People with diabetes are at higher risk of serious health complications.¹

Low blood glucose can happen quickly, especially in people with diabetes.

Soft drinks and fruit juice can treat lows, but there are also products specifically designed to raise blood glucose.

Fast-acting glucose products come in a variety of flavors and forms, including tablets, gels, and liquid shots, which make it convenient to stay prepared.

Brought to you by Trividia Health, Inc., makers of the TRUE brand.
Low Blood Glucose

Sometimes people with diabetes experience low blood glucose, which can be very unpleasant.

**Symptoms May Include:**
- Feeling shaky, weak or hungry
- Dizziness or headaches
- Sweating
- Problems with vision

**Reasons May Include:**
- Eating too little food or skipping a meal
- Drinking alcohol without eating
- Strenuous exercise
- Taking too many glucose-lowering pills or too much insulin

**What To Do When Low**

The key to managing an episode of severe low blood glucose is to be prepared.

If symptoms are present or blood glucose levels fall below 70 mg/dL, Lance follows the 15-15 Rule suggested by the American Diabetes Association:

**Step 1**
- Check your blood glucose after 15 minutes

**Step 2**
- Have 15 grams of carbohydrate to raise your blood glucose

**Step 3**
- If it's still below 70 mg/dL, have another serving

Repeat these steps until your blood glucose is at least 70 mg/dL. Once your blood glucose is back to normal, eat a meal or snack to make sure it doesn't lower again.