



## Lift Fast Acting Glucose Shot

### Uses

Provides a quick boost of energy. Can be used before high energy sports, or to treat and prevent hypoglycaemia in diabetes.

### Dosage

For sports use: drink 30ml (half a shot) 10-15 minutes before any high energy activity that will last 30 mins or longer. To manage blood sugar levels in diabetes: drink one 60ml shot and wait 15 minutes before retesting blood glucose levels.

### Format and Ingredients

Drink containing:  
Glucose 15g,

**Category:**  
Vitamins, Minerals and Nutritionals

**Pack size:** 60ml

**RRP:** £1.25

us:

