



**ABOUT
NUTRISYSTEM:**

Nutrisystem® D™ is specifically designed for the millions of Americans with type 2 diabetes who want to lose weight. The program is based on more than three decades of research and proven experience on the effectiveness of weight loss for those on a low-calorie, portion-controlled diet with exercise. With the recommended combination of fresh grocery items and the Nutrisystem® ready-to-go and/or fresh frozen foods, Nutrisystem combines low-glycemic “good carbs” with fiber to provide a diet that helps keep customers feeling fuller longer and is low in fat. (The Glycemic Index measures how quickly carbohydrates are broken down and absorbed by the body, which impacts blood sugar, a vital factor for people managing their type 2 diabetes.)

Nutrisystem D is based on a structured 28-day meal plan that is customizable. The program features more than 130 delicious menu options, including gourmet-style fresh-frozen dishes. The Nutrisystem D program is designed to be heart healthy and high in fiber for sustained satiety.

In a three-month clinical study performed at Temple University School of Medicine which was published in the journal *Postgraduate Medicine*, Nutrisystem D participants, in combination with weekly counseling sessions, lost up to 16 times more weight (18 lbs v. 1.3 lbs) and reduced their blood sugar level 5 times more (149.5 to 115.2 v. 151.4 to 144) than the control group. Insulin users were excluded. Not all menu items were included in the study. Study funded through a research grant from Nutrisystem.

KEY FEATURES:

Nutrisystem D provides customers:

- A specifically designed program for losing weight, which helps them to lower their blood sugar and better control their type 2 diabetes.
- More than 130 delicious menu options.
- Access to registered dietitians and our team of weight loss counselors.
- Nutrisystem D is delivered direct to the customer’s door – there are no center visits or any calorie or point counting required.
- Free online tools, tips and community support on nutrisystem.com
- Savings of hundreds of dollars compared to other home delivery weight loss programs.
- Provides exercise DVDs and tips.

Nutrisystem D is a portion-controlled, low-fat, reduced calorie comprehensive program designed to help people with type 2 diabetes achieve meaningful weight loss. It does not treat or cure diabetes, and is not a substitute for diabetes medications. The required dose of diabetes medications can be affected by change of diet or weight loss. Your physician may need to reduce your medications due to changes in your diet or weight loss while on this program. Consult your doctor before starting this or any other diet program.

AVAILABILITY:

Nutrisystem D can be purchased by calling (1-800-435-4074) or logging onto www.nutrisystem.com/D

Nutrisystem D comes with a money back guarantee: Try Nutrisystem for a week. If you do not like it for any reason, simply call 1-800-435-4074 within seven days of receipt of your first order and we will give you a full refund of your purchase price, less shipping.

**CUSTOMER
TESTIMONIALS:**

visit www.nutrisystemnews.com