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Boston Therapeutics Announces Innovation Grant

Up to \$400,000 USD for Advanced Screening by Proprietary Automated Retinal Image Analysis

LAWRENCE, MA -- (Marketwired) -- 10/13/16 -- Boston Therapeutics, Inc. (OTCQB: BTHE) - Today Boston Therapeutics and Advance Pharmaceutical Co., Ltd., which holds a license for the Company's products in Asia, are announcing another advancement in the development of its investigative materials (BTI320) that can assist in the management of blood sugar and may limit the negative consequences that can result due to the the excessive absorption of sugars resulting from the multitude of food and drinks that saturate our everyday food supply.

The Research and Development Cash Rebate Program of up to \$400,000 (USD) from the Hong Kong Innovation and Technology Commission (ITC), received by a subsidiary of Advance Pharmaceutical Co., Ltd. will be used for a feasibility study of a novel way to safely and accurately self-screen and facilitate risk management associated with the onset of diabetes and other vascular disease-related states, (stroke, cardiovascular disease, etc.)

The Automated Retinal Image Analysis program (ARIA) is an empowering, proprietary, non-invasive data screening tool. When coupled with this proof of concept study with subjects taking BTI320 (SUGARDOWN[®]), the ARIA will assess the potential of the investigative material, in its present form as a dietary supplement, to reduce the risk of strokes, diabetes, and vascular disorders in high risk Chinese subjects with pre-diabetes.

"We are pleased to receive this grant from the Hong Kong Innovation and Technology Commission. This will fast-track the timeline to our goal of pairing this new technology with our clinical studies program", stated Mr. Rausch, CEO of Boston Therapeutics. "We are enthusiastic about the prospect of adding a technology component to our current portfolio: we cannot ignore the potential of digital information sciences in the prevention of disease". Mr. Rausch added, "We are delighted to be working with the Chinese University of Hong Kong again, where we have completed our successful post-prandial sugar study (<https://clinicaltrials.gov/ct2/show/NCT02358668>) and are now progressing to the IND study with the Joslin Clinic, Boston, MA and other sites in similar healthcare organizations".

About Boston Therapeutics, Inc.

Boston Therapeutics, headquartered in Lawrence MA, (OTCQB: BTHE) is an innovator in designing compounds using complex carbohydrate chemistry. The company's product

pipeline is focused on developing and commercializing therapeutic molecules that address diabetes and inflammatory diseases, including: BTI320, a non-systemic therapeutic compound designed to reduce HbA1C. More information can be found on www.bostonti.com

SugarDown[®]

The Company has developed and markets SugarDown[®], a carbohydrate-hydrolyzing enzyme inhibitor designed to support glycemic health. SugarDown[®] is a non-prescription, over-the-counter chewable dietary supplement that reduces the amount of sugar (glucose) released from carbohydrate foods and beverages when taken before consumption. In two previous studies, SugarDown[®] demonstrated a significant reduction in post-meal elevation of glucose and insulin when taken with Jasmine rice in one study and sugary drinks in a separate study. Jasmine rice, a staple carbohydrate in many regions of the world, has a high glycemic index (GI) of about 90 compared to glucose, which is 100. More information can be found on www.sugardown.com.

Forward Looking Statement

This press release includes forward-looking statements. These statements may be identified by words such as "feel," "believes," "expects," "estimates," "projects," "intends," "should," "is to be," or the negative of such terms, or other comparable terminology. Forward-looking statements are statements that are not historical facts. Such forward-looking statements are subject to risks and uncertainties, which could cause actual results to differ materially from the forward-looking statements contained herein. Factors that could cause actual results to differ materially include, but are not limited to: our limited operations and need to expand in the near future; risks associated with obtaining regulatory approval of our products; the ability to protect our intellectual property; the potential lack of market acceptance of our products; potential competition; our inability to retain key members of our management team; our inability to raise additional capital to fund our operations and business plan; our ability to continue as a going concern; our liquidity and other risks and uncertainties and other factors discussed from time to time in our filings with the Securities and Exchange Commission ("SEC"), including our annual report on Form 10-K filed with the SEC. Boston Therapeutics expressly disclaims any obligation to publicly update any forward-looking statements contained herein, whether as a result of new information, future events or otherwise, except as required by law.

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