nnnSPORT®

X-Cell

INNOVATIVE FOOD SUPPLEMENT

FOR THE SERIOUS ATHLETE

Product information

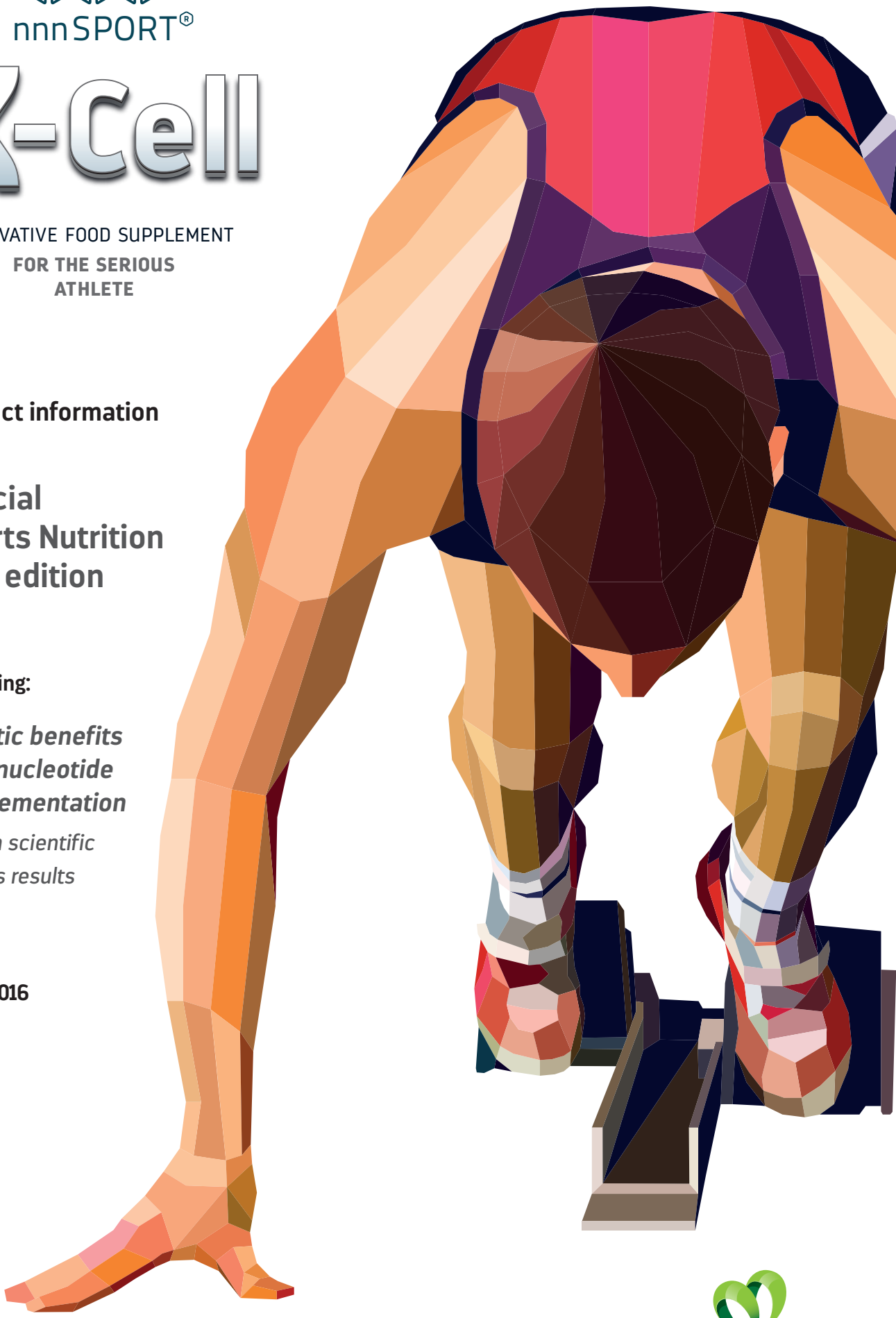
Special Sports Nutrition LIVE edition

Featuring:

Athletic benefits from nucleotide supplementation

Interim scientific studies results

April 2016



nucleotide nutrition

nnnSPORT® X-Cell is a ground-breaking new product that fuels your DNA and supports cellular regeneration by combining approved and established vitamins with a tested and unique proprietary ingredient blend.

At the cutting edge of research and learning
SPORTS NUTRITION LIVE

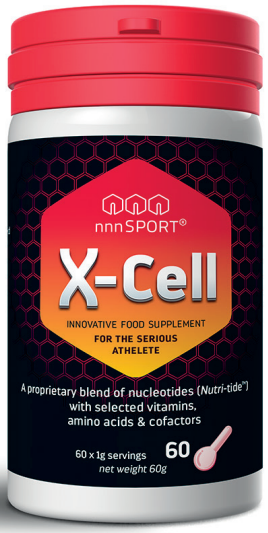
Cellular regeneration: the key to elite sporting performance

nnnSPORT® X-Cell contains our proprietary *Nutri*-tide® nucleotide nutritional formula – the only formula on the market that contains precise levels of all five of nucleotides found in the DNA and RNA of human cells.

Nucleotides are the key to cellular regeneration

Designed to address the needs of serious athletes and successfully tested by sportsmen in independent high-intensity and endurance trials*, nnnSPORT® X-Cell is quality tested and registered with the Informed-Sport testing scheme.

In addition to *Nutri*-tide®, nnnSPORT® X-Cell contains carefully selected vitamins and amino acids, including the key vitamin, folate, which contributes to cell division. nnnSPORT® X-Cell is water-soluble and can even be added to shakes, protein drinks or sprinkled onto food. It is ideal for use in combination with your existing training regimen.



