



## Lift Fast Acting Glucose Chews

### Uses

Provides a quick boost of energy. Can be used before high energy sports, or to treat and prevent hypoglycaemia in diabetes.  
Available in Blueberry Burst, Zesty Lemon & Lime, Juicy Raspberry and Tangy Orange flavours. Also available in shots containing 15g of glucose in Very Berry and Zesty Lemon, Lime, Strawberry & Lime and Fruity Tropical flavours.

### Dosage

For an energy boost: chew 1-3 tablets 10-15 minutes before any high energy activity that will last 30 minutes or longer. For diabetes: chew 3 or more tablets to increase blood sugar levels.

### Format and Ingredients

Tablet containing:  
Dextrose monohydrate 3.7g,



Communications International Group Ltd 2025,  
Linen Hall, 162-168 Regent Street, London W1B 5TB