

PROTEIN'S PERFECT PARTNER, ADD VELOSITOL® AND INCREASE THE POWER OF PROTEIN & MUSCLE STRENGTH.*



VELOSITOL* the revolutionary nutritional ingredient from the makers of Nitrosigine.*

- Velositol doubles the power of protein for muscle endurance and doubles squat reps to failure.*
- A flavorless and water-dispersible powder, Velositol can easily be incorporated into various formats, including RTM powders, capsules, tablets, RTD proteins, and amino acid products.
- Velositol accelerates muscle protein synthesis (MPS), a key to muscle growth.
- Learn more about our clinically substantiated benefits and how incorporating Velositol can power up the sales of your next sports nutrition product!

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VELOSITOL® DOUBLES THE POWER OF WHEY PROTEIN*



*When combined with 15 grams of whey protein.

VISIT WWW.NUTRITION21.COM OR EMAIL US AT INFO@NUTRITION21.COM TO LEARN MORE

References: Ziegenfuss TN, Lopez HL, Kedia A, Habowski SM, Sandrock JE, Raub B, Kerksick CM, Ferrando AA. Effects of an amylopectin and chromium complex on the anabolic response to a suboptimal dose of whey protein. JISSN. 2017;14:6. Ziegenfuss T, Cesareo K, Carney M, Kerksick C, Kedia A, Sandrock J, Raub B, Ferrando A, Lopez H. Effects of Velositol® on muscular strength, lean mass, whole-body protein balance, and exercise performance during eight weeks of resistance training: Part I. JISSN. 2020 (abstract). Patent Nos.: 10,245,325; 8,062,677; 9,119,835; 9,597,404; 9,675,702. © 2021 Nutrition21 DRA#XXXX

VELOSITOL® MECHANISM OF ACTION: ACTIVATION OF THE mTOR SIGNALING PATHWAY

The ability of Velositol to increase the effects of protein on MPS may be due to the enhancement of the mTOR signaling pathway, which is reliant on sufficient amino acids and insulin activity. These study results suggest that Velositol may initiate MPS through activation of downstream signaling factors in the mTOR pathway such as 4E-BP1 and S6K1, as shown in the graphs below—thereby helping to maintain muscle function and force during hypertrophy.



References: Ziegenfuss TN, Lopez HL, Kedia A, Habowski SM, Sandrock JE, Raub B, Kerksick CM, Ferrando AA. Effects of an amylopectin and chromium complex on the anabolic response to a suboptimal dose of whey protein. JISSN. 2017;14:6. Ziegenfuss T, Cesareo K, Carney M, Kerksick C, Kedia A, Sandrock J, Raub B, Ferrando A, Lopez H. Effects of Velositol® on muscular strength, lean mass, whole-body protein balance, and exercise performance during eight weeks of resistance training: Part II. JISSN. 2020 (abstract). Lopez H, Cesareo K, Carney M, Kedia A, Sandrock J, Raub B, Kerksick C, Ferrando A, Ziegenfuss T. Effects of Velositol® on hemodynamic, hematologic, and biochemical biomarkers of safety and recovery during eight weeks of resistance training: Part III. JISSN. 2020 (abstract). Lopez H, Cesareo K, Carney M, Kedia A, Sandrock J, Raub B, Kerksick C, Ferrando A, Ziegenfuss T. Effects of Velositol® on hemodynamic, hematologic, and biochemical biomarkers of safety and recovery during eight weeks of resistance training: Part III. JISSN. 2020 (abstract). Komorowski J, Perez Ojalvo S, Sylla S, Tuzcu M, Orhan C, Sahin K. The addition of an amylopectin/chromium complex to protein enhances the activity of muscle protein synthesis signaling factors. JISSN. 2018; 15(Suppl 1).A53. Evans GW, Bowman TD. Chromium picolinate increases membrane fluidity and rate of insulin internalization. J Inorg Biochem. 1992; 46:243-250. Perez Ojalvo S, Sahin K, Sylla S, Komorowski J. Amylopectin/chromium complex (ACr; Velositol): liver and kidney function safety data. Current Developments in Nutrition. 4 July 2018; 2(11):P08-083. Patent Nos.: 10:245;325; 8,062,677; 9,119,835; 9,597,404; 9,675,702. @ 2021 Nutrition21 DR#XXXX

