

**From:** Steven Sinofsky <[REDACTED]>  
**To:** "jeevacation@gmail.com" <jeevacation@gmail.com>  
**Subject:** Re:  
**Date:** Wed, 11 Dec 2013 03:56:59 +0000

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Your glucose is 58 or a1c is 5.8?

A 5.8 if your glucose is under 100 is probably totally fine.

On Dec 10, 2013, at 6:29 PM, [jeevacation@gmail.com](mailto:jeevacation@gmail.com) wrote:

58

Sorry for all the typos .Sent from my iPhone

On Dec 10, 2013, at 7:44 PM, Steven Sinofsky <[REDACTED]> wrote:

I did vitamin b "super B complex". I think it helped. My theory is it reduces binding to red blood cells. It might just be faking the test or helping.

They recently lowered the thrreshhold for a1c as well. Now I'm thinking they don't know what it means.

What's your a1c and fasting glucose?

Sent from Windows 8.1

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**From:** [Jeffrey Epstein](#)  
**Sent:** Tuesday, December 10, 2013 4:31 PM  
**To:** [Steven Sinofsky](#)

melz said you experimented with reducing your pre diabetc h1c reactive ? how?

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