



For Immediate Release:

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Aminogen® May Be Beneficial in Sarcopenia Applications

Wayne, NJ – October 29, 2008 – According to Triarco Industries, analysis of clinical research on Aminogen® suggests that the patented enzyme's ability to triple the rate of protein absorption and increase levels of free and branched-chain amino acids (BCAAs) absorbed from protein may be beneficial in natural products targeting sarcopenia. Aminogen was shown in a recently published clinical study to increase free amino acid levels by 100%, branched-chain amino acids (BCAAs) by 250% and nitrogen retention by 32%.

Sarcopenia, the loss of muscle mass associated with aging, can occur as the body becomes less efficient at digesting protein. According to the Alliance for Aging Research, sarcopenia affects some 45 percent of adults age 60 or older, and half of adults age 75 or older. An initial decrease in muscle mass begins around age 40 and continues at a rate of approximately 1 percent - or 1/3 of a pound – of muscle each year. This loss accelerates with age, and by age 80, an individual can lose 50 percent or more of their muscle mass.

Named from the Greek for "vanishing flesh," sarcopenia is thought to be caused by a combination of physiological and lifestyle changes brought on by age, including engaging in little or no weight-bearing exercise, eating less protein as it becomes more difficult to cook and chew, a slowing metabolic rate and a decrease in certain hormones and endogenous digestive enzymes.

"As a patented proteolytic enzyme system, Aminogen is relevant in sarcopenia applications for three reasons," said Director of Triarco Research and Development, Dr. Mark Anderson. "First, Aminogen is clinically proven to increase the rate of protein absorption, so more amino acids are made available to the body before the protein moves further down the digestive tract and is no longer bioavailable. Second, Aminogen increases BCAA levels alone by 250 percent. These amino acids are crucial for building and maintaining skeletal muscle. Third, Aminogen increases nitrogen retention by 32 percent. This is important because we know that inefficient nitrogen retention leads to a

catabolic state in which your body loses protein, and breaks down muscle tissue to make up the difference. Adding Aminogen to protein helps to protect against this.”

Aminogen’s ability to break down protein can also lead to the reduction or elimination of gastrointestinal symptoms that can result from incomplete protein digestion, a problem that can discourage older adults from consuming adequate protein.

Consumer and industry interest in Aminogen has intensified as the enzyme system was GRAS affirmed for protein snacks and beverages earlier this year, followed by the publication of a clinical study on the enzyme system in the Journal for the International Society of Sports Nutrition, which can be viewed online at <http://www.jissn.com/content/5/1/10>.

Sarcopenia is closely associated with osteoporosis, and losing muscle is a predictor for loss of bone density. Similar hormonal changes and nutritional deficits may underlie both conditions. Loss of muscle mass and strength increases the risk of injury such as hip fracture, decreases the ability to recover after injury and can jeopardize older adults’ ability to live independently. In addition to its role in physical mobility and independence, lean muscle impacts metabolism, immune health, chronic diseases such as diabetes and survival rates for critical illnesses such as cardiovascular disease and cancer.

The USDA estimates the economic impact of sarcopenia was \$18.5 billion in 2000, a number expected to increase, given the aging trend of the US population. Currently, there are some 76 million American baby boomers who have turned 60 or will do so over the next two decades, 62 percent of whom already purchase supplements to help stay healthy. By 2030, 20 percent of the population will be over the age of 65.

To learn more about Aminogen and sarcopenia, visit www.aminogenblog.com.

About—Triarco is a leading supplier of premium and patented natural ingredients, including herbs, extracts, powders and granulations, minerals, plant-derived enzymes and instantized cold-water soluble herbal teas. Triarco was one of the first companies to implement a certified voucher system in combination with an in-house TLC/HPLC quality control program. For thirty years, Triarco has led the way in quality control, quality assurance, product development and technology. The company holds ten patents and is known for such patented ingredients as Aminogen®, Carbogen®, MyTosterone™, Phytavail®, Pomagic® and Serotain®. Visit www.triarco.com to learn more or contact Triarco at info@triarco.com.

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