

The Moss Nutrition Digest

Timely Tidbits to Support Your Practice

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A Multiple Vitamin/Mineral Supplement for Immune Health?

As immune health continues to be a topic of great interest—particularly when it comes to seniors—it is wise to recall the essential role vitamin and mineral repletion may play in the body’s ability to fight disease. Sadly, despite widespread fortification of packaged foods and increased public awareness of healthy nutrition guidelines, research suggests that in most developed Western countries, one in three older adults remains deficient in one or more micronutrients.

To explore the potential relationship between micronutrient status and immune function in older adults, a randomized, double-blind, placebo-controlled study examined the effect of taking a daily multiple vitamin/mineral supplement (multi-V/M) on immune function in healthy men and women aged 55 to 75.

Over a 12-week period, self-reported health status, changes in serum micronutrient status, and immune status based on markers such as salivary IgA levels were measured. Following the intervention, blood micronutrient concentrations, notably for vitamin C and zinc, were found to be significantly increased in the multi-V/M group. The multi-V/M group also enjoyed an overall decreased incidence of infectious illness. For those subjects who did fall ill during the course of the study, the multi-V/M group exhibited three-to-six-fold reductions in severity of illness, and a three-fold shorter duration of illness compared to those in the placebo group.

Moss Nutrition provides a range of options in the multi-V/M category, from our popular **Multi Select**[®] capsules, **NutraGluco Select**[®] capsules and **BID Multi Select**[®] tablets to a suite of powdered functional food shakes that contain a “built-in multi” in addition to product-specific, targeted specialty nutrients.

SarcoSelect[®] was designed to help counter sarcopenia and promote muscle protein synthesis. **Select Cleanse**[®] helps support healthy detoxification pathways and liver function. **AminoMeal Select**[™] is a more classical “meal replacement” shake providing absorbable fats, healthy carbs, and hypoallergenic free-form amino acids in place of a food-based protein powder, plus organic flaxseed fiber and other satiety boosting ingredients.

Our newest “powdered multi” is embedded in **GI Meal Select**[™], a cutting edge gastrointestinal support formula containing clinically relevant levels of essential amino acids, L-glutamine and IgY Max[™] to help restore healthy gut lining integrity, optimize microbiome composition, and enhance GI function. **GI Meal Select**[™] is sweetened with sugar-free monk fruit extract, contains less than 1 gram of carbohydrate per serving, and comes in a delicious natural chocolate flavor enhanced with real cocoa powder. It may be mixed with water or beverage of choice, or stirred into plain yogurt of any kind (dairy- or plant-based) to produce an outstanding, rich chocolate pudding dessert that is both gut-friendly, nutritious and delicious!

REFERENCE

Fantacone ML, et al. The effect of a multivitamin and mineral supplement on immune function in healthy older adults: a double-blind, randomized, controlled trial. *Nutrients*. 2020 Aug 14;12(8):2447.