

Precision nutrition enables diabetes and prediabetes remission

DAY TWO



"This program changed my life."

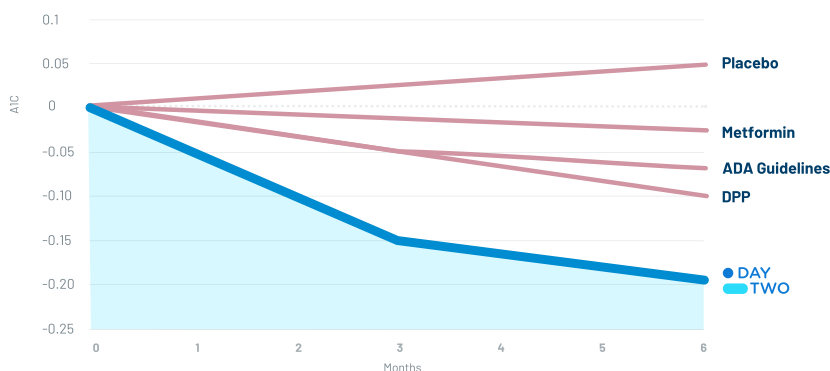
ALESIA C.
Pharmacy Technician and DayTwo Member

CLINICAL PARTNERS



Food as Medicine is 2x more effective in lowering A1C.

DayTwo uses Food as Medicine based on gut microbiome profiling to reduce health care costs and enable a path to remission for your employees.



DayTwo Randomized Control Trial for Prediabetes

The Largest Nutrition RCTs Ever Conducted

Ten years of scientific research in leading medical journals.



CLINICAL OUTCOMES

▼ **1.55**
A1C REDUCTION

▲ **63%**
TIME-IN-RANGE
OF TIME SPENT < 140 MG/DL

▼ **18 lbs**
WEIGHT LOSS

▼ **34%**
MEDICATION

▼ **45%**
STRESS

▲ **72%**
ENERGY

▲ **55%**
SLEEP QUALITY

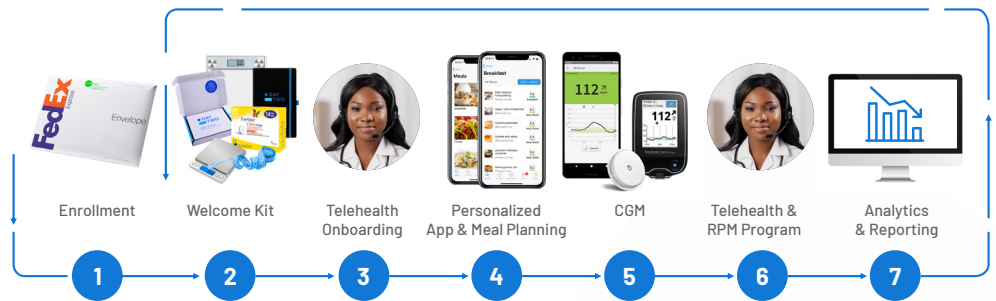
▲ **48%**
HUNGER

▲ **80%**
ENGAGEMENT

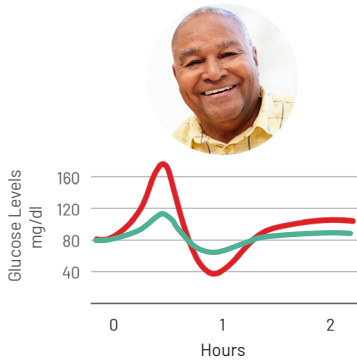
▲ **88%**
NPS

How it Works

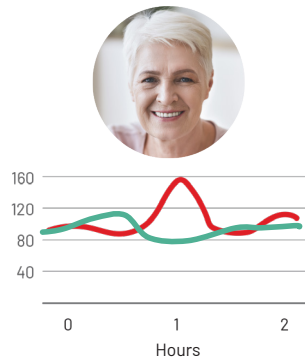
DayTwo uses gut microbiome profiling, clinical support and telehealth to deliver success for tens of thousands of patient members.



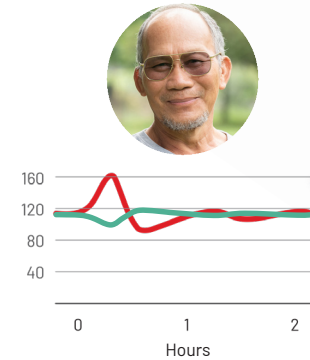
Why it Works: People respond differently to the same foods.



• One size fits all diets do not work.



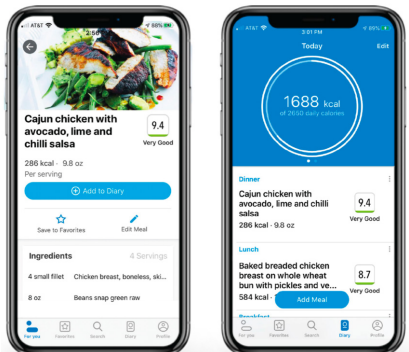
• Monitoring and treating does not work.



• Medication slows the disease, but does not stop it.



— Blood sugar response to oatmeal
— With DayTwo recommendations



The DayTwo App

- ✓ One Million Food Items /Meals
- ✓ Pre-Built or Build Meal Options
- ✓ Restaurant Meals
- ✓ Blood Sugar Score (1-10)
- ✓ One Click Save to Food Diary
- ✓ Daily Calorie Goal Tracking
- ✓ Micro & Macro Nutrient Tracking
- ✓ Fully Visible to DayTwo Dietitian

“Through precision nutrition, DayTwo has created a paradigm shift in diabetes care that outperforms all traditional approaches including pharmaceuticals, ADA Guidelines, and the Diabetes Prevention Program.”



ANDREA ROSLER
Vice-President of Human Resources
Huntsville Hospital

Contact DayTwo at employers@daytwo.com or 415-426-4861