> L.) (1% silica)	100 mg

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

Ursolia[®] is a registered trademark of Biosearch Life.

Suggested Use: As a dietary supplement, take 2 capsules per day or as directed by your healthcare professional.

VascuSelect[™]

M174

Circulatory Support

Targeted microcirculation support featuring standardized Ginkgo biloba leaf extract.*

Bottle Size: 60 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 60	per serving
Ginkgo Biloba leaf extract (24% flavonol glycosides, 6% terpenes)	120 mg
Grape Seed Extract (95% polyphenols)	100 mg
Mango whole fruit powder (<i>Mangifera indica</i>) (0.03% mangiferin)	100 mg

Other Ingredients: Hypromellose (capsule), vegetable stearate, silicon dioxide.

Suggested Use: As a dietary supplement, take 2 capsules per day or as directed by your healthcare professional.

Vegan DHA Select[®]

M142

Inflammatory Support, Immune Support, Essential Fatty Acids, Cholesterol Support, Cardiovascular Support, Brain/Memory/Neuro/Mood Support

Omega-3 fatty acid support for healthy brain, heart and visual function. Purified algal source, 100% animal-free.*

Bottle Size: 90 Vegan softgels

Supplement Facts

Serving Size: 2 softgels	Amount
Servings per container: 45	per serving
Calories	9
Total Fat	1 g
Trans Fat	0 g
High DHA Algal Oil (<i>Schizochytrium</i> sp.)	1 g
DHA (Docosahexaenoic Acid)	400 mg

Other Ingredients: Vegan softgel capsule (purified water, modified food starch, glycerin, carrageenan), rosemary oil.

Suggested Use: As a dietary supplement, take 2 softgels, one or two times per day or as directed by your healthcare professional.

Warning: If you are taking medication, have a medical condition or an upcoming medical procedure, or are pregnant or nursing, consult a physician before using these products. If adverse reactions occur, discontinue use and consult your healthcare practitioner.

Vitamin D₃ 1000

M006

Vitamins, Bone Support

Vitamin D3 (as cholecalciferol) supports healthy bones, immunity & cardiovascular function. 1,000 IU capsules.*

Bottle Size: 90 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 90	per serving

Vitamin D3 (as cholecalciferol)	25 mcg (1000 IU)
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Other Ingredients: Microcrystalline cellulose, L-leucine, hypromellose (capsule), silicon dioxide.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Vitamin D₃ 2000

M051

Vitamins, Bone Support

Vitamin D3 (as cholecalciferol) supports healthy bones, immunity & cardiovascular function. 2,000 IU capsules.*

Bottle Size: 90 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 90	per serving

Vitamin D3 (as cholecalciferol)	50 mcg (2000 IU)
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Other Ingredients: Microcrystalline cellulose, L-leucine, hypromellose (capsule), silicon dioxide.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Vitamin D₃ 5000

M052

Vitamins, Bone Support

Vitamin D3 (as cholecalciferol) supports healthy bones, immunity & cardiovascular function. 5,000 IU capsules.*

Bottle Size: 90 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 90	per serving

Vitamin D3 (as cholecalciferol)	125 mcg (5000 IU)
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Other Ingredients: Microcrystalline cellulose, hypromellose (capsule), L-leucine, silicon dioxide.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Vitamin D + K 2000

M015, M066

Vitamins, Bone Support

2000 IU cholecalciferol (D3) plus 70 mcg vitamin K2 (as menaquinone-7) for synergistic bone and cardiovascular support.*

Bottle Size: 120, 240 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 120, 240	per serving

Vitamin D3 (as cholecalciferol)	50 mcg (2000 IU)
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Vitamin K2 (as menaquinone-7)	70 mcg
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Other Ingredients: Microcrystalline cellulose, cellulose (capsule), silicon dioxide, L-leucine.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Vitamin D + K 5000

M056, M057

Vitamins, Bone Support

5000 IU cholecalciferol (D3) plus 70 mcg vitamin K2 (as menaquinone-7) for synergistic bone and cardiovascular support.*

Bottle Size: 60, 180 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 60, 180	per serving

Vitamin D3 (as cholecalciferol)	125 mcg (5000 IU)
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Vitamin K2 (as menaquinone-7)	140 mcg
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Other Ingredients: Microcrystalline cellulose, cellulose (capsule), silicon dioxide, L-leucine.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Vitamin D + K Liquid

M170

Vitamins, Bone Support

Four drops provide 120.8 mcg (4,833 IU) vitamin D3 plus 63 mcg vitamin K2 for synergistic bone and cardiovascular support.* Natural peppermint flavor.

Bottle Size: 1 fl. oz./30 ml Liquid

Supplement Facts

Serving Size: 4 drops	Amount
Servings per container: 270	per serving

Vitamin D3 (as cholecalciferol)	120.8 mcg (4,833 IU)
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Vitamin K2 (as menaquinone-7)	63 mcg
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Other Ingredients: Organic olive oil, organic aloe vera, full-spectrum goji berry extract, peppermint oil, shilajit.

Suggested Use: As a dietary supplement, take four drops per day or as directed by your healthcare professional.

Minerals, Immune Support

Essential mineral, supports a healthy immune system and proper wound healing. May be used to conduct a zinc taste test.*

Bottle Size: 8 fluid ounces (240 ml)

Supplement Facts

Serving Size: 10 ml (approx. 2 teaspoons)	Amount
Servings per container: 24	per serving

Zinc (as zinc sulfate monohydrate)	8 mg
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Other Ingredients: Distilled water.

Suggested Use: As a dietary supplement, take 2 teaspoons per day or as directed by your healthcare professional.

TASTE TEST TO EVALUATE ZINC STATUS

Hold 1 tsp, **ZincEval Select®** in mouth for 10-30 seconds before swallowing, and note flavor that develops on tongue.

Evaluate zinc status as follows:

- **Immediate, very noticeable bitter, unpleasant or metallic taste:** Indicates optimal levels of zinc are present; suggests no need for zinc supplementation.
- **Slight bitter or metallic taste:** Indicates suboptimal zinc levels; suggests need for zinc supplementation.
- **Absence of taste, sweet or "water-like" taste:** Indicates low zinc levels; suggests definite need for zinc supplementation.

Consider use of **Zinc Select®** capsules to avoid increasingly bitter taste experience as zinc status improves.

Perform follow-up taste tests with **ZincEval Select®** after 2 to 4 weeks of zinc supplementation to help re-evaluate zinc status.



Minerals, Immune Support

Two absorbable chelated forms, with copper for mineral balance and added digestive support to help enhance tolerability.*

Bottle Size: 90 Vegetarian capsules

Supplement Facts

Serving Size: 1 capsule	Amount
Servings per container: 90	per serving

Zinc (as Zinc Bisglycinate Chelate [TRAACS™] and Zinc Arginate Chelate [TRAACS™])	30 mg
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Copper (as Copper Bisglycinate Chelate) (TRAACS™)	1 mg
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Ginger root extract (<i>Zingiber officinale</i>) (6% gingerols)	50 mg
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Artichoke aerial extract (<i>Cynara scolymus</i>) (7% chlorogenic acid)	50 mg
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Betaine HCl	50 mg
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Other Ingredients: Cellulose (capsule), maltodextrin, microcrystalline cellulose, vegetable stearate, silicon dioxide, hydroxypropyl cellulose.

TRAACS™ and the Albion Gold Medallion design are trademarks of Albion Laboratories, Inc.

Suggested Use: As a dietary supplement, take 1 capsule per day or as directed by your healthcare professional.

Demystifying Detoxification:

How to create a simple, predictably safe and predictably effective detoxification procedure for today's chronically ill, chronically overweight patient



Demystifying Detoxification - Achieving Predictable Results

Remarkable insights from Dr. Moss based on compelling, recent research that explains just who, how and why some patients do not get the desired benefits from detoxification programs, and what to do about it.

To watch the **Free Video** go to www.mossnutrition.com/demystify

Warning: If you are taking medication, have a medical condition or an upcoming medical procedure, or are pregnant or nursing, consult a physician before using these products. If adverse reactions occur, discontinue use and consult your healthcare practitioner.



➤ Literature Review & Commentary ◀

Dr. Moss's COVID Newsletters

go to https://mossnutrition.com/doctors/covid-19_resources/ to read these newsletters and other COVID-19 resources (login required)

Some Thoughts on Coronavirus

- Part I Featuring the Work of Dr. Joe Mather Treating COVID-19 Patients
- Part II The Elephant In The Room
- Part III Some Case Reports
- Part IV Is Understanding Pathophysiology the Key to Understanding COVID-19 "Long Haulers"?
- Part V The Blood Sugar Connection
- Part VI The Blood Sugar Connection - Specific Research Relating COVID-19 to Hyperglycemia
- Part VII The Obesity Connection
- Part VIII More on The Obesity Connection
- Part IX Hyperglycemia: A cause or THE Cause of COVID-19 Morbidity and Mortality?
- Part X Hyperglycemia: A cause or THE Cause of COVID-19 Morbidity and Mortality? - More From the Logette Et Al Paper
- Part XI The GI Microbiome Connection
- Part XII The GI Microbiome Connection (continued)
- Part XIII One Person's Efforts To Make Sense of the Vaccine "Science"
- Part XIV One Person's Efforts to Make Sense of Research on Covid-19 Vaccine Side Effects plus More Commentary on Covid-19 and Hyperglycemia
- Part XV More on Vaccine Side Effects
- Part XVI More on Vaccine Side Effects plus Some Concluding Thoughts

Long Covid (*ongoing series*)

- Part I, II, III Frying Pan to the Fire
- More on Long COVID - Does our Knowledge and Experience with Chronic Fatigue Syndrome Provide a Path for Long Covid Resolution?

