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FOR IMMEDIATE RELEASE

**NUTRITION 21, LLC UNVEILS NEW SPORTS NUTRITION INGREDIENT, VELOSITOL™
WITH PRESENTATION OF DATA AT THE PRESTIGIOUS INTERNATIONAL SPORT &
EXERCISE NUTRITION CONFERENCE SHOWING INCREASED MUSCLE PROTEIN SYNTHESIS**

***Patented VELOSITOL™ Significantly Increased Muscle Protein Synthesis by 34% in a Single Dose
When Combined with Whey Protein Versus Whey Protein Alone***

PURCHASE, NEW YORK – DECEMBER 22nd, 2015 – Nutrition 21, LLC (“**Nutrition 21**”) is proud to announce the presentation of new clinical study results that support the efficacy of patented Velositol™ amylopectin/chromium complex, showing significant increases in muscle protein synthesis (MPS) when combined with whey protein. The presentation titled, “Novel Chromium/Amylopectin Complex (Velositol™) Increases Muscle Protein Synthesis When Combined with a Suboptimal Dose of Whey Protein” was presented to exercise and nutrition science researchers, clinical nutritionists and other professionals at The International Sport & Exercise Nutrition Conference annual meeting, December 15th – 17th, 2015.

The Velositol™ amylopectin/chromium complex was shown to amplify the effects of whey protein by significantly increasing muscle protein synthesis. The results of the clinical study conducted by researchers led by Tim N. Ziegenfuss, Ph.D., CEO of The Center for Applied Health Sciences and Arny Ferrando, Ph.D. of the University of Arkansas for Medical Sciences, showed that the ingestion of a single dose of Velositol™ mixed with a dose of whey protein significantly increased muscle protein synthesis by 34%; calculated as the percent change versus whey protein alone. A primary benefit of protein is its ability to stimulate muscle protein synthesis, which affects the body’s ability to build lean muscle and repair muscle damage due to exercise.

James Komorowski, MS, CNS, Vice President, Scientific & Regulatory Affairs of Nutrition 21 commented, “We are especially pleased with the presentation of the clinical study results, demonstrating an enhanced rate of muscle protein synthesis (MPS) with Velositol™ amylopectin/chromium complex when combined with whey protein.”

“Nutrition 21 is excited to add our new innovative ingredient, Velositol™ amylopectin/chromium complex to our sports nutrition portfolio. Velositol™ has been shown to “amplify” the effects of protein for enhanced muscle protein synthesis (MPS). Consumers can accelerate and increase MPS when they choose a workout product containing Velositol™ and they should look for the Velositol™ logo on workout products to get more out of their fitness training,” said Bill Levi, Vice President, Strategy & Business Development at Nutrition 21.

About The International Sport & Exercise Nutrition Conference (ISENC)

The International Sport & Exercise Nutrition Conference (ISENC) aims to provide an opportunity for a comprehensive review of the effects of diet and exercise on human health and performance, with specific reference to performance in sport and to the lifestyle factors that influence health. Leading international speakers presented the latest evidence in an environment that encouraged discussion and interaction. The 2015 annual conference took place December 15th–17th 2015 in Newcastle upon Tyne, England and included delegates from over 35 countries. For more information about ISENC visit: www.isenc.org

About The Center for Applied Health Sciences (CAHS)

CAHS is an industry leading interdisciplinary (MDs, PhDs, RDs, PharmD and Allied Health Professionals) team of thought leaders with greater than 75 years of collective experience across key segments of the natural products, medical foods and biopharmaceutical business value chain. CAHS provides turnkey clinical research services for strong and effective claims substantiation: from study design and protocol development, subject

recruitment, IRB approval and trial execution, to professional presentations and scientific publication in peer-reviewed medical journals. Our team enters into a collaborative clinical research partnership to help you navigate the entire clinical research process from concept through final report/ manuscript, while meeting your regulatory and marketing needs. CAHS provides cutting-edge, ICH/GCP-driven clinical R&D support. When it comes to clinical trials, from start to finish, our speed, flexibility, breadth and depth of expertise are unmatched in the natural products, dietary supplement and functional foods industries.

About Nutrition 21, LLC

Nutrition 21, a wholly owned subsidiary of JDS Therapeutics, is a leader in the nutritional supplement industry. The Company is a developer and marketer of efficacious, high-value, clinically substantiated ingredients for dietary supplements, medical foods and beverages, including Velositol™ Amylopectin/Chromium complex, Chromax® chromium picolinate and Nitrosigine® bonded arginine silicate which has FDA New Dietary Ingredient Notification (NDI) status. With many years of biotechnology and pharmaceutical experience, the Company's scientific platform has created unique, patented products that are safe and clinically effective. Rigorous preclinical and clinical trials are a key part of its product development strategy to ensure product safety and consumer trust. Nutrition 21 currently holds over 100 domestic and international issued and pending patents for products. Many support unique claims associated with, among others, glucose metabolism, weight management, brain health, cardiovascular health, and sports nutrition. For more information, please visit: www.Nutrition21.com

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