

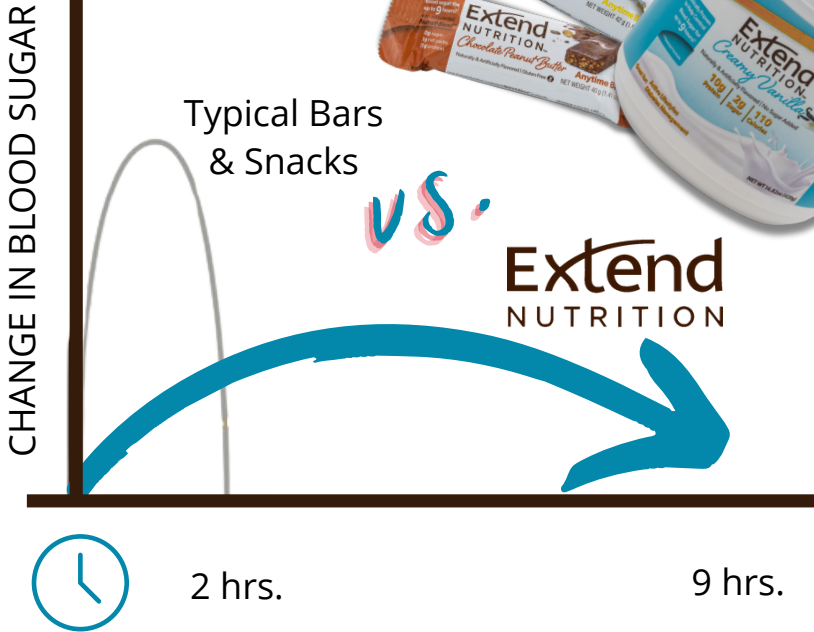
Extend

NOTES FOR PRACTITIONERS
& PATIENTS

DESIGNED FOR DIABETICS, PRE-DIABETICS & WEIGHT MANAGEMENT



- ✓ LOWER A1C LEVELS
- ✓ REDUCE SWINGS
- ✓ ELIMINATE OVERNIGHT LOWS
- ✓ INCREASE ENERGY LEVELS
- ✓ CURB HUNGER CRAVINGS



- The only snacks clinically proven to help control blood sugar for up to 9 hours and reduce appetite.
- Invented by Dr. Francine Kaufman, world-renowned endocrinologist and past President of the American Diabetes Association.

PATIENT TYPES

CLINICALLY PROVEN TO HELP

TYPE I OR INSULIN DEPENDENT
TYPE II
PREDIABETES
WEIGHT MANAGEMENT

PREVENT NOCTURNAL HYPOGLYCEMIA
PREVENT HIGHS/ LOWS
IMPROVE A1C
IMPROVE ENERGY
CURB CRAVINGS/CONTROL HUNGER

- Healthy by design. 9-12g Protein, 1-2g Net Carbs, 130-160 Calories, No Sugar Added...EVER!
- Recommended by 100's of healthcare professionals for over 15 years.
- Not Expensive; no doctor prescription needed.















@EXTENDNUTRITION

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HOW DO THEY WORK?

A key ingredient in Extend Snacks is uncooked cornstarch; it is a highly complex, low glycemic carbohydrate that digests and converts to blood sugar slowly for up to 9 hours.

Extend Snacks patented blend of lean protein, complex carbs, and healthy fats has been clinically proven to offer valuable benefits that no other snack or food can match.

	HELPS PREVENT HYPOGLYCEMIA	HELPS PREVENT MORNING HIGHS	HELPS CONTROL HUNGER	PREVENTS SPIKE IN BLOOD SUGAR
UNCOOKED CORNSTARCH* (Extend Snacks)				
RESISTANT STARCH (e.g. Glucerna)				
LOW CARB/ LOW GLYCEMIC (e.g. Atkins)				

*Only Extend Snacks are clinically proven to offer the above benefits.

