



COUNTING THE CARBS

Knowing how to account for the carbs in ControlBar is very important to experiencing ControlBar's blood sugar stabilization benefits.

What are “Net Carbs” and how do we define them?

ControlBar's 7-9 hour glucose conversion is based on a combination of short acting and long acting carbohydrates. We refer to the short acting carbs as “net carbs”, and define them as the amount of carbs in a single serving of ControlBar that convert to glucose very rapidly (in the 1st hour) and hence need to be covered with short/fast acting insulin. The remaining carbs convert so gradually over the remaining 6+ hours that basal insulin can cover for it.

Why is it important to know the “Net Carbs” in ControlBar?

It is important that those ControlBar customers using insulin, only bolus for the short acting carbs (net carbs). Otherwise, they could experience hypoglycemia – the very condition ControlBar was designed to prevent.

How did we verify the Net Carbs in ControlBar?

To make sure we understood the glycemic response of our bars we did 2 sets of studies.

- **Study 1:** We used continuous glucose monitors (measuring blood glucose readings every minute) over a 72 hour period and compared the glycemic impact of a placebo bar and ControlBar at various levels of insulin bolus. We did this to determine the optimum amount of insulin bolus one needed to cover for the carbs in ControlBar. Results confirmed that for ControlBar's Low Carb formula an individual should bolus to cover 0-5 grams and for ControlBar's Original a bolus for 10 grams was optimal.
- **Study 2:** We did glycemic index (GI) and glycemic load studies at a leading laboratory for Glycemic Index research. In this study the glycemic response of Controlbar was compared with a control (that had the same amount of carbs) over a 2 hour period. All the ExtendBars received a low GI rating. Further the low carb formula received a low Glycemic Load rating. The glycemic load of the low carb bars were just 4-5. This means that eating ControlBar (that has 19-21 grams of total carbs) is equal to eating just 4-5 grams of glucose in terms of blood sugar impact.

What is our view of products that simply count “Net Carbs”?

We do not believe one should arrive at a Net Carb number by simply subtracting certain ingredients. Polyols (Sugar alcohols) vary in glycemic and caloric value- the glycemic response of sorbitol is different than maltitol or erythritol. We also believe the glycemic response a combination of ingredients can be quite different that of the individual ingredients. For these reasons we find it critical that well designed studies be conducted to measure the glycemic response and glycemic profile of the end product.