

### NUTRITIONAL GROWTH SOLUTIONS RECEIVES POSITIVE ONE-YEAR TRIAL RESULTS OF HEALTHY HEIGHTS® GROW DAILY BOYS 10+ FORMULA

#### HIGHLIGHTS

- Positive open extension phase (6-12 months) clinical trial results for Healthy Heights® Grow Daily Boys 10+ to assess effect on height, weight, and body composition in healthy, lean, and short pre-adolescent 10 to 14.5-year-old males
- Results found significant dose-response correlations between the consumption of Grow Daily Boys 10+ and the gain in height, weight, and muscle-mass. Throughout the study, the net changes in fat mass percentage were minor, supporting the safety of the intervention in terms of a possible obesogenic effect.
- Participants who consumed at least 50% of the recommended daily dose of Grow Daily Boys 10+ for either 6 or 12 months maintained their average height increase rate throughout the study period, while those who consumed less than 50% displayed a decrease in growth rate.
- Results of the second six-month phase of a 12-month, randomised, double-blind, placebo-controlled study in peer-reviewed medical journal *Hormone Research in Pediatrics*<sup>1</sup>
- Clinical study with a formulation tailored for girls is ongoing.

**18 October 2022 - Nutritional Growth Solutions Ltd. ("the Company" or "NGS", ASX:NGS)**, a global nutrition company that creates scientifically formulated and clinically proven supplements to support growth development in children and young people, has received positive results from open extension (6-12 months) clinical trial on its Grow Daily Boys 10+ formula, with the results now published in peer-reviewed international pediatric research journal, *Hormone Research in Pediatrics*.

Following six months of double-blinded intervention with nutritional formula or placebo, an open-label extension phase was carried out for another six months. In the extension phase **Grow Daily Boys 10+** was provided to all the participants in both the intervention and placebo arms. Seventy-nine healthy, lean, and short, pre-adolescent ten to 14.5-year-old males completed the extension phase.

The extension phase results found significant dose-response correlations between the consumption of **Grow Daily Boys 10+** and the gain in height, weight, and muscle-mass.

Throughout the study, net changes in fat mass and fat mass percentage were minor (mean changes of less than 0.8 kg and less than 0.8%, respectively), showing the intervention had no obesogenic effect.

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<sup>1</sup> Yackobovitch-Gavan M, Lazar L, Demol S, Mouler M, Rachmiel M, HersHKovitz E, Shamir R, Phillip M, Fisch-Shvalb N. The effect of a nutritional supplement on growth and body composition in short and lean preadolescent boys following one-year of intervention. *Horm Res Paediatr*. doi: 10.1159/000526671. Epub ahead of print. PMID: 36063807.

Participants who consumed at least 50% of the recommended daily dose of Grow Daily Boys 10+ for either six or 12 months maintained their average height increase rate throughout the year, while poor consumers (who consumed less than 50%) displayed a decrease in growth rate.

Nutritional Growth Solutions Director of Clinical Studies and Lead researcher of the study, Dr Michal Yackobovitch-Gavan said:

“Assessment of the impact of nutritional support in older children and adolescents has historically been challenging, due to differences in puberty timing and the tempo of change. However, the strength of this study lies in its one-year, two-phase design, comprising six months of a double-blinded intervention, followed by an additional six months of an open-label extension, the relatively large sample size, the long duration, and the evaluation of body composition.

“Through both phases we found that an intervention with a multi-nutrient, protein-rich formula was effective at improving the gain in height, weight, fat-free-mass and muscle mass, in short and lean pre-pubertal male adolescents.”

Nutritional Growth Solutions CEO and Managing Director, Liron Fendell said:

“A key differentiator for Nutritional Growth Solutions is our ability to provide clinically proven nutrition solutions for children aged three to 15 years. This latest phase for our Grow Daily Boys 10+ trial adds to the growing body of medical research to determine the optimal dose of the nutritional formula required to further improve the long-term growth responses in young children. It builds on more than 20 years research at the Schneider Children's Medical Center, one of the leading institutions globally on child nutrition.

“The Healthy Heights® range is not a one-size-fits-all product. As children grow older the essential nutrients they require for optimal growth change, as does their ratio. These clinical trials help show the reasons we create a range of different formulations specifically for boys or girls, at different ages and stages of growth – from toddlers through to pre-teens.

“This education is important as Nutritional Growth Solutions increases the channels its products are available in the US, China, Israel, Italy and Southeast Asia, which now include online retailers, pharmacies, health food stores, as well as more than 420 retail outlets across the US.”

-ENDS-

*This announcement has been authorised for release by the CEO and the Chairman of Nutritional Growth Solutions Ltd.*

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**About Nutritional Growth Solutions**

Nutritional Growth Solutions is a global nutritional health company focused on the well-being of children. NGS develops, produces and sells clinically tested nutritional supplement formulae for children following 20 years of medical research into pediatric nutrition at Schneider Children's Medical Centre, Israel's largest pediatric hospital. The nutritional supplements market has experienced tremendous growth in recent years, but most attention has been focused on adult users and children under three years of age. The three to twelve-year-old consumers represent a larger market opportunity and NGS is highly differentiated from its competitors with clinically tested products and an expanding product portfolio to capture this market opportunity.

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