How To Treat Low Blood Sugar

If you feel:

- Shaky
- Fast heartbeat
- Headache
- Hungry
- Blurry vision
- Sweaty
- Weak or tired
- Dizzy
- Numb lips or tongue
- Anxious
- Nervous or upset
- Confused

Follow these steps:

Check your blood sugar.

If less than 70

Treat with 15 grams of fast-acting sugar:

- 1/2 cup fruit juice
- 4 glucose tablets
- 4 sugar packets

Wait 15 minutes

Check your blood sugar again.

If your sugar is under 80, treat one more time.
If your sugar is over 80, eat a meal or snack to make sure your sugar doesn’t go low again.

Call your doctor if you treated your sugar two times and it is still below 70. Keep treating with sugar.

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