

DIABETES – a time for action

Supplement helps bring balance to nighttime insulin management

For individuals with diabetes, keeping blood glucose levels balanced can be a constant and anxiety-provoking challenge, particularly during the overnight hours.

"If you take insulin to manage your diabetes, you're always vulnerable to hypoglycemia – low blood sugar," says Keith Mackinnon, who lives with type 1 diabetes. "It's a bit like a teeter-totter – insulin and exercise bring blood sugar levels down; food brings them up, and you try to keep the balance steady."

If that balance isn't calculated correctly, blood glucose levels may fall dangerously low, especially during the night. "You may not realize your blood sugar is low when you go to bed. The worst scenario, the one all people with diabetes fear, is that you don't wake up," he says.

The more common – and very unpleasant – outcome is "waking up in a lather of sweat in the middle of the night, and stumbling to the kitchen for food to bring your blood sugar level up," says Mr. Mackinnon.

New and better insulin treat-

ment options and innovative glucose testing and insulin delivery systems mean that glucose levels can be controlled more effectively than ever before. That level of control may save lives: a study published in the New England Journal of Medicine found that intensive diabetes therapy reduced the risk of a heart disease event by 42 per cent and the risk of stroke or death from heart disease by 57 per cent.

But this new intensive level of control exacts a toll, says Dr. Francine Kaufman, a California-based pediatric endocrinologist. "Hypoglycemia (low blood sugar) ... can lead to loss of consciousness, seizures and even death."

To help her patients avoid hypoglycemia, particularly at night, Dr. Kaufman developed a food product that could help regulate glucose levels over long periods. "My goal was to protect patients while they sleep."

The result of her research was the ExtendBar, recently launched in Canada. "It is easily portable and can be used easily by both children and adults. The very

complex starch enables the slow release of carbohydrates over time," says Dr. Kaufman.

The patented bars are sugar-free, low-carb, low-fat and high-protein, and are available in mixed berry, chocolate and chocolate peanut butter flavours.

Dr. Kaufman's research has shown that the ExtendBar reduces overnight hypoglycemia by 75 per cent. Further research revealed that – for people with type 2 diabetes, who often struggle with their weight – the ExtendBar helped reduce the number of overall calories eaten by 21 per cent.

Mr. Mackinnon, who is also a vice president at Auto Control Medical, the Canadian company that introduced the ExtendBar here, says, "We have sales representatives who have lost 15 pounds with the ExtendBar, just by controlling their late afternoon cravings long enough to get home to a healthy dinner."

But for Mr. Mackinnon and other people with diabetes, the effect of the ExtendBar is even more profound. "It's like a safety net when you go to bed," he says.

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Controlling your blood sugar levels the tasty way:

How ExtendBar prevents blood sugar highs and lows

ExtendBar is a revolutionary snack developed for people living with Diabetes. Unlike other snacks, which can convert to blood sugar in a short two hours (and send levels soaring to unhealthy heights), ExtendBar converts slowly and safely to help stabilize blood sugar for up to 9 hours.

The ExtendBar secret is the unique, patented combination of slow-burning carbohydrates, protein, and fat which break down gradually, and release nutrients into your system more evenly to provide you with a continuous source of energy.

This helps stabilize blood sugar for up to 9 hours

(longer than any other snack) so you can control hunger and avoid the annoying roller coaster ride of blood sugar highs and lows which are an unwelcome part of your routine.

- 1 Prevent dangerous overnight lows**
An ExtendBar before bed reduces disturbing nighttime blood sugar lows by up to 75%. Now you can sleep easy.
- 2 Control blood sugar for up to 9 hours**
If you go to sleep with a normal blood sugar level yet wake up with it much higher, an ExtendBar at bedtime can help stabilize your blood sugar through the night and reduce morning highs by 28%.
- 3 Maintain energy throughout the day**
ExtendBar provides you with a sustained supply of energy and helps guard against low blood sugar for up to 9 hours.
- 4 Lose weight by controlling hunger**
Grab an ExtendBar between meals as a delicious way to control your appetite and reduce calorie consumption at your next meal by 21%.



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