

Nutrition21

FOR IMMEDIATE RELEASE

Nutrition 21's Muscle Protein Synthesis Enhancing Ingredient Velositol® Powers Up GNC's Reformulated AMP Wheybolic™ Protein Line

PURCHASE, NEW YORK – January 23, 2018 – Nutrition 21, LLC (“**Nutrition 21**”), has announced that its clinically substantiated ingredient, Velositol®, is now being featured in GNC's AMP Wheybolic™ reformulated performance protein line. Composed of four products, GNC's AMP Wheybolic line highlights its ability to increase muscle strength and size within just eight weeks.

Velositol, developed by Nutrition 21, is a patented, revolutionary ingredient, that when added to whey protein, plant protein or BCAA formulations, is designed to accelerate and boost muscle protein synthesis (MPS).

“Our clinical research has shown that after combining only one dose with whey protein and exercise, Velositol can significantly enhance muscle protein synthesis, which is a key factor for improved muscle growth and faster muscle recovery,” said Nutrition 21 Chief Science Officer, James Komorowski. Velositol also works to enhance insulinogenic function, which increases amino acid uptake, providing fuel for working muscles.

In a randomized, double-blind, active-controlled clinical crossover study, Velositol was shown to increase MPS in subjects by 48% from baseline when combined with six grams of whey protein and exercise, as compared to a 24% increase seen with whey protein and exercise, alone. This observed increase in MPS is what enhances protein's ability to boost muscle-building activity after exercise, and can lead to an increase in muscle size and strength.

“Consumers looking to get more out of their post-workout regimen and supplements, should look for the Velositol logo on quality protein products, such as GNC's AMP Wheybolic line,” said Jim Kahn, Vice President of Sales at Nutrition 21.

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 6 grams of protein or 6 grams of protein alone.

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 the 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 pre-clinical 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

Contact Information

James Komorowski
Nutrition 21, LLC
Chief Science Officer
914-701-4500
jkomorowski@Nutrition21.com

Jim Kahn
Nutrition 21, LLC
Vice President of Sales
914-701-4500
jkahn@Nutrition21.com

© 2018 Nutrition 21, LLC Chromax®, Nitrosigine®, and Velositol® are registered trademarks of Nutrition 21, LLC
END ##
Nutrition 21, LLC, 1 Manhattanville Road, Suite 104, Purchase, New York 10577-2197 Source:
Nutrition 21, LLC DRA1281011918