

This material is for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider.



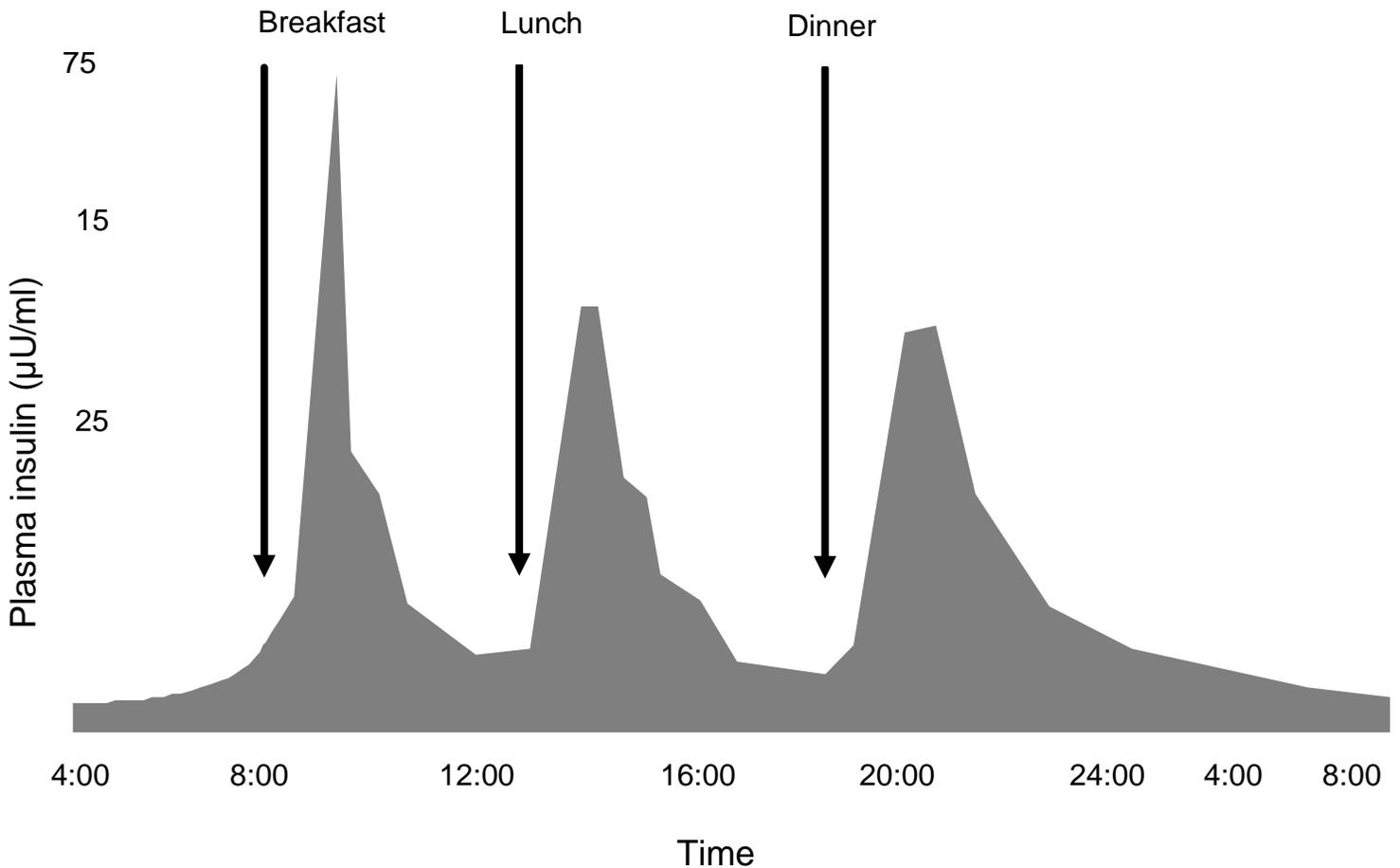
Insulin Types and How They Work

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

Insulin Action Guide

■ Breakfast ■ Lunch ■ Supper ■ Bed ■ Breakfast

Insulin Secretion and the Body



Graph Adopted by Bruce Bode

This material is for information purposes only. It should not be used in place of medical advice, instruction and/or treatment. If you have questions, speak with your doctor or appropriate healthcare provider: