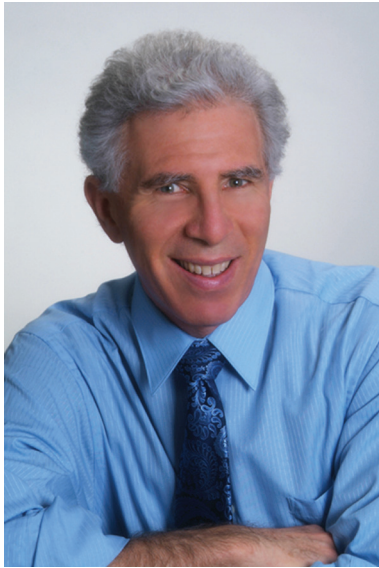


# Presentation by Dr. Jeffrey Moss

2:00 – 2:30 pm & 2:45 – 3:15 pm

## Improving Quality of Life by Improving Muscle Mass & Function



As we age, many of us experience fatigue, pain, difficulty sleeping, mood issues, and difficulty losing weight, among others. These quality of life issues decrease our motivation to stay active.

As these problems persist, many find that the usual diets, lifestyle modifications, and supplemental protocols have not demonstrated the expected results.

What can be done? Increasingly, research suggests that no matter the chief complaint, loss of muscle mass and function may be the roadblock that keeps 'the usual' from working.

In Dr. Jeffrey Moss's presentation, you will learn how loss of muscle mass and function contribute to some of the most common and difficult to resolve chief complaints. You will learn simple, cost-effective, and practical diagnostic modalities that will help to identify loss of muscle mass and function. Finally, you will learn about practical and cost-effective lifestyle modifications and supplemental recommendations that can help improve quality of life.

See more about Dr. Jeffrey Moss in the Speaker Biography section of this program.

### Watch

this fascinating interview with Dr. Jeffrey Moss and a lifelong athlete, who, at middle age, noticed unwelcome changes in her performance, before she started taking SarcoSelect®.



### Hear

Katie's story and learn why she calls SarcoSelect®

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