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Maintaining Muscle Linked to Preserving Healthy Brain Tissue

Broad Implications for Muscle-Building Strategies in Managing Age-Related Cognitive Decline

CEDAR KNOLLS, NJ -- (Marketwired) -- 10/26/15 -- [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 [new research](#) showing resistance training reduces loss of brain tissue in aging women. Teresa Lui-Ambrose and her team at the Aging, Mobility, and Cognitive Neuroscience Laboratory at the University of British Columbia examined the effects of resistance training on the aging brain. Women ages 65-75 were randomized to resistance training vs. a control group of stretching and balance exercise. After 52 weeks, women who performed resistance training twice per week had less white matter loss, as measured by MRI, compared to the control group.

Research examining the effects of muscle on age-related degenerative diseases, including dementia is one of the areas that scientists at MYOS are pursuing. There are many previous studies showing a connection between exercise and cognition. It is surmised that muscle releases molecules that act on the brain tissue. The key will be to examine the molecules that are released into the bloodstream to identify which ones have effects on the brain mass and function.

Loss of muscle mass appears to be a key factor in the aging process. Fortetropin, a proprietary natural myostatin inhibitor clinically shown to build muscle, may influence this process. The team at MYOS continues to pursue both clinical and basic science studies to examine the relationship between muscle and various diseases and the effects of Fortetropin on them.

Neerav D. Padliya, Ph.D., Vice President, Research Alliances at MYOS Corporation states " understanding how muscle affects the body and its systems is an important aspect of our research. Muscle has many important metabolic and immune functions that continue to come to light. It is our goal to better understand the functions of muscle in order to decelerate the aging process."

"We at MYOS have always recognized the importance of muscle, especially on the brain function. Muscle produces myokines that may affect our brain and cognition. Our team remains dedicated to researching the many important effects muscle has on the human body and aging process," according to Robert J. Hariri, M.D., Ph.D., Chairman of the Board of MYOS.

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