

Moonstone Nutrition FAQs

What is Moonstone?

Moonstone is the first patented formula to help prevent kidney stones and maintain daily support for kidney health. It is one of the easiest and most efficient ways to increase your alkali citrate intake, improve hydration and increase urine volumes.

Who should use Moonstone?

Moonstone can be used by anyone interested in increasing their alkali citrate intake, improving hydration, thus increasing urine volumes.

What does Moonstone taste like?

Moonstone tastes like a refreshing, fruit-flavored drink. It is currently available in Cranberry Raspberry, Tropical and Wild Berry flavors. It is also available in a convenient capsule format.

How often should I take Moonstone?

Add Moonstone into your daily routine, which includes healthy eating, proper water intake and exercise. 1 to 2 servings of Moonstone per day is the suggested daily amount. You could also divide 1 serving into 2 and drink half a serving twice a day.

Do I need to drink Moonstone every day?

To help promote and maintain good kidney health, Moonstone should be consumed daily. Your body needs time to reflect the benefits, like exercise. You cannot work out once and see immediate results; there is a level of continuous commitment needed to benefit the healthy body.

Are there any health risks in taking alkali citrate?

Everyone's body works differently, but in general there are no negative effects associated with alkali citrate in a healthy population as part of a balanced diet with proper exercise.

Does Moonstone require a prescription?

Moonstone is intended as a delicious beverage or daily supplement (in the capsule format) that supports overall kidney health and does not require a prescription. **For any health-related questions or if you are taking medications, please discuss with your physician.**

How do you assure quality?

Moonstone was designed by world leaders in kidney stone prevention as well as beverage industry experts. It is produced at FDA-approved facilities using the highest quality controls and quality assurance protocols.

Can Moonstone be mixed with other drinks?

For best health support and hydration, Moonstone's ready-to-mix powder should be mixed with 16 oz of still or sparkling water.

How do I know Moonstone is working?

One indicator that Moonstone is working is increased urine pH. Urine test strips can be used to compare urine pH levels before versus after drinking Moonstone. For complimentary urine test strips, contact us at info@moonstonenutrition.com. If you have or suspect poor kidney function, please see your medical practitioner immediately.

What is a normal range for urine pH?

Urine pH can range from an extremely unhealthy low of 4.5 to a high of 8.5. The average urine pH is about 6.0. If your urine sample is lower than 6.0, this could indicate an environment conducive to the formation of kidney stones.

Does Moonstone dissolve kidney stones?

Moonstone is formulated with alkali citrates. Studies have demonstrated that alkali citrates help prevent the formation and recurrence of calcium-based kidney stones, uric acid kidney stones, and cystine kidney stones. Alkali citrates can also dissolve uric acid and cystine stones in some circumstances. (<https://pubmed.ncbi.nlm.nih.gov/21121431/>)

Can I take Moonstone along with prescription potassium citrate?

Check with your physician first. Moonstone is not intended to be used in conjunction with or to replace medication. We recommend you check with your physician before making changes to your prescription routine.

How does Moonstone work?

Moonstone's unique combination of alkali magnesium/sodium/potassium citrates work by increasing urine citrate and pH to levels that help maintain pH balance in healthy kidneys. Drinking Moonstone also helps you to stay well hydrated, which is essential to promoting good kidney health.

Alkali citrate supplementation has been shown to reduce growth and recurrence of calcium-based stones, uric acid stones, and cystine stones. Alkali citrate binds with calcium, which helps prevent the calcium from binding with other molecules to form kidney stones. Drinking Moonstone also helps you to stay well hydrated, which is essential to good kidney health.

What is alkali citrate and how does it benefit kidney health?

Alkali citrate is closely related to citric acid but does not have the acid content. That is why it is "alkali" (high pH), the opposite of acid (low pH). Alkali citrate increases urine pH, which is protective of healthy kidney function. Alkali citrate is important because it binds to calcium, which helps prevent the calcium from binding with other molecules to form kidney stones. Alkali citrate supplementation has been shown to reduce growth and recurrence of calcium-based stones, uric acid stones, and cystine stones. For more information on the effectiveness of alkali citrate, download the white paper here:

<https://moonstonenutrition.com/white-paper/>

How is Moonstone different than drinking lemonade or eating citrus fruits?

