

NEWS RELEASE

For Immediate Release



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MEDICINE SHOPPE PHARMACIES OFFER NUTRITIOUS RECIPES AND HEALTHY TIPS FOR PEOPLE WITH DIABETES

Medicine Shoppe® Pharmacies and the American Diabetes Association team up to provide free recipes booklets to assist individuals in proactively self-managing diabetes.

November 4, 2005 — The holidays are filled with delectable dishes that tempt us to abandon healthy eating habits, a luxury that those with diabetes can't afford. In honor of American Diabetes Month this November, Medicine Shoppe® Pharmacies and the American Diabetes Association (ADA) are offering free "Healthy Lifestyle Recipe and Nutrition Cards" full of recipes and meal-planning tips for people with diabetes at participating Medicine Shoppe Pharmacies across the country.

The annual release of the nutrition cards marks Medicine Shoppe Pharmacy's commitment to better serve individuals with diabetes, helping them to manage their disease proactively.

"The Healthy Lifestyle Recipe and Nutrition Cards are a great resource for people with diabetes," said Lindsey Stephens, pharmacist and director of best practices for Medicine Shoppe International, Inc (MSI). "The ADA-approved recipes take into consideration the amount of carbohydrates, fats and proteins that are being consumed, all of which play a role in blood sugar levels and overall health."

There isn't a specific 'diabetes diet.' The foods that are good for controlling blood glucose levels are the same foods that are good for everyone. Rather, people with diabetes need to strictly monitor consumption levels of key nutrients and avoid foods high in saturated fats, sugar and sodium. A proper diet will help achieve and maintain a desirable weight, normal blood glucose levels and prevent heart and blood vessel diseases.

For those with diabetes, maintaining a healthy diet and following a proper meal plan will result in manageable blood sugar levels. Medicine Shoppe Pharmacies and the ADA are offering the following general nutritional tips for individuals with diabetes.

- **Plan Ahead.** Mapping out your meals at the beginning of each week will help to ensure you are eating a variety of foods, choosing the right foods and eating meals and snacks at similar times each day.
- **Buy Lean.** Selecting lean meats such as poultry, fish and lean red meats will help maintain a diet low in saturated fats and high in nutrients. \

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- **Keep it Low-Fat.** Choosing low-fat products such as skim milk, low-fat cheese, nonfat yogurts, margarine instead of butter and reduced-fat vegetable cooking sprays will keep lean meals healthy throughout the preparation stages.

“Nutrition is extremely important for individuals with diabetes,” said Ed Clay, executive director of the Gateway-area chapter of the ADA. “The emphasis shouldn’t be placed solely on which foods to eat or not eat, but how to balance the intake of nutrients throughout the day to control blood sugar levels.”

The Healthy Lifestyle Recipe and Nutrition Cards offer 10 ADA-approved recipes for the holidays and throughout the year. Recipes include baked apple pancakes, holiday nog, hot artichoke dip, crispy chips, black bean soup, eggplant ricotta bake, sugar snap peas and peppers, granny smith pork, jambalaya and double layer pumpkin cheesecake. For more information on diabetes or to find a Medicine Shoppe Pharmacy near you, please visit www.medicineshoppe.com.

About Medicine Shoppe International.

Medicine Shoppe International, Inc. (www.medicineshoppe.com), a Cardinal Health Company, is the largest franchisor of independent community pharmacies in the U.S. In 2003, Medicine Shoppe International acquired Medicap Pharmacies Incorporated (www.medicap.com), which franchises independent community pharmacies in the U.S. under the trade name Medicap Pharmacy®. Medicine Shoppe® Pharmacies and Medicap Pharmacy® locations are distinguished for their commitment to providing expert, personalized health care. There are more than 1,000 domestic Medicine Shoppe® Pharmacies and Medicap Pharmacy® locations and more than 300 pharmacies in six other countries.

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