

# L-NutraHealth

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The Natural Diabetes  
Remission Program  
Reverse Type 2 Diabetes or Prediabetes  
Weight Loss

JUNE 2024

# Diabetes, Obesity and Metabolic Conditions are Rampant in the US

**FORTUNE Well.**

Nearly half of the U.S. population has diabetes or prediabetes—and many have no clue. Are you among them?



**Dozens sue saying Ozempic, other weight loss and diabetes drugs cause harmful side effects**



**America can prevent (and control) Type 2 diabetes. So why aren't we doing it?**

**98M**  
**Prediabetes/  
Metabolic Syndrome**

About 1 in 3 adults

More than 8 in 10 don't know they have it

**38M**  
**Diabetes**

About 1 in 10 adults

1 in 5 don't know they have it



- For both men and women, prevalence of diagnosed diabetes was highest among American Indian and Alaska Native adults (13.6%), followed by non-Hispanic Black adults (12.1%), adults of Hispanic origin (11.7%), non-Hispanic Asian adults (9.1%) and non-Hispanic White adults (6.9%).
- Prevalence varied significantly by education level, which is an indicator of socioeconomic status. Specifically, 13.1% of adults with less than a high school education had diagnosed diabetes versus 9.1% of those with a high school education and 6.9% of those with more than a high school education.

## COST



**\$413 Billion**

**Total medical costs & lost work & wages** for people with diagnosed diabetes



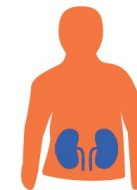
Medical costs for people with diabetes are **more than twice as high** as for people without diabetes

## RISKS

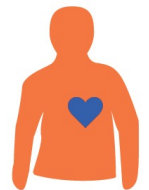
People who have diabetes are at **higher risk of serious health complications**:



**Blindness**



**Kidney failure**



**Heart disease**



**Stroke**



**Loss of toes, feet, or legs**

# L-Nutra Health



**67%**

## Reduce Medication

Reduce or eliminate reliance on a lifetime of costly diabetes drugs



**22lbs**

## Weight Loss

Retain lean body mass while losing weight



**1.4%**

## A1C Reduction

Blood sugar improvement occurs simultaneously with medication reduction



**59%**

## Reduced Insulin Resistance

59% of patients experience significant reduction in insulin resistance



**\$10K+**

## Cost Savings

Reversing metabolic conditions leads to massive savings—\$10k+ in 3 years/patient

**Overall Health Benefits: lower BMI, healthy cholesterol, more energy, reduced body fat, better cardiovascular health**

### Healthy Weight Loss

Deliver fat-driven weight loss but preserve muscle mass in contrast to weight-loss drugs

### Diabetes Remission & Regression

Safely de-escalate diabetes medication to restore blood glucose to below diabetes range

### Prediabetes Reversal

Target root causes to return to metabolic and glucose health

### No Drug Side Effects

Use nutrition technology to drive results without medicine, drug side effects or imposition on lifestyle

# Research Partnerships & Clinical Trials



# Journal Articles





# The L-Nutra Health Solution

- ✓ Diabetes Remission Program
- ✓ Unique Metabolic Fasting Mimicking Diet (FMD) Kit
- ✓ Improve Glucose Without Drugs & Loose Weight
- ✓ MD Supervision + RD Coaching



L-Nutra Health for Diabetes is a **breakthrough solution** that is proven to naturally activate your body's ability to manage blood sugar on its own.

