Stable Blood Glucose is Key

Weight management and good nutrition can help adults with diabetes manage their condition by keeping blood glucose levels stable, or help those with prediabetes reduce the risk of developing the disease.

Monitoring carbohydrate intake, whether by carb counting or experience-based estimation, remains a key strategy in achieving glycemic control.

Key risk factors for diabetes include:
- Obesity or being overweight
- High fat and high carbohydrate diets
- Limited physical activity

The Critical Role of Nutrition in Diabetes Management

Uncontrolled Blood Glucose Levels Increase Risk of Complications

Eye damage: damage to the blood vessels of the retina, potentially leading to blindness. Increased risk of other serious vision conditions, such as cataracts and glaucoma.

Cardiovascular disease: including angina, heart attack, stroke and atherosclerosis.

Foot damage: nerve damage in the feet or poor blood flow to the feet increases the risk of various foot complications.

Kidney damage: can lead to kidney failure or irreversible end-stage kidney disease, which may require dialysis or a kidney transplant.

Nerve damage: can result in the loss of all sense of feeling in the affected limbs.

Hearing impairment: more common in people with diabetes.

Skin conditions: increases susceptibility to skin problems, including bacterial and fungal infections.

Kidney damage:
Cardiovascular disease:
Foot damage:
Eye damage:
Nerve damage:
Hearing impairment:
Skin conditions:

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Uncontrolled Blood Glucose Levels Increase Risk of Complications

• Obesity or being overweight
• High fat and high carbohydrate diets
• Limited physical activity
Diabetes-specific Nutrition Supports Blood Glucose Management

In a clinical trial, consumption of BOOST GLUCOSE CONTROL® Drink led to a lower mean blood glucose response compared to a standard formula in adults with type 2 diabetes.4

Mean Glucose Change From Baseline Levels by Time of Sampling and Product

<table>
<thead>
<tr>
<th>Time (minutes)</th>
<th>Mean Glucose mg/dl (Change from Baseline)</th>
</tr>
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<tbody>
<tr>
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<tr>
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</tbody>
</table>

BOOST GLUCOSE CONTROL® Drink
Nutrition designed exclusively for people with diabetes

Clinically Shown
to help manage blood glucose levels as part of a balanced diet

16 g High-quality Protein
to help maintain muscle and manage hunger

1 Carb Choice
with 16 g carbohydrates, including only 4 g sugars

25 Vitamins & Minerals
to help meet daily nutritional needs

Gluten Free
suitable for people with gluten sensitivity or Celiac Disease

Delicious Flavors
backed by the Great Taste Guarantee*

Introducing new BOOST GLUCOSE CONTROL® High Protein Drink!

BOOST GLUCOSE CONTROL® High Protein drink will be available online at NestleNutritionStore.com and in stores near you — to find a specific retailer, visit BOOST.com/purchasing.

*Huhmann M et al. BMJ Open Diabetes Research and Care, 2016. "The BOOST® Great Taste Guarantee offer only applies to the purchase of one (1) BOOST® Nutritional Drink 4-pack or 6-pack made between 1/1/18 and 12/31/18. Limit one refund per name, address or household. Offer valid in the U.S. only. Visit BOOST.com/tasteyoulove for additional information. All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. ©2018 Nestlé. BOOS-14341-0218.