



FAST-ACTING GLUCOSE PRODUCTS

LIQUIDS

**DEX4**

(Perrigo)

CARB

15 grams per bottle

DOSE

One bottle

DETAILSScrew-top bottle.
Available in berry twist
and grape flavors.**STORE BRAND**
CVS**RELION GLUCOSE SHOT**
(Walmart)**CARB**

15 grams per bottle

DOSE

One bottle

DETAILSScrew-top bottle.
Available in mixed
berry, orange, and
pomegranate flavors.**TRUEPLUS GLUCOSE SHOT**
(Trividia Health)**CARB**

15 grams per bottle

DOSE

One bottle

DETAILSScrew-top bottle.
Available in mixed
berry.
STORE BRANDS
Good Neighbor
Pharmacy, HealthMart
Pharmacy, Rite Aid,
Shopko, Sunmark,
Walgreens, Walmart

POWDER

**ELOVATE 15**

(Diasan Corp.)

CARB

15 grams per packet

DOSE

One packet

DETAILSSold in boxes containing
six, 25, 50, or 144
packets of powder that
can be eaten directly
from the pouch or mixed
with water. Available in
black cherry flavor.

TABLETS**DEX4**
(Perrigo)**CARB**

4 grams per tablet

DOSEFour tablets for
16 grams of carb
DETAILS
Sold in a 10-tablet
tube, 50-tablet bottle,
or 100-tablet pouch.
Available in assorted
fruit, citrus punch,
grape, natural orange,
orange, raspberry, and
tropical fruit flavors.**STORE BRANDS**Cardinal, CVS, Kmart,
Kroger, Target, Topco,
Walmart**GLUCOLIFT**
(Jungell)**CARB**

4 grams per tablet

DOSEFour tablets for
16 grams of carb
DETAILS
Sold in a 40-tablet
bottle. A reusable
travel tube that holds
10 tablets is sold
separately. Available in
cherry, orange cream,
and wildberry flavors.**OPTIMUM**
(Magno-Humphries
Labs)**CARB**

4 grams per tablet

DOSEFour tablets for
16 grams of carb
DETAILS
Sold in a 50-tablet
bottle. Available in
orange and raspberry
flavors.**RELION**
(Walmart)**CARB**

4 grams per tablet

DOSEFour tablets for
16 grams of carb
DETAILS
Sold in a 10-tablet
tube and 50-tablet
bottle. Available in fruit
punch, grape, orange,
raspberry, and tropical
fruit flavors.**TRUEPLUS GLUCOSE
TABLETS**
(Trividia Health)**CARB**

4 grams per tablet

DOSEFour tablets for
16 grams of carb**DETAILS**Sold in a 10-tablet tube
and 50-tablet bottle.
Available in orange and
raspberry flavors.**STORE BRANDS**Good Neighbor
Pharmacy, HealthMart
Pharmacy, Meijer,
Publix, Rite Aid,
Shopko, Sunmark,
Walgreens**GELS****DEX4**
(Perrigo)**CARB**

15 grams per pouch

DOSE

One pouch

DETAILSSingle-dose pouch,
sold individually and in
packs of six. Available in
fruit punch flavor.**STORE BRANDS**

Walmart

**GLUTOSE 15**
(Perrigo)**CARB**

15 grams per tube

DOSE

One tube

DETAILSSingle-dose tube,
sold in packs of three.
Available in grape and
lemon flavors.**STORE BRANDS**CVS, Kroger, Target,
Walmart**GLUTOSE 45**
(Perrigo)**CARB**

45 grams per tube

DOSE

1/3 of tube

DETAILSThree-dose resealable
tube. Available in lemon
flavor.**STORE BRANDS**CVS, Kroger, Target,
Walmart**INSTA-GLUCOSE**
(Valeant
Pharmaceuticals)**CARB**

24 grams per tube

DOSE

One tube

DETAILSNon-resealable tube,
sold in packs of three.
Available in cherry
flavor.**RELION**
(Walmart)**CARB**

15 grams per pouch

DOSE

One pouch

DETAILSSingle-dose pouch, sold
individually. Available in
fruit punch flavor.



TRUEPLUS SOFT TABS (Trividia Health)

CARB

4 grams per tablet

DOSE

Four tablets for
16 grams of carb

DETAILS

Sold in a four-tablet pouch, eight-tablet tube, and 36-tablet bottle. Available in cherry pop, chocolate marshmallow, kiwi-strawberry, and root beer float flavors.

STORE BRAND

CVS



What's a Glucagon Kit?

There may be times when you're unable to use glucose tablets, liquids, and gels to treat low blood glucose. For instance, severe hypoglycemia can make it difficult to swallow oral glucose products. It can also lead to unconsciousness, which experts say should never be treated with food or drink. In these situations, a glucagon kit is the best way to bring your blood glucose back to normal.

These kits store glucagon—a hormone that raises blood glucose levels—in a vial of powder and include a syringe preloaded with sterile water or another diluting solution. The two substances are mixed together, then injected under the skin. “We like to cross-train a family member or two so that someone besides the patient knows how to administer glucagon,” says Craig Williams,

PharmD, clinical professor of pharmacy at the Oregon Health and Science University Medical Center. “If the time comes when it is truly needed, patients may be too severely affected to be able to administer the shot to themselves.” To learn more about administering glucagon, head to diabetesforecast.org/glucagon.

If you use insulin or other medications that can cause low blood glucose, it’s a good idea to keep a glucagon kit with you. Williams also suggests stashing a second kit at work or in your car for extra security. Make sure your family, friends, and coworkers know how to use it in case of emergency. Confirm that you have an active prescription for glucagon. Before buying a glucagon kit, check the expiration date—it should have at least a year of shelf life remaining.



TRANSCEND (Transcend Foods)

CARB

15 grams per pouch

DOSE

One pouch

DETAILS

Sold in packs of six, 20, 30, or 40. Available in orange and strawberry flavors.

TRUEPLUS GLUCOSE GEL (Trividia Health)

CARB

15 grams per pouch

DOSE

One pouch

DETAILS

Single-dose pouch, sold individually. Available in fruit punch flavor.

STORE BRANDS

Good Neighbor Pharmacy, HealthMart Pharmacy, Rite Aid, Walgreens