

American Diabetes Association: Hypoglycemia Protocol

- **Glucose is the Primary *Sugar* Energy Source** – The body directly uses glucose exclusively for energy, not complex carbs, other sugars - fructose or sucrose.
- **Hypoglycemia Impact (U.S. Annually):**
 - **1 billion** events, **240,000** ER visits, **\$4 billion** spent on sweets for rescue.
- **Inefficiency of Sweets & Sodas and Juices**
 - Sweets and juices often contain minimal or no glucose, relying on slower digestion / metabolism to convert other sugars and complex carbs into uncertain amounts of usable glucose.
 - These can delay blood sugar recovery, prolonging symptoms and increasing risks.
- **Glucose vs. Sweets: Absorption and Recovery Speed**
 - Glucose absorbs twice as fast as sweets / sodas, beginning in seconds through the membranes of the mouth.
 - Sweets cause prolonged glucose spikes for **30+ minutes**, requiring insulin to counteract.
- **American Diabetes Association (ADA) [15/15 Rule](#)**
 - **1.** Check blood sugar. Below 70mg/dl is hypoglycemic
 - **2.** Consume 15g of fast acting carbs (glucose is best)
 - **3.** Wait 15 minutes
 - **4.** Recheck blood sugar
 - Repeat or continue to meal or snack protocol if blood glucose level is normal.
- **Comparison of Glucose Products**
 - **Tablets** – 4g each, require up to 5 (for 15g glucose), chalky, slow to chew and dissolve.
 - **Gels & Liquids** – 40g tubes or 2oz bottles, \$2 - \$4/serving), bulky, messy.
 - **Glucose Bulk Powder** - Fastest, dissolves instantly, most portable, and cost-effective vs single-serving disposable powders, gels, and liquids.
- **Conclusion**
 - Direct glucose powder intake is the fastest and most controlled way to elevate blood sugar safely and efficiently in a hypoglycemia event. It eliminates the unpredictability and spiking of sweets and sodas.
 - Bulk glucose powder is most economical and provides flexible serving size and aligns with ADA and other sophisticated protocols.