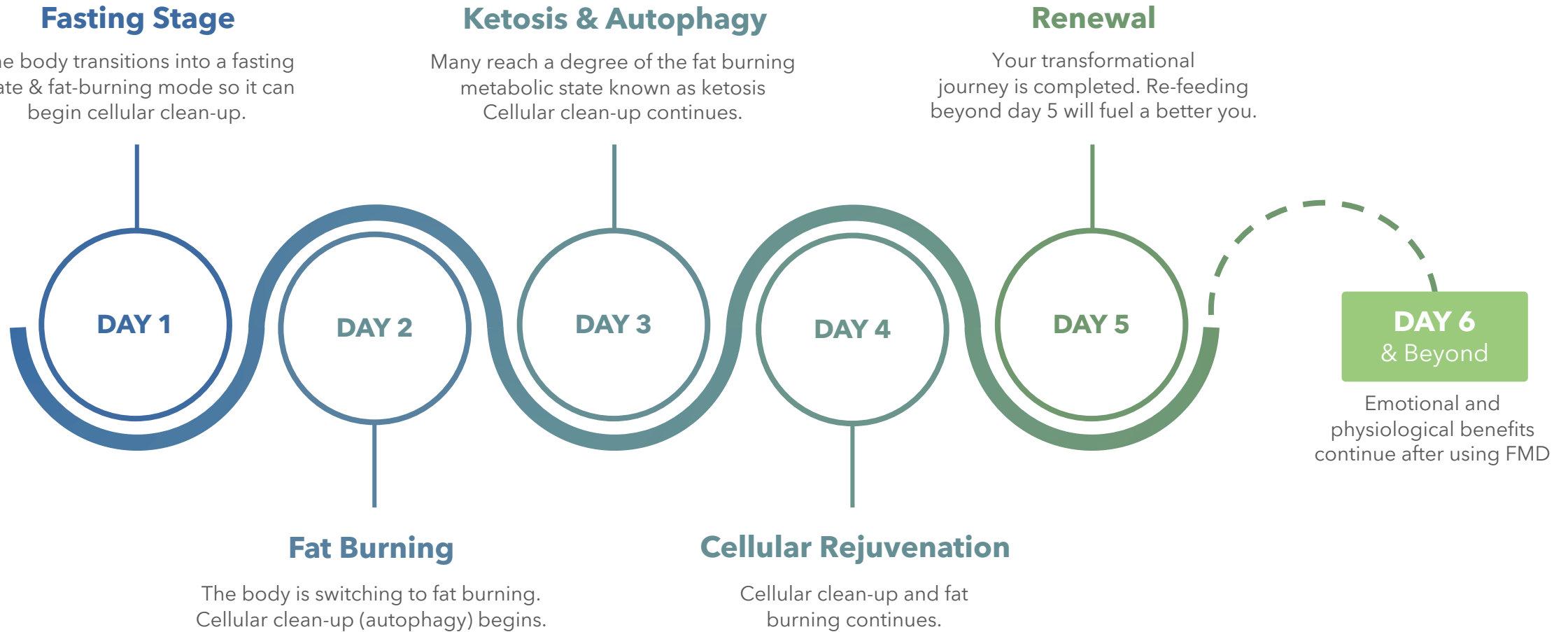
*"The support system encourages me to stay on track. My coach **customizes my experience** to my health and diabetes."*

— John

L-Nutra Health for Diabetes Member

(1) J Clin Endocrinol Metab. 2022 Jul 14;107(8):2167-2181.  
(2) FMD once a month for 4 months  
(3) Manuscript accepted.

# What happens during the FMD



# CLINICAL RESULTS

L-Nutra Health for Diabetes systemically targets multiple organ systems to **rejuvenate the cells** that are involved in the pathophysiology of Type 2 Diabetes.

**67%**  
**1.4**  
**22lbs**

of study participants **reduced their diabetes medications**

while still **reducing HbA1c by 1.4**

and **lose an average of 22lbs** while maintaining muscle mass. Some achieve complete remission from diabetes.

## SCIENTIFIC EVIDENCE SUPPORTS FMD NUTRITION



**30 years of research**  
development



**18 universities**  
around the world



**\$48M in research**  
grants including  
funding from the NIH



**2016 NOBEL PRIZE**

**Yoshinori Ohsumi**

"Discovery of Mechanisms for Autophagy"

# L-Nutra Health in Detail

**6-month active phase**, which taps into 6 cycles of monthly 5-day Fasting-Mimicking Diet (FMD), to kickstart metabolic, cellular, emotional, and behavioral changes