RECOMMENDED USE GUIDELINES:

1-2-3 Extend Snacks a day 1 hour before expected lows or bedtime



Breakfast /
Mid-Morning snack



Mid-Afternoon Snack



Before Bedtime

FOR SPECIAL CHALLENGES:

RECOMMENDED USE: 1 EXTEND SNACK:

- LOW BLOOD SUGAR OVERNIGHT >>> 1 HOUR BEFORE BED
- UNPREDICTABLE WAKING BLOOD SUGAR >>> 1 HOUR BEFORE BED
- DIFFICULTY SLEEPING >>> 1 HOUR BEFORE BED
- LOW BLOOD SUGAR DURING/ AFTER EXERCISE >>> BEFORE EXERCISE
- WEIGHT LOSS/ WEIGHT MANAGEMENT >>> BETWEEN MEALS
- SCHEDULE INTERFERES WITH REGULAR MEALS >>> AS NEEDED TO SUSTAIN BLOOD SUGAR

EXTEND SNACKS FIT MOST HEALTHY DIETS

DIETARY GUIDELINES	MEETS GUIDELINES	EXTEND SNACKS FEATURES
ADA (AMERICAN DIABETES ASSN.)	✓	LOW SUGAR; LOW FAT/ SAT. FAT
AHA (AMERICAN HEART ASSN.)	✓	LOW FAT; HIGH FIBER; HIGH SOY PROTEIN
LOW CARB/ LOW GLYCEMIC (ATKINS, SOUTHBEACH - ALL PHASES)	✓	LOW NET CARBS; LOW GLYCEMIC INDEX
WEIGHT WATCHERS POINTS PLUS	✓	ALL EXTEND SNACKS = 2.4-3.7 POINTS
NUTRISYSTEM	✓	LOW GLYCEMIC
40/30/30 (ZONE)	✓	LOW FAT; HIGH FIBER; HIGH PROTEIN
GLUTEN FREE DIET	✓	GLUTEN FREE
DIALYSIS DIET	✓	LOW IN PHOSPHORUS & POTASSIUM

CLINICAL STUDIES:

- The effect of extend bar containing uncooked cornstarch on night-time glycemic excursion in suspects with type 2 diabetes
- A study to assess the efficacy of Extend Bar® as an appetite suppressant in males and females. A crossover study in moderately overweight subjects with BMI 27-31
- Use of uncooked cornstarch to avert nocturnal hypoglycemia in children and adolescents with type 1 diabetes
- A randomized, blinded trial of uncooked cornstarch to diminish nocturnal hypoglycemia at Diabetes Camp

Questions? Contact Mary at
mgorman@extendnutrition.com
 or 800-887-2919

SIMPLY BETTER THAN GLUCERNA!

Extend NUTRITION

- ✓ 0g SUGAR
- ✓ 0g ADDED SUGAR
- ✓ 1g NET CARBS
- ✓ 11g PROTEIN
- ✓ ALL NATURAL INGREDIENTS
- ✓ NO HIGH FRUCTOSE CORN SYRUP

VS

Glucerna

- ✗ 6g SUGAR
- ✗ 6g ADDED SUGAR
- ✗ 8g NET CARBS
- ✗ 6g PROTEIN
- ✗ ARTIFICIAL FLAVORS & SWEETENERS
- ✗ CONTAINS HIGH FRUCTOSE CORN SYRUP



GLUCERNA IS A TRADEMARK OF ABBOTT.

1g
NET
CARBS

CHOCOLATE + PEANUT BUTTER

Nutrition Facts

15 servings per container
Serving Size: 1 bar (40g)

Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 6g	21%
Total Sugar 0g	
Includes 0g Added sugars	0%
Sugar Alcohol 5g	
Other Carbs 8g	
Protein 11g	

Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 2mg	10%
Potassium 131mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general advice.

INGREDIENTS: Protein Blend (Soy Protein Crisps (soy protein isolate, tapioca starch, salt), Whey Protein Isolate), Maltitol Syrup, Corn Starch, Soluble Corn Fiber, Chicory Root Fiber, Peanut Butter, Peanuts, Glycerine, Chocolate Liqueur, Cocoa Powder (cocoa processed with alkali), Natural Flavor, Peanut Meal, High Oleic Sunflower Oil, Peanut Oil, Sea Salt, Stevia.

