



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 Nutritional

Pack size: 60ml

RRP: £1.25

us:

