

Nutrition 21's Nitric Oxide Boosting Ingredient Nitrosigine® is Now Powering Up Revel Energy, a New Pre-Workout from BodyBuilding.com™

PURCHASE, NEW YORK – March 5, 2019 – Nutrition 21, LLC (“Nutrition 21”), has announced that its clinically substantiated ingredient, Nitrosigine®, is now featured in Revel Energy™, a pre-workout supplement that is part of BodyBuilding.com's™ newly launched Revel™ product line. The Revel line is exclusively formulated to empower the active lifestyles of women so that they can achieve their unique and personal health goals.

Nitrosigine is a patented complex of bonded arginine silicate stabilized with inositol that is scientifically engineered to significantly boost nitric oxide levels, a key factor in increasing blood flow. ^ Several studies have shown that Nitrosigine clinically enhances levels of both arginine and nitric oxide in the blood and is a more bioavailable form of arginine. Additionally, a recent study demonstrated that at least some of Nitrosigine's superiority over other nitric oxide boosters is due to the ingredient's ability to inhibit the pump-deflating enzyme, arginase.

“Revel Energy is made with carefully-selected, patented and efficacious ingredients, including adaptogenic mushrooms, coconut water powder, and Nitrosigine,” said Charina Lumley, VP of Brand and Product Development for BodyBuilding.com. “This unique pre-workout formula focuses on improving oxygen utilization, enhancing hydration and advancing cognitive function, so when vetting potential ingredients to include, we looked for options that could deliver on those benefits. Nitrosigine supports the efficacy and safety that our customers have come to expect from our supplements, so we are excited to have included it in Revel Energy!”

“We are excited to announce that Nitrosigine will be featured in BodyBuilding.com's new Revel line – specifically in Revel Energy,” said Nutrition 21 Vice President of Sales, Todd Spear. Consumers looking to improve their pre-workout routine should look for Revel Energy, as well as the Nitrosigine trademark or logo on the products they are using to help support their overall fitness goals.”

Consumer benefits shown to be directly linked to Nitrosigine supplementation include:

- Boosts key factors for increasing blood flow^
- Increases muscle volume^
- Reduces muscle damage from exercise^
- Increases energy quickly and safely without negatively impacting heart rate or blood pressure
- Improves cognitive flexibility within 15 minutes
- Increases arginine bioavailability through arginase inhibition
- Significantly enhances blood arginine levels for up to 6 hours^
- Significantly improves mental acuity and processing speed by 33%
- Prevents the decline in cognitive performance following strenuous exercise

^Results compared to baseline

About Nitrosigine®

Nitrosigine is a patented complex of bonded arginine silicate with FDA New Dietary Ingredient (NDI) notification status and has been self-affirmed Generally Recognized As Safe (GRAS) at the level of 1,500 mg per day for use in nutritional bars and beverages. Nitrosigine is scientifically engineered to boost nitric oxide levels, which have been shown to be a key factor in generating greater blood flow and vasodilation in working muscles. The unique Nitrosigine complex bonds arginine and silicate – unlocking powerful synergistic effects that offer enhanced benefits. Nitrosigine is a safe, non-stimulant, effective ingredient that is easy to formulate into new and existing products for sports nutrition, men's health and cardiovascular health.

For more information, please visit: www.Nitrosigine.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 80

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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: Chromax® chromium picolinate; Velositol®, a dietary complex of amylopectin and chromium, which has been clinically shown to double the effects of whey protein – significantly increasing muscle protein synthesis; Nitrosigine® bonded arginine silicate, is clinically shown to significantly boost nitric oxide levels supporting mental acuity, focus and sports nutrition; and Lepidamax™, a dietary complex of *Lepidium peruvianum* shown to enhance cellular energy production as well as improve exercise capacity.

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

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Source: Nutrition 21, LLC. DRA1797022619