0g
NET
CARBS

PEANUT BUTTER

Nutrition Facts

15 servings per container
Serving Size: 1 bar (40g)

Amount Per Serving	
Calories	160
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 20g	7%
Dietary Fiber 5g	18%
Total Sugar 0g	
Includes 0g Added sugars	0%
Sugar Alcohol 6g	
Other Carbs 9g	
Protein 12g	

Vitamin D 0mcg	0%
Calcium 78mg	6%
Iron 1mg	6%
Potassium 86mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general advice.

INGREDIENTS: Protein Blend (Soy Protein Crisps (soy protein isolate, tapioca starch, salt), Whey Protein Isolate), Soluble Corn Fiber, Maltitol Syrup, Corn Starch, Peanut Butter, Peanuts, Glycerine, Gluten Free Rolled Oats, Peanut Meal, Peanut Oil, Natural Flavor, Sea Salt, Stevia.

0g
NET
CARBS

RICH CHOCOLATE

Nutrition Facts

15 servings per container
Serving Size: 1 bar (40g)

Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 21g	8%
Dietary Fiber 6g	21%
Total Sugar 0g	
Includes 0g Added sugars	0%
Sugar Alcohol 6g	
Other Carbs 9g	
Protein 12g	

Vitamin D 0mcg	0%
Calcium 88mg	6%
Iron 2mg	10%
Potassium 107mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general advice.

INGREDIENTS: Protein Blend (Soy Protein Crisps (soy protein isolate, tapioca starch, salt), Whey Protein Isolate), Soluble Corn Fiber, Maltitol Syrup, Corn Starch, Chicory Root Fiber, Glycerine, Erythritol Dark Chocolate Chips (unsweetened chocolate, erythritol, cocoa butter, stearic acid, sunflower lecithin), Chocolate Liqueur, Gluten Free Rolled Oats, Cocoa Powder (cocoa processed with alkali), Natural Flavor, High Oleic Sunflower Oil, Cocoa Extract, Sea Salt, Stevia.

1g
NET
CARBS

YOGURT + LEMON

Nutrition Facts

15 servings per container
Serving Size: 1 bar (42g)

Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 25g	9%
Dietary Fiber 7g	25%
Total Sugar 1g	
Includes 0g Added sugars	0%
Sugar Alcohol 8g	
Other Carbs 9g	
Protein 9g	

Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 0mg	0%
Potassium 37mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general advice.

INGREDIENTS: Protein Blend (Milk Protein, Whey Protein Isolate, Soy Crisps (Isolated Soy Protein, Rice Starch)), Yogurt Flavored Coating (maltitol, palm kernel oil, yogurt powder (cultured whey protein concentrate, cultured skim milk), non fat dry milk solids, whole milk solids, soy lecithin, salt, natural flavor), Soluble Corn Fiber, Corn Starch, Glycerine, Lemon Flavored Layer (maltitol syrup, vegetable oil (palm kernel oil, palm oil), water, whey protein concentrate, glycerine, fruit juice (color), natural flavor, soy lecithin, sodium citrate, salt, carrageenan), Chicory Root Fiber, Erythritol, High Oleic Sunflower Oil, Natural Flavor, Sea Salt.

1g
NET
CARBS

CHOCOLATE + CARAMEL

Nutrition Facts

15 servings per container
Serving Size: 1 bar (42g)

Amount Per Serving	
Calories	140
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 135mg	6%
Total Carbohydrate 22g	8%
Dietary Fiber 7g	25%
Total Sugar 1g	
Includes 0g Added sugars	0%
Sugar Alcohol 5g	
Other Carbs 9g	
Protein 11g	

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general advice.

INGREDIENTS: Protein Blend (Whey Protein Isolate, Milk Protein, Soy Crisps (Isolated Soy Protein, Rice Starch)), Sugar Free Dark Chocolate Flavored Coating (palm kernel and palm oil, whey protein concentrate, erythritol, cocoa processed with alkali, sunflower lecithin, vanilla powder, stevia extract), Soluble Corn Fiber, Corn Starch, Glycerine, Sugar Free Caramel Layer (maltitol syrup, modified palm kernel oil, skim milk powder, whey protein concentrate, water, soy lecithin, disodium phosphate, natural flavor, salt, cream (cream, milk, cellulose gel, milk solids, carrageenan, cellulose gum), salted butter, carrageenan, dextrose), Chicory Root Fiber, Erythritol, Natural Flavor, Cocoa Powder (cocoa processed with alkali), High Oleic Sunflower Oil, Cocoa Extract, Sea Salt.