To find out more about this ground-breaking product check out our new website **www.nnnsport.com** and like us on facebook at www.facebook.com/nnnSPORTxcell/ to get notifications and updates.

To request trial results or details of special offers email us on **info@nucleotidenutrition.com**

**high-intensity and endurance stress trials results are available on request.*

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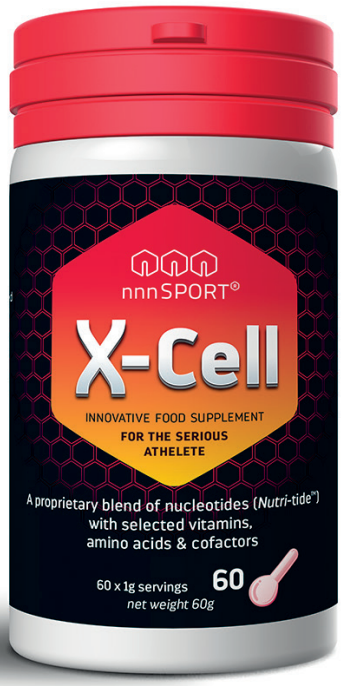
Nutri-tide® NUCLEOTIDE NUTRITION

ProBIO®

Sport nutrition's best kept secret

nnnSPORT®X-Cell harnessing nucleotide power



As the building blocks of DNA and the backbone of cellular regeneration, nucleotides are essential to the foundation of good health, sports performance and recovery.

Incorporating our ground-breaking, proprietary Nucleotide formula: *Nutri*-tide®, nnnSPORT®X-Cell supports the enhanced cellular regeneration requirements of the serious athlete

- For protocols that recognise that cellular regeneration is the key to elite sporting performance.
- Water-soluble scoop servings enabling therapeutic dose treatments dictated by training and stress levels.
- *Nutri*-tide® nucleotide nutrition delivers a balanced level of all five nucleotides – pyrimidine & purine. A sophisticated proprietary blend of purified nucleotides that are readily absorbed in the intestines, it should not be confused with basic yeast RNA products.
- *Nutri*-tide® nucleotide nutrition formula is blended with selected vitamins and amino acids enhancing immune and digestive health, and improving energy and recovery, whilst reducing the effects of high intensity and endurance stress. and is ideal for use in combination with existing training regimens.
- Nucleotides extracted from food sources using non-solvent quality assured techniques and tested for WADA prohibited substances. nnnSPORT®X-Cell is registered with the **Informed-Sport** testing scheme.
- nnnSPORT®X-Cell acts like a "*supplement enhancer*" when included in an atheletes protocol
- Caters for pyrimidine and purine food deficiencies
- Extracted from food sources and suitable for vegans, vegetarian, Kosher and Halal diets
- Purified and quality tested to be gluten, yeast, and lactose free

nucleotide nutrition

The essential nature of nucleotides

Nucleotides are primordial micro-nutrients and are the key nutrients essential to many biological processes

- Nucleotides are the building blocks that form DNA and RNA.

  The 5 essential DNA and RNA nucleotides are:

- Over a billion nucleotides are required to build a human DNA helix.

- Certain cells are dependent on dietary nucleotides for cellular regeneration i.e. DNA replication

  Immune function:

  Lymphocyte & macrophage cells – their rapid proliferation place a high demand on nucleotides availability.

  Energy & Recovery; Oxygenated blood:

  Erythrocyte cells – unable to produce their own nucleotides.

  Intestinal mucosa growth & repair processes:

  Epithelial cells – own-production is too low to cover their needs.

  Intestinal flora:

  bifidobacteria – unable to produce their own nucleotides.

- Nucleotides supplied through the diet indirectly support other organs and metabolic processes:

  Liver function:

  Supplementary nucleotides lower the threshold for stress by providing a direct source that bypasses the liver (see High Intensity Sports Stress research).

  Protein synthesis:

  RNA is essential for the formation of protein. Insufficient dietary intake of certain nucleotides* reduces the ability of the liver to produce protein, and where liver function is impaired then the storing of fat is favoured. *Cytidine, Uridine, and Tymidine – the pyrimidine nucleotides (see Quality of meat animal production research).

  Impact of Stress:

  The body uses nucleotides to repair DNA damaged by oxidative stress. Repaired cells can then regenerate normally. (see Oxidative Stress research).

  Additionally, high levels of stress decrease liver function and produce excess stress hormones that restrict cell regeneration. Dietary supplementation helps to lower the threshold for stress by providing a direct source of nucleotides that bypasses the liver.

  Energy metabolism:

  The transport of oxygen is dependent on the number of red blood cells in the body. New, highly oxygenated blood cells supply oxygen to muscle cells. Muscles stay in the aerobic phase, thus utilizing readily available energy to its full extent, producing less lactate. Resulting in shorter recovery periods and fewer muscle cramps after strenuous exercise.

  In repeated intense exercise there is a loss of energy, namely ATP – the nucleotide Adenosine Tri-Phosphate – from muscles. Supplementary adenosine replenishes the muscles' nucleotide pools.

- Nucleotides and their derivatives serve diverse roles in enzymatic regulations, signal transduction and as structural components of coenzymes.

nnnSPORT®X-Cell – additional information

History of safe use – no adverse effects

- Mother's breast milk and commercial infant formula.
- Consumer food supplements; *Nutri*-tide® nucleotide nutritional formula is a key component of the consumer food supplements IntestAid®IB (digestive health) and NuCell®IM (immune health). These supplements are also registered with Informed-Sport.

