## FAST-ACTING GLUCOSE PRODUCTS

<table>
<thead>
<tr>
<th>LIQUIDS</th>
<th>POWDER</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DEX4</strong> (Perrigo)</td>
<td><strong>ELOVATE 15</strong> (Diasan Corp.)</td>
</tr>
<tr>
<td><strong>CARB</strong></td>
<td><strong>CARB</strong></td>
</tr>
<tr>
<td>15 grams per bottle</td>
<td>15 grams per packet</td>
</tr>
<tr>
<td><strong>DOSE</strong></td>
<td><strong>DOSE</strong></td>
</tr>
<tr>
<td>One bottle</td>
<td>One packet</td>
</tr>
<tr>
<td><strong>DETAILS</strong></td>
<td><strong>DETAILS</strong></td>
</tr>
<tr>
<td><strong>STORE BRAND</strong></td>
<td><strong>STORE BRAND</strong></td>
</tr>
<tr>
<td>CVS</td>
<td>CVS</td>
</tr>
</tbody>
</table>

**RELION GLUCOSE SHOT** (Walmart)

**CARB**

15 grams per bottle

**DOSE**

One bottle

**DETAILS**

Screw-top bottle. Available in mixed berry, orange, and pomegranate flavors.

**TRUEPLUS GLUCOSE SHOT** (Trividia Health)

**CARB**

15 grams per bottle

**DOSE**

One bottle

**DETAILS**

Screw-top bottle. Available in mixed berry.

**STORE BRANDS**

Good Neighbor Pharmacy, HealthMart Pharmacy, Rite Aid, Shopko, Sunmark, Walgreens, Walmart

**RELION GLUCOSE SHOT** (Walmart)

**CARB**

15 grams per bottle

**DOSE**

One bottle

**DETAILS**

Screw-top bottle. Available in mixed berry, orange, and pomegranate flavors.

**TRUEPLUS GLUCOSE SHOT** (Trividia Health)

**CARB**

15 grams per bottle

**DOSE**

One bottle

**DETAILS**

Screw-top bottle. Available in mixed berry.

**STORE BRANDS**

Good Neighbor Pharmacy, HealthMart Pharmacy, Rite Aid, Shopko, Sunmark, Walgreens, Walmart

**ELOVATE 15** (Diasan Corp.)

**CARB**

15 grams per packet

**DOSE**

One packet

**DETAILS**

Screw-top bottle. Available in black cherry flavor.

**STORE BRANDS**

Good Neighbor Pharmacy, HealthMart Pharmacy, Rite Aid, Shopko, Sunmark, Walgreens, Walmart

**RELION GLUCOSE SHOT** (Walmart)

**CARB**

15 grams per bottle

**DOSE**

One bottle

**DETAILS**

Screw-top bottle. Available in mixed berry, orange, and pomegranate flavors.

**TRUEPLUS GLUCOSE SHOT** (Trividia Health)

**CARB**

15 grams per bottle

**DOSE**

One bottle

**DETAILS**

Screw-top bottle. Available in mixed berry.

**STORE BRANDS**

Good Neighbor Pharmacy, HealthMart Pharmacy, Rite Aid, Shopko, Sunmark, Walgreens, Walmart

**ELOVATE 15** (Diasan Corp.)

**CARB**

15 grams per packet

**DOSE**

One packet

**DETAILS**

Screw-top bottle. Available in black cherry flavor.

**STORE BRANDS**

Good Neighbor Pharmacy, HealthMart Pharmacy, Rite Aid, Shopko, Sunmark, Walgreens, Walmart
## TABLETS

<table>
<thead>
<tr>
<th>Product</th>
<th>Brand</th>
<th>Carb</th>
<th>Dose</th>
<th>Details</th>
<th>Store Brands</th>
</tr>
</thead>
<tbody>
<tr>
<td>DEX4</td>
<td>Perrigo</td>
<td>4 grams</td>
<td>Four tablets for 16 grams of carb</td>
<td>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.</td>
<td>Cardinal, CVS, Kmart, Kmart, Target, Topco, Walmart</td>
</tr>
<tr>
<td>GLUCOLIFT</td>
<td>Jungell</td>
<td>4 grams</td>
<td>Four tablets for 16 grams of carb</td>
<td>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.</td>
<td>Walmart</td>
</tr>
<tr>
<td>OPTIMUM</td>
<td>Magno-Humphries Labs</td>
<td>4 grams</td>
<td>Four tablets for 16 grams of carb</td>
<td>Sold in a 50-tablet bottle. Available in orange and raspberry flavors.</td>
<td>CVS, Kroger, Target, Topco, Walmart</td>
</tr>
<tr>
<td>RELION</td>
<td>Walmart</td>
<td>4 grams</td>
<td>Four tablets for 16 grams of carb</td>
<td>Sold in a 10-tablet tube and 50-tablet bottle. Available in fruit punch, grape, orange, raspberry, and tropical fruit flavors.</td>
<td>CVS, Kroger, Target, Topco, Walmart</td>
</tr>
<tr>
<td>TRUEPLUS GLUCOSE TABLETS</td>
<td>Trividia Health</td>
<td>4 grams</td>
<td>Four tablets for 16 grams of carb</td>
<td>Sold in a 10-tablet tube and 50-tablet bottle. Available in orange and raspberry flavors.</td>
<td>CVS, Kroger, Target, Topco, Walmart</td>
</tr>
</tbody>
</table>

## GELS

<table>
<thead>
<tr>
<th>Product</th>
<th>Brand</th>
<th>Carb</th>
<th>Dose</th>
<th>Details</th>
<th>Store Brands</th>
</tr>
</thead>
<tbody>
<tr>
<td>DEX4</td>
<td>Perrigo</td>
<td>15 grams</td>
<td>One pouch</td>
<td>Single-dose pouch, sold individually and in packs of six. Available in fruit punch flavor.</td>
<td>Walmart</td>
</tr>
<tr>
<td>GLUCOSE 15</td>
<td>Perrigo</td>
<td>15 grams</td>
<td>One tube</td>
<td>Single-dose tube, sold in packs of three. Available in grape and lemon flavors.</td>
<td>CVS, Kroger, Target, Walmart</td>
</tr>
<tr>
<td>GLUCOSE 45</td>
<td>Perrigo</td>
<td>45 grams</td>
<td>½ of tube</td>
<td>Three-dose resealable tube. Available in lemon flavor.</td>
<td>CVS, Kroger, Target, Walmart</td>
</tr>
<tr>
<td>INSTA-GLUCOSE</td>
<td>Valeant Pharmaceuticals</td>
<td>24 grams</td>
<td>One tube</td>
<td>Non-resealable tube, sold in packs of three. Available in cherry flavor.</td>
<td>CVS, Kroger, Target, Walmart</td>
</tr>
<tr>
<td>RELION</td>
<td>Walmart</td>
<td>15 grams</td>
<td>One pouch</td>
<td>Single-dose pouch, sold individually. Available in fruit punch flavor.</td>
<td>CVS, Kroger, Target, Walmart</td>
</tr>
</tbody>
</table>
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.

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

TRUEPLUS GLUCOSE GEL  
(Trividia Health)  
CARB  
15 grams per pouch  
DOSE  
One pouch  
DETAILS  
STORE BRANDS  
Good Neighbor Pharmacy, HealthMart Pharmacy, Rite Aid, Walgreens

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.