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Diabetes Shoppe(R) and Ironman Team Up to Inspire Diabetes Management and Living Without Limits

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Ironman Competitor Finds Strength in Diabetes Shoppe Pharmacist

VALLEY FORGE, Pa., Oct. 3 /PRNewswire/ -- Diabetes Shoppe has teamed up with Andy "Iron Andy" Holder to motivate people to properly manage their disease so they can live without limits. As part of the "Managing Diabetes: Living Without Limits" campaign, Iron Andy will embark on an inspirational tour by participating in athletic events nationwide and speaking about living with diabetes as an Ironman competitor. Diabetes Shoppe, located in over 1,100 community pharmacies across the country, offers education, products, and daily support for people with diabetes.

Diagnosed with type 1 diabetes in 2005 at age 36, Andy Holder was determined not to let the disease hold him back. An athlete all his life, he decided to take control of his diabetes and inspire others by becoming an Ironman competitor. As an Ironman, Andy must swim 2.4 miles, bike 112 miles and run a full marathon of 26.2 miles. Andy's endocrinologist, Certified Diabetes Educator (CDE) and local Diabetes Shoppe pharmacist help him safely manage his disease during extreme training and competition.

"With the support of my healthcare team, I am able to manage a disease that could have limited my ability to live my life the way I wanted," said Andy. "Because I am dealing with diabetes around the clock and learning new things every day about managing the disease, I could not train successfully for the Ironman without the knowledge, accessibility and emotional support of my Diabetes Shoppe pharmacist."

Diabetes Shoppes, located within select independent pharmacies, offer education, products, and daily support for people with diabetes to help manage their disease.

"Poor diabetes management can put patients at a greater risk for serious complications such as kidney disease, blindness and stroke or premature death. Patients should work with a healthcare team to control the disease and lower their risk of complications," says Jerry Meece, RPh, FACA, CDE, Diabetes Shoppe pharmacist, Plaza Pharmacy and Wellness Center. "Andy is a great role model to remind diabetes patients that disease management is not only important to staying healthy and active, but is key to reaching lifestyle goals."

Iron Andy completed his first Ironman on July 23, 2006 in Lake Placid, N.Y., and plans to kick off the 2006 - 2007 leg of the "Managing Diabetes: Living Without Limits" campaign tour on Nov. 12 in Miami, Fla. where he will compete in the Miami Man Half Triathlon.

The "Managing Diabetes: Living Without Limits" campaign continues with the following racing schedule:

- Miami Man Half Triathlon, Miami, Fla. -- Nov. 12, 2006
- Ironman 70.3, Oceanside, Ca. -- March 31, 2007
- Rock and Roll Half Marathon, Nashville, Tenn. -- April 28, 2007
- Ironman 70.3, Orlando, Fla. -- May 20, 2007
- Ironman Visit, Coeur d'Alene, Idaho -- June 24, 2007
- ADA Tour deCure, Kansas City, Mo. -- June 2007
- Ironman 70.3, Benton Harbor, Mich. -- August 2007
- JDRF Tour, Asheville, NC -- September 2007
- LA Triathlon, Los Angeles, Calif. -- September 2007
- Try Andy's Tri, Sugarland, Texas -- October 2007

For more information on the "Managing Diabetes: Living Without Limits" campaign or Diabetes Shoppe, visit <http://www.diabetes-shoppe.com> . Campaign information is also available at local Diabetes Shoppes.

About the Diabetes Shoppe

The Diabetes Shoppe, a program offered by AmerisourceBergen, is located within select independent pharmacies and offers diabetes patients quality products, individualized service and convenient access to trained diabetes professionals. There are currently 1,110 Diabetes Shoppes across the United States, Puerto Rico and the Virgin Islands, found primarily in participating Good Neighbor Pharmacies. To locate a pharmacy with a Diabetes Shoppe, visit <http://www.diabetes-shoppe.com> .

About AmerisourceBergen

AmerisourceBergen (NYSE: ABC) is one of the world's largest pharmaceutical services companies serving the United States, Canada and selected global markets. Servicing both pharmaceutical manufacturers and healthcare providers in the pharmaceutical supply channel, the Company provides drug distribution and related services designed to reduce costs and improve patient outcomes. AmerisourceBergen's service solutions range from pharmacy automation and pharmaceutical packaging to pharmacy services for skilled nursing and assisted living facilities, reimbursement and pharmaceutical consulting services, and physician education. With more than \$59 billion in annualized revenue, AmerisourceBergen is headquartered in Valley Forge, PA, and employs more than 13,000 people. AmerisourceBergen is ranked #27 on the Fortune 500 list. For more information, go to <http://www.amerisourcebergen.com> .

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