

## **SAFETY INDICATIONS OF MO K.O SUPPLEMENTS**

All ingredients are generally safe however there may be some side effects for people with certain health ailments. Certain medications may have adverse reactions to some of the supplements below. Please advise and seek physician approval prior to use if uncertain.

Welcome to the MO K.O Experience

### **LEANIE GREENIE**

Ingredients: Spirulina, Chlorella, and Moringa

#### Spirulina

##### **Not Recommended for:**

- People with PKU (Phenylketonuria)
- Thyroid conditions
- An autoimmune disorder
- People who suffer with gout
- People with kidney stones
- Pregnant or nursing women
- Those with allergies to Blue green Algae, seafood, seaweed or other sea vegetables
- For those who take medications that suppress the immune system (Humira and Imuran)
- For those who take blood thinners

#### Chlorella

##### **Not Recommended for:**

- Those who have a hypersensitivity
- Pregnant or nursing women
- Allergic to Vitamin K
- Allergy to Iodine
- For those who take medications that suppress the immune system (Humira and Imuran)
- For those who take blood thinners

#### Moringa

##### **Not Recommended for:**

- Pregnant or nursing women
- Safe for children at low dose over short-term
- Thyroid conditions
- Certain antidiabetic drug (seek physician advice)
- Certain blood pressure medications (can be used as a substitute but seek physician advice)

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### **THE 102+**

Ingredients: Sea Moss, Burdock Root, and Bladder wrack

#### Sea Moss

##### **Not Recommended for:**

- Thyroid conditions
- Pregnant or nursing women
- Those who have bleeding disorders
- Those who suffer from low blood pressure
- Those taking Antihypertensive drugs
- Those taking Anticoagulant drugs

#### Burdock Root

##### **Not Recommended for:**

- Pregnant or nursing women
- Those who have bleeding disorders
- Those allergic to ragweed and related plants
- Diabetes, if patient is taking medications to lower blood sugar
- People post-surgery due to Anticoagulant properties

#### Bladderwack

##### **Not Recommended for:**

- Hyperthyroidism (overactive thyroid)
- Pregnant or nursing women
- Those who have bleeding disorders
- Infertility
- Those with an Iodine Allergy
- Those taking Antithyroid and Anticoagulant drugs

#### Hemp Seeds

##### **Not Recommended for:**

- Pregnant or nursing women
- Those taking cardiac glycosides (Digoxin)
- Those taking diuretics
- Those with hypertension

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All of MO K.O products use USDA certified products. They are all organic and vegan.

### **THE ESSENTIALS**

Ingredients: Sea Moss, Burdock Root, Maca Root, Bladderwrack, Spirulina, Chlorella, Moringa, and Raw Hemp Seeds

#### Sea Moss

##### **Not Recommended for:**

- Thyroid conditions
- Pregnant or nursing women
- Those who have bleeding disorders
- Those who suffer from low blood pressure
- Those taking Antihypertensive drugs
- Those taking Anticoagulant drugs

#### Burdock Root

##### **Not Recommended for:**

- Pregnant or nursing women
- Those who have bleeding disorders
- Those allergic to ragweed and related plants
- Diabetes, if patient is taking medications to lower blood sugar
- People post-surgery due to Anticoagulant properties

#### Bladderwrack

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- Hyperthyroidism (overactive thyroid)
- Pregnant or nursing women
- Those who have bleeding disorders
- Infertility
- Those with an Iodine Allergy
- Those taking Antithyroid and Anticoagulant drugs

#### Hemp Seeds

##### **Not Recommended for:**

- Pregnant or nursing women
- Those taking cardiac glycosides (Digoxin)
- Those taking diuretics

- Those with hypertension

#### Spirulina

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- Allergic to Vitamin K
- Allergy to Iodine
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- For those who take blood thinners

#### Moringa

##### **Not Recommended for:**

- Pregnant or nursing women
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- Thyroid conditions
- Certain antidiabetic drug (seek physician advice)
- Certain blood pressure medications (can be used as a substitute but seek physician advice)

#### Maca Root

##### **Not Recommended for:**

- Hormone- sensitive conditions (breast cancer, uterine cancer, endometriosis, ovarian cancer)