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**TARGETED MEDICAL PHARMA REPORTS INITIAL RESULTS FROM A CLINICAL
OBSERVATION OF MEDICAL FOODS FOR AUTISTIC SPECTRUM DISORDER SYMPTOMS**

Addressing the Nutrient Deficiencies Associated with Autism Spectrum Disorders

Los Angeles, CA, October 31, 2013 -- [Targeted Medical Pharma, Inc.](#) (OTCQB: TRGM), today announced preliminary findings from an investigator initiated clinical observation of amino acid based medical foods to address specific nutrient deficiencies in children with autism spectrum disease (ASD) symptoms.

26 children ages seven to sixteen were treated for a time period ranging between 30 days and 1 year, who were diagnosed with ASD or suffering from related symptoms including explosive behavior, social isolation, and mood disorder. The investigator reported that children demonstrated significant improvement with regards to decreased disruptive outbursts, improved socialization, improved mood and reduction in drug dose.

100 percent of patients have responded positively with an average improvement in explosive outbursts at 83 percent compared to baseline, with patients also demonstrating significant improvements in anxiety and mood regulation.

“We are very excited and encouraged about the positive feedback from this clinical observation,” said William Shell, M.D., CEO and Chief Science Officer of Targeted Medical Pharma. “Autism affects the way patients metabolize certain nutrients and we believe that our medical food technology is a safe and effective way to increase amino acid and neurotransmitter levels in this population.”

Autism and Autism Spectrum Disorders affect one percent of the population of children in the U.S. ages three to seventeen, with an estimated prevalence of one out of eighty eight births in the U.S. being affected by the disease. “The current pharmacologic treatments available for this patient population do not address the specific nutrient deficiencies, and are associated with a host of negative side effects,” said David Silver, M.D., President and Chief Operating Officer at Targeted Medical Pharma. “The initial results from this observation show that the symptoms of Autism can potentially be improved by addressing the specific nutritional deficiencies of the disease.”

A double-blind randomized placebo controlled trial is planned to be initiated shortly.

About Targeted Medical Pharma, Inc.

[Targeted Medical Pharma, Inc.](#) is a Los Angeles-based biotechnology company that develops prescription [medical foods](#) for the treatment of chronic disease, including pain syndromes, peripheral neuropathy, hypertension, obesity, sleep and cognitive disorders. The company manufactures 10 proprietary

prescription-only medical foods, as well as 48 convenience packed kits, which pair a medical food and branded or generic pharmaceutical. These prescription medical foods and therapeutic systems are sold to physicians and pharmacies in the U.S. through the company's subsidiary, [Physician Therapeutics](#). These proprietary medications represent a novel approach to the management of certain disease states, focusing on safety and efficacy without the deleterious side effects of traditional, high dose prescription drugs. The company also is developing nutrient-based systems for oral stimulation of progenitor stem cells that differentiate into neurons, red blood cells, pituitary hormones including IGF-I. Targeted Medical Pharma also is engaged in the development of a proprietary line of dietary supplements.

Forward Looking Statement

This press release may contain forward-looking statements related to Targeted Medical Pharma's business strategy, outlook, objectives, plans, intentions or goals. The words "may," "will," "should," "plans," "explores," "expects," "anticipates," "continue," "estimate," "project," "intend," and similar expressions, identify forward-looking statements within the meaning of the Private Securities Litigation Reform Act of 1995, but their absence does not mean that the statement is not forward-looking. These statements are not guarantees of future performance and are subject to certain risks, uncertainties, and assumptions that are difficult to predict. Actual results could differ materially. Targeted Medical Pharma expressly disclaim any obligation or undertaking to update or revise any forward-looking statement contained herein to reflect any change in the company's expectations with regard thereto or any change in events, conditions or circumstances upon which any statement is based.

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