

<p>Shots of Strang leading airman through workout</p> <p>Shots of lab work</p> <p>Shots of airmen exercising</p> <p>CG: Matt Kuchan, PhD Abbott</p> <p>Shots of airmen drinking supplement</p> <p>Adam Strang (CG'd earlier)</p> <p>Shots of airmen drinking supplement</p> <p>CG: Matt Kuchan (CG'd earlier)</p> <p>CG: Adam Strang (CG'd earlier) Graphic over soundbite -11% improvement in working memory -2 additional pounds of lean muscle mass -Lowered resting heart rate by 8% CG: Matt Kuchan (CG'd earlier)</p> <p>Shots of Niecy working at home and helping her children</p> <p>CG: Niecy Wilkerson Teacher and mom</p>	<p>EXERCISE IS A MAIN COMPONENT OF THEIR TRAINING.</p> <p>TO MAXIMIZE THE BENEFITS OF EXERCISE, THE AIR FORCE PARTNERED WITH THE UNIVERSITY OF ILLINOIS AND SCIENTISTS AT ABBOTT WHO DESIGNED A NUTRITIONAL SUPPLEMENT CONTAINING SPECIFIC INGREDIENTS TO TARGET BOTH THE BODY AND THE BRAIN, LIKE LUTEIN, D-H-A , B VITAMINS AND SPECIFIC AMINO ACIDS. :18</p> <p><i>“We believed that if you helped the body react to exercise, that that would in turn help the brain. And separately, we targeted specific nutrients that we know go to the brain and help things like processing speed that help the brain work faster.” :19</i></p> <p>THEY STUDIED THE EFFECTS OF THE SUPPLEMENT ALONG WITH A HIGH-INTENSITY WORKOUT REGIMEN ON AIRMEN. :05</p> <p><i>“All of the airmen in the study got the same kind of exercise prescription.” :04</i></p> <p>BUT THOSE WHO ALSO USED ABBOTT’S NUTRITIONAL SUPPLEMENT SAW BENEFITS ABOVE AND BEYOND EXERCISE ALONE. :05</p> <p><i>“Exercise has really profound effects on body and mind so we really asked this nutritional module to do a lot.” :10</i></p> <p><i>“Those who took the active ingredient supplement had a higher working memory capacity, put on more muscle mass, have lower resting heart rates.” :11</i></p> <p><i>“This is a really big deal, first because working memory is hard to improve and secondly because it’s relevant to everybody.” :07</i></p> <p>WORKING MEMORY IS RESPONSIBLE FOR OUR ABILITY TO GATHER, RETAIN AND EFFECTIVELY USE INFORMATION WHEN WE NEED IT, SOMETHING THAT’S RECENTLY BECOME MORE IMPORTANT THAN EVER FOR AMERICAN FAMILIES. :09</p> <p><i>“The change of schedules, the readjusting of schedules and just this whirlwind of, I call it “The Crazy” that happened.” :08</i></p> <p>AND WHILE THE ABBOTT SUPPLEMENT HELPED</p>
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**CG: Tapas Das, PhD
Abbott**

Das says working memory is impaired under stress:
“Working memory generally is impaired under pressure and under stress. And that not only applies to these war fighters, or military personnel, but also in 21st century working men and women.” :17

Kuchan says nutrition and exercise must be combined to receive the most benefits:
“In order to receive the most benefit possible from exercising, you need to optimize nutrition, and more specifically, that nutrition needs to target both the muscle that’s being exercised as well as the brain.” :16

**CG: Matt Kuchan, PhD
Abbott**

Kuchan says they chose specific nutrients for the supplement:
“All of these nutrients are known to target the brain, and they each have specific roles in the brain that would influence the reaction of the individual to the exercise.” :14

Kuchan explains why they chose to study those in the military:
“The drone pilot or the military person in the field, they have a lot of stuff to remember, and they have to keep all of that information in the right place, and they have to be able to retrieve it when it matters.” :12

Strang explains the basis for the study:
“If we provided a nutritional supplement that aimed at those things, both physical and cognitive performance, could we essentially support, facilitate, or enhance those effects that we were going to get from exercise anyway?” :10

**CG: Adam Strang, PhD
Air Force Research Lab**

Strang explains how the supplement improved working memory:
“You can generally hold between about four to seven individual pieces of information in your mind at one time. What we were able to do is show that with the nutritional supplement and the exercise training, you were able to increase that by two pieces of information on average.” :15

Strang gives an example of the importance of working memory for an airman:
“Imagine that you’re on the battlefield, and you’re not just tracking where the enemy is located, but where your evacuation point is and where the helicopter’s coming in while you’re treating a wounded victim that you’re trying to get out safely.” :15

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<p>CG: Niecy Wilkerson Teacher and mom</p>	<p>Niecy says they are adjusting to challenges during COVID-19: <i>“We are rolling with the punches, and rolling with the punches mean still keeping your head above water, still learning to deal with those challenges, but maintaining a healthy way of doing that.” :17</i></p> <p>Niecy says she has a lot to take care of, but still makes exercise a priority: <i>“Me staying on top of my students and on top of my job, and two other jobs, because teaching is Jack of All Trades, so I found it really important to make sure that I stayed healthy and continue to exercise through this.” :19</i></p>
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References

¹Enhanced physical and cognitive performance in active duty Airmen: evidence from a randomized multimodal physical fitness and nutritional intervention, **Scientific Reports, October 19, 2020.**
 Online: <https://www.nature.com/articles/s41598-020-74140-7>

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