Lemonade and citrus fruits such as oranges, lemons and limes are weak sources of citrate (citric acid). You would have to consume a lot of lemon juice or eat a large amount of citrus fruits to get enough citrate to change urine chemistry. Moonstone contains effective amounts of alkali citrate. The citrate content of most fruits and vegetables contains both alkali citrate and citric acid, however, only alkali citrate will be excreted in the urine and raise urine citrate and pH levels. Moonstone was designed to optimize alkali citrate levels better than fruits, vegetables, or lemonade, to maximize kidney health.

How much citrate does Moonstone contain?

One (1) packet of Moonstone ready-to-mix powder or three (3) Moonstone capsules contain 30 milliequivalents (mEq) of alkali citrate.

What is mEq?

A milliequivalent (mEq) is equal to the number of univalent counter ions (H⁺ or OH⁻) which will be needed to react with one molecule of the substance. For Moonstone it is the unit of measure for the active ingredient, alkali citrate.

Who would benefit from consuming Moonstone?

Moonstone would benefit anyone interested in preventing kidney stones and maintaining good kidney health. Moonstone is appropriate for people who wish to support good kidney health in addition to a balanced diet and exercise.

Why does Moonstone contain sodium citrate?

Moonstone contains a patented blend of citrate salts from potassium and magnesium as well as sodium. This blend makes it safe for regular consumption. Moonstone is considered a low sodium product, only 4% of daily value, and the sodium comes from sodium citrate (alkali citrate salt) and not sodium chloride (table salt). The amount of sodium in this formula has been kept to minimum levels because sodium can increase the amount of calcium in the urine as well as increase sodium in overall diet. The citrate salt is less likely to have this effect.

When might Moonstone be preferable to potassium citrate?

Moonstone may be effective for people who prefer to add a beverage to their daily routine to support good hydration and kidney health.

One packet of Moonstone contains 30 milliequivalents of alkali citrate; this is equivalent to the amount of citrate found in two potassium citrate tablets. Both Moonstone and potassium citrate tablets are effective at raising urinary citrate and pH.

Are Moonstone capsules the same as Moonstone's ready-to-mix powder beverages?

Yes, the alkali citrate benefit is the same for both products. Both the capsules and the powder mixes have 30mEq of alkali citrate per serving. The powder beverages offer an extra benefit of hydration, which is crucial for kidney health.

Does Moonstone change urine chemistry?

Moonstone contains significant amounts of citrate-as-alkali to increase urine citrate and pH, which helps support and maintain good kidney health. However, clinical studies are needed to determine the precise efficacy of Moonstone beverages.

Is Moonstone suitable for diabetics?

Moonstone uses allulose, a rare non-absorbable sugar that occurs naturally in raisins, figs and other foods. Allulose tastes like sugar but has virtually no calories. With a glycemic index of zero, allulose has no impact on blood glucose. As with all diets for those who are compromised, we encourage you to seek advice of your own medical practitioner on your specific dietary needs.

How does diet affect urine citrate levels?

Individuals following low-carb or higher protein diets tend to have more acid in their urine, which increases the kidney's reabsorption of citrate, reducing the amount of available citrate in the urine. People who consume large amounts of high-sodium foods will likely have more calcium in their urine. Both scenarios are conducive to stress on healthy kidneys and those individuals may benefit from the addition of dietary alkali citrate such as Moonstone to maintain the healthy kidney environment along with a healthy diet and exercise.

Where do the carbs come from in Moonstone?

There are very few carbs in Moonstone (roughly 10g per serving). Most of these carbs come from Allulose, a natural, keto-friendly, low-calorie sweetener. These carbs from Allulose are non-metabolizing so net effect is zero. There is small portion of carbs (about 3g) that come from the citric acid. Moonstone is ideal for anyone watching their weight and for diabetics. Moonstone ingredients have a glycemic index of zero, so no impact on blood glucose.

Does Moonstone affect bone density?

By neutralizing acid, alkali citrate also has a positive effect to increase bone mineral density.