



FAST-ACTING GLUCOSE PRODUCTS

LIQUIDS



DEX4

(Perrigo)

CARB

15 grams per bottle

DOSE

One bottle

DETAILS

Screw-top bottle.
Available in berry twist
and grape flavors.

STORE BRAND

CVS



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

POWDER



ELOVATE 15

(Diasan Corp.)

CARB

15 grams per packet

DOSE

One packet

DETAILS

Sold 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
DOSE
Four 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
DOSE
Four 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
DOSE
Four 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
DOSE
Four 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
DOSE
Four 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
DETAILS
Single-dose pouch, sold individually and in packs of six. Available in fruit punch flavor.
STORE BRAND
Walmart



GLUCOSE 15
(Perrigo)
CARB
15 grams per tube
DOSE
One tube
DETAILS
Single-dose tube, sold in packs of three. Available in grape and lemon flavors.
STORE BRANDS
CVS, Kroger, Target, Walmart



GLUCOSE 45
(Perrigo)
CARB
45 grams per tube
DOSE
1/3 of tube
DETAILS
Three-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
DETAILS
Non-resealable tube, sold in packs of three. Available in cherry flavor.



RELION
(Walmart)
CARB
15 grams per pouch
DOSE
One pouch
DETAILS
Single-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