

Nutrition21

FOR IMMEDIATE RELEASE

Nutrition 21, LLC Announces the Presentation of the Effects of Velositol® on Exercise-Induced Myokines at the Renowned American College of Nutrition's 58th Annual Conference

PURCHASE, NEW YORK – NOVEMBER 14th, 2017 – Nutrition 21, LLC (“**Nutrition 21**”) is proud to announce the presentation of new preclinical and clinical study results that support the efficacy of Velositol®, a modified-release chromium complex combined with a specialized form of amylopectin, in increasing the levels of various myokines after exercise. The results, entitled, “The Effects of Velositol on Exercise-induced Myokines,” were presented to nutrition science researchers, clinical nutritionists and other professionals last week during the American College of Nutrition's® (ACN) 58th annual conference in Alexandria, Virginia. They will also be published in the *Journal of the American College of Nutrition*.

Velositol is a novel complex previously shown to accelerate and boost muscle protein synthesis (MPS) when combined with protein. MPS is a prime component for amplified muscle growth, lean body mass, and quicker muscle recovery. To investigate if myokines [cytokines – musclin and fractalkine – released by muscles during exercise that lead to MPS] are affected by Velositol, the ingredient was tested in a preclinical study where treatment groups included exercise in control, exercise + whey protein, and exercise + whey protein + Velositol. All active treatment groups showed significant increases in musclin serum levels as compared to the exercise control group, however, all groups supplemented with Velositol + whey protein had significantly higher musclin levels when compared to whey protein alone; results that highly correlated with the increases observed in MPS.

Additionally, in a clinical study, subjects participated in a double-blind, cross-over design study, where they consumed a beverage containing six grams of whey protein or six grams of whey protein + two grams of Velositol and then completed eight sets of bilateral isotonic leg extensions. The results showed that cytokine levels were again highest in Velositol + whey protein treated subjects. Interestingly, increases in both musclin and fractalkine were observed – which are involved in muscle growth and endurance.

James Komorowski, MS, CNS, Chief Science Officer of Nutrition 21 commented, “We are especially pleased with the fascinating results derived from these two separate studies indicating that Velositol® supplementation, when combined with whey protein, can effectively enhance the formation of various myokines following exercise. These study results further support our knowledge of the positive effects of Velositol® in humans.”

Velositol is a uniquely efficacious ingredient that delivers clinically substantiated results. Consumer benefits shown to be directly linked to Velositol when combined with protein, include:

- Significantly boosts MPS beyond protein alone (as measured by FSR)
- Promotes leaner body composition
- Doubles the power of protein on MPS vs. protein alone in a single dose*
- Unlocks the potential of protein to enhance muscle-building activity after exercise

**In a double-blind, crossover clinical study participants were given a single dose of Velositol with six grams of protein or six grams of protein alone.*

About the American College of Nutrition® (ACN)

The American College of Nutrition® (ACN), established in 1959, is on a mission to advance nutrition science to prevent and treat disease. They stimulate nutrition research and publication, elevate knowledge about nutrition among clinicians and researchers and provide practical guidance on clinical nutrition. The ACN accepts no funding from for-profit corporations, reinforcing their commitment to advancing the science without compromise. The 58th annual conference, Disrupting Cancer: The Role of Personalized Nutrition, will take place November 8th – 10th, 2017, in Alexandria, VA.

For more information on the ACN visit www.AmericanCollegeofNutrition.org

About Velositol®

Velositol is a patented ingredient designed to double the effects of protein and exercise on muscle protein synthesis (MPS). When added to protein, Velositol's novel complex rapidly stimulates insulin release and increases the muscle cell's sensitivity to insulin. This helps to safely increase insulin levels and enhance the body's amino acid uptake, stimulating and boosting MPS. Velositol has attained GRAS (generally regarded as safe) status for 2 grams, to be used in protein drinks (including ready-to-drink and powder), meal replacement bars, energy and protein bars.

For more information on Velositol, please visit: www.Velositol.com

About Nutrition 21, LLC

Nutrition 21, a wholly owned subsidiary of JDS Therapeutics, is a leader in the nutritional supplement industry. 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, cognition, and sports nutrition.

The Company is a developer and marketer of efficacious, high-value, clinically substantiated ingredients for dietary supplements, medical foods and beverages. Nutrition 21's branded ingredients include: Velositol®; Chromax® chromium picolinate, with clinically substantiated benefits for glucose metabolism, weight management, and brain health; Nitrosigine® bonded arginine silicate, is clinically shown to significantly boost nitric oxide levels supporting mental acuity/focus and sports nutrition. Nitric oxide is a key factor in promoting the relaxation of smooth muscle in blood vessels, increasing blood flow to working muscles.

For more information, please visit: www.Nutrition21.com

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