

YOGUTIDE — SINGLE SOURCE OF TRUTH

The canonical numbers, claims, and facts behind every Yogutide document.

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1. HOW TO USE THIS DOCUMENT

This is the master reference. Every number quoted anywhere else must match the tables here; every claim must fall inside the approved list. The statistics are computed from the raw CSV files by study_core.py (the same module that backs reports v1–v9), so this document and the reports can never drift apart unless someone changes the shared code. If a number changes, regenerate every report.

2. CANONICAL NUMBERS

STATISTIC	EVA	RAHMAD	BOTH (AVG)
Morning peak (no Yogutide)	7.24 mmol/L	7.42 mmol/L	—
Morning peak (with Yogutide)	5.74 mmol/L	6.86 mmol/L	—
Peak reduction (paired Δ)	-1.50 mmol/L	-0.56 mmol/L	-1.03 mmol/L
Peak delay (paired Δ t_{peak})	+21 min	+18 min	19 min
Post-peak mean 0–60 min (Δ)	-0.29 mmol/L	+0.02 mmol/L	-0.13 mmol/L
Window mean -60...+90 min (Δ)	-0.04 mmol/L	+0.06 mmol/L	+0.01 mmol/L
Paired breakfasts with lower peak	4/5	4/5	8/10
Plain-window mean (06–12) Δ	-0.08 mmol/L	+0.09 mmol/L	$\approx$ 0 (neutral baseline)
Best example (choco bun, Rahmad)	—	8.80 $\rightarrow$ 6.10 mmol/L	—
Best example (mochi, Eva)	9.10 $\rightarrow$ 6.00 mmol/L	—	—

The four largest morning peaks of the study (9.6, 9.1, 8.8, 8.8 mmol/L) all occurred on mornings without Yogutide. Top-of-study spikes: 9.6, 9.1, 8.8, 8.8 mmol/L.

Study population: two healthy adults not taking medication — Eva (female) and Rahmad (male), both with a BMI in the healthy weight range (below 25). Intervention dose: one 330 ml can of Yogutide (natural flavor with a hint of yuzu) consumed 10–20 minutes before breakfast on Yogutide days.

3. APPROVED CLAIMS (MAY BE USED WITH THE REQUIRED DISCLAIMER)

- In our 10-day pilot, breakfasts consumed with Yogutide showed a lower and later glucose peak than the same breakfasts without it.
- On average across the five paired breakfasts and both participants, the morning peak was 1.0 mmol/L lower with Yogutide.
- The peak arrived on average ~19 minutes later — a more gradual rise.
- 8 of 10 paired breakfasts peaked lower with Yogutide.
- Average morning glucose was essentially unchanged — the effect is on the peaks, not the baseline.
- The four largest morning peaks of the study all occurred on mornings without Yogutide.
- Yogutide is a plant-based fermented drink (not a dairy product), packaged in cans.

4. PROHIBITED CLAIMS (DO NOT USE, IN ANY CHANNEL)

- “Lowers blood sugar” or “reduces glucose” as a general claim — average glucose was unchanged.
- “Treats”, “prevents”, “cures”, or any diabetes-related medical claim.
- “Clinically proven” — this is a two-participant pilot, not a clinical trial.
- “Backed by clinical studies” or any implication of external clinical evidence.
- Any claim about weight, cholesterol, insulin sensitivity, or disease risk.
- Calling Yogutide a “yogurt” or dairy product, or describing it as a meal replacement.

5. REQUIRED DISCLAIMER

Results are from a small, self-conducted 2-participant, 10-day pilot study, not a clinical trial. Yogutide is a food product, not a medicine, and is not intended to diagnose, treat, cure, or prevent any disease. Individual results may vary. This disclaimer must accompany every approved claim in every channel.

6. PRODUCT FACTS

- Name: Yogutide. Category: plant-based fermented drink. Format: cans.
- Serving: one 330 ml can (natural flavor with a hint of yuzu), consumed 10–20 minutes before a meal.
- Founded in Oslo, Norway (est. 2026). Website: yogutide.com.
- Positioning: built by scientists, not influencers — prevention over treatment.

7. FOUNDERS — CANONICAL BIOS

“We spent years meeting people at their worst moment. We decided to spend the rest reaching them at their best.” — Eva & Rahmad

Eva Smorodina — Co-founder & CEO. A computational biologist who has worked at Harvard and MIT and at the University of Oslo, with 25+ peer-reviewed papers. She spent years designing drugs and helping people at their most unwell, and co-founded Yogutide to help people decades earlier, in what they eat every day.

Rahmad Akbar — Co-founder & CTO. An antibody designer with 50+ peer-reviewed papers and the 2022 Norway Idea Prize, he applies the same computational rigour to food that he previously applied to therapeutic design. He is the scientist who designs the drinks.

From treating to preventing: both founders came from medicine-adjacent research and chose to build a food product that prevents, rather than a therapy that treats. Tagline: “Built by scientists. Not influencers.”

8. DOCUMENT REGISTRY

Doc	FILE	STATUS	SOURCE OF DATA
Report 1 — Observational Analysis	Yogutide_breakfast_report_v1.pdf	Final	study_core
Report 2 — Peak-Aligned Analysis	Yogutide_breakfast_report_v2.pdf	Final	study_core
Report 3 — Plain-Language Summary	Yogutide_breakfast_report_v3.pdf	Final	study_core
Marketing & Messaging Kit	Yogutide_marketing_kit_v4.pdf	Final	study_core
Partnership Invitation	Yogutide_partnership_v5.pdf	Final	study_core
Appendix & Methodology	Yogutide_appendix_v6.pdf	Final	study_core
CGM 101 Guide	Yogutide_cgm101_v7.pdf	Final	study_core
Single Source of Truth	Yogutide_source_of_truth_v8.pdf	Final	study_core
Transparency One-Pager	Yogutide_how_we_tested_v9.pdf	Final	study_core

Raw data: dataset/EvaSmorodina_glucose_5-8-2026.csv, dataset/RahmadAkbar_glucose_5-8-2026.csv, dataset/Schedule and menu.xlsx. Shared analysis: study_core.py. Change log: v1.0 — initial canonical release, 10 Aug 2026. Any change to the numbers above must update this version number and regenerate reports v1–v8.