



## **New nooLVL® Data Presented at the International Society of Sports Nutrition (ISSN) Conference**

*New data reinforces nooLVL's cognitive performance benefits.*

**Harrison, New York:** Nutrition21, LLC (“**Nutrition21**”) unveiled new research on the cognitive benefits of nooLVL (arginine silicate + inositol) at the International Society of Sports Nutrition’s (ISSN) Annual conference in mid-June.

This new data strengthens the evidence behind nooLVL for improving cognitive benefits for esports gamers, who rely on quick reactions, focus, memory, and fine motor skills to excel during competition. These skills are especially important when gamers are facing off against each other in high stakes tournaments and events. One of the most important skills for gamers is reaction time (RT). RT is the time it takes for your central nervous system to respond to stimuli. Once this message is received by the brain, it is turned into a physical or mental response.

The new study, *Effects of Arginine Silicate and Inositol Ingestion on Cognitive and Executive Function in Gamers*, performed at Texas A&M University, examined whether nooLVL ingestion had effects prior to and following a 1-hour gaming challenge on cognitive function. This new data found evidence of enhanced short-term memory, RT, reasoning, and concentration among gamers following nooLVL supplementation. This further supports the existing findings.

### **About nooLVL:**

nooLVL® is a patented complex of Bonded Arginine and Silicon with an additional optimized dose of Inositol. nooLVL is a non-stimulant nootropic ingredient that enhances cognitive performance in fast-paced esports competitions. nooLVL has been clinically studied in a population of gamers and has been shown to work within 15 minutes to increase energy<sup>1</sup>, focus<sup>2</sup>, reaction time<sup>2</sup>, and accuracy.

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<sup>1</sup> Perceived energy measured by the validated Profile of Mood States (POMS) questionnaire

<sup>2</sup> Results compared to baseline