1g
NET
CARBS

YOGURT + BERRY

Nutrition Facts

15 servings per container
Serving Size: 1 bar (42g)

Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 125mg	5%
Total Carbohydrate 25g	9%
Dietary Fiber 7g	25%
Total Sugar 1g	
Includes 0g Added sugars	0%
Sugar Alcohol 9g	
Other Carbs 8g	
Protein 9g	

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general advice.

INGREDIENTS: Protein Blend (Milk Protein, Whey Protein Isolate, Soy Crisps (Isolated Soy Protein, Rice Starch)), Yogurt Flavored Coating (maltitol, palm kernel oil, yogurt powder (cultured whey protein concentrate, cultured skim milk), non fat dry milk solids, whole milk solids, soy lecithin, salt, natural flavor), Soluble Corn Fiber, Corn Starch, Glycerine, Strawberry Flavored Layer (maltitol syrup, vegetable oil (palm kernel oil, palm oil), strawberry juice concentrate, natural flavor, water, sodium citrate, soy lecithin, carrot and black currant juice (color), citric acid, salt, carrageenan), Chicory Root Fiber, Erythritol, High Oleic Sunflower Oil, Natural Flavor, Sea Salt.

ANYTIME SHAKE MIX CREAMY VANILLA

Nutrition Facts

15 servings per container
Serving size 2 scoops (28g)

Amount per Serving	
Calories	110
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 150mg	7%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 10g	20%

Vitamin D 1mcg	5%	Vitamin B12 0.6mcg	25%
Calcium 95mg	7%	Biotin 30mg	100%
Iron 0.1mg	<1%	Pantothenic Acid 1mg	20%
Potassium 120mg	3%	Phosphorus 75mg	6%
Vitamin A 150mcg	17%	Iodine 15mcg	10%

2g	10g	110	4g
Sugar	Protein	Calories	Net Carbs

Vitamin C 6mg	7%	Magnesium 19mg	5%
Vitamin E 2.7mg	18%	Zinc 0.75mg	7%
Vitamin K 4mcg	3%	Selenium 7mg	13%
Thiamin 0.15mg	13%	Copper 0.1mg	11%
Riboflavin 0.17mg	13%	Manganese 0.2mg	9%
Niacin 2mg	13%	Chromium 12mcg	34%
Vitamin B6 0.2mg	12%	Molybdenum 7mcg	16%
Folate 40mcg	10%		

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: Whey Protein Concentrate, Corn Starch, Creamer [sunflower oil, maltodextrin, sodium caseinate (milk), monoglycerides, diglycerides, dipotassium phosphate, soy lecithin, sodium silico aluminate, tocopherols], Soluble Corn Fiber, Natural & Artificial Flavors, Gum Blend (Cellulose Gum, Xanthan Gum, Carrageenan), Purified Sea Salt, Calcium Carbonate, Magnesium Aspartate, Sucralose, Dipotassium Phosphate, Maltodextrin, Vitamin C (Ascorbic Acid), Zinc Bisglycinate Chelate, Selenium Citrate, DL-Alpha Tocopheryl Acetate, Niacin, Copper Glycinate Chelate, Calcium D-Pantothate, Molybdenum Citrate, Manganese Sulfate Monohydrate, Pyridoxine HCl, Thiamine HCl, Riboflavin, Beta Carotene, Chromium Polynicotinate, Retinyl Acetate, Folate (Folic Acid), Potassium Iodide, Biotin, Phytonadione, Cholecalciferol, Cyanocobalamin.
Allergy Information: Contains milk and soy

HOW TO COUNT THE CARBS

Fiber, Sugar Alcohols and *Non-Factor Other Carbs (5g Uncooked Cornstarch and Glycerin) convert slowly, thus have minimal impact on blood sugar.

CHOCOLATE + PEANUT BUTTER

Total Carbs	Dietary Fiber	Sugar Alcohols	Other Carbs*	NET CARBS
20g	- 6g	- 5g	- 8g	= 1g