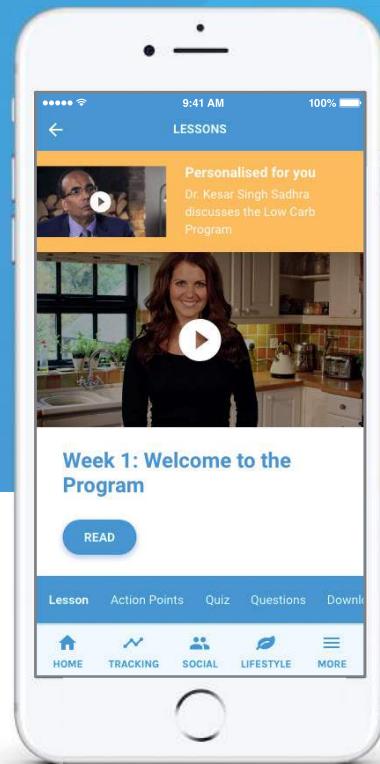




The **award-winning** digital health intervention for people with **type 2 diabetes** and **prediabetes** provides the **education, resources**, and **support** required to take control of your metabolic health through addressing sugar in the diet.

Most members who complete the program **improve blood glucose control** and **sustainably lose weight** whilst reducing or eliminating diabetes medications.



WHAT COULD I ACHIEVE?

MEMBERS WHO COMPLETE THE PROGRAM AT 1 YEAR

7.4kg

average weight loss
(7% of body weight)

1.2%

HbA1c reduction
(13 mmol/mol)

39%

reduce their HbA1c below type 2 diabetes threshold

40%

eliminate one or more medications

60%

are able to reduce or eliminate insulin

1 in 4

people place their type 2 diabetes into remission



Begin your journey towards better blood glucose control, fewer medications, sustainable weight loss and more energy.



Join over 275,000 people at LowCarbProgram.com

