Meet Lance.
He was just diagnosed with diabetes...

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.

$1.00 OFF
Health Mart® TRUEplus® Glucose Tablets, 50 ct. (any flavor)

CONSUMER: Present this coupon to the cashier at time of purchase. Limit one coupon per purchase. Cannot be combined with any other offer, including store loyalty programs. This offer does not apply to prescription purchases. Manufacturer reserves the right to withdraw and/or refuse payments for current coupon offers (paper or digital) due to fraud or errors including but not limited to counterfeiting, unauthorized distribution, significant data errors or system security breaches. RETAILER: We will reimburse you the face value of this coupon plus 8¢ handling provided you and the consumer have complied with the terms of this offer. Transaction may not be submitted to Medicare, Medicaid or any private insurer as a claim. Coupon void where prohibited, taxed or restricted. Consumer must pay any sales tax. Cash value .001¢. Reproduction of this coupon is expressly prohibited. No cash back. Mail to: Trividia Health, Inmar Dept. #21292, 1 Fawcett Drive, Del Rio, TX 78840.
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:

1. Have 15 grams of carbohydrate to raise your blood glucose.
2. Check your blood glucose after 15 minutes.
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.