

August 24, 2018



# **Boston Therapeutics Phase IIa Study Results Accepted for Publication**

## **Primary Proof-of-Concept Study Confirms Post-meal Glucose Attenuation and Weight Reduction in Prediabetes Patients**

LAWRENCE, Mass., Aug. 24, 2018 (GLOBE NEWSWIRE) -- Boston Therapeutics (OTCQB:BTHE) is pleased to announce the acceptance of the Phase IIa proof of concept study evaluating the efficacy and safety of BTI320 on post-prandial hyperglycemia in Chinese subjects with pre-diabetes for publication in the open access, peer-reviewed journal, *BMC Endocrine Disorders*. The study examined the glycemic efficacy, tolerability and safety of our investigative material and confirmed that low dose BTI320 attenuated post-prandial rise in blood glucose and reduced body weight modestly. The chewable formulation was well-tolerated and has the potential to be used as an adjunct to lifestyle modification for diabetes prevention.

Boston Therapeutics' CEO, Carl W. Rausch describes the significance of these data. He noted, "Diets high in added sugar and other processed carbohydrates overwhelm normal glucose metabolism leading to higher than normal post-prandial glucose levels in the blood. These spikes are common, leading to an immediate and aggravated discharge of insulin. With repeated stimulus of the pancreas to cope with this rush of sugar, this important "first response" is eventually destroyed."

Two additional Phase II studies have been scheduled for initiation in Q3/4 2018 in the US and Asia in type 2 diabetes and pre-diabetes patients, respectively. The efficacy of BTI320 in blunting post-prandial glucose excursions will be monitored in real-time using the Abbott Freestyle Libre Pro, a professional continuous glucose monitoring (CGM) device indicated for detecting trends, tracking patterns of glucose level excursions above or below the desired range. Insulin is the only compound that eliminates blood sugar rapidly, but insulin can be dangerous if not dosed properly. CGMs help enable proper dosing of insulin and are medically indicated for hypoglycemia awareness. CGM data collected in these studies will be used to further elucidate the effectiveness of BTI320 as a tool for glycemic index management and its potential to change the treatment of diabetes and related complications.

**About Boston Therapeutics, Inc. [www.bostonti.com](http://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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