Caters for dietary deficiency

- Changes in dietary habits Modern Western diets result in less nucleotide-dense foods (refer to Swiss food studies) e.g. offal, bone marrow.
- Overcomes modern "depleters" of nucleotide reserves e.g. high intensity training, performance stress and poor immune function.

*Reference material available on request *(see contact details on following page)*

Educational brochure: Putting you in the picture about nucleotides.

Summary of Research: Published paper abstracts.

Articles Compendium: Published professional magazine articles.

nnnSPORT®X-Cell – Interim scientific studies results

A message from Rachel Hoyle – CEO, Nucleotide Nutrition Ltd

Dear Sports Nurtition LIVE delegates,

it's a decade now since the publication of our first sports exercise clinical study focussing on high intensity stress.

10 years on and 2016 marks the release of our latest study testing athletes taking our unique nucleotide supplement, nnnSPORT®X-Cell, under a resistance stress exercise regime.

We feel, therefore, that this is the perfect time for us to release an overview of our research into nucleotide supplementation in the field of sport and exercise.

And, where better to release the results of our findings than to the delegates who attended Sports Nutrition LIVE.

The pioneer of nucleotide supplementation for athletes, Dr Peter Koeppel, was invited to speak at this Functional Sports Nutrition event about the Effects of Nucleotides on the Performance and Health of Athletes.*

Back in the "noughties", following internal research into the nucleotide content of different foods, Dr Koeppel, with his Swiss company ProBIO AG, established Nutri-tide®, a proprietary formula containing a scientific balance of all 5 of the main dietary DNA and RNA nucleotides, the composition of which was designed to overcome dietary deficiencies and intensive stress conditions. The collaboration between Peter Koeppel and Nucleotide Nutrition Ltd found UK grant funding for investigative clinical trials to test these nucleotide supplement formulations ... and with such significant results emerging we have never looked back!

Now, 10 years later, we are extremely proud to share this overview of those findings with you, the UK's foremost-thinking exercise practitioners and professionals,

Research and quality are of the utmost importance to Nucleotide Nutrition Ltd and ProBIO AG, which is why all of our products are formulated using natural and pure ingredients and are produced under strict quality control protocols. You can be assured too that nnnSPORT®X-Cell is safe to use being registered with the Informed-Sport testing scheme.

We hope you enjoy the following overview of our research supporting the latest advance in functional sports nutrition.

Rachel Hoyle, BSc

*** Lecture summary, Dr Peter Koeppel: Effects of nucleotides on performance & health of athletes**

Exercise can have both positive and negative effects on the immune function and the susceptibility to minor illnesses. Dietary nucleotides can improve the relationship between exercise, the immune system and host protection. The transport of energy in the body is fully dependent on the availability of nucleotides in the form of ATP, GTP and UTP. Nucleotides also support oxygen supply to the body, meaning potentially diminished lactate levels in athletes.

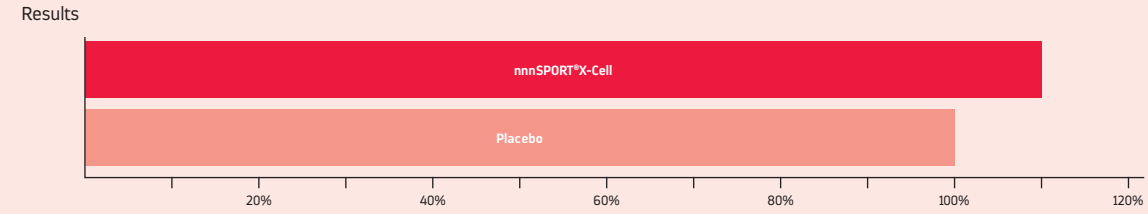
Studies show that supplementary nucleotides repair DNA that have been damaged by increased levels of oxygen radicals, reduce muscle damage after intensive exercise, and support the absorption of nutrients in the gut by improving gut morphology.

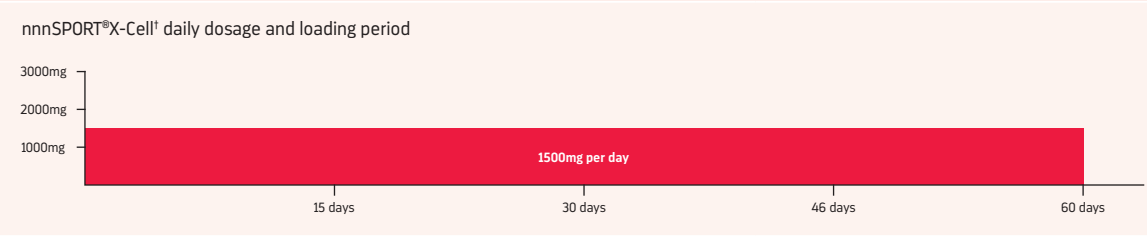
nnnSPORT®X-Cell – Interim scientific studies results /cont ...

Athletic benefits from nucleotide supplementation

1. **Improved Immune status** as shown by salivary antibodies (IgA)

Achievement	High intensity activity
10% higher levels of salivary IgA than placebo ***(significant)***	90 min. cycle ergometer (60%VO_{2max})





† Our product, nnnSPORT®X-Cell, shares the same base formulation as our immunity product, NuCell®IM, used in the above research studies

McNaughton et al,
Moderate endurance exercise, *2006*

Salivary immunoglobin (IgA) is the main form of immunoglobin found in saliva and the mucosal membranes, thus it plays a front line role in defending the body against colds and other respiratory infections.

It is a readily measured marker for immune system function.

After 60 days of supplementation, significant differences were found in the two markers between the control and the experimental groups following moderate endurance exercise.