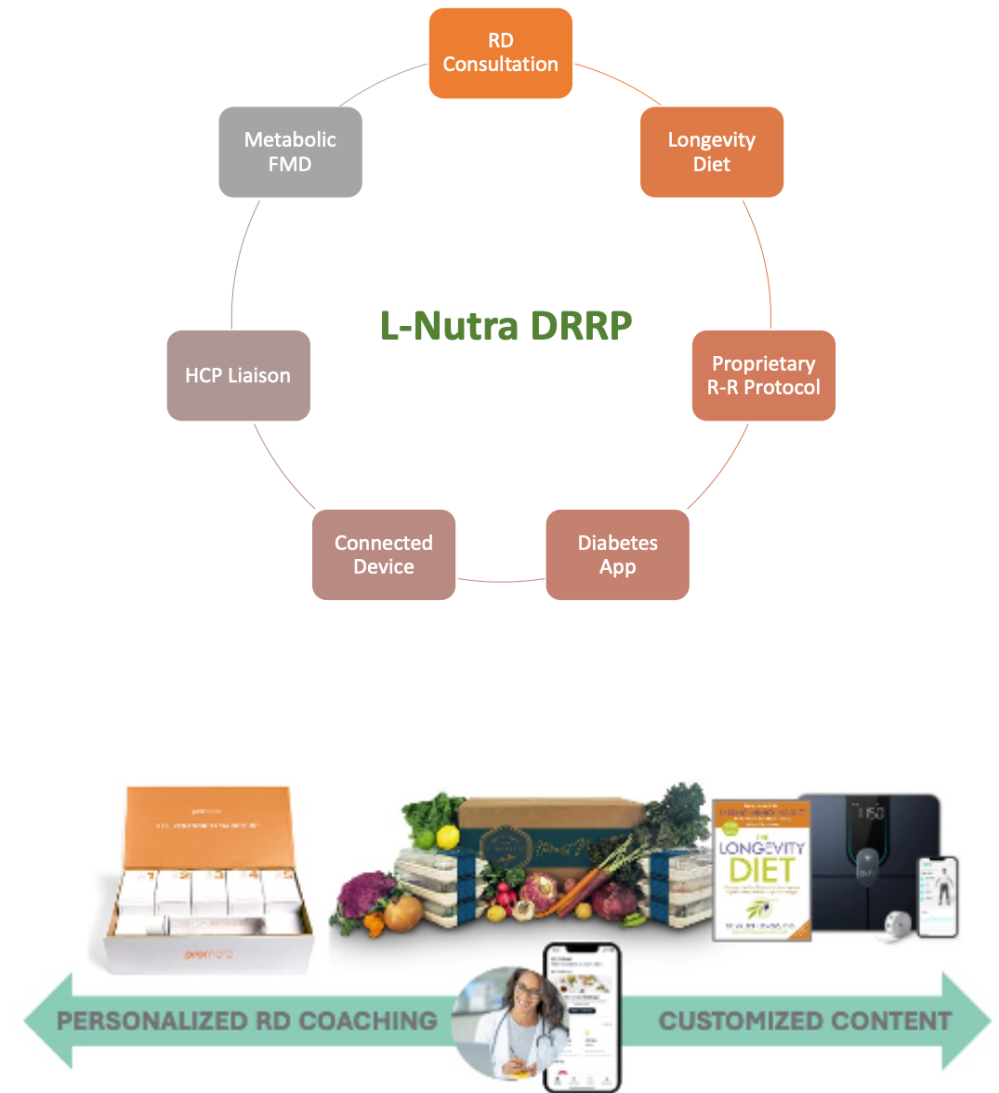
**Maintenance phase**, wherein initial FMD cycles can be combined with a plant- or pescatarian-based Longevity Nutrition by the dietitian coach

**The recommended Time Restricted Eating (TRE)**, which involves food consumption for 12 hours a day and fasting periods of 12 hours per night during the Program

**Laboratory monitoring** at regular intervals

**Tele-health visits** with a Lifestyle Medicine physician specializing in longevity and metabolic health

**Connected devices** to track biometrics like smart scale and an app with a library of content.





# Diabetes Regression & Remission Program

The customized 12-month experience is centered around a **monthly 5-day regimen** of the plant-based FMD, specifically formulated for people with Type 2 Diabetes.

Patients will also work closely with a **personal Registered Dietitian Coach** and a **Healthcare Provider** will tailor the program to their specific needs on their journey towards remission



	ACTIVE PHASE (Months 1-6)						MAINTENANCE PHASE (Months 7-12)					
	1	2	3	4	5	6	7	8	9	10	11	12
FMD Nutrition (5 days/month)	●	●	●	●	●	●			●			●
Longevity Nutrition Counseling	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Registered Dietitian Coach	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Digital Health Tools	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Smart Scale	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Healthcare Provider Visit	✓			✓			✓			✓		
Laboratory Testing	✓			✓			✓			✓		

# Metabolic Health Program



The customized 6-month experience is centered around a **monthly 5-day regimen** of the plant-based FMD, specifically formulated for people with Pre-Diabetes, obesity, insulin resistance, and metabolic syndrome.

