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Nutrition 21's Velositol Ingredient Granted GRAS Status

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Nutrition 21 (Purchase, NY) announced that its patented amylopectin and chromium Velositol ingredient has achieved Generally Recognized as Safe (GRAS) status. The ingredient attained GRAS status following an "extensive and rigorous review of the scientific dossier and safety data," which was conducted by Intertek Health Science Inc. The GRAS dossier says that Velositol can be used at daily doses of up to 2 g in ready-to-drink and powder protein drinks, meal replacement bars, and energy and protein bars, all of which can be taken up to three times per day.

According to Nutrition 21, the Velositol amylopectin chromium complex has been clinically shown to enhance the effects of whey protein, thereby increasing muscle protein synthesis and helping to enhance muscle growth. Velositol's efficacy was demonstrated in a recent [study](#), published in the *Journal of the International Society of Sports Nutrition*, which indicated that Velositol, when combined with 6 g whey protein, doubled the rate of muscle protein synthesis (MPS). In addition, the rate of MPS increased by 48% from baseline, compared to a more modest 24% increase from the whey on its own. This study, along with other research supporting Velositol's muscle growth benefits, led the third-party panel to conclude that it was safe to use at the specified daily dosages.

Joe Weiss, president, Nutrition 21, commented on the achievement in a press release: "We believe using Velositol is a more efficient way to build muscle and will really unlock the power of protein. Velositol was formulated to enhance the insulinogenic response, which increases amino acid uptake in muscles, and is protected under a number of patents and pending patent applications."

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