



## JOINT PRESS RELEASE

For immediate release / publication

### **New Study Demonstrates Immunocal® Supplementation Increases Muscle Strength in Elderly Adults**

*Results will be published in the Journal of Nutrition, Health and Aging*

VAUDREUIL-DORION, QC, Novembre 27, 2014 – Immunotec Inc. (TSXV: IM) a direct-to-consumer company, a leader in the nutritional industry (the “Company” or “Immunotec”) and Institut de recherches cliniques de Montréal (IRCM) are pleased to announce important findings from this double-blind-randomized controlled study in elderly adults between the ages of 65 and 88. The results show that Immunocal® with statistical significance imparts a performance benefit of approximately 10 per cent in muscle strength. This is very relevant for healthy aging, as the process is typically associated with a decrease in muscle strength that may contribute to disability in old age and to loss of quality of life.

The Principal Investigator, Dr. Rémi Rabasa-Lhoret, MD, PhD, endocrinologist, Director of the Metabolic Diseases research unit (IRCM), Associate Research Professor - Nutrition Department of Université de Montréal - Faculty of Medicine, and FRQS senior scholar, J-A De Sève research chair, is encouraged with the findings and the implications of the trial, saying *“maintaining and improving muscle strength is important and feasible in elderly subjects. We observed that the added benefit related to the addition of Immunocal® to a resistance training program raises hope for improving the reward of exercise for elderly subjects and will lead to interesting and new research questions”*.

The manuscript was spearheaded by Dr. Antony Karelis, PhD, Professeur Département de kinanthropologie, Université du Québec à Montréal and co-investigator in this trial. Dr. Karelis expressed his views by saying *“the addition of Immunocal® to a resistance training program was able to improve leg muscle strength even more when compared to taking another protein (casein) with the same resistance training program. Health professionals (kinesiologists and nutritionists) may want to consider Immunocal® during implementation of their exercise and nutritional intervention programs in the elderly population”*.

*“The completion of this research study in an elderly population adds to our significant accomplishments and continued commitment in research for wellness”,* said Mr. Charles Orr, CEO of Immunotec Inc. *“These results are congruent with our previous work where we demonstrated a significant performance advantage in a younger population of 20-*

*year-olds consuming Immunocal™* said John H. Molson, VP R&D, Immunotec Inc.

### **Background, Design and Key Findings**

This trial was initiated by Immunotec Inc. The clinical trial application to run the trial was approved by Natural Health Products Directorate (NHPD) - a division of Health Canada responsible for evaluating the safety, efficacy and quality of natural health products (NHPs).

This double-blind randomized controlled study recruited 99 sedentary non-frail elderly subjects aged between 65 and 88 years old, of which 76 were female and 23 male. Participants were randomly assigned into two groups. The experimental group consumed daily (20g) of a cysteine-rich whey protein isolate (Immunocal®) compared to daily (20g) casein-the control protein - over a period of 135 days (4.5 months). In addition, all subjects performed the same resistance training program 3 times per week over the 135 day period. Eighty-four (84) subjects completed the 135 day study period. Of these, 67 subjects (34 in the Immunocal® group and 33 in the control group) complied and used at least 80% of the study product and completed at least 80% of their training sessions.

The key findings of the study showed increases in muscle strength in both groups after resistance training, however, significant additional increases were observed in muscle strength with addition of a cysteine rich whey protein (Immunocal®) versus casein by approximately 10% when expressed in kg per kg body weight (BW) and in kg per kg lean body mass (LBM) ( $p < 0.05$ ), hence the potential impact to perform daily tasks.

### **About Immunocal®**

Immunocal®, Immunotec's lead product is a cysteine-rich whey protein isolate, developed and marketed worldwide by Immunotec over the past 10 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 IRCM**

The IRCM ([www.ircm.qc.ca](http://www.ircm.qc.ca)) is a renowned biomedical research institute located in the heart of Montréal's university district. Founded in 1967, it is currently comprised of 35 research units and four specialized research clinics (cholesterol, cystic fibrosis, diabetes and obesity, hypertension). The IRCM is affiliated with the Université de Montréal, and the IRCM Clinic is associated to the Centre hospitalier de l'Université de Montréal (CHUM). It also maintains a long-standing association with McGill University. The IRCM is funded by the Quebec ministry of Economy, Innovation and Export Trade (Ministère de l'Économie, de l'Innovation et des Exportations).

### **About JNHA**

JNHA, Journal of Nutrition, Health and Aging is an official journal of the International Association of Gerontology and Geriatrics (IAGG). The JNHA is a peer review journal listed in medline.

"There is increasing scientific and clinical interest in the interactions of nutrition and health as part of the aging process. This interest is due to the important role that nutrition plays throughout the life span. This role affects the growth and development of the body during childhood, affects the risk of acute and chronic diseases, the maintenance of physiological processes and the biological process of aging. A major aim of the JNHA is

to contribute to the improvement of knowledge regarding the relationships between nutrition and the aging process from birth to old age.”

**About Immunotec Inc.**

Immunotec Inc. 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 the medical and scientific literature.

The Company files its continuous disclosure documents on the SEDAR database at [www.sedar.com](http://www.sedar.com) and on the Company's website at [www.immunotec.com](http://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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*CAUTION REGARDING FORWARD-LOOKING STATEMENTS: Certain statements contained in this news release are forward looking and are subject to numerous risks and uncertainties, known and unknown. For information identifying known risks and uncertainties and other important factors that could cause actual results to differ materially from those anticipated in the forward-looking statements, please refer to the 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](http://www.sedar.com). Consequently, actual results may differ materially from the anticipated results expressed in these forward-looking statements.*