

May 10, 2018



Boston Therapeutics Phase I Study Results Accepted for Publication

Proof of Concept Study to be published in Peer Reviewed Journal

LAWRENCE, Mass., May 10, 2018 (GLOBE NEWSWIRE) -- Boston Therapeutics (OTCQB:BTHE) is pleased to announce the acceptance of the Phase I proof of concept study of the pharmacology of BTI-320 prior to high glycemic meals for publication in the Journal of Clinical Pharmacology in Drug Development, a top tier pharmacology journal. The study confirmed that BTI-320 significantly attenuated post-prandial glucose excursion in obese but otherwise healthy individuals. Consumption of BTI-320 prior to carbohydrate food or a sugary beverage significantly reduced post-prandial glucose levels and insulin responses in a dose-dependent manner.

Boston Therapeutics' CEO, Carl W. Rausch describes the importance of these data. He noted, "Such a reduction in this important parameter has been reported to reduce the risk of diabetic complications. Compliance was over 95% and the safety profile is such that this treatment may become an important adjunct to lifestyle modification in high-risk individuals for preventing diabetes."

The company continues to develop BTI-320 in on-going Phase II studies that are underway in the US and Asia. The expansion of wearable continuous glucose monitoring devices will enable those at risk to see the effects of BTI-320 in real time, promoting better dietary choices. The compound is an innovative approach in changing the treatment of diabetes and related complication and may have a significant impact in alleviating the healthcare burden.

About Boston Therapeutics, Inc. www.bostonti.com

Boston Therapeutics, headquartered in Lawrence, MA (OTCQB:BTHE) and with an office in Albuquerque, NM is an innovator in design, development and commercialization of compounds to treat diabetes and diabetes related complications.

Forward Looking Statement

This press release includes forward-looking statements. These statements may be identified by words such as "feel," "believes," "expects," "estimates," "projects," "intends," "should," "is to be," or the negative of such terms, or other comparable terminology. Forward-looking statements are statements that are not historical facts. Such forward-looking statements are subject to risks and uncertainties, which could cause actual results to differ materially from the forward-looking statements contained herein. Factors that could cause actual results to differ materially include, but are not limited to: our limited operations and need to expand in the near future; risks associated with obtaining regulatory approval of our products; the ability to protect our intellectual property; the potential lack of market acceptance of our products; potential competition; our inability to retain key members of our management team; our inability to raise additional capital to fund our operations and business plan; our ability to continue as a going concern; our liquidity and other risks and uncertainties and

other factors discussed from time to time in our filings with the Securities and Exchange Commission ("SEC"), including our annual report on Form 10-K filed with the SEC. Boston Therapeutics expressly disclaims any obligation to publicly update any forward-looking statements contained herein, whether as a result of new information, future events or otherwise, except as required by law.

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