VELOSITOL[®] DOUBLED SQUAT REPS-TO-FAILURE



VELOSITOL[®] SQUAT REPS-TO-FAILURE DISTRIBUTION



References: Ziegenfuss TN, Lopez HL, Kedia A, Habowski SM, Sandrock JE, Raub B, Kerksick CM, Ferrando AA. Effects of an amylopectin and chromium complex on the anabolic response to a suboptimal dose of whey protein. JISSN. 2017;14:6. Ziegenfuss T, Cesareo K, Carney M, Kerksick C, Kedia A, Sandrock J, Raub B, Ferrando A, Lopez H. Effects of Velositol® on muscular strength, lean mass, whole-body protein balance, and exercise performance during eight weeks of resistance training: Part I. JISSN. 2020 (abstract). Lopez H, Cesareo K, Carney M, Kedia A, Sandrock J, Raub B, Kerksick C, Ferando A, Ziegenfuss T. Effects of Velositol® on hemodynamic, hematologic, and biochemical biomarkers of safety and recovery during eight weeks of resistance training: Part II. JISSN. 2020 (abstract). Lopez H, Kerksick C, Ferando A, Ziegenfuss T. Effects of Velositol® on hemodynamic, hematologic, and biochemical biomarkers of safety and recovery during eight weeks of resistance training: Part II. JISSN. 2020 (abstract). Komorowski J, Perez Ojalvo S, Sylla S, Tuzcu M, Orhan C, Sahin K. The addition of an amylopectin/chromium complex to protein enhances the activity of muscle protein synthesis signaling factors. JISSN. 2018; 15(Suppl 1):A53. Evans GW, Bowman TD. Chromium picolinate increases membrane fluidity and rate of insulin internalization. J Inorg Biochem. 1992; 46:243-250. Perez Ojalvo S, Sahin K, Sylla S, Komorowski J. Amylopectin/chromium complex (AC; Velositol): liver and kidney function safety data. Current Developments in Nutrition. 4 July 2018; 2(11):P08-083. Patent Nos.: 10;245; 25; 8,062,677; 9,119,835; 9,597,404; 9,675,702. @ 2021 Nutrition21 DRA#XXXX

VELOSITOL® INCREASES STRENGTH AND POWER

When added to protein, Velositol's novel complex accelerates results, increasing strength, endurance and power, while supporting healthy and sustained muscle function.



References: Ziegenfuss TN, Lopez HL, Kedia A, Habowski SM, Sandrock JE, Raub B, Kerksick CM, Ferrando AA. Effects of an amylopectin and chromium complex on the anabolic response to a suboptimal dose of whey protein. JISSN. 2017;14:6. Ziegenfuss T, Cesareo K, Carney M, Kerksick C, Kedia A, Sandrock J, Raub B, Ferrando A, Lopez H. Effects of Velositol® on muscular strength, lean mass, whole-body protein balance, and exercise performance during eight weeks of resistance training: Part I. JISSN. 2020 (abstract). Lopez H, Cesareo K, Carney M, Kedia A, Sandrock J, Raub B, Kerksick C, Ferrando A, Ziegenfuss T. Effects of Velositol® on muscular strength, lean mass, whole-body protein balance, and exercise performance during eight weeks of resistance training: Part I. JISSN. 2020 (abstract). Lopez H, Cesareo K, Carney M, Kedia A, Sandrock J, Raub B, Kerksick C, Ferrando A, Ziegenfuss T. Effects of Velositol® on hemodynamic, hematologic, and biochemical biomarkers of safety and recovery during eight weeks of resistance training: Part II. JISSN. 2020 (abstract). Komorowski J, Perez Ojalvo S, Sylla S, Tuzcu M, Orhan C, Sahin K. The addition of an amylopectin/chromium complex to protein enhances the activity of muscle protein synthesis signaling factors. JISSN. 2018; 15(Suppl 1):A53. Evans GW, Bowman TD. Chromium picolinate increases membrane fluidity and rate of insulin internalization. J Inorg Biochem. 1992; 46:243-250. Perez Ojalvo S, Salin K, Sylla S, Komorowski J. Amylopectin/chromium complex (AC; Velositol): liver and kidney function safety data. Current Developments in Nutrition. 4 July 2018; 2(11):P08-083. Patent Nos.: 10.245,325; 8.062,677; 9,119,835; 9,597,404; 9,675,702. @ 2021 Nutrition21 DRA#XXXX

WHY IS VELOSITOL[®] PROTEIN'S PERFECT PARTNER?



VELOSITOL® ENHANCES THE EFFECTS OF WHEY PROTEIN ON MPS VS. PROTEIN ALONE

Velositol is a patented nutritional ingredient designed to double the effects of protein and exercise on muscle protein synthesis (MPS) when combined with 6g of whey protein. MPS is a naturally occurring process in which protein is produced to repair muscle damage caused by exercise. When added to protein, Velositol's novel complex rapidly stimulates insulin release and increases the muscle cell's sensitivity to insulin. This helps to safely increase insulin levels and enhance the body's amino acid uptake, stimulating and boosting MPS.

SAFETY

Preclinical data demonstrated that when combined with protein, Velositol enhances MPS without negatively affecting markers of liver and kidney function and even slightly reduces markers of liver damage—suggesting that Velositol intake with protein after exercise promotes healthy liver function.

Velositol has attained GRAS (Generally Recognized As Safe) status for 2 grams to be used in protein drinks (including ready-to-drink and powder), meal replacement bars, and energy and protein bars.

References: Ziegenfuss TN, Lopez HL, Kedia A, Habowski SM, Sandrock JE, Raub B, Kerksick CM, Ferrando AA. Effects of an amylopectin and chromium complex on the anabolic response to a suboptimal dose of whey protein. JISSN. 2017;14:6. Ziegenfuss T, Cesareo K, Carney M, Kerksick C, Kedia A, Sandrock J, Raub B, Ferrando A, Lopez H. Effects of Velositol® on muscular strength, lean mass, whole-body protein balance, and exercise performance during eight weeks of resistance training: Part II. JISSN. 2020 (abstract). Lopez H, Cesareo K, Carney M, Kedia A, Sandrock J, Raub B, Kerksick C, Ferrando A, Ziegenfuss T. Effects of Velositol® on hemodynamic, hematologic, and biochemical biomarkers of safety and recovery during eight weeks of resistance training: Part II. JISSN. 2020 (abstract). Komorowski J, Perez Ojalvo S, Sylla S, Tuzcu M, Orhan C, Sahin K. The addition of an amylopectin/chromium complex to protein enhances the activity of muscle protein synthesis signaling factors. JISSN. 2018; J(Suppl 1):A53. Evans GW, Bowman TD. Chromium picolinate increases membrane fluidity and rate of insulin internalization. J Inorg Biochem. 1992; 46:243-250. Perez Ojalvo S, Sahin K, Sylla S, Komorowski J. Amylopectin/chromium complex (Ac; Velositol): liver and kidney function safety data. Current Developments in Nutrition. 4 July 2018; 2(11):P08-083. Patent Nos.: 10.245; 325; 8.062.677; 9,119.835; 9,597.404; 9,675,702. @ 2021 Nutrition21 DRA#XXX

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VELOSITOL[®] ENHANCES MPS WHEN COMBINED WITH MORE THAN JUST WHEY PROTEIN



AS WELL AS WITH DIFFERENT DOSES OF WHEY PROTEIN



References: Ziegenfuss TN, Lopez HL, Kedia A, Habowski SM, Sandrock JE, Raub B, Kerksick CM, Ferrando AA. Effects of an amylopectin and chromium complex on the anabolic response to a suboptimal dose of whey protein. JISSN. 2017;14:6. Ziegenfuss T, Cesareo K, Carney M, Kerksick C, Kedia A, Sandrock J, Raub B, Ferrando A, Lopez H. Effects of Velosito® on muscular strength, lean mass, whole-body protein balance, and exercise performance during eight weeks of resistance training: Part I. JISSN. 2020 (abstract). Lopez H, Cesareo K, Carney M, Kedia A, Sandrock J, Raub B, Kerksick C, Ferrando A, Ziegenfuss T. Effects of Velositol® on hemodynamic, hematologic, and biochemical biomarkers of safety and recovery during eight weeks of resistance training: Part II. JISSN. 2020 (abstract). Komorowski J, Perez Ojalvo S, Sylla S, Tuzcu M, Orhan C, Sahin K. The addition of an amylopectin/chromium complex to protein enhances the activity of muscle protein synthesis signaling factors. JISSN. 2018; 15(Suppl 1):A53. Evans GW, Bowman TD. Chromium picolinate increases membrane fluidity and rate of insulin internalization. J Inorg Biochem. 1992; 46:243-250. Perez Ojalvo S, Sahin K, Sylla S, Komorowski J. Amylopectin/chromium complex (ACr, Velosito)! liver and kidney function safety data. Current Developments in Nutrition. 4 July 2018; 2(11):P08-083. Patent Nos.: 10;245;325; 8,062,677; 9,119,835; 9,597,404; 9,675,702. @ 2021 Nutrition21 DRA#XXXX



HARNESS YOUR PRODUCT'S TRUE POTENTIAL WITH THE EXPLOSIVE POWER OF VELOSITOL®

Contact us at info@Nutrition21.com to learn more.

Want to see what other products Nutrition21 offers? Visit <u>Nutrition21.com</u> today.



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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.