Glucerna®

UP TO **1 IN 2 PEOPLE WITH DIABETES STRUGGLE** TO FOLLOW DIETARY ADVICE[1–5]

Relevant patients include:

- Prediabetes or impaired glucose tolerance
- Type 1 and Type 2 Diabetes
- Gestational diabetes

Unmanaged diabetes can lead to complications such as **risk of dementia, loss of eyesight, kidney disease, stroke and cardiovascular disease.**

GLUCERNA STARTS WORKING FROM DAY 1*[6] AND HELPS **MANAGE BLOOD GLUCOSE LEVELS LONG TERM**†^[7,8]

DAY 1

- **Increases** GLP-1 secretion by **280%***[6]
- **Decreases** blood glucose levels by **38%***[6]

LONG TERM

- **Helps keep blood sugar levels** within **desired/target range** for up to **90% of the time**†[7]
- **Decreases** HbA1c by **1.1%**^[8]

Food for Special Medical Purposes. Use under medical supervision.

*In the 180 minutes following Glucerna consumption compared to oatmeal in people with type 2 diabetes. The study utlilised a previous Glucerna formulation.[6] †When used as a breakfast replacement as part of lifestyle modification, blood glucose was within target range of 3.9 – 10.0mmol/L for an average of 89.5% of the time. The study utlilised a previous Glucerna formulation.[7] ^As part of a 6-month lifestyle intervention program. A 1.1% reduction in HbA1c levels was observed in the study group that received a structured lifestyle intervention with Glucerna and motivational interviewing.[8]

References: 1. Abate TW, *et al. PLoS One.* 2022;17(10):e0271378. **2.** Han CY, *et al. Proc Singapore Healthc.* 2020;29(2):81–90. **3.** Paudel G, *et al. J Glob Health.* 2022;12:04056. **4.** De Roxas R and Nicodemus Jr N. J ASEAN Fed Endocr Soc.2013;28(2):134–142. **5.** Broadbent E, *et al. Diabetes Care.* 2011;34(2):338–340. **6.** Devitt A, *et al. J Diabetes Res Clin Metab.* 2012;1(1):20. **7.** Peng J, *et al. Br J Nutr.* 2019;121(5):560–566. **8.** Chee WSS, *et al. BMJ Open Diab Res Care.* 2017;5(1):e000384.

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Glucerna®

HOW DOES **GLUCERNA WORK?**

Low-GI slow-release carbohydrate system
Helps manage blood glucose levels[1-3]
GI: 35 (Vanilla), 29 (Chocolate), 27 (Ready-to-Drink)[1-3]

Myo-inositol
Helps improve insulin sensitivity[10-12]

Isomaltulose & sucromalt[4-7] + healthy fat blend[8]
Increases GLP-1 secretion to:[9]
Stimulate insulin secretion • Slow gastric emptying • Decrease appetite

28 essential vitamins and minerals[1-3]
Helps improve nutritional adequacy[13] and glycaemic control[14,15]

HOW TO INCORPORATE **GLUCERNA INTO A DIABETES MANAGEMENT PLAN**[#‡16]

UNDERWEIGHT	HEALTHY WEIGHT	OVERWEIGHT
BMI <18.5 kg/m²	BMI 18.5–24.9 kg/m²	BMI ≥25 kg/m²
2 servings per day as a supplement in between meals	1 serving per day to replace part of a meal	2 servings per day to replace breakfast and/or snack

