

(19) World Intellectual Property
Organization
International Bureau



(43) International Publication Date
26 October 2023 (26.10.2023)

WIPO | PCT

(10) International Publication Number
WO 2023/205762 A9

(51) International Patent Classification:

A61K 35/745 (2015.01) *A61K 31/702* (2006.01)
A61K 31/70 (2006.01) *A23L 33/135* (2016.01)
A61K 31/7016 (2006.01) *A61P 3/10* (2006.01)

(21) International Application Number:

PCT/US2023/066047

(22) International Filing Date:

21 April 2023 (21.04.2023)

(25) Filing Language:

English

(26) Publication Language:

English

(30) Priority Data:

63/333,170 21 April 2022 (21.04.2022) US

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(81) Designated States (unless otherwise indicated, for every
kind of national protection available): AE, AG, AL, AM,

AO, AT, AU, AZ, BA, BB, BG, BH, BN, BR, BW, BY, BZ,
CA, CH, CL, CN, CO, CR, CU, CV, CZ, DE, DJ, DK, DM,
DO, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, GT,
HN, HR, HU, ID, IL, IN, IQ, IR, IS, IT, JM, JO, JP, KE, KG,
KH, KN, KP, KR, KW, KZ, LA, LC, LK, LR, LS, LU, LY,
MA, MD, MG, MK, MN, MU, MW, MX, MY, MZ, NA,
NG, NI, NO, NZ, OM, PA, PE, PG, PH, PL, PT, QA, RO,
RS, RU, RW, SA, SC, SD, SE, SG, SK, SL, ST, SV, SY, TH,
TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, WS,
ZA, ZM, ZW.

(84) Designated States (unless otherwise indicated, for every
kind of regional protection available): ARIPO (BW, CV,
GH, GM, KE, LR, LS, MW, MZ, NA, RW, SC, SD, SL, ST,
SZ, TZ, UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ,
RU, TJ, TM), European (AL, AT, BE, BG, CH, CY, CZ,
DE, DK, EE, ES, FI, FR, GB, GR, HR, HU, IE, IS, IT, LT,
LU, LV, MC, ME, MK, MT, NL, NO, PL, PT, RO, RS, SE,
SI, SK, SM, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN,
GQ, GW, KM, ML, MR, NE, SN, TD, TG).

Published:

— with international search report (Art. 21(3))

(48) Date of publication of this corrected version:

20 June 2024 (20.06.2024)

(15) Information about Correction:

see Notice of 20 June 2024 (20.06.2024)

(54) Title: METHODS AND COMPOSITIONS FOR SLOWING DIABETES DEVELOPMENT OR REDUCING A RISK OF DIABETES

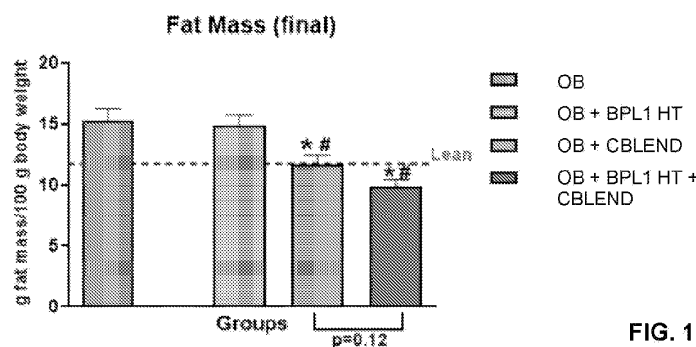


FIG. 1

(57) Abstract: A method for slowing diabetes development in a diabetic or prediabetic individual or reducing a risk of diabetes development in an individual at risk of developing diabetes comprises administering *Bifidobacterium animalis* subsp. *Lactis* CECT 8145 (BPL1) and a carbohydrate blend to the individual. The carbohydrate blend comprises a source of at least one carbohydrate that provides rapidly available glucose, a source of at least one carbohydrate that provides slowly available glucose, and a source of at least one non-digestible carbohydrate or resistant starch. A nutritional composition comprises protein, fat, the carbohydrate blend, and BPL1.