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MYOS' Proprietary Muscle Building Technology Fortetropin: Foundation for New Dietary Recommendations

A Paradigm Shift on the Importance of Healthy Fats in our Diet

CEDAR KNOLLS, NJ -- (Marketwired) -- 10/19/15 -- [MYOS Corporation](#) ("MYOS" or the "Company") (NASDAQ: MYOS), an emerging [biotherapeutics](#) and [bionutrition](#) company focused on the discovery, development and commercialization of products that improve human muscle health and performance, highlights a new report from Credit Suisse on "[Fat: the New Health Paradigm](#)," showing the importance of fat in our diet. For several decades, fat has been blamed for heart disease and the obesity epidemic. A review of the research during this time calls into question the role that fat plays on our overall health. Eggs in particular have been thought to be associated with increased cholesterol and increased risks of heart disease. A more thorough review of the research behind these claims has brought new insights into the overall health benefits and low risks associated with the consumption of eggs. This has translated into an increased demand from consumers for many products, especially eggs. The overall demand for fat will increase over the next few decades and in particular; the egg market is expected to grow at 4 to 5% per year for the next two decades.

At MYOS Corporation, our patented core ingredient, Fortetropin, is a proteo-lipid complex derived from fertilized chicken egg yolk. In addition to providing all the known benefits one derives from an egg yolk, Fortetropin has also been shown to increase muscle size and mass in a randomized double-blind placebo controlled clinical trial. The ability to provide an all-natural ingredient with the many health benefits of eggs in stabilized form that can be combined in a variety of products provides many unique opportunities for MYOS Corporation.

Robert J. Hariri, M.D., Ph.D., Chairman of the Board of MYOS, states, "The medical and scientific community are now confirming that fat in the proper forms is beneficial, in fact essential, for our overall health. We believe eggs and products derived from them, such as Fortetropin, will be an important part of our diet in the years to come." Hariri further commented, "In addition, our clinical research has shown that Fortetropin, even at doses three times that shown to be effective in building lean muscle mass, does not negatively alter serum lipid profiles."

Neerav D. Padliya, Ph.D., Vice President, Research Alliances at MYOS, commented, "Our research will continue to focus on the ability to identify the key proteins and lipids in eggs that effect muscle regulatory pathways and inflammation. In a recent clinical study that we performed with the University of Tampa, we demonstrated that the daily consumption of Fortetropin at a dose equivalent to that of three eggs did not lead to statistically significant changes in total cholesterol, HDL, LDL and triglycerides in the study subjects."

The team at MYOS has always recognized the beneficial core components of eggs on

overall health and its effects on many disease states. New research into Fortetropin and its effects on health and disease will continue to be at the forefront of our strategy moving forward.

About MYOS Corporation

MYOS is an emerging biotherapeutics and bionutrition company focused on the discovery, development and commercialization of products that improve muscle health and function essential to the management of sarcopenia, cachexia and degenerative muscle diseases. MYOS is the owner of Fortetropin®, the first clinically proven natural myostatin inhibitor. Myostatin is a natural regulatory protein, which inhibits muscle growth and recovery. Medical literature suggests that lowering myostatin levels has many potential health benefits including increased muscle mass, healthy weight management, improved energy levels, stimulation of muscle healing as well as treating sarcopenia, a condition of age-related loss of muscle mass. To discover why MYOS is known as "The Muscle Company,"™ visit www.myoscorp.com

About Rē Muscle Health™

The Rē Muscle Health™ series is the Company's first branded line of muscle health products. This unique line of all-natural, non-GMO products contain Fortetropin®, an egg-based, all natural myostatin inhibitor clinically proven to build healthy muscle. The Rē Muscle Health™ series can be ordered by visiting www.remusclehealth.com. MYOS believes that Fortetropin®, as well as future products it envisions, will redefine existing standards for muscle health. The Rē Muscle Health™ product line is owned and sold directly by the Company. www.remusclehealth.com

Forward-Looking Statements

Any statements in this release that are not historical facts are forward-looking statements. Actual results may differ materially from those projected or implied in any forward-looking statements. Such statements involve risks and uncertainties, including but not limited to those relating to the successful continued research of Fortetropin® and its effects on myostatin inhibition, inflammatory cytokine levels and cholesterol levels, the successful launch and customer demand for our Rē Muscle Health™ and other products, the continued growth of repeat purchases, market acceptance of our existing and future products, the ability to create new products through research and development, growth in our revenue, the successful entry into new markets including the age management market, the ability to collect our accounts receivable from our distributors, our ability to raise capital to fund continuing operations, the ability to attract additional investors and increase shareholder value, the ability to generate the forecasted revenue stream and cash flow from sales of Fortetropin® and Rē Muscle Health™, the ability to achieve a sustainable profitable business, the effect of economic conditions, the ability to protect our intellectual property rights, the ability to maintain and expand our manufacturing capabilities and reduce the costs of our products, the ability to comply with NASDAQ's continuing listing standards, competition from other providers and products, risks in product development, and other factors discussed from time to time in our Securities and Exchange Commission filings. We undertake no obligation to update or revise any forward-looking statement for events or circumstances after the date on which such statement is made except as required by law.

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Source: MYOS Corporation