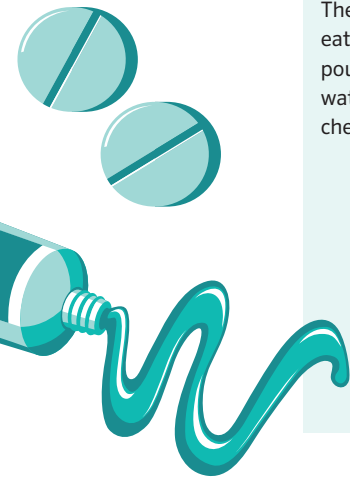


FAST-ACTING GLUCOSE PRODUCTS

Sure, candy is tempting, but glucose products are a better way to treat a low. They're easy to carry, fast acting, premeasured, and quickly absorbed. Plus, there are lots to choose from.



POWDERS



ELOVATE 15
(Diasan Corp.)
CARB
15.5 grams per packet
DOSE
One packet
DETAILS
Sold in boxes containing six or 50 packets, or a case of 24 six-packs. The powder can be eaten directly from the pouch or mixed with water. Available in black cherry flavor.



GLUCOSE SOS
(SOS Life Sciences)
CARB
15 grams per packet
DOSE
One packet
DETAILS
Sold in boxes containing six packets of powder that can be eaten directly from the pouch or mixed with water. Available in sweet and tangy, green apple crisp, kiwi-strawberry, and fruit medley flavors.

TABLETS



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 GLUCOSE TABS
(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 flavor.



RELION GLUCOSE TABLETS
(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, grape, tropical fruit, assorted fruit, strawberry, and raspberry flavors (different flavors available for each package size).
STORE BRANDS
CVS, Good Neighbor Pharmacy, Health Mart Pharmacy, Kroger, Leader, Meijer, Publix, Rite Aid, Shopko, Sunmark, Top Care, Walgreens



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



CVS HEALTH GLUCOSE TABLETS
(CVS)
CARB
4 grams per tablet
DOSE
Four tablets for 16 grams of carb
DETAILS
Sold in a 10-tablet tube and 50- or 90-tablet bottle. Available in orange, raspberry, grape, assorted fruit, and tropical fruit flavors (different flavors available for each package size).

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



GLUTOSE 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.



GLUTOSE 45
(Perrigo)
CARB
45 grams per tube
DOSE
1/3 of tube
DETAILS
Three-dose resealable tube. Available in lemon.



INSTA-GLUCOSE
(Bausch Health)
CARB
24 grams per tube
DOSE
One tube
DETAILS
Non-resealable tube, sold in packs of three. Available in cherry flavor.



RELION GLUCOSE GEL
(Walmart)
CARB
15 grams per pouch
DOSE
One pouch
DETAILS
Single-dose pouch, sold individually. Available in fruit punch flavor.



TRANSCEND
(Transcend Foods)
CARB
15 grams per pouch
DOSE
One pouch
DETAILS
Sold in packs of 20, 30, or 60 pouches of a single flavor (orange or strawberry). Available in 40- or 60-pouch mixed flavor packs.



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, Health Mart Pharmacy, Meijer, Rite Aid, Walgreens

GUMMIES



CVS HEALTH GLUCOSE GUMMIES
(CVS)
CARB
3 grams per gummy
DOSE
Five gummies for 15 grams of carb
DETAILS
Sold in a 60-count bottle. Available in a mix of orange and raspberry flavors.



RELION GLUCOSE GUMMIES
(Walmart)
CARB
10 grams per three gummies
DOSE
Five gummies for 16 grams of carb
DETAILS
Sold in a 60-count bottle. Available in a mix of raspberry, strawberry, and blueberry flavors.



WALGREENS GLUCOSE GUMMIES
(Walgreens)
CARB
10 grams per three gummies
DOSE
Five gummies for 16 grams of carb
DETAILS
Sold in a 60-count bottle. Available in a mix of raspberry, strawberry, and blueberry flavors.

Craig Eiri/Mittera (illustrations)

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, pomegranate,
and orange flavors.
STORE BRANDS
CVS, Good Neighbor
Pharmacy, Health Mart
Pharmacy, Kroger,
Meijer, Rite Aid, Shopko,
Sunmark, Top Care,
Walgreens, Walmart

**NEW**

CVS HEALTH GLUCOSE LIQUID SHOT
(CVS)
CARB
15 grams per bottle
DOSE
One bottle
DETAILS
Screw-top bottle.
Available in berry blast
and grape flavors.

IN CASE OF **EMERGENCY**

Glucose tablets, gels, drinks, and powders are ideal for quickly raising low blood glucose. But there are times when you may not be able to ingest fast-acting glucose. Severe hypoglycemia can make it hard to swallow food or drink, and at times it may lead to unconsciousness. That's where glucagon comes in.

The rescue medication contains the hormone glucagon, which raises blood

glucose levels. It's often administered by a friend, family member, or caregiver when you're too affected by hypoglycemia to deliver it yourself.

Traditional glucagon kits include a vial of powdered glucagon and a syringe preloaded with sterile water or another diluting solution. The two are mixed together and then injected under the skin. The multistep process can be confusing for users unfamiliar with the medication, and mixing takes precious moments away from treatment. To combat those drawbacks, two companies released new glucagon formulations last year.

Eli Lilly's Baqsimi, a glucagon powder that a companion can spray into



your nose, is approved for people with diabetes ages 4 and older. And Xeris Pharmaceuticals' Gvoke, a premixed and prefilled glucagon injection, is approved for those 2 and over.

To be sure you are safe in emergencies, keep glucagon with you and a backup at work or in the car. Set calendar alerts to check the expiration date periodically so you can get new glucagon before yours expires. Also critical: Teach your family, friends, and coworkers how to use your glucagon so they're prepared in an emergency.

