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.

### Fast-Acting Glucose Products

#### Powders

- **Elohydrate 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.

- **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 bottle, and 38-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 Glucose Tablets** (Trividia Health)
  - **Carb:** 4 grams per tablet
  - **Dose:** Four tablets for 16 grams of carb
  - **Details:** Sold in a four-tablet tube, eight-tablet tube, and 38-tablet bottle. Available in four tablets for 16 grams of carbohydrate, available individually. Available in cherry pop, grape, orange, and root beer flavors.

#### Tablets

- **Optimum Glucose Tablets** (Walmart)
  - **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 50-tablet bottle. Available in orange flavor.

- **TruePlus Glucose Tablets** (Trividia Health)
  - **Carb:** 4 grams per tablet
  - **Dose:** Four tablets for 16 grams of carb
  - **Details:** Sold in a 50-tablet bottle. Available in orange flavor.

#### Gels

- **ELOHYDRATE 15** (SOS Life Sciences)
  - **Carb:** 15 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.

- **False 15** (Perrigo)
  - **Carb:** 15 grams per pouch
  - **Dose:** One pouch
  - **Details:** Sold in a single-dose pouch, sold individually. Available in orange flavor.

- **Gel Colifl (Jungell)**
  - **Carb:** 4 grams per tablet
  - **Dose:** Four tablets for 16 grams of carb
  - **Details:** Sold in a single-dose tube, sold in packs of three. One tube contains 24 grams per tube. Available in lemon.

- **Insta-Glucose (WA)**
  - **Carb:** 15 grams per pouch
  - **Dose:** One pouch
  - **Details:** Sold in a single-dose tube, sold individually. Available in fruit flavors.

#### Gummies

- **RELION GLUCOSE GUMMIES** (Trividia Health)
  - **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.

- **CVS Health Glucose Gummies** (CVS)
  - **Carb:** 10 grams per three gummies
  - **Dose:** Five gummies for 15 grams of carb
  - **Details:** Sold in a 60-count bottle. Available in a mix of raspberry, strawberry, and blueberry flavors.
**LIQUIDS**

<table>
<thead>
<tr>
<th>LIQUID</th>
<th>CARB</th>
<th>DOSE</th>
<th>DETAILS</th>
<th>STORE BRAND</th>
</tr>
</thead>
<tbody>
<tr>
<td>DEX4 (Perrigo)</td>
<td>15 grams</td>
<td>One bottle</td>
<td>Screw-top bottle. Available in berry twist and grape flavors.</td>
<td>CVS</td>
</tr>
<tr>
<td>RELION GLUCOSE SHOT (Walmart)</td>
<td>15 grams</td>
<td>One bottle</td>
<td>Screw-top bottle. Available in mixed berry, orange, and pomegranate flavors.</td>
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</tr>
<tr>
<td>TRUEPLUS GLUCOSE SHOT (Trividia Health)</td>
<td>15 grams</td>
<td>One bottle</td>
<td>Screw-top bottle. Available in mixed berry, pomegranate, and orange flavors.</td>
<td></td>
</tr>
<tr>
<td>CVS HEALTH GLUCOSE LIQUID SHOT (CVS)</td>
<td>15 grams</td>
<td>One bottle</td>
<td>Screw-top bottle. Available in berry blast and grape flavors.</td>
<td></td>
</tr>
</tbody>
</table>

**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.