Patients will also work closely with a **personal Registered Dietitian Coach** and a **Healthcare Provider** will tailor the program to their specific needs on their journey towards remission

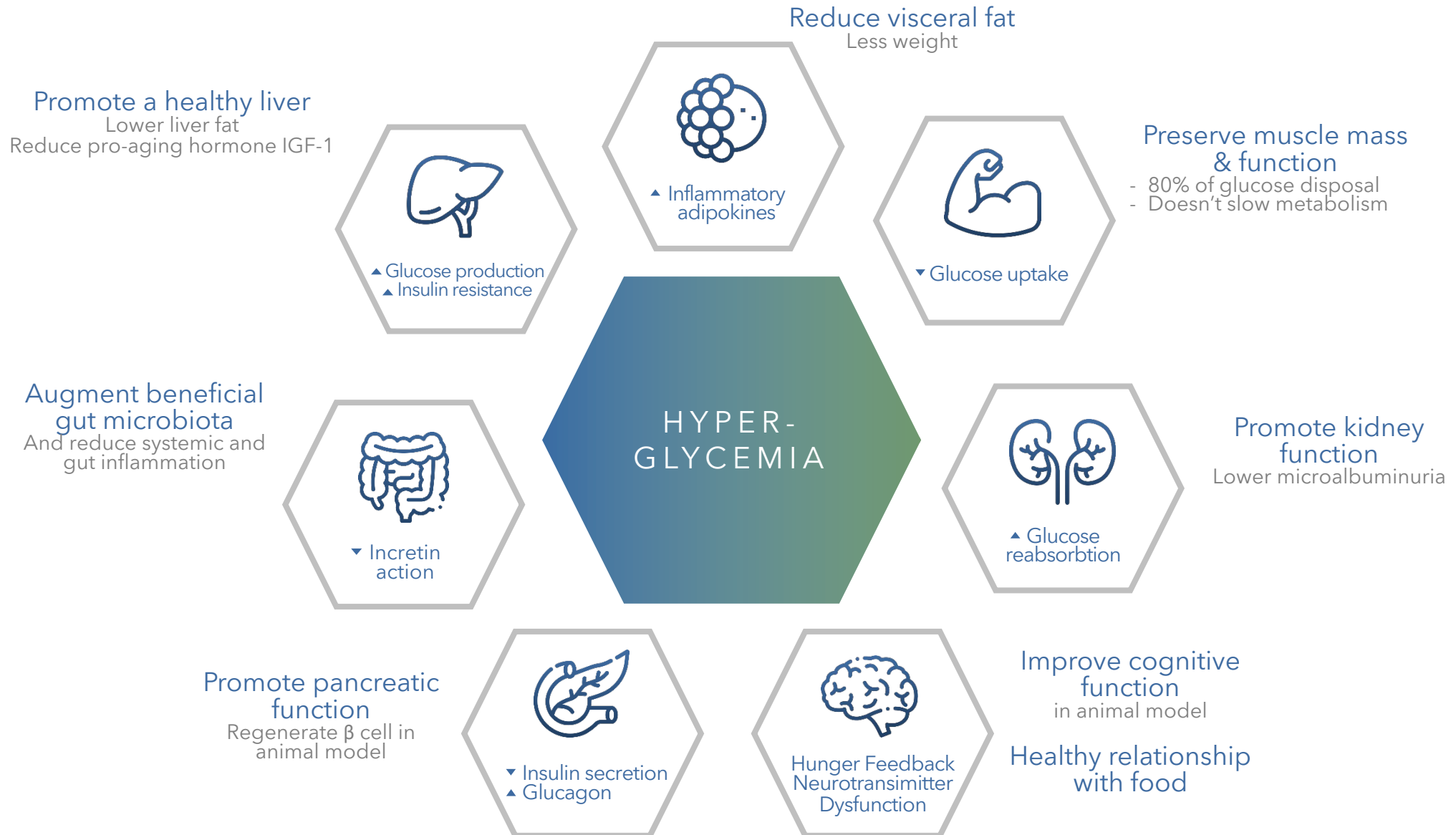
	ACTIVE PHASE (Months 1-6)					
	1	2	3	4	5	6
FMD Nutrition (5 days/month)	●	●	●			●
Longevity Nutrition Counseling	✓	✓	✓	✓	✓	✓
Registered Dietitian Coach	✓	✓	✓	✓	✓	✓
Digital Health Tools	✓	✓	✓	✓	✓	✓
Smart Scale	✓	✓	✓	✓	✓	✓
Healthcare Provider Visit						
Laboratory Testing	✓			✓		

