

# Nutrition21

**FOR IMMEDIATE RELEASE**

## **Nutrition 21, LLC Presents the Effects of Proprietary Maca Blend on Enhancing Energy Levels And Endurance at 2018 Experimental Biology Conference**

**PURCHASE, NEW YORK – May 15, 2018** – Nutrition 21, LLC (“**Nutrition 21**”) is proud to announce the presentation of new preclinical data supporting the effects of the company’s proprietary, patent-pending blend of maca (*Lepidium meyenii*) on enhancing endurance and energy levels. The results titled “The Effect of a Proprietary Maca Blend on Mitochondrial Biogenesis in Muscle” were presented in April at the 2018 Experimental Biology conference in San Diego, California.

Maca is a Peruvian root vegetable rich in phytonutrients that has been used for centuries both as a food and traditional medicine. Maca has been used in Peru to enhance sexual drive and fertility, boost mood, and increase energy levels and endurance. Although the mechanism is not entirely understood, previous research suggests that maca may work at the cellular level to improve exercise capacity and reduce fatigue.

Nutrition 21 recently developed a proprietary blend of maca (presented as “Maca-N21”) that has been shown to increase skeletal muscle energy metabolism by enhancing a process known as mitochondrial biogenesis. To examine the molecular mechanism behind the energy-enhancing effects of Maca-N21, various mitochondrial markers were measured in subjects following exercise. Results showed that the markers increased in the Maca-N21 group compared to control. These results support the beneficial effects of Maca-N21 on enhancing endurance and energy metabolism, and indicate that Maca-N21 has a novel mechanism to support physical endurance.

James Komorowski, MS, CNS, Chief Science Officer of Nutrition 21 commented, “We are thrilled with the results of this pre-clinical study, which demonstrate that Maca-N21 works through a unique mechanism at a cellular level. This exciting discovery supports that Maca-N21 has a positive impact of physical endurance.”

Todd Spear, Executive Director of Sales at Nutrition 21 said, “Formulators and consumers alike should be excited for the release of Nutrition 21’s proprietary blend of maca because it has been studied and shown to support physical endurance. This sets Nutrition 21’s maca apart from other forms of maca in the marketplace – there’s truly nothing else like it.”

### **About Experimental Biology**

Experimental Biology is an annual meeting that brings together five societies, 25 guest societies, and over 14,000 scientists, with attendees primarily from academic institutions, government agencies, non-profit organizations, and the science industry. Experimental Biology is open to anyone with an interest in life sciences, and focuses primarily on anatomy, biochemistry, molecular biology, investigative pathology, pharmacology, and physiology. The conference offers plenary lectures, workshops, oral and poster presentations, on-site career services, and more.

For more information on Experimental Biology, please visit: [www.ExperimentalBiology.org](http://www.ExperimentalBiology.org)

### **About Nutrition 21, LLC**

Nutrition 21, a wholly owned subsidiary of JDS Therapeutics, is an industry-leading developer and marketer of efficacious, high-value, clinically substantiated ingredients for dietary supplements, medical foods and beverages. 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.

Nutrition 21's branded ingredients include Velositol<sup>®</sup>, 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<sup>®</sup> chromium picolinate, with clinically substantiated benefits for glucose metabolism, weight management, and brain health, and Nitrosigine<sup>®</sup> bonded arginine silicate, is clinically shown to significantly boost nitric oxide levels supporting mental acuity/focus and sports nutrition.

For more information, please visit: [www.Nutrition21.com](http://www.Nutrition21.com)

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