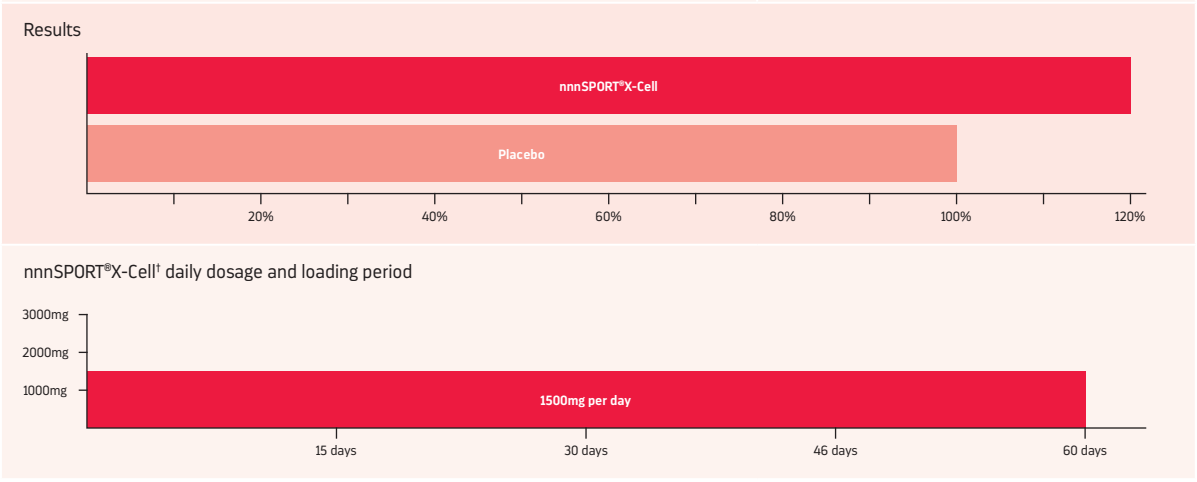
Those taking the nucleotide supplement had significantly higher levels of salivary IgA than the control group.

nnnSPORT®X-Cell – Interim scientific studies results /cont ...

Athletic benefits from nucleotide supplementation

2. Improved Immune status as shown by salivary antibodies (IgA)

Achievement	High intensity activity
20% higher levels of salivary IgA than placebo ***(significant)***	2 min. maximal exercise ergometer



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McNaughton et al,
High intensity stress exercise, 2007

The impact of nucleotide supplementation was repeated by McNaughton, this time using high intensity stress exercise.

After 60 days of supplementation, significant differences were found in the two markers between the control and the experimental.

Those taking the nucleotide supplement had significantly higher (20%) levels of salivary IgA than the control group.

The implications are that nucleotide supplementation strengthens the immune system, leading to fewer colds and upper respiratory infections.

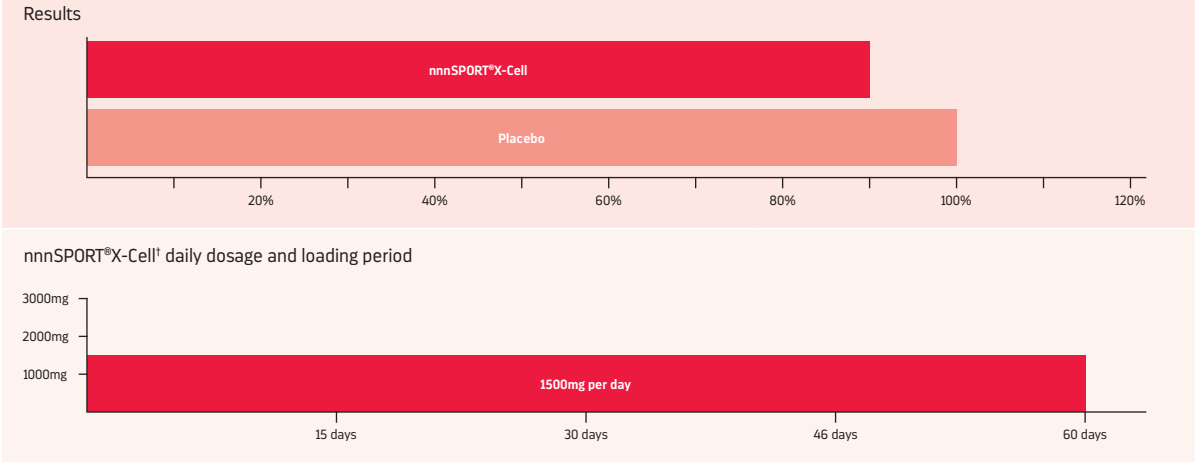
This impact was observed in a colds study at Queen Margaret University, Edinburgh.

nnnSPORT®X-Cell – Interim scientific studies results /cont ...

Athletic benefits from nucleotide supplementation

3. **Reduced immune suppression** as shown by cortisol

Achievement	High intensity activity
10% less build-up post exercise ***(significant)***	90 min. cycle ergometer (60%VO_{2max})



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McNaughton et al,
Moderate endurance exercise, *2006*

Cortisol is a hormone released when the body is under stress. While it is normal for an athlete to have a higher level of cortisol after exercise, elevated levels indicate higher stress. All things being equal, an athlete with a lower level of cortisol post-exercise will have a faster recovery, since there is less catabolism [tissue degradation] during exercise.

After 60 days of supplementation, significant differences were found. Cortisol was significantly ($p<0.02$) lower after exercise compared with Placebo group following moderate endurance exercise. Those taking the nucleotide supplement had significantly lower build-up of cortisol.