# Metabolic Health Program – Benefits

**Benefits seen in a clinical study of a 5-day FMD cycle once a month for four months versus Mediterranean Diet for four months**

- helps maintain **healthy blood glucose levels**
- help individuals **lose an average of 8.2 pounds** and **1.6 inches off their waist** circumference
- help **lower BMI** effectively
- reduces body fat
- support **cardiovascular health**
- supports healthy levels of leptin, a hormone associated with hunger and cravings, which **helps support energy balance** and healthy eating habits
- help maintain **healthy cholesterol levels**
- helps **maintain HbA1c levels**

# RESULTS FOR PATIENTS



# Diabetes Remission & Regression with L-Nutra Health

## Consensus Report: Definition and Interpretation of Remission in Type 2 Diabetes

*Diabetes Care* 2021;44:2438–2444 | <https://doi.org/10.2337/dci21-0034>

Matthew C. Riddle, William T Cefalu, Philip H. Evans, Hertz C. Gerstein, Michael A. Nauck, William K. Oh, Amy E. Rothberg, Carel W. le Roux, Francesco Rubino, Philip Schauer, Roy Taylor, and Douglas Twenefour

“Remission should be defined as a return of HbA1c to **<6.5%** (<48 mmol/mol) that occurs spontaneously or following an intervention and that persists for at least **3 months** in the absence of usual glucose-lowering pharmacotherapy.”

Vol. XX • no. X  
American Journal of Lifestyle Medicine  
**ANALYTIC**  
R E V I E W  
John Kelly, MD, MPH, Micaela Karlson, PhD, MSPH, and Gregory Steinke, MD, MPH

## Type 2 Diabetes Remission and Lifestyle Medicine: A Position Statement From the American College of Lifestyle Medicine

“A growing number of clinical experts are discussing the concept of remission as a treatment goal, inspired by the outcomes observed following weight loss, **fasting/fasting mimicking diets**, bariatric surgery, and, more recently, intensive lifestyle modifications.”

*Am J Lifestyle Med.*14(4):406-419.

American Journal of Lifestyle Medicine  
May • Jun 2022  
**CE Offering**  
Richard M. Rosenfeld, MD, MPH, MBA, John H. Kelly, MD, MPH, Monica Agarwal, MD, MEHP, FACE, Karen Aspry, MD, MS, FACC, Ted Barnett, MD, FACLM, Brenda C. Davis, RD, Denise Fields, PharmD, BC-ADM, FASHP, Trudy Gaillard, PhD, RN, CDCES, FAHA, Mahima Gulati, MD, MSc, George E. Guthrie, MD, MPH, CDE, CNS, FACLM, FAFP, Denese J. Moore, MD, Gunadhar Panigrahi, MD, FACC, Amy Rothberg, MD, PhD, Deepa V. Sannidhi, MD, Lorraine Weatherspoon, PhD, RDN, Kaitlyn Pauly, MS, RDN, and Micaela C. Karlson, PhD, MSPH

## Dietary Interventions to Treat Type 2 Diabetes in Adults with a Goal of Remission: An Expert Consensus Statement from the American College of Lifestyle Medicine

“Other strategies that have been successful for reducing energy intake include very-low-calorie diets, **fasting-mimicking diets**, and intermittent fasting.”