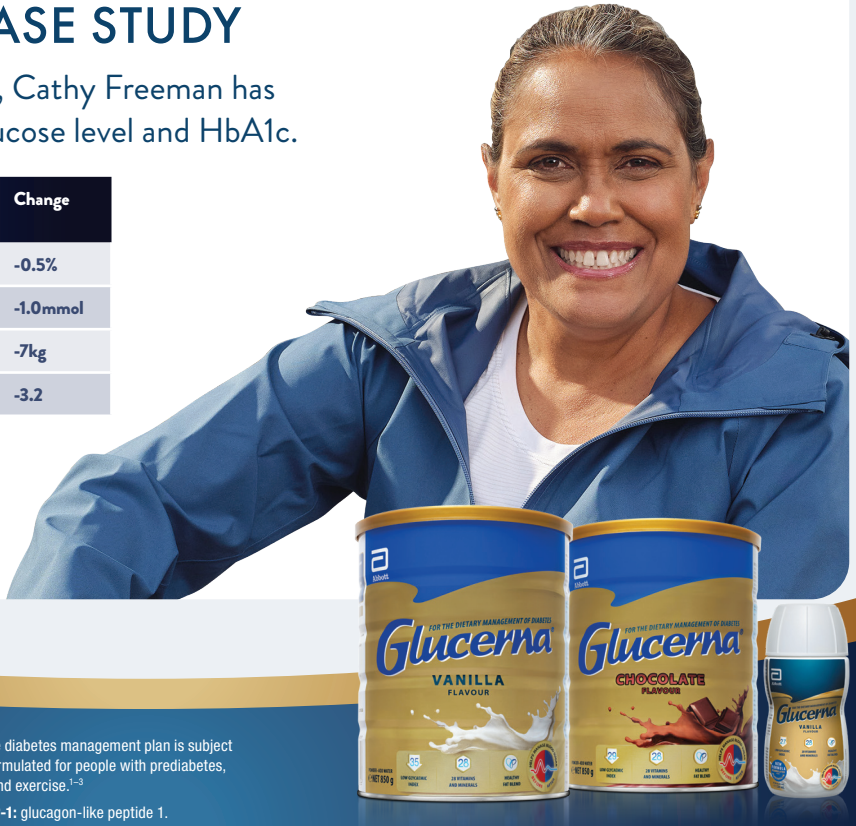
CATHY FREEMAN CASE STUDY

After using Glucerna for two months, Cathy Freeman has seen a reduction in both her blood glucose level and HbA1c.

	April '24 (month 0)	May '24 (month 1)	June '24 (month 2)	Change
HbA1c	7.1%	6.7%	6.6%	**-0.5%**
Fasting BGL	6.9mmol	6.4mmol	5.9mmol	**-1.0mmol**
Body weight	75kg	71kg	68kg	**-7kg**
BMI	25.5	23.3	22.2	**-3.2**

Cathy Freeman

LIVING WITH TYPE 2 DIABETES & GOLD MEDAL OLYMPIAN



[#]Choice of when and how to incorporate Diabetes-Specific Nutritional Supplements into the diabetes management plan is subject to individual preference and the healthcare professional's recommendation. [‡]Glucerna is formulated for people with prediabetes, diabetes and gestational diabetes, as part of a diabetes management plan, including diet and exercise.[1-3]

Abbreviations: BMI: body mass index; **HbA1c:** haemoglobin A1c; **GI:** glycaemic index; **GLP-1:** glucagon-like peptide 1.

References: 1. Glucerna® Powder (Vanilla) Product Label. **2.** Glucerna® Powder (Chocolate) Product Label. **3.** Glucerna® Ready-to-Drink (Vanilla) Product Label. **4.** Grysman A, *et al. Eur J Clin Nutr.* 2008;62(12):1364–1371. **5.** Sawale PD, *et al. Food Biosci.* 2017;18:46–52. **6.** Ang M, *et al. Am J Clin Nutr.* 2014;100(4):1059–1068. **7.** Davila, L., *et al., Nutrients*, 2019.11(7). **8.** Thomsen C, *et al. Am J Clin Nutr.* 2003;77(3):605–611. **9.** Bojanowska E. *Med Sci Monit.* 2005;11(8):RA271–278. **10.** Bevilacqua A, *et al. Int J Endocrinol.* 2018;2018:1968450. **11.** Dang NT, *et al. Biosci Biotechnol Biochem.* 2010;74(5):1062–1067. **12.** Yamashita Y, *et al. J Agric Food Chem.* 2013;61 (20):4850–4854. **13.** Walker AF. *Br J Gen Pract.* 2007;57(534):3–4. **14.** Barbagallo M, *et al. World J Diabetes.* 2015;6(10):1152–1157. **15.** Cefalu W, *et al. Diabetes Care.* 2004;27(11):2741–2751. **16.** Mechanick JI, *et al. Curr Diab Rep.* 2012;12:180–194.

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