SPORTS AFFILIATIONS WITH PHARMANEX

1/2004 - the following sports affiliations are currently active:

**US Olympic Team and Sponsorship**
An official sponsor of the Salt Lake 2002 Olympic Winter Games, Pharmanex is proud to be the Official Nutritional and Dietary Supplement, Vitamin, Mineral, and Phytonutrient Sponsor of the 2000, 2002, and 2004 US Olympic teams. Pharmanex is also the only company providing supplements to the US Olympic Training Centers.

**Institute for Sports Science and Medicine (ISSM).**
ISSM is the Official Sports Medicine Supplier to the US Speedskating, Skiing and BobSled Teams. Through our partnership with ISSM, Pharmanex products will be distributed through a network of 80 US-based sports training centers, giving us additional exposure to athletes from each of the major professional sports organizations (MLB, NFL, NBA, NHL).

**CordyMax Trial on Super Fit Athletes**
We have conducted a joint trial with Fit Stop Human Performance Laboratory, in Encinitas, CA using CordyMax Cs4 on super fit athletes. These results were presented at to the American College of Sports Medicine.
Other studies have already shown increases in peak oxygen uptake (VO₂max) and anaerobic threshold in older humans (>57 yrs), (*Med. Science & Sports Exercise*, 1999; 31(5): S174) after six weeks of supplementation with Cs-4, CordyMax™). The investigation conducted at the Fit Stop Human Performance Laboratory involved a randomized, double-blind study, to further determine the effect of Cs-4 in highly fit athletes (by measuring oxygen uptake (VO₂ max), carbon dioxide production (VCO₂), ventilatory threshold (VT), and heart rate (HR) during maximal and sub-maximal treadmill exercise). Thirty male adventure racers and multi-sport endurance athletes (32±4yrs) were assigned to either Cs-4 or a placebo control. Before and after the supplementation period, each subject performed a maximal treadmill test using a running protocol, followed the next day by a sub-maximal running test (60 min at 70% VO₂peak). Our findings suggest that Cs-4 supplementation may have positive circulatory and metabolic effects during sub-maximal exercise in endurance-conditioned athletes. Cs-4 may enhance fat mobilization and beta-oxidation, thereby sparing glycogen usage during prolonged exercise.

**Adventure Racing Team**
There are several top racers that have been members of "Team Pharmanex" at various times. Adventure racing is an extreme multi-day, team-oriented sport requiring use of muscle-powered disciplines over a course that covers several hundred miles of wild and difficult terrain taking several days to complete. The various sports involved typically include: ocean and river

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Pharmanex has sponsored a number of teams and individuals during the past two years, including teams that have successfully competed in the Eco Challenge and Elf Authentique Adventure Race, among others. The combined Team Pharmanex-Spie recently won the ‘Best Philanthropy’ award from the Elf Authentique.

Racers that have used Pharmanex products before and during races have provided testimonials on how the products have positively impacted their performance and endurance levels. Products that our adventure racers have used include: LifePak, Overdrive, CordyMax, High Five, TeGreen, Body Design, Sportagel, Cartilage Formula, and BioGinkgo.

Al Joyner
Olympic Gold Medal-winner Al Joyner has been an active endorser, and user, of Pharmanex products for a number of years, many of which he incorporates into his daily routine. He personally never starts his day without CordyMax or LifePak, and enjoys using other products as well, such as the nutrition bars. He regularly recommends Pharmanex products to both his student athletes (he is an assistant track and field coach at UCLA), and private clients (he develops customized exercise programs for noteworthy professional sports figures and celebrities).

Miscellaneous Sports Contacts
Pharmanex products have been used on an informal basis by numerous elite level athletes involved with the USA Triathlon, USA Cycling, Sacramento Kings, Seattle Supersonics, NY Knicks, NY Yankees, NY Mets, BYU Gymnastics, Women's Tennis Association, US Biathlon and US Bobsled. However, we do not have contracts with these organizations.