*Am J Lifestyle Med.*16(3):342-362



## CLINICAL STUDY 1

# FMD vs Standard Care in Type 2 Diabetes – A 6-Month Study

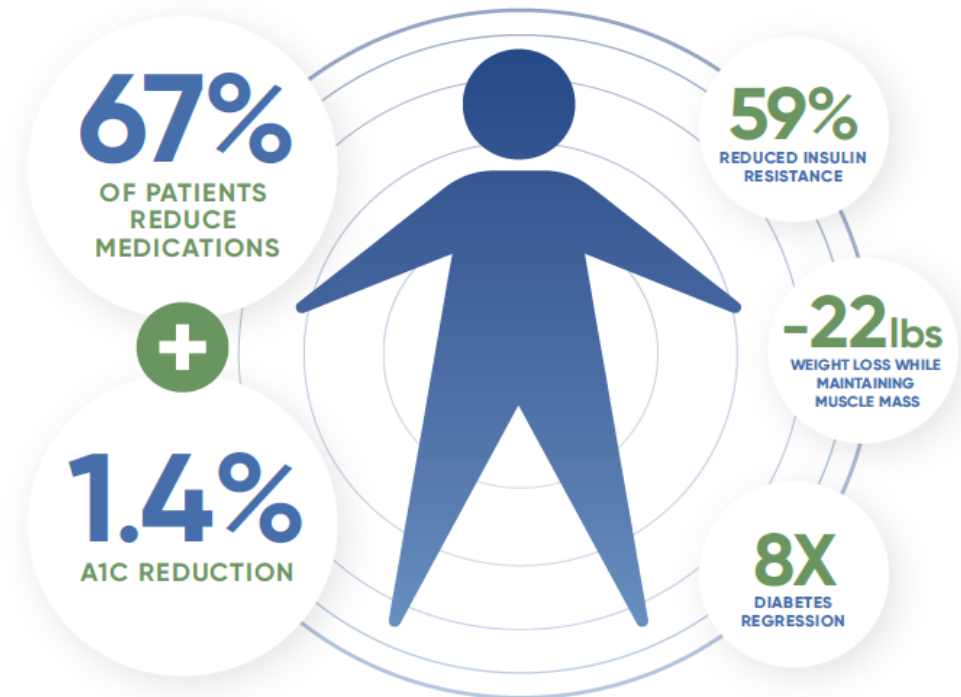
[Read full article here](#)



Six-Month Periodic Fasting in Patients With  
Type 2 Diabetes and Diabetic Nephropathy: A  
Proof-of-Concept Study

## 6 Monthly Cycles of FMD

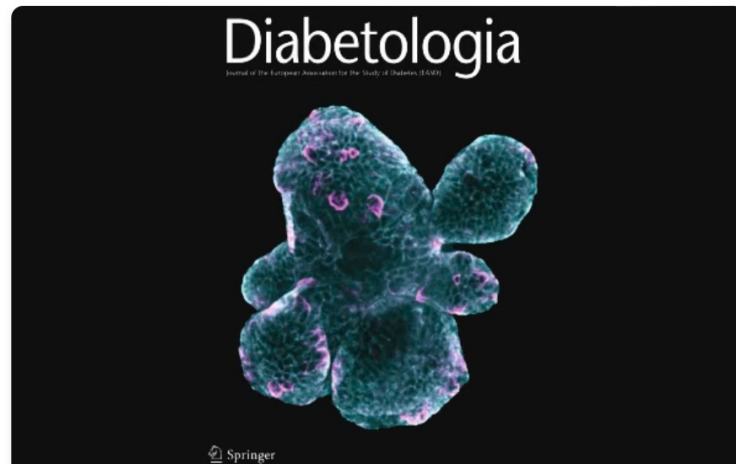
- Lost 22 pounds while preserve lean body mass
- Reduced insulin resistance by 59%
- Decreased HbA1c by 1.4%, equal to powerful drugs
- Achieved above while **Cutting Back** on diabetes medications



## CLINICAL STUDY 2

# FMD vs Standard Care in Type 2 Diabetes in Primary Care Setting – A 12-Month Study

[Read full article here](#)

