

PREDIGESTED MULTINUTRIENTS • FREE FORM ESSENTIAL AMINO ACIDS

Elemental Select™ is a premium quality hypoallergenic, highly palatable “elemental formula” that mixes easily with water. It is designed to provide complete, easy to absorb liquid nutrition for patients who struggle with gastrointestinal imbalances and must rest their digestive organs to enable proper GI healing and repair.

- Great tasting professional elemental formula for clinical use.*
- Helps support GI restoration, health & repair.*
- Predigested & elemental forms of all macro- & micro- nutrients.*
- With Reginator® free-form amino acids; medium chain triglyceride fatty acids; non-fermentable carbohydrate; methylated B vitamins.

Supplement Facts

Serving Size: 31.6 grams (approximately 1 scoop)
Serving Per Container: 30

	Amount Per Serving	%Daily Value		Amount Per Serving	%Daily Value
Calories	150	**	Iron (as ferrous gluconate)	0.5 mg	3%
Total Fat	5 g	6%	Phosphorus (as sodium phosphate)	100 mg	8%
Saturated Fat	5 g	25%	Iodine (as potassium iodide)	15 mcg	10%
Total Carbohydrate	18 g	7%	Magnesium (as magnesium malate)	25 mg	6%
Sugars	14 g	28%	Zinc (as zinc citrate)	1.5 mg	14%
Dietary Fiber	1 g	4%	Selenium (as L-selenomethionine)	15 mcg	27%
Protein	2 g	4%	Copper (as copper sulfate)	0.1 mg	11%
Vitamin A (as palmitate)	150 mcg RAE (500 IU)	17%	Manganese (as manganese sulfate)	0.2 mg	9%
Vitamin C (as calcium ascorbate, ascorbic acid)	15 mg	17%	Molybdenum (as sodium molybdate)	7.5 mcg	17%
Vitamin D3 (as cholecalciferol)	1.25 mcg (50 IU)	6%	Sodium (as sodium phosphate)	148.5 mg	6%
Vitamin E (as d-alpha tocopheryl acetate)	5 mg (10 IU)	33%	Potassium (as potassium citrate)	100 mg	2%
Vitamin K2 (as menaquinone-7)	15 mcg	13%	Proprietary Essential AA Blend (as Reginator®)	1800 mg	**
Vitamin B1 (as thiamin hydrochloride)	0.5 mg	42%	(L-Leucine, L-Lysine HCl, L-Valine, L-Isoleucine, L-Arginine, L-Threonine, L-Phenylalanine, L-Methionine, L-Histidine, L-Tryptophan)		
Vitamin B2 (as riboflavin-5'-phosphate)	0.5 mg	38%	L-Glutamine	750 mg	**
Vitamin B3 (as niacinamide)	2.5 mg NE	16%	L-Aspartic Acid	685 mg	**
Vitamin B6 (as pyridoxal-5'-phosphate)	1 mg	59%	L-Serine	410 mg	**
Folate (as L-5-Methyltetrahydrofolic acid, calcium salt)	68 mcg DFE	17%	L-Alanine	325 mg	**
Vitamin B12 (as methylcobalamin)	0.8 mcg	33%	L-Proline	225 mg	**
Biotin	10 mcg	33%	L-Carnitine L-Tartrate	200 mg	**
Pantothenic Acid (as d-calcium pantothenate)	2.5 mg	50%	Taurine	185 mg	**
Choline (as choline bitartrate)	25 mg	5%	Glycine	180 mg	**
Calcium (as calcium ascorbate, calcium citrate)	50 mg	4%	L-Tyrosine	40 mg	**

Percent Daily Values are based on a 2000 calorie diet. ** Daily Value not established.

Other ingredients: Dextrose monohydrate (non-GMO), medium chain triglycerides (MCT oil carried on acacia fiber), natural vanilla flavor. **Does not contain gluten.**

SUGGESTED USE: MIX ONE SCOOP WITH 8 OZ WATER OR BEVERAGE OF CHOICE, TWO OR MORE 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. IF ADVERSE REACTIONS OCCUR, DISCONTINUE USE AND CONSULT YOUR HEALTHCARE PRACTITIONER.

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and reparative. All components are fully broken down into their basic “elemental” forms to meet physiologic requirements and core energy needs, enabling the digestive organs to rest, inflammation to decrease, and gut flora to normalize.

