

Nutrition21

FOR IMMEDIATE RELEASE

Nutrition 21, LLC Presents the Effects of Non-Stimulant, Energy-Increasing Nitrosigine® on Cognitive Function at 2018 International Society Of Sports Nutrition Conference

PURCHASE, NEW YORK – June 12, 2018 – Nutrition 21, LLC (“Nutrition 21”) is proud to announce the presentation of new clinical study results demonstrating that Nitrosigine® significantly improves cognitive and executive function, including mental flexibility and processing speed. The results were presented in two separate posters at the conference for the International Society of Sports Nutrition (ISSN), June 7-9, 2018, in Clearwater Beach, Florida.

The first poster, titled, “An Evaluation of the Effects of Inositol-Stabilized Arginine Silicate (ASI; Nitrosigine®) in Preventing the Decline in Cognitive Function Caused by Strenuous Exercise” presented novel results from a randomized, double-blind, placebo-controlled, crossover clinical trial demonstrating that Nitrosigine prevents the decline in cognitive function seen following strenuous exercise. This clinical study utilized a Trail Making Test (TMT), which is a widely-used instrument designed to assess cognitive processing speed and executive functioning. In the study, subjects were randomized into either the active or placebo group, and the TMT was used to measure cognitive function prior to dosing and immediately after an exercise at increasing workloads until exhaustion. Results showed that Nitrosigine significantly improved cognitive function parameters of mental acuity, focus and processing speed after exercise when compared to placebo.

The second poster, titled, “An Evaluation of the Effects of Inositol-Stabilized Arginine Silicate (ASI; Nitrosigine®) on Cognitive Flexibility” presented results of a post-hoc analysis of a previously published clinical study meant to evaluate the effect of Nitrosigine on cognitive function. The TMT consists of two parts, A and B, which require the ability to mentally switch between tasks. The difference between scores on parts A and B, the TMT B-A score, is then a direct measure of cognitive flexibility. This post-hoc analysis showed that after taking just a single dose of Nitrosigine, subjects significantly improved their TMT B-A scores, demonstrating that Nitrosigine significantly improves cognitive flexibility.

James Komorowski, MS, CNS, Chief Science Officer of Nutrition 21 commented, “We are excited to present the results from two separate studies that support the use of Nitrosigine for improvement of cognitive function. The results of these clinical studies add to the wealth of data that support the positive effects of Nitrosigine use.”

“The results of these studies show that Nitrosigine can provide a significant boost to cognitive function,” added Todd Spear, Executive Director of Sales of Nutrition 21. “The improvements in mental flexibility, processing speed, and executive functioning that result from even just one single dose of Nitrosigine demonstrate that Nitrosigine can bring a benefit to anyone looking for a cognitive boost, whether that be an athlete training for strenuous activity, a competitive gamer looking for heightened focus, or simply anyone looking for an afternoon boost to get through the rest of their work day.”

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

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

[^]Results compared to baseline

About The International Society of Sports Nutrition

Founded in 2003, ISSN is the only non-profit academic society dedicated to promoting the science and application of evidence-based sports nutrition and supplementation. ISSN is a world leader in circulating science-based sports nutrition and supplement information, which they propagate through their peer-reviewed journal, JISSN, and conferences.

For more information on ISSN, please visit: <https://www.sportsnutritionssociety.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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