



THE DIABETIC AI

Your patient is enrolled in a structured, evidence-based diabetes reversal program.

This summary tells you exactly what it is, what your role is, and what you will receive.

46%

T2DM remission at 12 months
(DiRECT Trial, Lancet 2018)

60%

achieved remission on low-carb
protocol (Virta Health, 2021)

50%

reversed T2DM with intermittent
fasting (Liu et al., JCEM 2022)

WHAT IS THIS PROGRAM?

The Diabetic AI is a self-paced, structured educational course and AI guidance system for adults with type 2 diabetes. It teaches patients to apply the highest-yield evidence-based interventions for T2DM reversal:

- Therapeutic Carbohydrate Restriction (<50g net carbs/day)
- Strategic intermittent fasting and time-restricted eating
- Resistance training and post-meal walking protocols
- Sleep optimization and cortisol management
- Gut health support via fermented foods and probiotics
- Targeted supplementation with RCT-supported evidence

Every recommendation is grounded in randomized controlled trials and peer-reviewed research. The AI does not diagnose, prescribe, or replace your clinical judgment.

YOUR ROLE — AND OURS

You remain the primary decision-maker. The program is designed to make your job easier, not to compete with it.

- You receive structured patient-generated progress reports at each appointment
- Reports include fasting glucose logs, dietary adherence %, exercise data, weight trends, and symptom tracking
- The AI flags hypoglycemia events, rapid weight loss, and data patterns that require your attention
- Patients are explicitly taught not to adjust medications without your authorization
- You provide feedback on AI recommendations — your input improves the system over time

Patients using this program arrive better prepared, with weeks of between-visit data organized and legible. Your clinical encounter becomes more efficient, not more complex.

WHAT YOUR PATIENT WILL BRING TO EVERY APPOINTMENT

Metabolic Summary Report HbA1c trends, fasting glucose log, weight, and key biomarker changes vs. baseline.	AI Intervention Suggestions Evidence-cited behavioral recommendations for your review and approval.	Adherence Summary Dietary, exercise, sleep, and fasting compliance scorecard for the review period.	Physician Feedback Form A secure link for you to agree, flag, comment on, or override AI recommendations.
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SAFETY & MEDICATION GUIDANCE

Patients are explicitly and repeatedly taught:

- Never reduce or stop medications without physician authorization
- Contact their physician if fasting glucose drops below 80 mg/dL on two consecutive mornings
- SGLT-2 inhibitor users are instructed to disclose their carbohydrate restriction to their provider due to euglycemic DKA risk
- The program flags any reported hypoglycemia event in the physician report

The most significant medication risks — sulfonylurea and insulin interactions — are covered in the full Physician's Guide to TCR, available at thediabetical.com.

PRIVACY & COMPLIANCE

- The AI collects only the patient's first name and self-reported health responses
- No full names, insurance data, or PHI is stored
- Data is de-identified in accordance with HIPAA Safe Harbor standards
- The system is not classified as a medical device and is not subject to FDA device regulation
- No doctor-patient relationship is established between Diabetic AI LLC and your patient

Full Terms of Use, Privacy Policy, and GDPR Compliance Statement are available at thediabetical.com.

For the complete clinical guide, report samples, medication protocols, and physician FAQ:

thediabetical.com

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