

Nutrition 21's Nitric Oxide Boosting Ingredient Nitrosigine® is Now Powering up BPI Sports® New Nitro HD™ Pre-Workout Supplement

PURCHASE, NEW YORK – December 4, 2018 – Nutrition 21, LLC (“Nutrition 21”), has announced that its clinically substantiated ingredient, Nitrosigine®, is now featured in its first BPI Sports® pre-workout product, Nitro HD™. Nitro HD is composed of 100% Nitrosigine, and is a fast-acting, long-lasting, non-stimulant pre-workout, created to increase blood flow during exercise – which has been shown to promote focus, energy, pumps, and recovery.

Nitrosigine, a patented dietary complex of bonded arginine silicate stabilized with inositol, is a uniquely versatile ingredient with clinically substantiated results that adds a wide array of benefits to BPI Sports' Nitro HD. Several studies have shown that Nitrosigine clinically enhances levels of both arginine and nitric oxide in the blood and is a more bioavailable form of arginine. A recent study demonstrated that at least some of Nitrosigine's superiority over other nitric oxide boosters is due to the ingredient's ability to inhibit the pump-deflating enzyme, arginase. Additionally, recent clinical data on Nitrosigine has provided groundbreaking evidence demonstrating the ingredient's power to enhance mental flexibility, processing speed, executive functioning, mental focus and acuity.

“Nitrosigine's clinical evidence supports increased, long-lasting bioavailability and enhanced performance, providing sports nutrition products a competitive edge,” said Nutrition 21's Vice President of Sales, Todd Spear. “Consumers who are looking for a new option to power up their workouts, should look for BPI Sports' Nitro HD, as well as other pre-workout products featuring the Nitrosigine logo.”

“The development of Nitro HD was truly a collaboration with our partners at The Vitamin Shoppe,” said Whitney Reid, Vice President of Sales at BPI Sports. “They closely monitor trends within the industry and identified the benefits of increased blood flow for athletes at all levels. We set out to find an innovative ingredient and landed on Nitrosigine.”

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

- Boosts key factors for increasing blood flow[^]
- Improves cognitive flexibility within 15 minutes
- Significantly improves mental acuity and processing speed by 33%
- Prevents the decline in cognitive performance following strenuous exercise
- Increases muscle volume[^]
- Reduces muscle damage from exercise[^]
- Increases energy quickly and safely without negatively impacting heart rate or blood pressure
- Increases arginine bioavailability through arginase inhibition
- Significantly enhances blood arginine levels for up to 6 hours[^]

[^]Results compared to baseline

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 an industry-leading developer and marketer of efficacious, high-value, clinically substantiated ingredients for use in dietary supplements, medical foods, and beverages. With over 30 years of biotechnology and pharmaceutical experience, the company's scientific platform has continued to create unique, patented products that are both safe and clinically effective. To build consumer trust, Nutrition 21 ensures product efficacy and safety through a product development strategy that involves rigorous preclinical and clinical research. The company currently holds over 80 domestic and international issued and pending

Nutrition21

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patents for its ingredients which support unique claims associated with glucose metabolism, weight management, cognition, and sports nutrition, among others.

Nutrition 21's branded ingredients include Velositol®, a dietary complex of amylopectin and chromium clinically shown to double the effects of whey protein and significantly increase muscle protein synthesis, the key to muscle growth, Nitrosigine®, a bonded arginine silicate clinically shown to significantly boost nitric oxide levels, supporting mental acuity, focus and sports nutrition, and Chromax® chromium picolinate that supports clinically substantiated benefits including glucose metabolism, weight management, and brain health.

For more information, please visit: www.Nutrition21.com

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Source: Nutrition 21, LLC. DRA1697112618