

FAST ACTING GLUCOSE SOLUTIONS FOR DAILY LIFE

**Making recommendations for medical
needs and energy management**



A steady supply of glucose is vital for survival. It serves as the body's primary source of fuel to support normal physiological functions and to meet everyday energy requirements, including exercise, work or combatting fatigue.



Learning objectives



Understand the role of glucose and how its levels in the blood are regulated



Know the difference between type 1 and type 2 diabetes and why it is important to recognise and treat hypoglycaemia



Be able to recommend an appropriate Lift energy aid based on your customer's needs

THE BODY'S ENERGY SOURCES

Glucose

Carbohydrates include sugars, starches and fibre, which play essential roles in overall health. Carbohydrates from foods like bread, pasta, fruits and vegetables are broken down by the digestive system into glucose – a form of sugar that provides energy.

Following digestion, glucose enters the bloodstream, raising blood sugar levels which triggers the release of insulin. This hormone enables glucose to move into cells where it provides energy for most of the body's functions, including brain activity and muscle contraction. The brain relies almost exclusively on glucose for energy which is crucial for optimal cognitive function and memory. Any excess glucose is stored in the liver and muscles in the form of glycogen to be used for energy when required later.¹

When glucose is absorbed into cells, the blood sugar level falls. If it drops too low, cells in the pancreas release another hormone, glucagon, which causes the liver to break down stored glycogen, releasing glucose into the bloodstream to raise blood sugar levels.¹

Dextrose

Dextrose – the key ingredient in the Lift range – is a form of glucose. They are essentially the same when it comes to their effects on the body and blood sugar levels, but dextrose does not need to be digested before it gets to work. It has a very high glycaemic index, meaning it raises blood sugar levels very quickly. Dextrose solutions are used in medical settings to treat hypoglycaemia, dehydration and in cases where a quick source of energy is required.²

BLOOD SUGAR LEVELS

The hormonal interplay between insulin and glucagon is important to keep blood sugar levels within a healthy range. In the UK, the standard unit for measuring blood sugar levels is millimols per litre (mmol/L). For most healthy individuals, normal blood sugar levels are considered to fall within these ranges:³

Type of measure	Range mmol/L
Fasting	4.0 to 5.5
Random	4.0 to 7.8
Two hours after a meal	8.5

Hyperglycaemia

In people without enough insulin, glucose cannot enter the body's cells; instead, it builds up in the blood.⁴ When levels eventually become too high, this is known as hyperglycaemia.⁵ Consistently high blood sugar levels is a defining characteristic of diabetes.³ Diabetes can result in severe complications affecting the nerves, kidneys, heart and eyes.^{3,4}

There are two main types of diabetes:

- **Type 1 diabetes** is often diagnosed in childhood but can occur at any age. It happens when the body does not produce insulin due to a problem with the immune system (an autoimmune condition) and it cannot be prevented.⁶ Fewer than one in 10 people in the UK with diabetes have type 1 diabetes.⁷ It is managed with daily insulin to keep blood sugar levels within a target range. To ensure the correct insulin dose is administered each time, careful tracking of daily food and drink intake and measuring of blood sugar levels is required.⁶
- **Type 2 diabetes** is a common condition that occurs either because the body cannot produce enough insulin, or the insulin does not work properly (known as insulin resistance).⁸ Type 2 diabetes is more common in certain ethnic groups, but it often affects people living with overweight or obesity.⁹ It may be prevented, or even stopped, through weight loss and an improved diet.⁸ Lifestyle changes may also help individuals to avoid the need for medication, such as metformin. In some cases, insulin may be required to reduce blood sugar levels.⁸



Hypoglycaemia

When too much insulin causes blood sugar levels to drop below 4.0mmol/L, this is known as hypoglycaemia, or a 'hypo'.¹⁰

Common symptoms of a hypo include:^{10,11}

- Feeling hungry
- Feeling dizzy, tired, weak or confused
- Feeling anxious or irritable
- Sweating or shaking
- Tingling lips, heart palpitations or blurred vision.

In severe cases the person may have a seizure or a fit, or become unconscious.

