

The impact and complications of poor nutrition

Many patients with diabetes struggle with weight in part due to poor nutritional habits and unhealthy food choices that affect blood glucose levels

75%

of people with diabetes are overweight¹

50%

of people with diabetes are obese¹

Obesity is associated with insulin resistance and Type 2 diabetes²



Uncontrolled blood glucose increases the risk for long-term complications³



Cardiovascular Disease



Neuropathy



Nephropathy



Retinopathy



Skin Conditions

The importance and benefits of good nutrition

Recommend nutrition therapy early in diagnosis as part of your patients' daily diabetes care plan

The American Diabetes Association recommends nutrition therapy as an effective component of a comprehensive treatment plan¹

GOALS OF NUTRITION THERAPY INCLUDE¹:

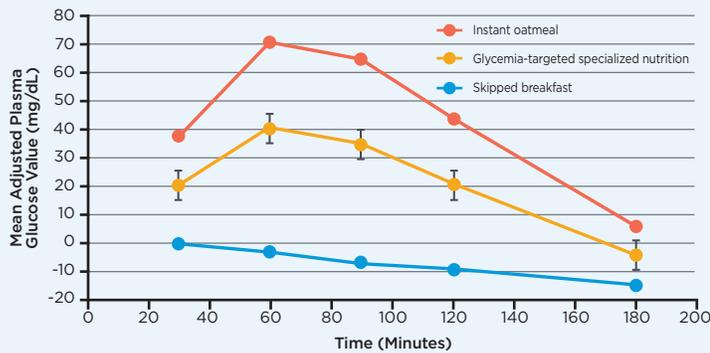
1. Achieve optimal metabolic outcomes
2. Delay or prevent chronic complications of diabetes
3. Achieve and maintain weight goals
4. Address individual nutritional needs

Blood Glucose Control Is Essential for Improved Patient Outcomes⁴

Glycemia-targeted nutrition supports improved blood glucose response

Glycemia-targeted nutrition, such as Glucerna[®], has been clinically shown to lower blood glucose response^{5-7,*}

Significant reduction in postprandial blood glucose^{5,7}



Compared to a typical breakfast, the glycemia-targeted nutrition shake:

- Reduced postprandial blood glucose by 38% ($P < 0.0001$)⁵
- Increased insulin response ($P < 0.0162$)⁵
- Resulted in a stronger glucagon-like peptide-1 (GLP-1) induction ($P < 0.0001$)⁵

Glucerna[®] Advance Shakes

Our most advanced nutrition for people with Type 2 diabetes



BLOOD SUGAR MANAGEMENT
CARBSTEADY ULTRA™ to help minimize blood glucose response

HEART HEALTH
Plant-based phytosterols help to support cardiovascular health

IMMUNE SUPPORT
Excellent source of antioxidants (vitamins C and E & selenium)

- Glucerna Advance Shakes contain a blend of approximately **93%** slow-digesting and low-glycemic carbohydrates to help lower blood glucose response
- Adjusted peak postprandial blood glucose was significantly reduced by **64%** after drinking Glucerna Advance Shake compared to a standard shake ($P < 0.0001$)⁸
- Clinical studies have shown that eating **1 to 3 grams** of plant-based phytosterols each day resulted in a 5%–15% reduction in low-density lipoproteins (LDL)¹⁻⁹



Prescribe Glucerna as a daily part of a healthy meal plan for your patients with Type 2 diabetes

Advanced nutrition exclusively designed for people with diabetes

Steady Ahead

Visit Glucerna.com for patient educational resources to help your patients better manage their diabetes.

*Compared to a standard control (ie, shake and typical breakfast food).

¹Among doctors who recommend nutritional products for their patients with diabetes.

References: **1.** Evert AB, et al. Nutrition therapy recommendations for the management of adults with diabetes. *Diabetes Care*. 2014;37(Suppl 1):S120-S143. **2.** Prieto D, et al. Endothelial dysfunction, obesity and insulin resistance. *Curr Vasc Pharmacol*. 2014;12(3):412-426. **3.** Mayo Clinic Diseases and Conditions Diabetes. Complications. <http://www.mayoclinic.org/diseases-conditions/diabetes/basics/complications/con-20033091>. Accessed November 7, 2014. **4.** Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2014: Managing diabetes. <http://www.cdc.gov/diabetes/pubs/statsreport14/national-diabetes-report-web.pdf>. Accessed November 7, 2014. **5.** Devitt AA, et al. *J Diabetes Res*. 2012;1:9. **6.** Elia M, et al. Enteral nutritional support and use of diabetes-specific formulas for patients with diabetes: a systematic review and meta-analysis. *Diabetes Care*. 2005;28:2267-2279. **7.** Fix BM, et al. Effects of a liquid nutritional supplement containing a novel carbohydrate system on glucose tolerance in subjects with type 2 diabetes. *Ann Nutr Metab*. 2001;45(Suppl 1):277 (Abstract). **8.** Data on file, Study BK02, 2007. Abbott Nutrition, Columbus, Ohio. **9.** Food labeling; health claim: phytosterols and risk of coronary heart disease; proposed rule. *Fed. Regist*. 2010;75(235):76526-76571. To be codified at 21 CFR Part 101.

Glucerna products are intended for use under medical supervision. Other product and company names mentioned herein are the trademarks of their respective owners.

©2015 Abbott Laboratories
92461/January 2015 LITHO IN USA

