

## Clinically tested to help you lose weight, which helps lower blood sugar and control type 2 diabetes.



Sweet Cinnamon Bun



Italian Herb Flatbread Pizza



Savory Lasagna



Decadent Fudge Brownie

With our **diabetic program**, Nutrisystem D, losing weight so you can help control your diabetes is easier than you think! Choose from **over 130 delicious foods—over 20 NEW—**including pizza, pasta, burgers and even chocolate! Nutrisystem D is a **low-Glycemic Index** program full of **good carbs and fiber** to help keep you feeling fuller longer. It's smart, sensible weight loss for people with type 2 diabetes, and a great value!

### Support at your fingertips:

- **FREE** round-the-clock phone access to weight loss coaches
- **FREE** online membership including weight loss tips, tools and menu planning
- **FREE** live chat sessions with registered dietitians
- **PLUS! FREE** delivery straight to your door†

**All for as low as \$3 a meal†**

### Clinical Study Shows††—

**On Nutrisystem D, people with type 2 diabetes who wanted to lose weight:**

- ✓ Lost up to **16 times more** weight
- ✓ Lowered blood sugar levels **5 times more**
- ✓ Lowered A1C by **0.9%**
- ✓ Lowered total cholesterol level by **20.9 mg**
- ✓ Lowered triglycerides level by **42.7 mg**

††In a 3-month clinical study at Temple University School of Medicine and published in the *Journal of Postgraduate Medicine*, Nutrisystem program participants lost an average of 18 lbs., and lowered fasting blood sugar levels from 149.5 to 115.2, compared to those in a control group, who lost 1.3 lbs., and lowered fasting blood sugar levels from 151.4 to 144. Not all menu items were included in the study. Study funded through a research grant from Nutrisystem.



# GET AN EXTRA \$50 OFF

*That's \$25 off your first order and \$25 off your second order when you select a 28-Day Auto-Delivery Program!†*

Call **1-888-619-DIET (3438)** or click **[nutrisystem.com/clip3210](http://nutrisystem.com/clip3210)**

### MONEY BACK GUARANTEE!

Try our food! If you don't like it, call within 7 days of receipt of your first order and return the remaining three weeks of food for a **FULL REFUND** of the purchase price, less shipping. Call or see website for details.

†Offer good on new 28-Day Auto-Delivery programs. Offer not valid on Flex and Select (fresh-frozen) programs. Free shipping to Continental U.S. only. \$25 discount will be applied to your first and second consecutive deliveries. With Auto-Delivery, you are automatically charged and shipped your 28-Day program once every 4 weeks unless you cancel. You can cancel Auto-Delivery at any time by calling 1-800-727-8046. However for this offer you must stay on Auto-Delivery for at least two consecutive 28-Day program deliveries to receive the second \$25 discount. Other restrictions apply. Call or see website for details. Cannot be combined with any prior or current discount or offer. Limit one offer per customer. ©2010 Nutrisystem, Inc. All rights reserved.

On Nutrisystem you add-in fresh grocery items.

Nutrisystem D is a comprehensive weight loss program. It does not treat, cure or prevent diabetes, and is not a substitute for diabetic medications. Consult your physician before starting this or any weight loss or exercise program.