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LOCAL PHARMACIES OFFER FREE RECIPE BOOKLETS FOR PEOPLE WITH DIABETES

Medicine Shoppe® and Medicap Pharmacy® stores team up with the American Diabetes Association to offer nutritious recipes and healthy tips during American Diabetes Month

November 12, 2007 — To most Americans, November begins the season of the all-access, guilt-free pass to such indulgences as pumpkin pie, candied yams and turkey smothered in gravy. However, for the 20.8 million children and adults in the United States that have diabetes, these enticing treats can be a luxury they can't afford.

To help people with diabetes navigate this holiday season's office functions, family get-togethers and holiday parties, Medicine Shoppe® pharmacies, Medicap Pharmacy® stores and the American Diabetes Association (ADA) are offering free "Healthy Lifestyle Recipe and Nutrition Cards" full of recipes and tips to maintaining a healthy, balanced diet. Participating Medicine Shoppe and Medicap Pharmacy locations across the country will be providing these cards free beginning in November for American Diabetes Month. The cards are available while supplies last.

"The recipes take into consideration the amount of carbohydrates, fats and proteins that are being consumed, all of which play a vital role in blood sugar levels and an overall balanced diet," said Chrissy Ellegood, director diabetes care for Medicine Shoppe International, Inc., franchisor for Medicine Shoppe and Medicap Pharmacy stores. "Our Medicine Shoppe and Medicap Pharmacy pharmacists are dedicated to giving our customers with diabetes the advice, time and education they need to manage the disease, which includes providing educational materials like the free recipe cards."

For those with diabetes, Medicine Shoppe pharmacies, Medicap Pharmacy stores and the ADA recommend maintaining a balanced diet of carbohydrates, proteins and vegetables for manageable blood sugar levels. Dividing the dinner plate into three sections is an easy method to remember how much of each type of food is needed to maintain a healthy diet. The three sections include:

- One fourth of the plate should include complex carbohydrates, such as bread, noodles, rice, corn, fruit or milk
- One fourth of the plate ought to have protein which can be found in meat, poultry, fish or a meat substitute like tofu
- One half of the plate is should contain vegetables, such as carrots, broccoli, spinach, tomatoes or asparagus

The “Healthy Lifestyle Recipe and Nutrition Cards,” which are made possible in part by Bayer HealthCare Diabetes Care Division, offer 10 ADA-approved recipes for the holidays and throughout the year. Recipes include apple glazed sweet potatoes, hot spiced lemonade, spinach salad with warm bacon dressing, peanut butter cookies, quick creamy cornbread, french onion soup, broccoli with lemon, chocolate marshmallow creams and pan-fried catfish. If your family looks forward to your grandmother’s sweet apple pie every year – go ahead and have a piece, but first talk to your dietician or pharmacist about ways to work a piece into your meal plan. For more information on diabetes or to find a Medicine Shoppe or Medicap Pharmacy location near you, please visit www.medicineshoppe.com or www.medicap.com.

Note to editors: Electronic copies of select recipes and an image of the booklet cover are available upon request.

About Medicine Shoppe International

Medicine Shoppe International, Inc. www.medicineshoppe.com, a Cardinal Health Company, is one of the largest franchisors 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® and Medicap Pharmacy® locations are distinguished for their commitment to providing expert, personalized health care. In 2007, Medicine Shoppe pharmacies were awarded honors for “Highest Customer Satisfaction among Chain Drug Store Pharmacies” by J.D. Power and Associates. There are more than 900 domestic Medicine Shoppe pharmacies and Medicap Pharmacy locations and more than 400 Medicine Shoppe pharmacies in six other countries.

About Medicap Pharmacies Incorporated

Medicap Pharmacies Incorporated (www.medicap.com), which franchises independent community pharmacies in the U.S. under the trade name "Medicap Pharmacy®," is distinguished for its commitment to providing expert, personalized health care. In 2003, Medicine Shoppe International, Inc. (www.medicineshoppe.com) acquired Medicap Pharmacies Incorporated. Medicine Shoppe International is one of the largest franchisors of independent community pharmacies in the U.S. There are more than 900 domestic Medicine Shoppe pharmacies and Medicap Pharmacy locations and more than 400 Medicine Shoppe pharmacies in six other countries.

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