

Nutrition21

FOR IMMEDIATE RELEASE

Nutrition 21, LLC Presents the Effects of Non-Stimulant, Energy-Increasing Nitrosigine on Heart Rate & Blood Pressure at 2018 Experimental Biology Conference

PURCHASE, NEW YORK – April 24, 2018 – Nutrition 21, LLC (“**Nutrition 21**”) is proud to announce the presentation of new clinical study results that support the safety of Nitrosigine®, the company’s patented complex of inositol-stabilized arginine silicate that serves as a nitric-oxide boosting, pre-workout ingredient. The results, entitled, “An Evaluation of the Effect of Inositol-Stabilized Arginine Silicate on Heart Rate and Blood Pressure” were presented last week at the 2018 Experimental Biology conference in San Diego, California. Experimental Biology is a multidisciplinary scientific meeting attended by thousands of scientists from academic institutions, government agencies, non-profit organizations, and more.

While Nitrosigine has been clinically shown to increase nitric oxide levels, energy levels, mental acuity and focus without the use of stimulants, the effects of Nitrosigine intake on heart rate and blood pressure had not been evaluated until now. Other energy-stimulating ingredients such as caffeine, bitter orange and guarana have been shown to increase heart rate, blood pressure, insomnia, nervousness, and restlessness. This evaluation of Nitrosigine was conducted to determine if the ingredient could be used without any negative cardiovascular side effects.

In one double-blind, placebo-controlled, clinical study, 16 male subjects received either Nitrosigine 1500 mg or placebo daily for 4 days. Results showed that while energy levels increased in the Nitrosigine group as compared to placebo, there were no significant changes in heart rate or systolic and diastolic blood pressure versus placebo at any measured time point. In a separate double-blind, placebo-controlled, clinical study, 12 male subjects received either Nitrosigine 1500 mg or placebo daily for 14 days. Again, results showed that there were no significant changes in heart rate or systolic and diastolic blood pressure between the two groups. These data points show that Nitrosigine intake at daily doses of 1500mg does not induce elevations in heart rate or blood pressure, neither after short or long term use.

James Komorowski, MS, CNS, Chief Science Officer of Nutrition 21 commented, “We are excited to present the results from two separate placebo-controlled clinical studies, both of which show that Nitrosigine safely increases energy levels without negative cardiovascular side effects. The results of these clinical studies corroborate the wealth of data that support the positive effects of Nitrosigine use.”

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

- Boosts key factors for increasing blood flow[^]
- Significantly improves mental acuity and processing speed by 33% within 15 minutes
- Increases muscle volume[^]
- Reduces muscle damage from exercise
- Increases energy quickly and safely
- Provides a safe, bioavailable source of arginine and silicon
- Significantly increases silicon levels for up to 1.5 hours
- Significantly enhances blood arginine levels for up to 6 hours[^]

[^]Results compared to baseline

About Experimental Biology

Experimental Biology is an annual meeting that brings together five societies, 25 guest societies, and

over 14,000 scientists, with attendees primarily from academic institutions, government agencies, non-profit organizations, and the science industry. Experimental Biology is open to anyone with an interest in life sciences, and focuses primarily on anatomy, biochemistry, molecular biology, investigative pathology, pharmacology, and physiology. The conference offers plenary lectures, workshops, oral and poster presentations, on-site career services, and more.

For more information on Experimental Biology, please visit: www.ExperimentalBiology.org

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 100 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: Velositol®, a dietary complex of amylopectin and chromium, which has been clinically shown to double the effects of whey protein and significantly increase 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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