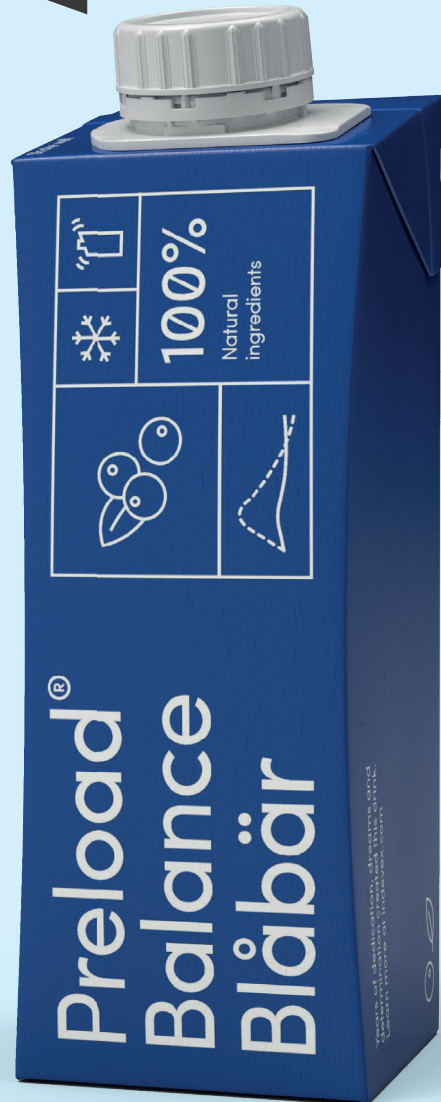


Based on Swedish research



About Indevex

The Swedish research and evidens based biotech company Indevex has been running scientific research for more than 15 years in Sweden and internationally, enabling a number of publshed studies within the area of Medical Nutrition Therapy. Indevex is committed and passionately working within Medical Nutrition Therapy to reverse and prevent emergance and developments into diseases caused by metabolic syndrome, as an example Gestational Diabetes Mellitus.

Do you want to know more about Preload Balance products, the scientific research behind the therapy or about Indevex as a company?

Please visit us at www.indevex.com for more information or send your questions to us at info@indevex.com.

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What is gestational diabetes?

Gestational diabetes is usually developed during week 24 to 28 of your pregnancy. Diagnose is being made through detection of elevated blood glucose levels. Gestational diabetes is what is called asymptomatic which mean no or few symptoms are noticed or seen, however the importance to come under adequate treatment is crucial if blood glucose levels continue to be high and unbalanced. Untreated gestational diabetes can increase the risk for complications to your pregnancy and the forthcoming delivery, as well as increase the risk for later diseases both to you and your child.

Treatment of gestational diabetes

First line of treatment to lower the elevated blood glucose level is made by changed diet and increased level of physical activity. If this won't help there is currently only pharmaceuticals to induce, like insulin injections or in some cases oral drugs. Medical Nutrition Therapy is a new way of stabilizing blood glucose levels, where only natural nutrients are used to influence the blood glucose levels in a positive way. Macronutrient Preload as a method and Preload® Balance products are well documented for Medical Nutrition Therapy, with good results for gestational diabetes.

Preload Balance contain purely natural nutrition

Preload Balance contain a specific combination of 100% natural nutrients from peas, egg, milkprotein, apple, rosehip and dietary fibers from sugarbeet. All flavors is also coming from natural sources, like fruits and berries. The combination of nutrients has a low so called Glycemic Index or GI and contain only 130-150 kalorier. Additionally, every portion of Preload Balance contributes to key nutrients like proteins, omega-3 and -6 fats, vitamins, minerals and trace elements. On top of influencing your blood glucose levels positively, you and your child get a boost of essential nutrition – key building blocks for healthy body tissues.

Macronutrient Preload stabilizes blood glucose

Macronutrient Preload is developed to stabilize blood glucose levels in tune with your bodys own biology, completely free from synthetic additives. By consuming a concentrate of natural nutrition before a regular meal, the bodys release of blood glucose lowering hormones are being stimulated. This makes your body prepared for the blood glucose increase that will be induced at your regular meal. By using Macronutrient Preload

approximately 30 minutes before a regular meal the blood glucose level response is quicker stabilized and be lower and more stable over a longer time period. Eventually this gives less need for pharmaceuticals like insulin.

How to use Preload Balance?

A package (Tetra Brik 235 ml) Preload Balance shall be consumed about 30 minutes prior each regular meal (breakfast, lunch and dinner) to influence blood glucose levels and lower the craving for sweets and or snacks inbetween meals. It is crucial to continue with medical nutrition therapy through the pregnancy to keep blood glucose at a good stable and low level. Preload Balance should be consumed daily prior meals throughout the pregnancy for a healthy blood glucose level.

Who can use Preload Balance?

There are no risks in having Preload Balance, bo possibility to overdose as an example. Preload Balance can be used by all adults but is aimed for women with worries of gestational diabetes or already have a positive diagnose of gestational diabetes.

Some exclusions needs though to be made;

1. Persons intolerant to egg and milk protein should not consume the products. Egg and milk protein can cause allergic reaction.
2. Women diagnosed with diabetes already before pregnancy shall discuss their lifestyle and pharma usage with their doctor and/or special maternity care unit.

Can I do something myself to get the best result out of Preload Balance therapy?

To lower a too high blood glucose in both short and long term there are three things that you can do:

1. Have meals regularly – breakfast, lunch, dinner and healthy small meals in between. This will make it easier to avoid unnecessary snacking and make you more alert. Be sure to avoid sweets in between meals. Breakfast is especially

important since you haven't got any refill of nutrition during your night sleep. Your body is emptied of easy to access energy and it will start to use your proteins in the muscles as fuel to get going.

2. Create satiety with healthy foods. Make sure a lion part of your plate is consisting of fresh vegetables and fiberrich foods. Use the commonly used plate model for assistance – assigning half of the portion to vegetables. Go for wholegrains and avoid refined sugars and other fast carbohydrates. Rather have an apple than a glass of apple juice. An apple contain a lot of fibers, while the apple juice has a relatively high concentration of the sugar from several apples. Do also make sure your portions are big and small enough to give you satiety.

3. 30 minutes of moderate physical exercise every day. It is crucial to make a moderate physical exercise every day and it is not complicated. Use the stairs instead of elevators, ask for a standing desk at work rather than a comfy chair – avoid sitting still as much as you can. 30 minutes may seem a little but it make wonderworks in your body over time.