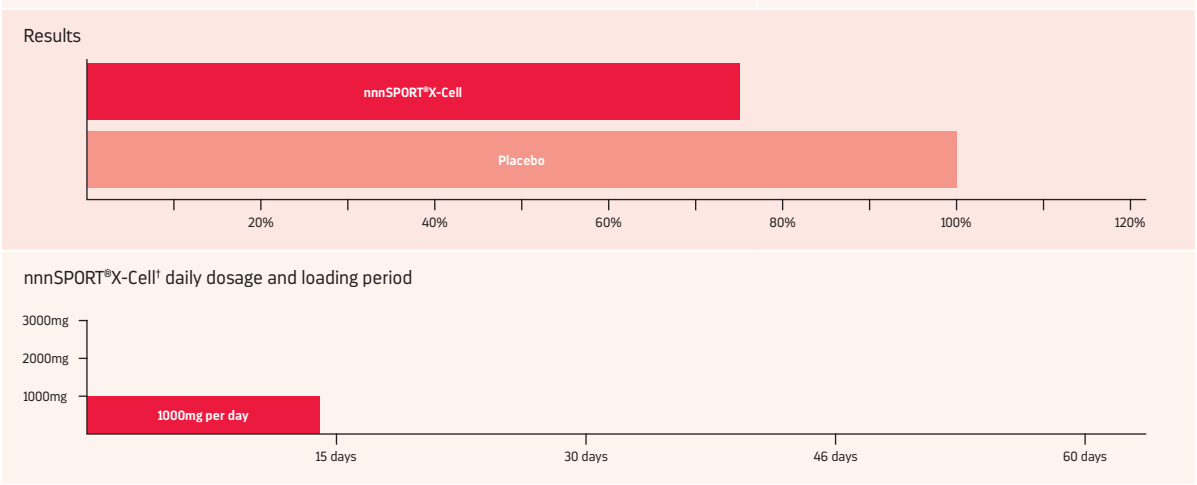
Additionally, this trial shows that significant benefits can be achieved for relatively low doses of the nucleotide formula (1500g) when longer loading periods are used, in this case, 60 days.

nnnSPORT®X-Cell – Interim scientific studies results /cont ...

Athletic benefits from nucleotide supplementation

4. **Reduced immune suppression** as shown by cortisol

Achievement	High intensity activity
>25% reduced build-up post exercise ***(significant)***	Acute Heavy Lifting Exercise Protocol (AHLEP)



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Sterczala et al,
Resistance exercise stress. 2016

In a new trial the cortisol levels were analysed in a double blind, placebo controlled, cross-over test after an acute heavy resistance exercise.

Ten male athletes underwent two supplementation and testing cycles, which were separated by a one-week washout period.

The results are quite striking. The cortisol level at 15 and 30 minutes were significantly lower in the supplemented group. Whereas the cortisol levels in nucleotide supplemented athletes remained on the same level, a significant increase could be observed in the placebo group period up till 60 minutes after the exercise.

This clearly confirms the earlier results of McNaughton. It also shows that for this type of exercise moderate levels of supplementation (1000mg) can reduce the build-up of this stress hormone with even shorter loading periods.

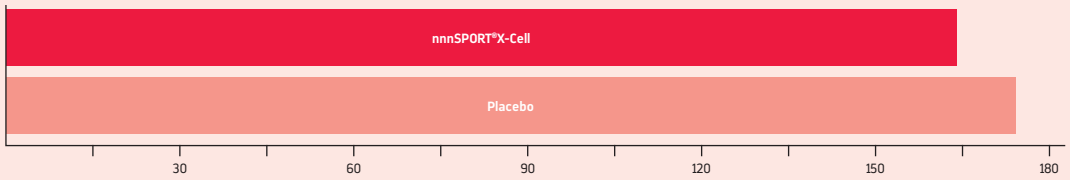
nnnSPORT®X-Cell – Interim scientific studies results /cont ...

Athletic benefits from nucleotide supplementation

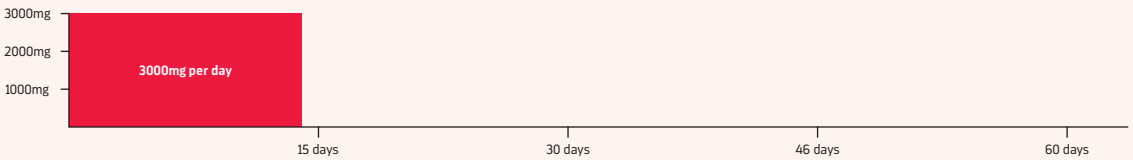
5. Improved cardiovascular function as shown by reduced heart rate

Achievement	High intensity activity
Reduced heart rate 164 beats c.f. / 174 beats (placebo)	Soccer Specific Intermittent Treadmill Protocol (SSITP)

Results



nnnSPORT®X-Cell† daily dosage and loading period



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Independent university research††
(On-going)

The findings from this small-scale trial indicate that, in thermos-positive conditions (~30°c), 90 minutes of soccer-specific intermittent exercise (SSITP) shows a statistically significant (P<0.05) positive influence by nucleotide supplementation, where **cardiovascular function was improved at the same work rates, with the no. of heart beats reduced by 10 beats per minute.**

†† *To be published*

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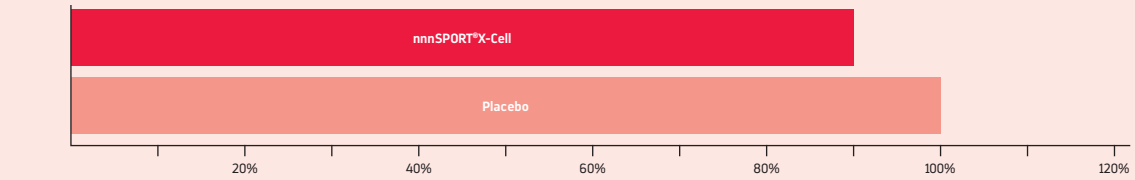
nnnSPORT®X-Cell – Interim scientific studies results /cont ...

