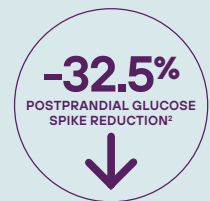


Pendulum[®] Glucose Control



The first and only probiotic designed specifically to lower glucose spikes and A1C



Reduces blood sugar



Clinically-proven



Highest potency formulation



FREQUENTLY ASKED QUESTIONS

Can I take Glucose Control with metformin?

Glucose Control can be taken with metformin and should be used only under the supervision of a healthcare provider as part of a total diabetes management plan.

How long until I feel the results?

It usually takes around 90 days to see changes in the microbiome. However, results vary based on your personal microbiome and health history.

How do I store Glucose Control?

Keep refrigerated.

Will Glucose Control cause my blood sugar to drop too low?

Glucose Control should not make your blood sugar drop too low. GLP-1, the hormone in your body that regulates your blood sugar, is self-regulating. It only acts when your blood sugar is high. This is what makes GLP-1 such a good target for blood sugar management. Since Glucose Control impacts GLP-1 which self-regulates, your blood sugar will not get too low (unless paired with another agent that lowers blood sugar levels by a different mechanism).

What if I miss a dose?

If you miss your morning dose or if you don't eat food in the morning, take one capsule with lunch and one capsule with dinner. Or take two capsules

Want to boost the benefits of Glucose Control?

- 1 Take twice a day—one capsule in the morning with food, and one capsule in the evening with food
- 2 Increase your intake of fiber-filled foods including whole grains, nuts, seeds, fruits, and vegetables
- 3 Build healthy eating habits by balancing food groups (carbohydrates, proteins, and fats), limiting intake of added sugars, and eating fewer simple carbohydrates such as bread and pasta
- 4 Boost your microbiome with antioxidants, fermented foods, prebiotics, and polyphenols (Polyphenol Booster is a good source)
- 5 Prioritize movement—research shows that 20 minutes of moderate exercise a day reduces your risk of metabolic disease

with dinner, as tolerated. If you miss your evening dose, take it with food as soon as you remember. For the capsules to work best, they should be taken with food.

How long do I have to take Glucose Control?

The strains in Glucose Control are transient strains, meaning that if they aren't continually introduced into your microbiome, they will eventually disappear. The effects of Glucose Control only last while you are taking the product.

Can I take Glucose Control with other medications?

While we haven't tested Glucose Control with every medication and supplement, there are no contraindications. We recommend seeking the guidance of your healthcare provider.

Can I travel with Glucose Control?

Yes, keep the capsules sealed tightly in the bottle to minimize heat and moisture exposure. Upon arrival at your destination, store them in a refrigerator. Storing capsules in carry-on luggage or a purse is okay as long as the duration is no longer than seven days and there is no exposure to direct sunlight or high temperatures. If refrigeration is not available for more than seven days, store the capsules in an insulated container with ice packs.

Is Glucose Control allergen-free?

Pendulum products do not contain any of the 9 major allergens nor does the manufacturing process create allergens; therefore, we are confident that our products are allergen free. Products are produced in a facility that manufactures milk, egg, fish, shellfish, tree nuts, peanuts, wheat, sesame, and soybean-containing products.

¹Reduction in mean A1C compared to placebo displayed on study participants with early-onset type 2 diabetes on metformin. ²This observed reduction in glucose AUC would be expected to increase the time spent with the healthy glucose range (TIR70-180) during continuous glucose monitoring. Increase in TIR70-180 strongly correlate to both reductions in A1C and reduction in risk for complications in type 2 diabetes patients.

³Perraudau F, McMurdie P, Bullard J, et al. Improvements to postprandial glucose control in subjects with type 2 diabetes: a multicenter, double blind, randomized placebo-controlled trial of a novel probiotic formulation. *BMJ Open Diabetes Research and Care* 2020;8:e001319. doi: 10.1136/bmjdr-2020-001319