



DREAMFIELDS PASTA

PERFORMANCE TESTED TO HELP MANAGE
BLOOD SUGAR IN A HEALTHY LIFESTYLE

Dreamfields uses a highly controlled clinical Glycemic Index (GI) testing procedure.

Subject Management - People tested for GI are excluded for:

- Age less than 18 or greater than 70 years
- Pregnancy
- Metabolic conditions with impaired carbohydrate metabolism (diabetes)
- Alcohol consumption within 48 hours of test
- Drug and dietary supplement use influencing carbohydrate and fat metabolism
- Hormonal instability (particularly women)
- Unhealthy dietary choices (high fat diets)
- Strenuous exercise within 18 hours of test
- Coffee and/or caffeine within 48 hours of test
- Not fasting overnight for 12 hours with limited water intake

Test Methodology - Dreamfields Glycemic Index

- Test subjects arrive in the morning after an overnight fast.
- Fasting baseline blood glucose is determined by duplicate fingertip capillary blood draws.
- Subjects are randomly assigned to eat Dreamfields pasta or white bread.
- Pasta is cooked for the standard amount of time shown on the package.
- A pasta serving with 25 grams of total available carbohydrates is provided.
- Pasta is eaten within 3 minutes.
- 100 mL of water is offered with each subject serving.
- After ingestion, subjects remaining inactive for the 2 hour test.
- Fingertip capillary blood samples are taken at 15 minute intervals for the 2 hour period.
- Blood glucose levels are determined using a GM9D Clinical Grade Analox blood analyzer.
- The glycemic index of the pasta is determined by dividing the Area Under the Curve of Pasta by the Area Under the Curve of Bread.

Dreamfields Pasta Testing has produced some amazing results.

- Total number of clinical tests in human subjects: 867
- Percent production rejected: 2.2%
- Mean Glycemic Index of all clinical tests: 12.1
- Mean Digestible Carbohydrate Value of all clinical tests: 4.6
- Standard Deviation: 1.5