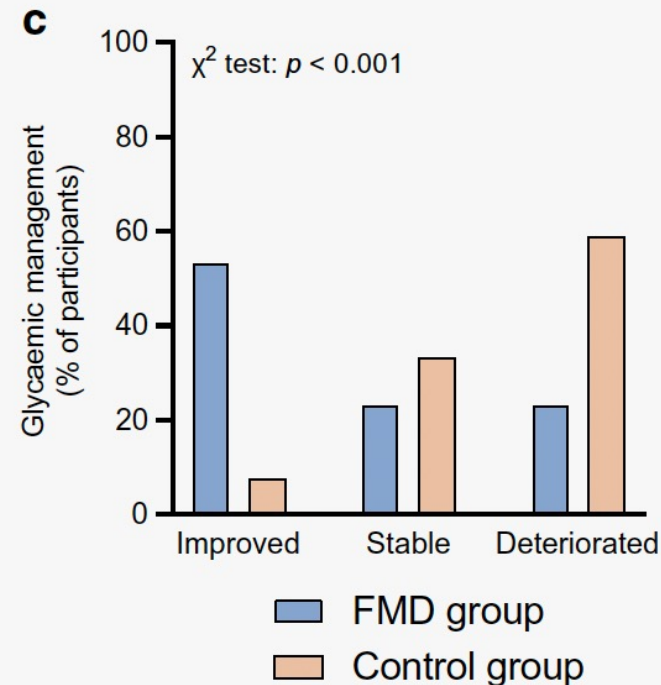


Integration of a fasting-mimicking diet programme in primary care for type 2 diabetes reduces the need for medication and improves glycaemic control.

## 12 Monthly Cycles of FMD

- Reduced HbA1c, diabetes drugs and weight
- 7 times more likely to reduce diabetes medicine or improve sugar control compared to standard of care

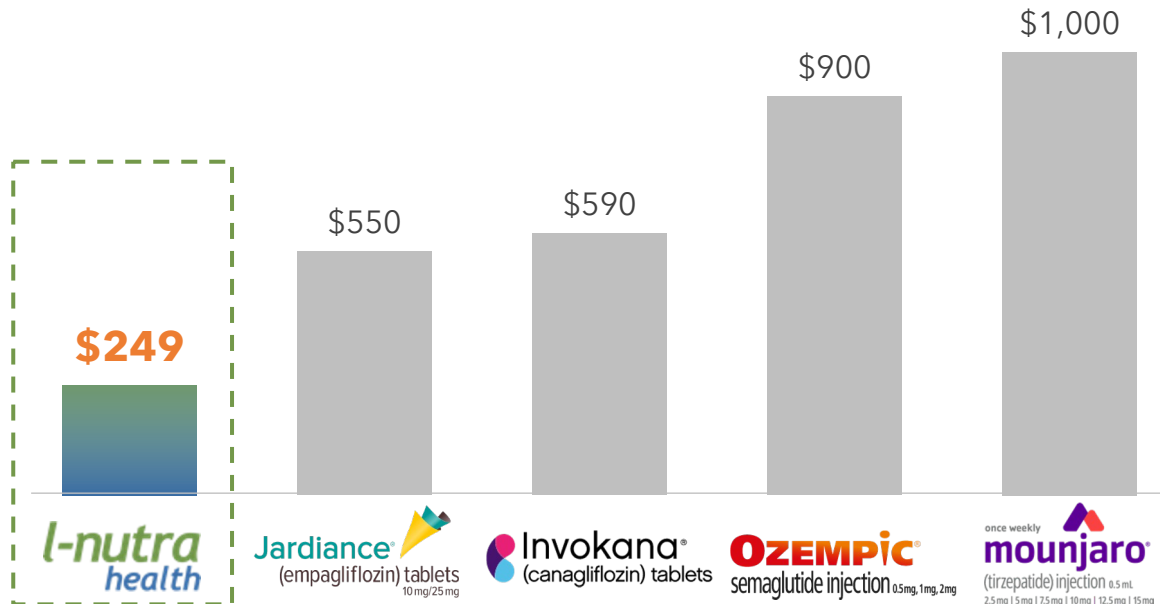
***"Integration of a monthly FMD program reduces the need for diabetes medication, improves HbA1c and is safe in routine clinical practice."***



