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IMMEDIATE RELEASE

NUTRITION 21, LLC ANNOUNCES “A COMPARISON OF CELLULAR NITRIC OXIDE PRODUCTION FROM VARIOUS SPORTS NUTRITION INGREDIENTS INCLUDING NITROSIGINE®” AT THE RENOWNED 2016 INTERNATIONAL SOCIETY OF SPORTS NUTRITION 13th ANNUAL CONFERENCE

*Nitrosigine® Supplementation Significantly Increases Nitric Oxide Production
5x Greater than Other Ingredients Tested*

PURCHASE, NEW YORK – June 15, 2016 – Nutrition 21, LLC (“**Nutrition 21**”) is proud to announce the presentation of new *in vitro* study results supporting the superior nitric oxide production of Nitrosigine® bonded arginine silicate (ASI), titled, “Comparison of Cellular Nitric Oxide Production from Various Sports Nutrition Ingredients.” The study was presented on June 11th, 2016 to scientists and other professionals at the acclaimed International Society of Sports Nutrition 13th Annual Conference and the abstract will be published in the Journal of the International Society of Sports Nutrition (JISSN).

The study demonstrated that Nitrosigine® bonded arginine silicate supplementation significantly increased nitric oxide (NO) production in an *in vitro* model over the other sports nutrition ingredients tested – in fact, there was a 5 times greater increase in NO production compared to the other ingredients (Figure 1). This study also showed that Nitrosigine supplementation, in comparison to the other ingredients, was the only one to increase NO production significantly compared to control, suggesting that at the doses tested, ASI is a superior NO enhancer than the other ingredients tested. Increasing NO can lead to substantial benefits for training athletes and fitness enthusiasts as it can result in enhanced delivery of oxygen and nutrients to working muscles, positively affecting workouts and recovery. The results from this *in vitro* study support the use of Nitrosigine® as a bioactive NO booster over the other sports nutrition ingredients tested.

Figure 1. Nitric Oxide Production

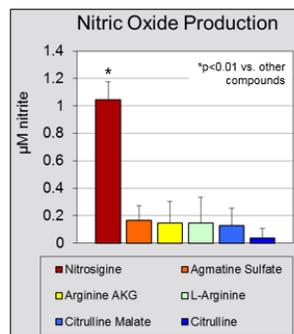


Figure 1. Nitrite levels, as a marker of NO, of ASI and other sports nutrition compounds in an *in vitro* study. ASI significantly increased NO production over each of the five other sports nutrition compounds tested ($p < 0.01$). There was a greater than 5X increase in NO production with ASI compared to the other tested sports nutrition ingredients including L-Arginine, L-Arginine AKG, L-Citrulline, L-Citrulline Malate and Agmatine Sulfate.

Nutrition 21, LLC

James Komorowski, MS, CNS, Vice President, Scientific & Regulatory Affairs of Nutrition 21 commented, "The results of this study provide additional information to help us better understand the enhanced effects reported on Nitrosigine."

"This study is another example of how Nutrition 21 demonstrates the efficacy of its products and has created a leading branded ingredient in the sports nutrition category," said Joe Weiss, President of Nutrition 21.

Consumer benefits directly linked to Nitrosigine supplementation have been clinically substantiated, including:

- Nitrosigine is a safe, bioavailable source of arginine and silicon
- Nitrosigine significantly enhances blood arginine levels for up to 6 hours^
- Nitrosigine significantly increases silicon levels for up to 1.5 hours^
- Nitrosigine boosts key factors for increasing blood flow^
- Nitrosigine increases energy quickly and safely
- Nitrosigine dramatically improves mental acuity and focus
- Nitrosigine increases muscle volume^
- Nitrosigine reduces muscle damage from exercise

^Results compared to baseline

About International Society of Sports Nutrition 13th Annual Conference

The International Society of Sports Nutrition (ISSN) 13th Annual Conference is a multi-society, interdisciplinary, biomedical, scientific meeting dedicated to promoting the science and application of evidence-based sports nutrition and supplementation. The conference features plenary and award lectures, symposia, oral and poster sessions, vendors and exhibitors with scientific findings and publications on sports nutrition and supplementation. The conference is a key influencer and thought-leader in the sports nutrition and supplementation field with over 400 attending scientists, researchers, and business executives represented from all over the world. The ISSN Conference 2016 meeting was held in Clearwater Beach, Florida, June 9th-11th, 2016.

For more information about the ISSN 13th Annual Conference (2016), please visit:
www.sportsnutritionssociety.org

About the Journal of the International Society of Sports Nutrition (JISSN)

JISSN is the leader in sports nutrition and supplementation journals. JISSN focuses on the acute and chronic effects of sports nutrition and supplementation strategies on body composition, physical performance and metabolism. JISSN is aimed at researchers and sports enthusiasts focused on delivering knowledge on exercise and nutrition on health, disease, rehabilitation, training and performance. The journal provides a platform on which readers can determine nutritional strategies that may enhance exercise and/or training adaptations leading to improved health and performance. The JISSN publishes peer-reviewed, multidisciplinary original research articles, as well as editorials, reviews and news of the sports nutrition industry. Furthermore, the JISSN prides itself on high visibility, speed of publication, flexibility, promotion and press coverage and copyright.

For more information about the Journal of the International Society of Sports Nutrition, please visit www.jissn.biomedcentral.com

About Nitrosigine®

Nitrosigine is a patented complex of bonded arginine silicate with FDA New Dietary Ingredient (NDI) notification status; 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. The Nitrosigine complex bonds arginine and silicate – unlocking powerful synergistic effects. Manufactured in the U.S., 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 100 domestic and international issued and pending patents for products. Many products 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: new Velositol™ amylopectin chromium complex, clinically shown to double the effects of whey protein -- significantly increasing 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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