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IMMEDIATE RELEASE

NUTRITION 21, LLC ANNOUNCES "ABSORPTION OF BONDED ARGININE SILICATE COMPARED TO INDIVIDUAL ARGININE AND SILICON COMPONENTS" AT THE RENOWNED 2016 INTERNATIONAL SOCIETY OF SPORTS NUTRITION 13th ANNUAL CONFERENCE

Nitrosigine® Supplementation Significantly Enhances the Bioavailability of Arginine and Silicon Levels

PURCHASE, NEW YORK – June 16, 2016 – Nutrition 21, LLC ("**Nutrition 21**") is proud to announce the presentation of new preclinical study results supporting the bioavailability of Nitrosigine® bonded arginine silicate (ASI), titled, "Absorption of Bonded Arginine Silicate Compared to Individual Arginine and Silicon Components." 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 serum arginine and silicon levels compared to equivalent doses of arginine, silicon and inositol as individual components (A+S+I). This study also showed that Nitrosigine supplementation significantly increased serum and joint tissue arginine and silicon levels compared to the control groups and the A+S+I supplemented group. The results from this study demonstrate that ASI supplementation significantly increased arginine and silicon bioavailability not only in the blood, but also in joint tissue, to a greater degree than the supplementation of equivalent doses of arginine, silicon and inositol as individual components. Therefore, the study suggests that the bonded nature of Nitrosigine enhances the bioavailability of each of the components, making it more bioactive and demonstrating the unique suitability of ASI for sports nutrition products and applications.

Results: Arginine

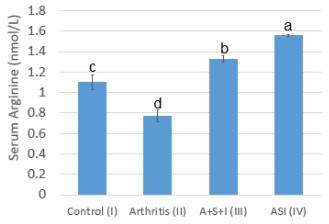

Figure 1. The concentration of serum arginine after a single dose of ASI, A+S+I or control. ASI supplementation resulted in a statistically significant increase in arginine versus the control groups (I and II) and the A+S+I group (III).

*Different letters are significant at p<0.05.

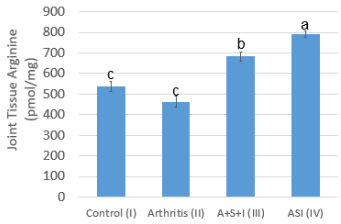

Figure 2. The concentration of joint tissue arginine after 29 days of ASI, A+S+I, or control. ASI supplementation resulted in a statistically significant increase in arginine versus the control groups (I and II) and the A+S+I group (III).

*Different letters are significant at p<0.05.

Results: Silicon

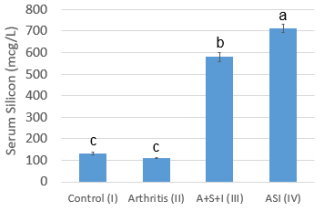

Figure 3. The concentration of serum silicon after a single dose of ASI, A+S+I, or control. ASI supplementation resulted in a statistically significant increase in silicon levels versus the control groups (I and II) and the A+S+I group (III).

*Different letters are significant at p<0.05.

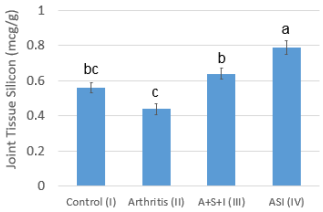

Figure 4. The concentration of joint tissue silicon after 29 days of ASI, A+S+I or control. ASI supplementation resulted in a statistically significant increase in silicon versus the control groups (I and II) and the A+S+I group (III).

*Different letters are significant at p<0.05.

James Komorowski, MS, CNS, Vice President, Scientific & Regulatory Affairs of Nutrition 21 commented, "The results of this study demonstrate that the activity of the inositol-stabilized arginine silicate complex is different than activity seen with each of the individual components. As a result, the benefits seen in clinical studies are specific to the bonded complex."

"This study highlights the numerous benefits of Nitrosigine and the applications of the ingredient in sports nutrition, energy and mental acuity products," 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 the 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.sportsnutritionsociety.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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