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News

Abbott Nutrition Introduces New Web-Based Lifestyle Program for People with Diabetes

Study Finds People With Diabetes Have Better Health Outcomes After Participating In A Total Diabetes Management Program

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MONTREAL, Canada, June 17, 2008 — Abbott Nutrition today announced the online introduction of the Diabetes Control for Life™ Program, a free 24-week Web-based program designed to help people with diabetes better control their blood sugar levels and get better control of their condition. The program is available at www.diabetescontrolforlife.ca and is supported by the company's Glucerna® brand of nutrition product.

According to a recent study, overweight patients with Type 2 diabetes fared better when participating in a total diabetes management program than patients in a control group who received usual care. The patients who participated in the program reduced hemoglobin A1c (HbA1c) and fasting glucose - two key indicators of diabetes control - as well as blood pressure levels, weight and waist circumference. These findings, published in the American Diabetes Association 66th Scientific Sessions Abstract Book and the International Diabetes Federation 2006 Meeting Abstract Book, demonstrate the value of such a structured intervention in significantly helping people with diabetes control their disease.

"Affordable, individualized care is essential to successful diabetes management for the two million Canadians with diabetes," said Dr. Stuart A. Ross, Endocrinologist and Clinical Professor of Medicine at the Faculty of Medicine, University of Calgary. "For those living with the condition, a total diabetes management plan tailored to their personal needs and goals can help them maintain their quality of life. If left untreated, a chronic health condition like diabetes can lead to other crippling health issues."

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The Diabetes Control for Life Program encourages participants to eat healthfully, live an active life, and address any lifestyle habits that have made previous attempts to manage their condition unsuccessful. The free 24-week Web-based program includes:

- Latest news on diabetes and tips for managing the condition
- More than 70 useful, motivating, and fun articles about healthy eating, active living and general well-being
- Weekly content delivered directly via RSS (Really Simple Syndication) Feed to visitor's desktop – an easy way to get automatic updates
- Helpful diabetes management tools - including weekly blood glucose and daily activity tracking charts, and a BMI calculator.

"Comprehensive, readily accessible lifestyle improvement programs for people with diabetes are not always affordable or easy to find," explains Dr. Ross. "This program provides participants with a tool to take control of their diabetes in the comfort of their own home or anywhere they have Internet access."

United States participants have seen marked improvements in their condition in a similar Diabetes Control for Life Program, which provides individual meal plans and focuses on weight loss. Based on self-reported responses from an online survey of more than 600 DCFL enrollees in the United States, the survey found:

- 60 percent said their blood glucose levels have improved
- 65 percent said they are now checking blood sugar more consistently and 62 percent said they are more physically active
- More than three-quarters reported making better food choices
- After six months, participants reported losing an average of 7.5 percent of their body weight and had a 14 percent decrease in fasting blood glucose

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To enroll in the Diabetes Control for Life Program or for more information, visit www.diabetescontrolforlife.ca. As with any disease management program, participants should talk to their health care professional before starting.

More information about the Diabetes Control for Life Program, Glucerna products and diabetes management is available at www.glucerna.ca.

About the Study

Patients in the Structured Intervention Management of Overweight Patients with Type 2 Diabetes study, conducted in Huadong Hospital in Shanghai, China, were between 18 and 70 years old, had a body mass index (BMI) of greater than 23 kg/m², had been diagnosed with Type 2 diabetes, and were not currently participating in any other disease management or intervention program.

Patients in the intervention group were asked to monitor their blood glucose four to six times a week (immediately before and one-to-two hours after breakfast, lunch and dinner, respectively), use Glucerna SR as a meal replacement and received specialized diabetes education. All study participants were asked to maintain their current level of physical activity.

Patients were evaluated at baseline, one week after baseline (randomization occurred at this time), following one month, three months, and six months of participation in the study. At the one-, three-, and six- month visits, patients were evaluated for hemoglobin A1c (HbA1c) and fasting glucose - two key indicators of diabetes control - as well as weight, height, waist circumference, blood pressure.

The withdrawal rate for all subjects in the study was less than two percent.

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About Abbott Nutrition

Abbott Nutrition develops and markets a wide range of science-based infant formulas, medical nutritionals, nutrition and energy bars, and related products to support the growth, health and wellness of people of all ages. Abbott Nutrition's internationally recognized brands include the Similac brand of infant formulas; the Gain brand of growing-up milks for older babies and toddlers; the PediaSure brand of nutritionals and snacks for children; and the Ensure brand of adult nutritionals. Additionally, Abbott Nutrition is a leader in medical foods clinically shown to address the distinct dietary needs of people with serious health conditions or special nutrient requirements, such as the Glucerna brand of nutrition shakes and bars for people with diabetes. Abbott Nutrition also offers specialized nutrition products to meet the unique needs of competitive athletes.

About Abbott Canada

Abbott Canada, which is headquartered in Saint-Laurent, Quebec, employs approximately 1,200 people and ranks as one of the 50 Best Employers in Canada. In addition, Brockville, Ontario, is home to one of Abbott Nutrition's 11 manufacturing facilities throughout the world.

About Abbott

Abbott is a global, broad-based health care company devoted to the discovery, development, manufacture and marketing of pharmaceuticals and medical products, including nutritionals, devices and diagnostics. The company employs more than 68,000 people and markets its products in more than 130 countries.

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