Athletic benefits from nucleotide supplementation

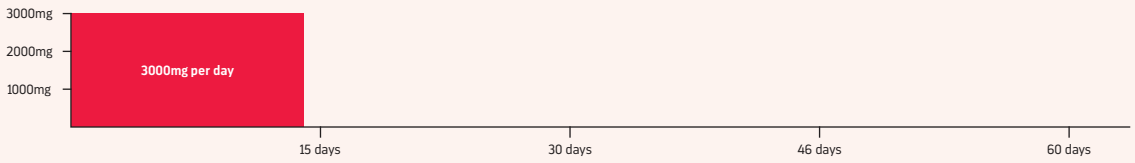
6. **Impact performance** as shown by relative perceptions of effort (RPE)

Achievement	High intensity activity
Relative Perceived Effort (RPE) 10% less than placebo	SSITP* & RSE**

Results



nnnSPORT®X-Cell† daily dosage and loading period



* *Soccer Specific Intermittent Treadmill Protocol (SSITP)*

** *Repeat Sprint Exercise (RSE) – 6 x 35m maximal sprints interspersed with 15 second active recovery*

† *Our product, nnnSPORT®X-Cell, shares the same base formulation as our immunity product, NuCell®IM, used in the above research studies*

Independent university research††
(On-going)

The findings from this small-scale trial indicate that, in thermos-positive conditions (~30°c), 90 minutes of soccer-specific intermittent exercise (SSITP) shows a statistically significant (P<0.05) positive influence by nucleotide supplementation, over the placebo group.

Subjective perceptions of effort (RPE) relating to these intensive exercises were reduced by over 10%.

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†† *To be published*

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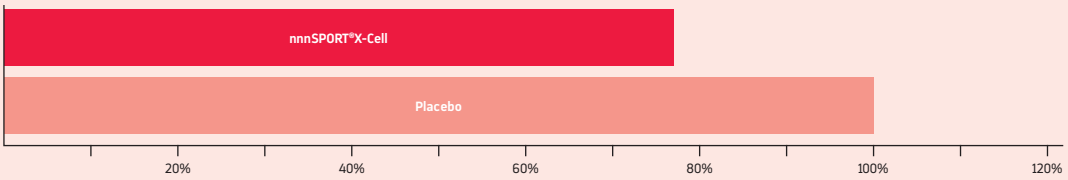
nnnSPORT®X-Cell – Interim scientific studies results /cont ...

Athletic benefits from nucleotide supplementation

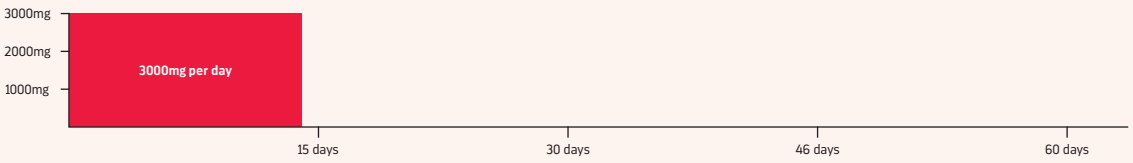
7. **Reduced impact on recovery** as shown by blood lactate responses

Achievement	High intensity activity
Blood lactate responses 23% lower than placebo ***(significant)***	Repeat Sprint Exercise (RSE)**

Results



nnnSPORT®X-Cell† daily dosage and loading period



** *Repeat Sprint Exercise (RSE) – 6 x 35m maximal sprints interspersed with 15 second active recovery*

† *Our product, nnnSPORT®X-Cell, shares the same base formulation as our immunity product, NuCell®IM, used in the above research studies*

Independent university research††*
(On-going)

Subjects performed a repeated sprint exercise (RSE) ability test consisting of 6 x 35m maximal sprints interspersed with a 15 second active recovery to return to the start line.

Nucleotide supplementation mediated reductions in blood lactate responses, and improvement in sprint performance times and reduce perceptions of effort were observed.

†† *To be published*

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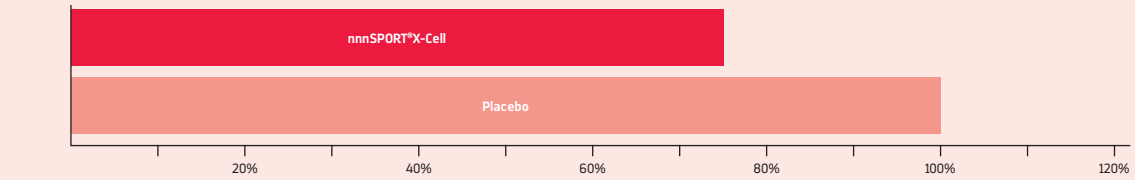
nnnSPORT®X-Cell – Interim scientific studies results /cont ...

Athletic benefits from nucleotide supplementation

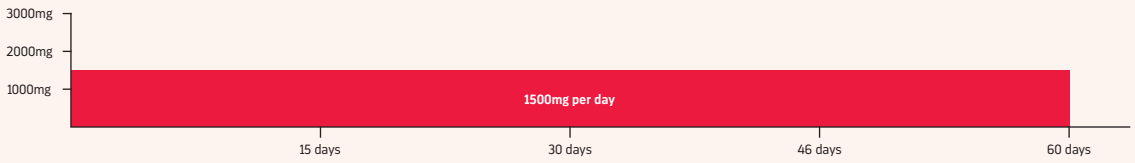
8. **Reduced impact on recovery** as shown by blood lactate responses

Achievement	High intensity activity
Blood lactate responses 25% lower 'change in lactate' ***(near significance)***	90 min. cycle ergometer (60%VO_{2max})

Results



nnnSPORT®X-Cell† daily dosage and loading period



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McNaughton et al,
Moderate endurance exercise, 2006

This ground breaking trial showed the impact of nucleotide supplementation on recovery following moderate endurance exercise. After exercise the change (or build-up) in the level of lactate in the blood is diminished.

