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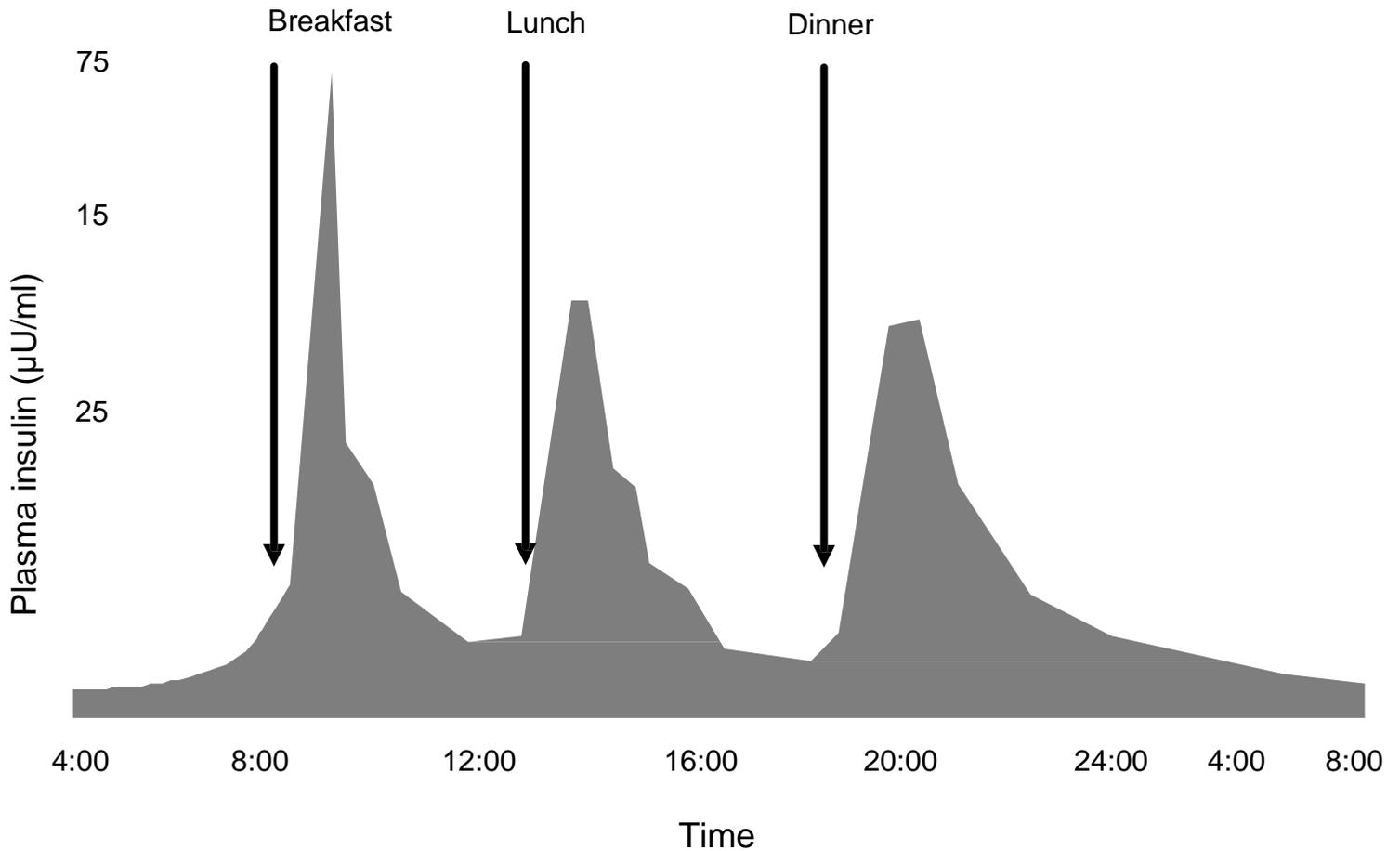
Insulin Types and How They Work

Insulin Name	Type	
Novo Rapid Humalog Apidra	Rapid-Acting (Clear)	
	<p>Begins to work in 10 to 15 min</p> <p>Works best at 60 to 90 min after injection</p> <p>Lasts 3 to 5 hrs</p>	
Toronto Humulin R	Short-Acting (Clear)	
	<p>Begins to work in ½ hr</p> <p>Works best at 2 to 3 hrs after injection</p> <p>Lasts 6 ½ hrs</p>	
NPH Humulin N	Intermediate-Acting (Cloudy)	
	<p>Begins to work in 1 to 3 hrs</p> <p>Works best 5 to 8 hrs after injection</p> <p>Lasts up to 18hrs</p>	
Levemir Lantus Toujeo	Long-Acting (Clear)	
	<p>Begins to work in 90 min (Toujeo onset over 6 hrs)</p> <p>Works best continuously</p> <p>Lasts up to 24 hrs (Toujeo lasts 30 hrs)</p>	

Insulin Action Guide

■ Breakfast ■ Lunch ■ Supper ■ Bed ■ Breakfast

Insulin Secretion and the Body



Graph Adopted by Bruce Bode

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