

The Logic of Lows: *Why What You Eat During a Low Matters*



SPEED	FOUND IN	TYPE OF SUGAR	STARTS WORKING	PEAK EFFECT	HOW IT WORKS
Fastest	Transcend	Glucose	3-5 minutes	15-25 minutes	No digestion required. Glucose enters the bloodstream immediately.
Fast	Candy	Sucrose	5-10 minutes	20-40 minutes	Must be split into glucose and fructose first.
Moderate	Milk	Lactose	10-20 minutes	40-60 minutes	Must be broken into glucose and galactose, and galactose must be converted to glucose in the liver. Protein and fat in milk also slow absorption.
Slow	Fruit and Fruit Juice	Fructose	15-30 minutes	60-120 minutes	Fructose must be processed by the liver before becoming glucose.
Slowest	Chocolate	Sugars combined with fat or protein	20-40 minutes	2-4 hours	Fat and protein delay slow stomach emptying and delay sugar absorption.

TRANSCEND GLUCOSE GELS ARE MADE WITH **PURE GLUCOSE** TO **RAISE BLOOD SUGAR QUICKLY** SO YOU CAN **RECOVER FROM LOWS FASTER** AND **FEEL BETTER SOONER.**