Guardion® Announces Statistically Significant Blood Assay Study Results

Study Results Show 40 Times Higher Blood Concentration Levels of Mesozeaxanthin From Lumega-Z, Guardion's Flagship Medical Food, as compared to Standard AREDS2 Over-The-Counter Gel Caps

San Diego, California – October 10, 2019 (GLOBE NEWSWIRE) – Guardion Health Sciences, Inc. ("Guardion" or the "Company") (Nasdaq: GHSI) announced the formal results of a blood assay study that established that Lumega-Z, Guardion's proprietary medical food designed specifically to replenish and restore the eye's macular protective pigment, provided 40 times higher concentrations and bioavailability of mesozeaxanthin in the blood as compared to over-the-counter AREDS2 gel cap supplements.

The study was conducted by Professor Richard A. Bone, BSc, PhD, a member of the faculty of the Department of Physics at Florida International University in Miami, Florida. Dr. Bone is also a member of the Company's Scientific Advisory Board. Dr Bone was the first scientist to note the presence of mesozeaxanthin in the macular protective pigment and to suggest its importance in macular health. The study results are currently being prepared for publication in late 2019.

David Evans, PhD, Guardion's Chief Science Officer, commenting on this large disparity in the blood concentration levels resulting from the ingestion of Lumega-Z as compared to AREDS2 gel cap supplements, stated, "Considerable research demonstrates the importance of mesozeaxanthin for protecting the macular region of the retina and staving off vision loss due to macular degeneration. The results of this IRB-approved clinical study clearly show the potent nature of our proprietary formula and further explain the beneficial results observed and documented in patients with eye disease receiving Lumega-Z."

About Guardion Health Sciences, Inc.

Guardion® is an ocular health sciences company that develops, formulates and distributes condition-specific medical foods supported by evidence-based protocols, with an initial medical food product that addresses a depleted macular protective pigment, a known risk factor for age-related macular degeneration ("AMD"), and a significant component of functional vision performance. Guardion has

also developed a proprietary medical device, the MapcatSF®, which accurately measures the macular pigment density, therefore providing the only two-pronged evidence-based protocol for the treatment of a depleted macular protective pigment.

About VectorVision®

VectorVision® specializes in the standardization of contrast sensitivity, glare sensitivity, low contrast acuity, and ETDRS acuity vision testing. Its patented standardization system provides the practitioner or researcher the ability to delineate very small changes in visual capability, either as compared to the population or from visit to visit. VectorVision®'s CSV-1000 device is considered the standard of care for clinical trials. VectorVision® is a wholly-owned subsidiary of Guardion.

Guardion has completed development of the proprietary VectorVision® CSV-2000 standardized contrast sensitivity test and recently introduced the commercial product to the marketplace. The CSV-2000 is the only computer-generated vision testing instrument available that will provide the optical marketplace with the Company's proprietary, industry-standard contrast sensitivity test, along with a full suite of standard vision testing protocols. The proprietary standardization methodology incorporated into the CSV-2000 includes a patented technology known as AcQviz that automatically and constantly measures and adjusts screen luminance to a fixed standard light level for vision testing.

Forward-Looking Statement Disclaimer

Certain statements in this press release are forward-looking statements within the meaning of Section 27A of the Securities Act of 1933, as amended, and Section 21E of the Securities Exchange Act of 1934, as amended. These statements involve unknown risks and uncertainties that may individually or materially impact the matters discussed herein for a variety of reasons that are outside the control of the Company, including, but not limited to, the Company's ability to raise sufficient financing to implement its business plan and its ability to successfully develop and commercialize its proprietary products and technologies. Readers are cautioned not to place undue reliance on these forward-looking statements, as actual results could differ materially from those described in the forward-looking statements contained herein. Readers are urged to read the risk factors set forth in the Company's under the caption "Risk Factors" in the Company's' Annual Report on Form 10-K for the year ended December 31, 2018 and the Company's other filings made with SEC, which are available at the SEC's website (www.sec.gov). Forward-looking statements included herein are made as of the

date hereof, and the Company does not undertake any obligation to update publicly such statements to reflect subsequent events or circumstances.

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