European Sports Affiliations
We initiated and completed an open trial using CordyMax Cs4 with the Manchester City Soccer Club, UK. Shawn Talbott presented data at the UK Football Association’s UK Sports Medicine Conference, in October 2000. We developed opportunities based on sports nutrition, and have established a working relationship with Alan Hodgson, Head of Sports Medicine for the UK Football Association. We are supporting John Beck, who recently took over as the new manager of Cambridge United (a UK soccer team). He has now placed the whole team on LifePak, CordyMax Cs4 and Tegreen.

We initiated new product use (and possible future sponsorships) with the Danish Handball team. Currently they are using LifePak, CordyMax, Tegreen, and Overdrive. We have discussions with the Belgian National Soccer team, the Linda McCartney Tour France Cycling Team, we are working with Scandanavian Pharmanex groups to get sports nutrition products to soccer and hockey clubs. These contracts are not yet finalized.

We have conducted discussions with French Olympic personnel as part of their due diligence on evaluating Pharmanex sports nutrition products and we are presently contacting the Norwegian Olympics medical advisors to help them assess the quality and safety of our products.
Duke University Men’s Basketball Team (December 2003)
Pharmanex has an agreement to supply LifePak® to the Duke University Men’s Basketball program. The Duke Men’s Basketball program is currently ranked No. 6 nationally in the ESPN poll.

The men’s basketball team at Duke is considered one of the premier collegiate basketball programs in the country. Duke Athletics, looking for a way to provide a balanced nutrition regimen for the team, researched Pharmanex and found that both the company and its products were steeped extensively in scientific research.

If you have additional questions, please contact Product Support at 1-800-487-1000 or productsupport@pharmanex.com.

Vålerenga Ice Hockey concludes playoffs
Copenhagen, Denmark, Apr. 02, 2004 -- Vålerenga Ice Hockey, the Pharmanex-sponsored, defending Norwegian Champions have concluded the 2003/2004 playoffs. In the Championship final, Vålerenga faced long-time rivals from Storhamar. The seven game series ended up becoming incredibly close. In fact, three of the seven matches had to be decided by sudden death. The final 7th game turned out being one of them. Both teams were tied at 1-1, until the deciding goal was scored 1 minute and 54 seconds into the second period of sudden death. That night, Storhamar came out on top and ended up winning the playoffs four games to three.

"Although they didn't win, Vålerenga played very well in the playoffs. And as we saw, it was just a matter of inches", says Mikael Linder, Regional Manager of Nu Skin Scandinavia A/S. "I know that their loss of long time team captain Atle Olsen who had to retire due to a back injury was a hard blow. A player of his magnitude is simply hard to replace. However, Vålerenga Ice Hockey have played well throughout the season, and we applaud their efforts", says Linder.

Pharmanex and Vålerenga Ice Hockey have been collaborating since November 2002. Before that time, Vålerenga had not implemented a nutritional aspect to their regimen of training. "When Pharmanex approached us it was definitely at the right time", says Petter Thoresen, now retired Head Coach of Vålerenga Ice Hockey.

"In addition to getting sufficient rest, it's important that individual players take responsibility when it comes to their diet. In my long career as an elite Ice Hockey player and coach, I've always acknowledged the importance of eating right. Nutrition is the key if you want the human motor running at its optimal level. And elite athletes need that“, says Thoresen.

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With good results, Pharmanex supplements have been part of the players' diets during the last eighteen months. "As their coach throughout the last 3 years, I could definitely tell that those that were using Pharmanex supplements on a regular basis seemed to cope better with the physical stress that was being put on them throughout the season. And the fact that many of the players lead a busy lifestyle off the ice, makes Pharmanex supplements the optimal solution," concludes Thoresen.

Vålerenga will re-initiate their quest for gold when the 2004/2005 season commences in September.

About Vålerenga
The Vålerenga organization, also known as Oslo's pride, was founded in 1913, and has throughout the years established itself as one of the leading Norwegian sports organizations. Since 1960, Vålerenga Ice Hockey has won 22 national championships, and fostered numerous national team players. For more information about Vålerenga Ice Hockey, see [www.vif.no](http://www.vif.no) or call +47 81500007.