# **Managing Hypoglycemia**

If you take insulin or certain diabetes medications, keeping fast-acting glucose on hand is crucial. When blood sugar drops below 70 mg/dL, quick action is needed to prevent dangerous lows.

## **Your Best Option for Fast Acting Glucose**

The fastest way to raise blood sugar are glucose tablets and gels.

- Precise dosing Each tablet contains 4-5g glucose, and gels provide 15-24g glucose.
- Portable and convenient Easy to carry in your bag, car, or bedside drawer.

### The "Rule of 15" for Treating Lows

- 1. Take 15 grams of glucose (3-4 glucose tabs or 1 gel packet).
- 2. Wait 15 minutes and recheck your blood sugar.
- 3. If it's still low, take another 15g of glucose.



#### Why Not Use Juice or Candy?

- Orange juice, soda, and candy contain complex sugars (sucrose & fructose) that take longer to absorb.
- High-fat snacks (like chocolate) slow glucose absorption, delaying treatment.
- Glucose tablets & gels work faster and more reliably.

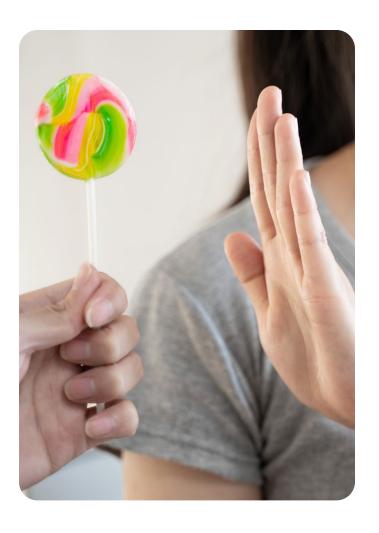
#### **Always Be Prepared**

Keep glucose tablets or gels in multiple places:

- Next to your bed
- In your car
- In your purse, briefcase or backpack

Never wait too long to treat hypoglycemia—if someone is unconscious, seek emergency care and use a glucagon injection if available.

Fast-acting glucose saves lives. Stay prepared and treat your body with the care it deserves!



We're committed to your health. Contact us today for more information.



The Advanced Diabetes Supply Group



#### **Advanced Diabetes Supply**

Website: www.advanceddiabetessupply.com

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