# Cost-Effective With Quantifiable Results

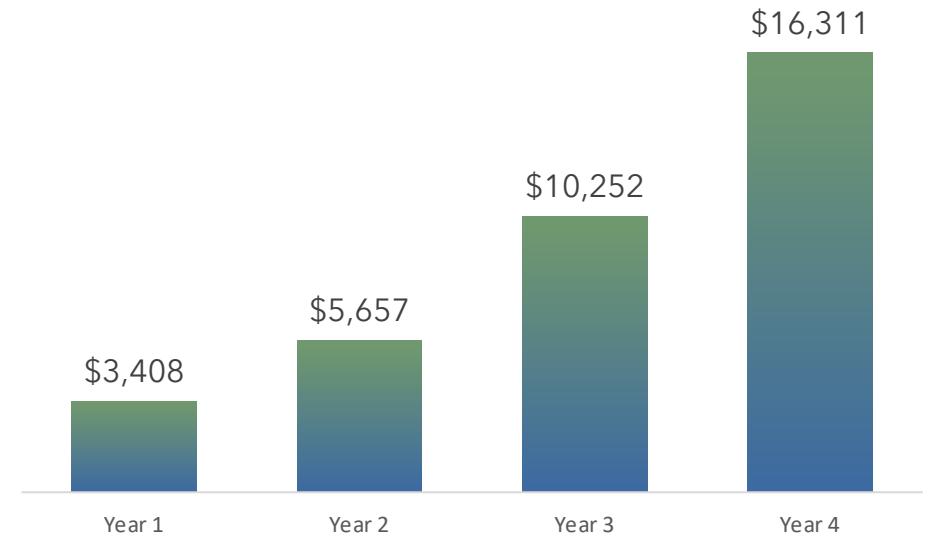
## Lower Monthly Cost Than Leading Drugs

Monthly diabetes remedy costs



## Results at a Lower Cost and Higher ROI for Payers

Net cumulative payer savings per patient on 2-3 drugs



<1 Year breakeven point/payback period

10-year net cumulative benefit is \$45,319

L-NutraHealth

VS

**OZEMPIC®**  
semaglutide injection 0.5mg, 1mg, 2mg

<p><b>NO DRUG-RELATED SIDE EFFECTS</b></p>	<p><b>SIDE EFFECTS</b></p> <ul style="list-style-type: none"><li>• Nausea, Pancreatitis, gastroparesis, bowel obstruction</li><li>• Kidney issues, including kidney failure</li><li>• Allergic reactions</li><li>• Gallstones</li><li>• Cholecystitis - sudden gallbladder inflammation</li><li>• Thyroid cancer or thyroid tumors</li><li>• Diabetic retinopathy - a condition that affects the eyes, Vision changes</li><li>• Gastroparesis - severe stomach paralysis</li></ul>
<p><b>L-Nutra Products/Programs preserve lean muscle mass:</b> Fat-driven weight loss while preserving muscle - good for overall health and longevity</p>	<p><b>Muscle Loss leading to:</b> "Ozempic Face", "Ozempic Butt", "Ozempic Breast" - bad for overall health and risk factor in aging</p>
<p><b>249 \$ / Month</b></p>	<p><b>900 \$ / Month</b></p>

# Led by experts & innovators in nutrition & longevity science



**Dr. Valter Longo**

Founder, Direct of Longevity  
Institute at USC

Leading biochemist & cell biologist.  
Director of Longevity Institute at  
University of Southern California.

Named Top 50 Most Influential  
People in Healthcare by Time.

Holder of multiple patents, 400+  
published works, and credited for  
discovering two of the most  
important pathways recognized to  
regulate aging & age-related  
chronic diseases.



**Joseph Antoun, MD, Ph.D.**

CEO & Chairman  
Fmr. Head of BD, EMBU @ Lilly



**Michael Lawsky**

President, L-Nutra Corporate, CEO  
Fmr. MD UBS, Barclays, Lehman



**Dr. William Hsu**

Chief Medical Officer  
Fmr. VP at Harvard's Joslin Diabetes Center



**Andrea Ghirardi**

Group CIO, CEO & President L-Nutra Europe  
Fmr. CCO | Managing Director at IMO Spa



**130+**

Global patents on our  
Nutrition Science

**32**

Clinical trials - scientific  
results you can trust

**18**

Prestigious university  
research partners

**\$48M**

R&D investment  
to date



# Food As Medicine Revolution

START YOUR DIABETES  
REMISSION PILOT NOW

L-Nutra Health programs combine a **monthly 5-day regimen** of plant-based Fasting-Mimicking nutrition (FMD) with **professional counseling** to treat the root causes of metabolic conditions.

[l-nutrahealth.com](https://l-nutrahealth.com)



# Thank you

[l-nutrahealth.com](http://l-nutrahealth.com)

(469) 281-2386

**L-NutraHealth**  
FOR DIABETES