The transport of oxygen is dependent on the number of red blood cells in the body. The ready supply of dietary nucleotides is essential to this cellular generation.

The new, highly-oxygenated blood cells supply oxygen to muscle cells. The longer muscles stay in the aerobic phase, utilizing readily-available energy to a fuller extent, the less lactate is produced.

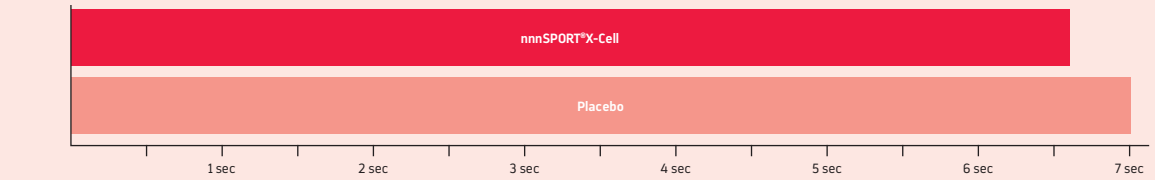
nnnSPORT®X-Cell – Interim scientific studies results /cont ...

Athletic benefits from nucleotide supplementation

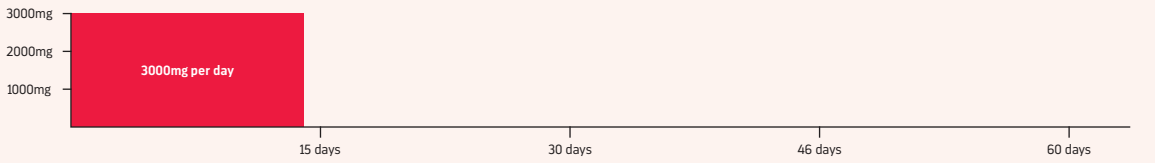
9. Impact on performance as shown by average sprint times

Achievement	High intensity activity
Average sprint times notably improved Placebo 7.06 secs. vs NuCell®IM 6.60 secs.	Repeat Sprint Exercise (RSE)**

Results



nnnSPORT®X-Cell† daily dosage and loading period



** *Repeat Sprint Exercise (RSE) – 6 x 35m maximal sprints interspersed with 15 second active recovery*

† *Our product, nnnSPORT®X-Cell, shares the same base formulation as our immunity product, NuCell®IM, used in the above research studies*

Independent university research*
(On-going)

Athletes performed a repeated sprint exercise (RSE) ability test, which consisted of 6 x 35m maximal sprints interspersed with a 15 second active recovery to return to the start line.

A higher dose of the nucleotide supplement (3000mg) was used over the short 2 week loading period, and **this produced a significant difference in average sprint times, 6.60 seconds for the nucleotide group compared with 7.06 for the controls.**

†† *To be published*

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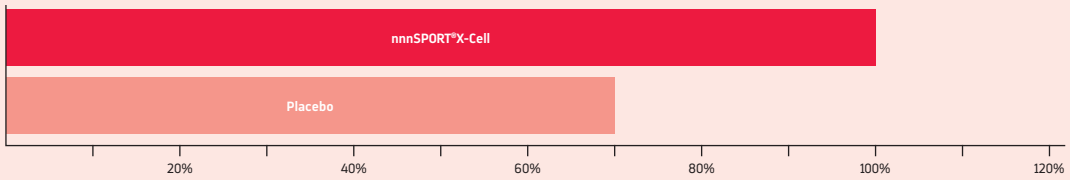
nnnSPORT®X-Cell – Interim scientific studies results /cont ...

Athletic benefits from nucleotide supplementation

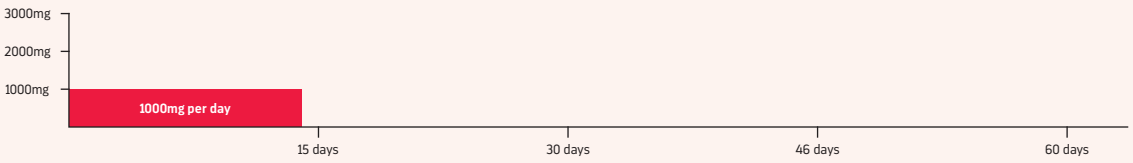
10. **Impact on performance** as shown by peak force (Isometric force recovery)

Achievement	High intensity activity
Peak Force (Isometric force recovery) maintained on same level as before exercise. Placebo group level dropped (>30% lower for 48 hours) ***(Significant)***	Acute Heavy Lifting Exercise Protocol (AHLEP)

Results



nnnSPORT®X-Cell† daily dosage and loading period



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Sterczala et al,
Resistance exercise stress. 2016

In this recently published trial the peak force levels were analysed in a double blind, placebo-controlled, cross-over test after an acute heavy resistance exercise.

Ten male athletes underwent two supplementation and testing cycles, which were separated by a one-week washout period.

The most important outcome of this study is that nucleotide supplementation increased the peak force in the back squat isometric force test immediately after the exercise and at 24 hrs, 48 hrs and 72 hrs.

