

Nutrition21

FOR IMMEDIATE RELEASE

Nutrition 21, LLC Presents the Effects of Velositol® On Muscle Protein Synthesis Signaling Factors at the International Society of Sports Nutrition's 2018 Conference

PURCHASE, NEW YORK – June 14, 2018 – Nutrition 21, LLC (“Nutrition 21”) is proud to announce the presentation of new preclinical study results demonstrating that Velositol®, a modified-release chromium complex combined with a specialized form of amylopectin, significantly enhances the activity of key signaling factors for muscle protein synthesis (MPS). The results were presented at the conference for the International Society of Sports Nutrition (ISSN) on June 8, 2018, in Clearwater Beach, Florida.

The poster, titled, “The Addition of an Amylopectin/Chromium Complex to Protein Enhances the Activity of Muscle Protein Synthesis Signaling Factors,” presented results from a preclinical trial demonstrating that when added to escalating doses of whey protein, pea protein, and branched chain amino acids (BCAAs), Velositol significantly increased the activity of MPS signaling proteins. These results suggest that Velositol initiates MPS through post mTOR pathway activation of key signaling proteins known to be involved in muscle growth and function. These new findings give insight into the mechanism by which Velositol enhances MPS.

James Komorowski, MS, CNS, Chief Science Officer at Nutrition 21 commented, “We are excited by the results of this *in vivo* study, which give further insight into the effects of Velositol on muscle cell growth and give further support for the positive effects of Velositol supplementation.”

“Velositol is a unique ingredient that delivers clinically substantiated results for muscle growth, and the results of this study demonstrate that Velositol adds significant benefit to sports nutrition products featuring whey protein, pea protein, and BCAAs,” added Todd Spear, Executive Director of Sales at Nutrition 21.

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 International Society of Sports Nutrition

Founded in 2003, ISSN is the only non-profit academic society dedicated to promoting the science and application of evidence-based sports nutrition and supplementation. ISSN is a world leader in circulating science-based sports nutrition and supplement information, which they propagate through their peer-reviewed journal, JISSN, and conferences.

For more information on ISSN, please visit: <https://www.sportsnutritionssociety.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[®], a dietary complex of amylopectin and chromium, which has been clinically shown to double the effects of whey protein and significantly increase muscle protein synthesis, the key to muscle growth; 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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