



FOR IMMEDIATE RELEASE

Immunocal[®] used in novel *Prehabilitation* Study

Results presented at the 91st American Congress of Rehabilitation Medicine

VAUDREUIL-DORION, QC, October 14, 2014 – Immunotec Inc. (TSXV: IMM), a direct-to-consumer company and a leader in the nutritional industry announces the completion of a first research collaboration with Dr. Franco Carli MD, MPh, Anesthesiologist at the McGill University Health Centre (MUHC), Montreal, Quebec, Canada. Immunocal[®] was used as part of the trimodal intervention *Prehabilitation* study sponsored by MUHC with support provided by the Montreal General Hospital Foundation and the Perioperative Program (POP). The results of this study were published electronically in the July 29, 2014 issue of *Anesthesiology*¹ and most recently presented at the American Congress of Rehabilitation Medicine (ACRM) 91st Annual Conference ‘*Progress in Rehabilitation Research*’ held in Toronto on October 7-11, 2014.

The study met its primary outcome, the functional walking capacity of the patient as measured by the 6-min walk test (6MWT) two months after surgery - *prehabilitated* patients were able to walk significantly further in 6 minutes than the *rehabilitated* group.

“Surgical prehabilitation is a novel concept, aimed to aid patients to become stronger physically, nutritionally and mentally while waiting for an operation and therefore be in better shape to overcome the stress of surgery” said the Lead Investigator, Dr. Franco Carli. *“Prehabilitation has added an important new dimension to the recovery of patients planned for major surgery. In addition to the obvious physical benefits, patients also feel empowered to be able to aid in the process”*, said Dr. Sender Liberman MD (Colorectal Surgeon, MUHC).

“This represents a novel and forward-looking approach to patient care – start getting the patient better even before the surgery takes place. The great benefits for the patient are clear - faster and possibly fuller recovery and improvement of quality of life. The medical economic consequences also have tremendous value - both private and public insurers can potentially realize great long-term savings on managing treatment and care”, said Dr. Jimmy Gutman MD, Senior Medical Advisor to Immunotec.

“We are delighted to have the opportunity to collaborate with Dr. Carli and his team on this novel research program. This is the first in a number of studies that have been initiated using Immunocal[®] as a nutritional intervention within a multimodal approach to see if we can minimize some of the challenges of surgery and improve patient recovery”. said John H. Molson, VP R&D of Immunotec Inc.

ABSTRACT

Background: The preoperative period (*prehabilitation*) may represent a more appropriate time than the postoperative period to implement an intervention. The impact of prehabilitation on recovery of functional exercise capacity was thus studied in patients undergoing colorectal resection for cancer.

Methods: A parallel-arm single-blind superiority randomized controlled trial was conducted. Seventy-seven patients were randomized to receive either *prehabilitation* (n = 38) or *rehabilitation* (n = 39). Both groups received a home-based intervention of moderate aerobic and resistance exercises, nutritional counseling with protein supplementation, and relaxation exercises initiated either 4 weeks before surgery (*prehabilitation*) or immediately after surgery (*rehabilitation*), and continued for 8 weeks after surgery. Patients were managed with an enhanced recovery pathway. Primary outcome was functional exercise capacity measured using the validated 6-min walk test.

Results: Median duration of prehabilitation was 24.5 days. While awaiting surgery, functional walking capacity increased (≥ 20 m) in a higher proportion of the *prehabilitation* group compared with the *rehabilitation* group (53 vs. 15%, adjusted $P = 0.006$). Complication rates and duration of hospital stay were similar. The difference between baseline and 8-week 6-min walking test was significantly higher in the *prehabilitation* compared with the *rehabilitation* group (+23.7 m [SD, 54.8] vs. -21.8 m [SD, 80.7]; mean difference 45.4 m [95% CI, 13.9 to 77.0]). A higher proportion of the *prehabilitation* group were also recovered to or above baseline exercise capacity at 8 weeks compared with the *rehabilitation* group (84 vs. 62%, adjusted $P = 0.049$).

Conclusion: Meaningful changes in postoperative functional exercise capacity can be achieved with a *prehabilitation* program.

1. Reference: Gillis C, Li C, Lee L, et al. Prehabilitation versus Rehabilitation: A Randomized Control Trial in Patients Undergoing Colorectal Resection for Cancer. *Anesthesiology*. 2014 Jul 29: 1-12. [Epub ahead of print].

About Immunocal®

Immunocal®, Immunotec's lead product is a cysteine- rich whey protein isolate- a dietary natural health product, developed and marketed worldwide by Immunotec over the past 17 years. It secured Health Canada regulatory approval and a NPN (Natural Product Number) on November 11, 2007 for the health claim " Immunocal is a natural source of the glutathione precursor cysteine for the maintenance of a strong immune system".

About the McGill University Health Centre

The McGill University Health Centre (MUHC) is one of the world's foremost academic health centres. Building on the tradition of medical leadership of its founding hospitals, the MUHC provides exceptional multidisciplinary patient-centric care. Affiliated with the Faculty of Medicine of McGill University, the MUHC continues to shape the course of academic medicine by attracting clinical and research expertise from around the world,

assessing the latest in medical technology, and training the next generation of medical professionals.

About American Congress of Rehabilitation Medicine (ACRM)

The American Congress of Rehabilitation Medicine is an organization of rehabilitation professionals dedicated to serving people with disabling conditions by supporting research that promotes health, independence, productivity, and quality of life; and meets the needs of rehabilitation clinicians and people with disabilities.

In order to enhance current and future research and knowledge translation, ACRM assists researchers in improving their investigations and dissemination of findings; educates providers to deliver best practices, and advocates for funding of future rehabilitation research.

The ACRM is a global community of both researchers and consumers of research, in the field of rehabilitation. ACRM is the only professional association representing all members of the interdisciplinary rehabilitation team.

About Immunotec Inc.

Immunotec is a Canadian-based Company that develops, manufactures, markets and sells research-driven nutritional products through direct-to-consumer sales channels in Canada, the U.S. and Mexico. The Company offers an extensive family of nutritional products targeting health, wellness, weight management, as well as energy and fitness. The Immunocal family of products is supported by over 40 published articles and supporting science in medical and scientific literature.

The Company files its continuous disclosure documents on the SEDAR database at www.sedar.com and on the Company's website at www.immunotec.com. The common shares of the Company are listed on the TSX Venture Exchange under the ticker symbol IMM. Neither TSX Venture Exchange nor its Regulation Services Provider (as that term is defined in policies of the TSX Venture Exchange) accepts responsibility for the adequacy or accuracy of this release.

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heading Risks and Uncertainties in Immunotec's most recent Management's Discussion and Analysis and Annual Information Form which can be found at www.sedar.com. Consequently, actual results may differ materially from the anticipated results expressed in these forward-looking statements.