

# Good News For People With Type 2 Diabetes

## Lost 106 Lbs\*! — Mike L.

"As long as I can remember I've been known as 'Big Mike.' But **as an adult I was over 300 lbs. and dangerously unhealthy**, and had numerous medical problems, including type 2 diabetes. I didn't want my wife and children to be left without a husband and a daddy, so **I followed my doctor's advice to lose weight**. I decided to give Nutrisystem D a shot since the food seemed super easy to order and prepare. **I lost 106 lbs.\***, and **even better, my glucose is under 100 and my A1C is below 7\***. I feel that I added 5-10 years to my life. **This program not only saved my life, it gave me a life!**"



Before



After

## Lost 211 Lbs\*! — Christine

"**I've been getting heavier since the 5th grade**. I tried many diet plans over the years, but never had any long-term success. At my heaviest, I was diagnosed with type 2 diabetes, and other serious health concerns. My doctors insisted that I lose weight. **I chose Nutrisystem D because it was a perfect fit for my busy lifestyle**. Instead of squeezing in fast food into my schedule, I now enjoy scrumptious, healthy Nutrisystem® food! **I've lost 211 lbs.\* and I feel better and healthier now than ever before!**"



Before



After

## Lost 60 Lbs\*! — Julie



After



Before

"My doctor had been telling me for several years that **I needed to lose weight for my health and to control my diabetes**, but I just couldn't seem to do it. Then one day, I saw an ad for Nutrisystem that included a diabetic plan, so I signed up and never looked back! **Nutrisystem D was easy and convenient, and I appreciated being able to eat chocolate and carbs**. Plus, the support I got on the program was critical to my success. I also learned how to eat properly for the rest of my life. **Life is so much better now—I'm 60 lbs.\* lighter and much healthier**. When people ask me how I did it, I proudly say, 'Nutrisystem D!'"

## Lost 187 Lbs\*! — Mike H.



After



Before

"**I was overweight for a long time, and I just got tired of everything associated with it**. I was especially tired of being tired. So I finally decided to do something and ordered Nutrisystem D. I started losing weight immediately, and even found that my diabetes nutrition classes were repeating almost everything that Nutrisystem D had already taught me! **I've lost a total of 187 lbs.\* and my life is better**: I'm getting attention, receiving good reviews as a stage actor, and my confidence is skyrocketing. I feel like a different person; **I just turned 40 and I feel like I'm in my 20s**. This is NOT a diet—it's a lifestyle change!"

### 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 following a diabetes support and education program, 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 an unrestricted educational grant from Nutrisystem.

## EAT FREE FOR 3 WEEKS!

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or click **nutrisystem.com/retlife410**

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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. One additional free week of food will be included with each of your first three deliveries. With Auto-Delivery, you are automatically charged and shipped your 28-Day program once every 4 weeks unless you cancel. You can cancel at any time by calling 1-800-727-8046; however for this offer you must stay on Auto-Delivery for at least three consecutive 28-Day program deliveries to receive all three free weeks. 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.

\*Results not typical. On Nutrisystem, you can expect to lose at least 1-2 lbs. per week. Individuals are remunerated.

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.

Nutrisystem®