Elemental Select™ is distinguished from other professional elemental formulas by its superior taste and quality. Its inherent sweetness and delicious natural vanilla flavor promote high patient compliance. It contains all the essential vitamins and minerals, and features activated and methylated B vitamins to optimize energy production and nervous system function. In terms of macronutrients, predigested protein is supplied in the form of free-form amino acids. Elemental Select™ is the first professional elemental formula to contain Reginator®, a hypoallergenic, proprietary blend of free-form essential amino acids plus gut-friendly L-arginine, researched to help increase and preserve muscle mass.

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



A 3.6 gram dose of Reginator®, the amount contained in two scoops of **Elemental Select™**, has been shown to promote muscle protein synthesis equivalent to 15-20 grams of whey protein. Additional amino acids are further included, such as meaningful levels of **L-glutamine** to help directly nourish and restore the GI lining, and **L-carnitine** to enable energy production from fats. **Predigested fatty acids** to nourish heart and brain are supplied as medium chain triglycerides (MCT oil) carried on gut-friendly acacia fiber. **Predigested carbohydrates** for quick energy are found in the form of non-fermenting pure glucose, a monosaccharide, listed on the label by its synonym dextrose monohydrate. Altogether, the comprehensive macronutrients and micronutrients in **Elemental Select™** provide complete nutritional support.

FULL vs PARTIAL ELEMENTAL DIETS. The *FULL elemental diet* is one of the best tested means of achieving optimal gastrointestinal function. Research suggests that elemental formulas, when used as the sole source of nutrition for two or more weeks *under close medical supervision* can help enable intestinal lining repair, optimize inflammatory responses, and decrease small intestine bacterial overgrowth. Up to 80% improvement has been reported in adults with SIBO and in pediatric patients receiving exclusive enteral nutrition during a discrete time period. The *PARTIAL elemental diet*, which provides one or two servings per day of an elemental formula as a *supplement to a gut healing diet*, also has been shown to greatly benefit GI comfort and repair. Partial elemental diets have exhibited significant clinical efficacy in both adults and children. **Elemental Select™** is intended primarily for use as a partial elemental diet supplement.

RECOMMENDED DOSING GUIDELINES A common *partial elemental diet* protocol for people with ongoing gut issues is to take two scoops of **Elemental Select™** in place of one or two meals per day. (Two scoops of **Elemental Select™** provide 300 calories; adjust amount of scoops to meet individual patient needs.) Another approach is the “weekly reset,” where the patient consumes a full elemental diet meeting their caloric needs one day per week, and a partial elemental diet on the other days.

THE MOSS NUTRITION 3-DAY GUT RESET Patients with chronic gut imbalances may benefit from intensive use of a full elemental diet for three days, followed by a partial elemental diet while GI healing progresses. One 30-serving container of **Elemental Select™** is sufficient to complete a 3-Day Gut Reset at ten scoops/1500 kcal daily. The 3-Day Gut Reset may be followed by a partial elemental diet, incorporating 2-4 scoops of **Elemental Select™** per day, until desired results are achieved.

Elemental Select™ should be blended with water and *sipped slowly, rather than gulped*. Patients following the full elemental diet protocol may choose to consume the drinks at typical meal and snack times. Others may prefer sipping throughout the day to help limit feelings of hunger or cravings while obtaining a steady stream of nutrition from morning to night.

Stress, dietary imbalances, and genetic susceptibility are major components in the development of gastrointestinal irritation. As we continue to be confronted with a stressful world, including numerous unknowns in the food supply, the number of people with compromised GI function rises. While many contributing factors remain out of our control, interventions to promote healthy gastrointestinal comfort and function are available. The individualized elemental diet protocol is one such useful and, in many cases, critical tool. In addition, a natural anti-inflammatory diet, probiotics or other nutritional supplements as prescribed, meditation and other methods of stress reduction, regular exercise, and ensuring adequate restful sleep all help to offer meaningful support to the ongoing maintenance of gastrointestinal health and balance.

REFERENCES

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4. Pimental M, Constantino T, et al. A 14-day elemental diet is highly effective in normalizing the lactulose breath test. *Dig Dis Sci*. 2004 Jan;49(1):73-7.