

11 January 2023

NGS commences pilot clinical trial with an innovative sports supplement for children

Highlights

- Commencement of clinical trial to evaluate the effects of the NGS innovative sports supplement on physical activity performance.
- NGS has formulated an innovative nutritional supplement, aimed at completion of the high nutritional requirements of adolescent athletes to help them improve their body composition, exercise performance, and general health.
- Clinical trial across 50 healthy soccer players aged 8-15 years old to determine efficacy and safety of the new supplement versus placebo.
- Results of the clinical trial are expected in Q3 2023.

Nutritional Growth Solutions Ltd (ASX:NGS) (“NGS”, or “the Company”) a global nutrition company, is pleased to announce the commencement of clinical trial to evaluate the effect of its innovative sports supplement on the physical activity performance of young soccer players.

The clinical trial will be a randomised, double-blind, placebo-controlled pilot that will recruit up to 50 healthy soccer players ages 8 to 15 years old, to determine the efficacy and safety of the new supplement versus placebo.

The clinical trial comprises of an 8-week treatment period followed by an 8-week open-label period, with initial results expected in Q3 2023.

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

“This trial marks our first step into the growing sports supplements market, and we look forward to offering active children a safe, effective supplement, which was designed especially for them.”

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“The global sports nutrition market and supplements was valued at US\$44.43 billion in 2021 and is expected to increase in value to US\$85.7 billion by 2030.”¹

“Based on extensive research, NGS has formulated an innovative nutritional supplement, aimed at completion of the high nutritional requirements of adolescent athletes to help them improve their body composition, exercise performance and general health.”

The NGS innovative nutritional supplement supplies a boost of nutritious energy, and contains high quality whey proteins, additional specific amino acids, creatine monohydrate, carbohydrates, fats, and micronutrients (including calcium, iron, zinc, magnesium, vitamin A, vitamin C, vitamin D, vitamin E and vitamin B complex).

Research has shown that lacking sufficient calories, macro and micro-nutrients may impair an athlete's training adaptations, while athletes who consume a balanced diet that meets energy needs can enhance physiological training adaptations.²

Maintaining an energy and nutrient deficient diet during training may lead to loss of muscle mass, strength, and bone mineral density, in addition to an increased susceptibility to illness and injuries, disturbances in immune, endocrine and reproductive function, and an increased prevalence of overreaching and/or overtraining. Incorporating good dietary practices as part of a training program is one way to help optimise training adaptations and prevent overtraining.

In the current trial, the Company will run multiple tests, including: 10m and 20m sprints, countermovement jumps, agility tests, endurance tests, anthropometric assessments (height, weight and BMI) and body composition.

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

“While sales of our existing products in the US continues to be our focus in 2023, we will invest up to \$100k in this clinical trial, thus continuing to build a strong pipeline of innovative, exciting products which we could sell through our existing and additional distribution channels in 2023.”

“We’re looking forward to updating the market on both additional sales in the US and internationally as well as on the progress of the clinical trials over the coming weeks.”

-ENDS-

¹ See *Sports nutrition market worldwide from 2021 to 2030* published by Nils-Gerit Wunsch (November 2, 2022) on statista.com.

² Kerkick CM, Wilborn CD, Roberts MD, Smith-Ryan A, Kleiner SM, Jäger R, Collins R, Cooke M, Davis JN, Galvan E, Greenwood M, Lowery LM, Wildman R, Antonio J, Kreider RB. ISSN exercise & sports nutrition review update: research & recommendations. *J Int Soc Sports Nutr.* 2018 Aug 1;15(1):38. doi: 10.1186/s12970-018-0242-y. (<https://pubmed.ncbi.nlm.nih.gov/30068354/>)



This announcement has been authorised for release by the CEO and the Chairman of the Board of Directors 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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