

# GLUCOSE PRODUCTS

● By Erika Gebel Berg, PhD

Treat lows fast with these sweet saviors

**B**lood glucose lows (hypoglycemia) can come on fast, so you'll want to be prepared. People with type 1 diabetes frequently have mild lows, while people with type 2 diabetes can also develop hypoglycemia if they take certain medications, such as insulin and sulfonylureas. Soft drinks and fruit juice can treat lows, but there are also products specifically designed to provide glucose for lows. These glucose sources are fat free, which may help speed the absorption of sugar, and the carbohydrate grams are counted for you. Glucose products come in a variety of flavors and forms, including tablets, gels, liquids, and bits. In addition to the name-brand products listed below, store brands are also available.

## GELS



### DEX4 FAST-ACTING GLUCOSE (Perrigo)

**Dose:** 1 tube for 15 g carbohydrate  
**Details:** Resealable tube, tropical blast flavor



### GLUCOBURST FAST-ACTING GLUCOSE GEL (Perrigo)

**Dose:** 1 pouch for 15 g carbohydrate  
**Details:** One-dose disposable pouch, arctic cherry flavor



### GLUTOSE 15 (Perrigo)

**Dose:** 1 tube for 15 g carbohydrate  
**Details:** One-dose tube (not resealable), in lemon and grape flavors



### GLUTOSE 45 (Perrigo)

**Dose:** ½ tube for 15 g carbohydrate  
**Details:** Resealable tube, lemon flavor



### INSTA-GLUCOSE (Valeant Pharmaceuticals International)

**Dose:** 1 tube for 24 g carbohydrate  
**Details:** One-dose tube (not resealable), cherry flavor



### LEVEL LIFE (Level Foods)

**Dose:** 1 pouch for 15 g carbohydrate  
**Details:** One-dose disposable pouch, in mandarin orange, caramel, strawberry banana, and vanilla flavors



### TRUEPLUS GLUCOSE GEL (Nipro Diagnostics)

**Dose:** 1 tube for 15 g carbohydrate  
**Details:** One-dose resealable tube, in cherry, lemon-lime, and fruit punch flavors

## tips

If a low is so severe that a person loses the ability to self-treat, an injection of glucagon—available in a prescription kit—from a friend, family member, or coworker can rapidly raise blood glucose levels. Do not give food or drink to a person who is unconscious or is unable to swallow.

Eli Lilly offers a free app for Apple devices on how to administer glucagon.



## TABLETS



### DEX4 FAST-ACTING GLUCOSE (Perrigo)

**Dose:** 4 tabs for 16 g carbohydrate  
**Details:** Available in 10-tablet tube or 50-tablet bottle, in assorted fruit, grape, natural orange, orange, raspberry, tropical fruit, watermelon, and wild berry flavors



### GLUCOLIFT GLUCOSE TABLETS (Jungell)

**Dose:** 4 tabs for 16 g carbohydrate  
**Details:** Available in 40-tablet bottle, in cherry, orange cream, and wild berry flavors. Reusable travel tube with space for 8 tablets is sold as an accessory.



### FIFTY50 GLUCOSE TABLETS (Fifty50 Medical)

**Dose:** 4 tabs for 16 g carbohydrate  
**Details:** Available in 50-tablet bottle, fruit punch flavor



### TRUEPLUS GLUCOSE TABLETS (Nipro Diagnostics)

**Dose:** 4 tabs for 16 g carbohydrate  
**Details:** Available in 50-tablet bottle and 10-tablet tube, in grape, orange, and raspberry flavors

## LIQUIDS



### DEX4 FAST-ACTING GLUCOSE (Perrigo)

**Dose:** 1 bottle (2 oz.) for 15 g carbohydrate  
**Details:** Resealable screw-top bottle, in berry burst flavor



### TRUEPLUS GLUCOSE SHOT (Nipro Diagnostics)

**Dose:** 1 bottle (2 oz.) for 15 g carbohydrate  
**Details:** Resealable screw-top bottle, in lemon-lime, mixed berry, and orange flavors

## THE RULE OF 15

You've probably heard of the "rule of 15." This memory device can be helpful in treating lows, but it's just a starting point. Individualize your treatment plan for hypoglycemia with the help of your health care provider. For example, you may need slightly less or slightly more carbohydrate grams, or you may find that liquids work faster than chewables.

**1** If you feel a low coming on or have a glucose reading less than 70 mg/dl, eat or drink 15 grams of a fast-acting carbohydrate.

**2** Wait 15 minutes.

**3** Test blood glucose. If levels are still less than 70 mg/dl, eat or drink another 15 grams of carbohydrate.

**4** Repeat until levels get back up above 70 mg/dl.

**5** Depending on your activity level and the amount of insulin in your body, you may need to eat a meal or snack to prevent another episode of hypoglycemia.

## BITS



### DEX4 FAST-ACTING GLUCOSE (Perrigo)

**Dose:** 15 bits for 15 g carbohydrate  
**Details:** Available in 60-bit bottle, sour berry flavor