The isometric force in supplemented athletes did not change after an acute heavy resistance exercise, whereas in not-supplemented athletes the peak force was significantly reduced and they required 48 hours for full recovery.

nucleotide nutrition

nnnSPORT®X-Cell – Interim scientific studies results /cont ...

Athletic benefits from nucleotide supplementation

Results overview from interim independent scientific studies

Benefit	Effect measured	Achievement	High intensity activity	Trial reference	nnnSPORT®X-Cell† daily dose & pre-exercise loading times
Improved immune status	Salivary antibodies (IgA)	10% higher than placebo ***(significant)***	90 min. cycle ergometer (60%VO_{2max})	*McNaughton et al Mod. endurance exercise. 2006*	1,500mg 60 days loading period
		20% higher than placebo ***(significant)***	2 min. maximal exercise ergometer	*McNaughton et al High intensity stress exercise. 2007*	1,500mg 60 days loading period
Reduced immune suppression	Cortisol	10% less build-up post exercise ***(significant)***	90 min. cycle ergometer (60%VO_{2max})	*McNaughton et al Mod. endurance exercise. 2006*	1,500mg 60 days loading period
		>25% reduced build-up post exercise ***(significant)***	Acute Heavy Lifting Exercise Protocol (AHLEP)	*Sterczala et al, Resistance exercise stress. 2016.*	1,000mg 14 days loading period
Improved cardiovascular function	Reduced heart rate	164 beats c.f. 174 beats (placebo)	SSITP*	*Independent University research (on-going)*	3,000mg 14 days loading period
Reduced perceptions of effort	Relative Perceived Effort (RPE)	10% less than placebo	SSITP* & RSE**	*Independent University research (on-going)*	3,000mg 14 days loading period
Reduced impact on recovery	Blood lactate responses	23% lower than placebo ***(significant)***	RSE**	*Independent University research (on-going)*	3,000mg 14 days loading period
		25% lower 'change in lactate' ***(near significance)***	90 min. cycle ergometer (60%VO_{2max})	*McNaughton et al Mod. endurance exercise. 2006*	1,500mg 60 days loading period
Impact on performance	Average sprint times	Notably improved times: Placebo 7.06 secs. vs NuCell®IM 6.60 secs.	RSE**	*Independent University research (on-going)*	3,000mg 14 days loading period
	Peak Force (Isometric force recovery)	Maintained on same level as before exercise. Placebo group level dropped (>30% lower for 48 hours) ***(Significant)***	Acute Heavy Lifting Exercise Protocol (AHLEP)	*Sterczala et al, Resistance exercise stress. 2016.*	1,000mg 14 days loading period

* *Soccer Specific Intermittent Treadmill Protocol (SSITP)*

** *Repeat Sprint Exercise (RSE) – 6 x 35m maximal sprints interspersed with 15 second active recovery*

† ***Our product,*** *nnnSPORT®X-Cell, shares the same base formulation as our immunity product, NuCell®IM, used in the above research studies*

Please note:

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nnnSPORT®

X-Cell

Product information

Product Presentation

- Product code: NSXC-001
- Security sealed plastic 100ml pot
- Plastic scoop
- Filled with 60g cream coloured water soluble powder

Ingredients

Standardised 5'-Ribonucleotides, Inositol, Maltodextrin, L-Lysine,L-Ascorbic acid, D-Biotin, Pteroylmonoglutamic Acid, D-Alphatocopherol, Calcium D-Pantothenate, Methyl Cobalamin.

Nutritional facts:

	per 2g serving (2 x level scoops)	%NRV*
Vitamins		
Vitamin C	112.2 mg	140.4 %
Folic acid	243.6 µg	121.8 %
Pantothenic acid	74.0 mg	126.0 %
Biotin	82.4 µg	165.2 %
Vitamin E	16.8 mg	141.4 %
Vitamin B12	3.0 µg	122.2 %
Nucleotides		
Purified yeast extracts of standardised 5'-ribonucleotides pyrimidine & purine)	500.0 mg	121.8 %
Amino Acids & others		
L-Lysine	150.0 mg	–
Inositol	600.0 mg	–

**NRV = Nutritional Reference Value*

Recommended daily dosage

1 level scoop delivers 1000mg

Each pot has 60 x 1000mg scoops providing 30 maintenance servings

Maintenance serving: 2 level scoops per day (2000 mg/day)

Therapeutic serving: 3 level scoops per day (3000 mg/day)

An additional one or two scoops can be taken before, during or after periods of intense training or as directed by a practitioner / trainer.

nnnSPORT™X-Cell can be taken in combination with existing nutritional training regimens.

Powder is water soluble. Dilute in water*, juice, or add to a smoothie or your favourite health drink / protein shake.

**Water is cloudy at first, but becomes clear upon stirring or adding warm water.*

/cont.

nnnSPORT®

X-Cell

Product information (cont)

Quality tested

None of the products contain ingredients of animal origin.

Suitable for vegetarians and vegans, contains no lactose and is gluten and yeast free

nnnSPORT™X-Cell contains both pyrimidine and purine bases and is sourced from yeast, although no yeast remains in the finished product.

Certification

All our products are produced & packed in a facility that holds Halal and Kosher certification.

nnnSPORT®X-Cell is registered with the Informed Sport testing scheme.

Pricing

Delivery inclusive
Payment terms are 30 days from date of delivery.

Minimum Order size:

6 units: Price available on application (ex VAT)

Higher volume discount

24 units: Price available on application (ex VAT)

Lead times

Order to dispatch is: up to 14 days
(but usually within 5 days).

Reference material (available on request)

Educational brochure:
Putting you in the picture about nucleotides

Summary of Research:
Published paper abstracts

Articles Compendium:
Published professional sports magazine articles

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