Supplemental Support for Those Anticipating Possible SARS-COV-2 Encounters

Dr. Moss's Recent Newsletter Topics

go to www.mossnutrition.com/newsletters/ to read these and more!

Under Appreciated Issues in the Treatment of Chronic Illness - Muscle/Dietary Protein Part I and II

- Part III Acid/Alkaline Balance & Muscle/Protein Optimization - Is There a Relationship Between the Two?

Under Appreciated Issues in the Treatment of Chronic Illness - Low Grade, Chronic Acidosis Combined with Potassium Deficiency

- Part I Is Metabolic Acidosis Really That Important?
- Part II Origins and Impact of Metabolic Acidosis
- Part III Potassium, Metabolic Acidosis and Hypertension
- Part IV Why We Need to Pay More Attention to Diet Induced Acidosis
- Part V Potassium Metabolism and Clinical Application of Potassium Supplements
- Part VI The Impact of Acidosis on Insulin Metabolism

A Thought on the Practice of Functional Medicine and Clinical Nutrition as We Enter a New Year and a New Decade: How Does the Massive Escalation of Prescription and Over-the-Counter Drug Use Make Difficult Patients "Difficult" (Hint - It May Not Be What You Think) - Part I and II

The Gut Microflora-Brain Connection and Neurologic Disorders - A Review of the Evidence

- Part I Basic Precepts of the Gut Microflora-Brain Connection
- Part II More on the Relationship Between Gut Microflora and Neurological Disorders

The MOSS NUTRITION REPORT

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➤ Literature Review & Commentary ◀

Dr. Moss's Recent Newsletter Topics (con't)

Are Chronic Inflammation and its Metabolic Counterpart, Insulin Resistance, the Common Denominators for All Chronic Behavioral and Neurodegenerative Disorders? - A Review of the Evidence

- Part I Introduction
- Part II Inflammation and Psychiatric Disorders
- Part III The Complicated Relationship Between Antidepressant Medication and Inflammation
- Part IV Depression - Is It Truly an Inflammatory Illness?
- Part V Depression - More Information to Support the Idea that It Is Truly an Inflammatory Illness
- Part VI Depression - Does Research that Downplays the Kynurenine Pathway Connection in Fact Reflect Suboptimal Nutrient Status?
- Part VII Depression - Its Connection with Chronic Inflammation, Vitamin B6 Depletion, Disturbances in Kynurenine Metabolism and Diabetes
- Part VIII Senile Dementia/Alzheimer's Disease and its Connection with Dysinsulinism
- Part IX More Research on Senile Dementia/Alzheimer's Disease and Its Connection with Dysinsulinism
- Part X More on Insulin Metabolism Plus Some Final "Big Picture" Thoughts on What is Creating this Epidemic of CNS Inflammation and Insulin Resistance

Some Thoughts on Sudden Cardiac Death

- Part I The Reality of Sudden Cardiac Death
- Part II More Research on Electrolyte Status & Cardiac Dysfunction
- Part III Electrolyte Imbalance: How Common Is It?
- Part IV Caffeine-Containing Beverages: Potent Contributors to Health Issues Related to Low Serum Potassium
- Part V Disease States and Hypokalemia (cont.) and Caffeine-Containing Beverages: Potent Contributors to Health Issues Related to Low Serum Potassium (con't)
- Part VI Diabetes Mellitus and Potassium: Concerns about Hyperkalemia

Potassium and Sudden Cardiac Death Update: Serum Potassium, Arrhythmias and Cardiovascular Death
Current Investigations Continue to Affirm the Relationship Between Potassium Status & Sudden Cardiac Death

Dr. Moss teaching at the University of Bridgeport Nutrition Program

University of Bridgeport's Master of Science in Nutrition distinguishes itself from other master's programs in its focus on functional medicine and its growing value in the prevention and management of disease.



Dr. Moss was an instructor at UB for nearly 20 years and was teaching Assessment in Nutrition and Vitamins & Minerals courses.



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We Help People Who Have Chronic Issues