People with type 1 diabetes, and those with type 2 diabetes who use insulin, are at risk of hypoglycaemic episodes. Therefore, they must be made aware of the possibility that their blood sugar levels may drop too low.^{4,10} These hypos can happen quickly and should be treated immediately when symptoms develop to stop them from getting worse.^{10,11}

HOW TO TREAT A HYPO

A hypo can be treated by taking 15g of a fast-acting glucose-based carbohydrate such as Lift Glucose Shots or Lift Glucose Chews. After 15 minutes, glucose levels should be re-tested and if necessary, treatment should be repeated, up to a maximum of three treatments in total.

Once the blood sugar level is above 4.0 mmol/L and the person has recovered, a snack providing a long-acting carbohydrate should be given to prevent blood glucose from dropping again.

YOU CAN HELP CUSTOMERS REMEMBER HOW TO TREAT HYPOGLYCAEMIA BY EXPLAINING THE 15-15-MINUTE RULE¹²



CONSUME

15g of carbohydrates, e.g. a slice of bread, 100g yoghurt, a small banana, an apple, a glass of fruit juice, a 60ml Lift Glucose Shot or 3 or more Lift Glucose Chews



WAIT

10-15 minutes to allow the body to absorb the glucose before retesting blood sugar level to see if it rises above 4.0mmol/L



REPEAT

Glucose intake if necessary or until blood sugar level reaches 4.0mmol/L or above



EAT

A balanced meal as soon as possible to prevent a relapse

Lift products to treat hypoglycaemia



Lift Glucose Shots

Indication: To treat or prevent hypoglycaemia

Dose: One 60 ml shot provides 15g fast-acting glucose

Instructions: Drink one shot and recheck blood glucose after 15 minutes

Benefit: Measured dose, rapid absorption, easy to swallow

Suitability: Suitable for children under 5 years old under supervision

Flavours: Fruity Tropical, Strawberry & Lime, Very Berry, Zesty Lemon & Lime



Lift Glucose Chews

Indication: To treat or prevent hypoglycaemia

Dose: Each chew contains 3.6g of glucose

Instructions: Chew 3 or more tablets initially, as required and recheck blood glucose after 15 minutes

Benefit: Convenient alternative to liquid glucose

Suitability: Not intended for children under 5 years old due to choking risk

Flavours: Blueberry Burst, Juicy Raspberry, Tangy Orange, Zesty Lemon & Lime

*Source: NIQ vms & dietary health | sports nutritional energy tablets, L52Wks, w/e 12/03/2026

Lift products are aligned with clinical guidance for the management of hypoglycaemia in people with diabetes:

NICE Clinical Knowledge Summaries Insulin therapy - type 1 diabetes *supports the use of fast-acting oral glucose, preferably in liquid form, for the treatment of acute hypoglycaemia in people who are able to swallow.*¹³ The British National Formulary (BNF) confirms that *fast-acting carbohydrates include Lift® glucose liquid,*¹⁴ while the NICE National Guideline (NG)¹⁸, Diabetes in children and young people, states that *liquid carbohydrate may be easier to swallow than a solid form.*¹⁵

MEETING ENERGY REQUIREMENTS

Lift is not just for diabetics: everyone's body runs on glucose. It is an essential energy source for everyone. All physiological activities, from routine tasks such as rising in the morning to more demanding pursuits such as participating in endurance sports, require energy. While glucose is naturally obtained through food consumption, there may be times when an immediate source of energy is required. In these instances, glucose can be supplied through quick-acting glucose supplements, commonly available in chewable tablet form.

LIFT ACTIV ENERGY BOOST

This Lifestyle Energy Aid provides glucose, the body's preferred form of sugar, thereby supplying an immediate source of energy when required. It also contains vitamins and minerals designed to help reduce tiredness and fatigue, support individuals to achieve optimal performance or maintain productivity throughout the day. Lift Activ Energy Boost is available in 4 flavours.



Key features of Lift glucose supplements:

- Rapid action
- Natural glucose base
- Caffeine, taurine, gluten and fat free
- Suitable for vegans and vegetarians
- Convenient, pocket-friendly packaging

Advise customers that excessive sugar intake cannot lead to an overdose, but it can lead to several undesirable effects, including tiredness, hyperactivity, difficulty in concentrating and feeling hungry in between meals.

NOTE: Lift is a food supplement and is not intended to diagnose, treat, cure, or prevent any disease

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