Nutrition21

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Nutrition 21, LLC Presents Data on New Proprietary Ingredients for Endurance, Body Composition, and Memory at the International Society of Sports Nutrition's 2018 Conference

PURCHASE, NEW YORK – July 19, 2018 – Nutrition 21, LLC (**"Nutrition 21"**) is proud to announce the presentation of new study results supporting the company's proprietary blend of maca (*Lepidium meyenii*) as well as the company's novel, proprietary magnesium complex. The results were presented in two separate posters at the annual International Society of Sports Nutrition (ISSN) conference, held this past June 7-9, in Clearwater Beach, Florida.

Maca is a Peruvian plant high in phytonutrients that has been used for centuries both as a food and as traditional medicine to boost mood, energy levels, and endurance. Nutrition 21 recently developed a proprietary blend of maca (presented as "Maca-N21") that has been shown to enhance cellular energy production and increase the activity of key factors involved in muscle energy metabolism.

To further examine the effects of Maca-N21 on endurance, a preclinical study was conducted measuring serum lactate levels in subjects following exercise to exhaustion. The results showed that Maca-N21 significantly improved swimming time to exhaustion, as well as serum lactate and oxidative stress marker levels after exercise. These results support the use of Maca-N21 as an anti-fatigue and endurance enhancing ingredient for sports nutrition.

Separate results were also presented from two preclinical studies on a novel, proprietary magnesium complex (presented as "Mg-N21"). Magnesium is a mineral that plays an important role in many physiological functions and recently has been shown to improve learning and memory. Suboptimal magnesium intake, which is associated with various health issues, is common in the average American diet and therefore supplementation with bioavailable forms of magnesium is important for adequate magnesium intake and optimal health. The data presented on Mg-N21 demonstrate positive results in preclinical studies for improvement of both body composition and memory.

The first preclinical study was carried out to compare the bioavailability and effects on learning and memory of Mg-N21 to magnesium oxide (MgO), a commonly used form of magnesium. Results showed that Mg-N21 is a highly bioavailable form of magnesium that improves learning and memory compared to magnesium oxide, supporting the use of Mg-N21 as a well absorbed and retained form of magnesium to enhance cognition.

A second preclinical study was conducted to compare the effects of Mg-N21 to MgO on metabolic function and body composition. The results of this study show that compared to MgO, Mg-N21 significantly improves indicators of healthy metabolic function, as well as body composition in subjects fed a high fat diet. It is hypothesized that Mg-N21 may exert these effects by controlling hunger, improving glucose and insulin action, and inhibiting oxidative stress.

James Komorowski, MS, CNS, Chief Science Officer of Nutrition 21 commented, "We are thrilled with the strength of the Nutrition 21 pipeline of new efficacious and scientifically-substantiated ingredients. The results of these preclinical studies demonstrate the effectiveness of utilizing Maca-N21 as an anti-fatigue and endurance enhancing ingredient, and Mg-N21 as a well absorbed

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ingredient that can enhance both cognition and body composition."

Todd Spear, Executive Director of Sales at Nutrition 21 said, "Formulators and consumers alike should be excited for the release of these future ingredients from Nutrition 21. With the presentation of this compelling new data, it is clear that both Maca-N21 and Mg-N21 will be efficacious and scientifically substantiated ingredients that fill unmet needs in the market."

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.sportsnutritionsociety.org/

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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