

A helping hand with hypos

eden

→ EXAMPLES OF 15G-20G FAST ACTING CARBOHYDRATE HYPO TREATMENTS

M&S Percy Pigs



2.5 sweets = 16.7g carbs
3 sweets = 20.2g carbs

Lidl
Orange Juice



Small 200ml carton
= 19g carbs

Maynards
Wine Gums



4 sweets = 17g carbs
5 sweets = 21.2g carbs

Aldi
Wendy & Walter Worm



1.5 sweets = 16.5g

Morrisons
Apple Juice



Small 200ml carton
= 22.8g carbs

Aldi
Leo the Lion



2.5 sweets = 17.5g

Lidl
Fruit Pastilles



6 sweets = 16.8g carbs
7 sweets = 19.6g carbs

Swizzels Squashies



6 sweets = 16.8g carbs
7 sweets = 19.6g carbs

Skittles



Funsize bag (17 sweets)
= 16g carbs

Coca-Cola
Original



Small 150ml can
= 15.9g carbs

Lift Shot



1 bottle (60ml)
= 15g carbs

Appletiser



Small 150ml can
= 17g carbs

Lift
Glucos Chews



4 chews = 14.8g carbs
5 chews = 18.5g carbs

Dextro Energy
Tablets



5 tablets = 15g carbs
6 tablets = 18g carbs

For further information contact:

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