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### **Nutrition21 Launches New Webinar, Koffee With Katie**

*Focusing on nutrition, body composition, and weight management, episode one offered insight on how to set, achieve, and maintain peak physical fitness and overall wellness.*

**Saddle Brook, NJ:** Nutrition21, LLC (“**Nutrition21**”) recently launched episode one of its brand-new webinar series, Koffee With Katie. Hosted by Nutrition21’s Manager of Scientific Affairs, Katie Emerson, MS, RD, episode one focused on nutritional goals, physical wellness, and Chromax® — Nutrition21’s patented ingredient for weight management, body composition, and appetite control.

Designed to help individuals “lose the fat, not the muscle,” Chromax® Chromium Picolinate is a highly bioavailable form of chromium that is supported by over 35 human clinical studies and has been shown to be absorbed up to 15x better than some other forms of chromium.

In addition to exercise tips and recommendations for incorporating nutrient-rich foods to the diet, Katie dove into the science behind Chromax and highlighted some of the many clinical studies on Chromax to further explain how the innovative, researched backed ingredient can help kick carbohydrate cravings, reduce body fat, and tackle weight management goals.

The goal of the Koffee With Katie webinar series is to educate, inform, and motivate listeners. Future episodes will cover trends in the nutritional supplement industry, as well as educate the attendees about Nutrition21’s other patented ingredients and the benefits they bring to the market.

#### **About the Host, Katie**

As a Certified Sports Nutritionist and Registered Dietician, Katie has always had a deep passion for promoting health and wellness. Katie received her Master’s Degree in Nutrition and Dietetics from Nova Southeastern University and her BA from Broward College, both located in Davie, FL.

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