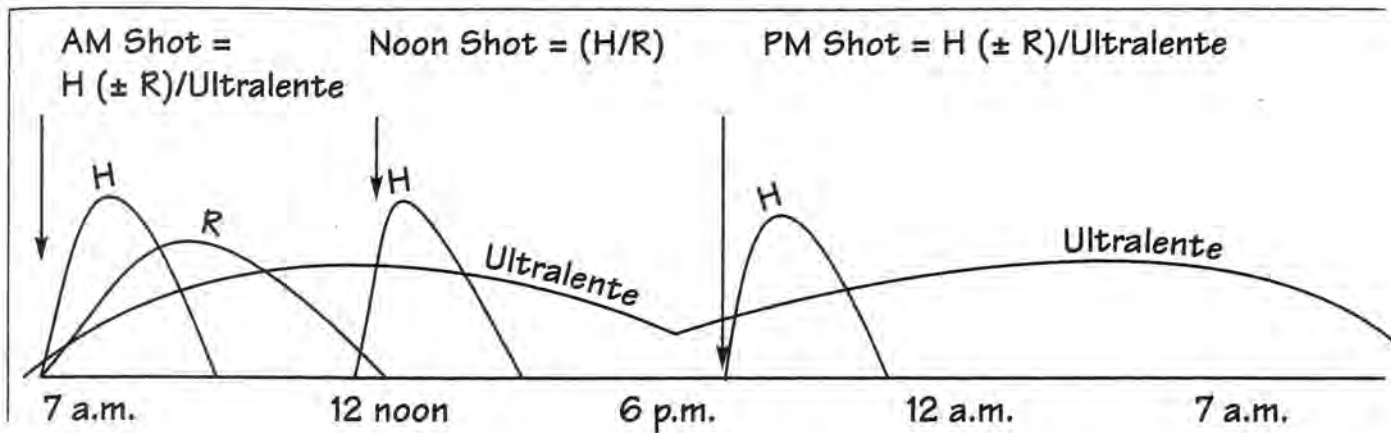
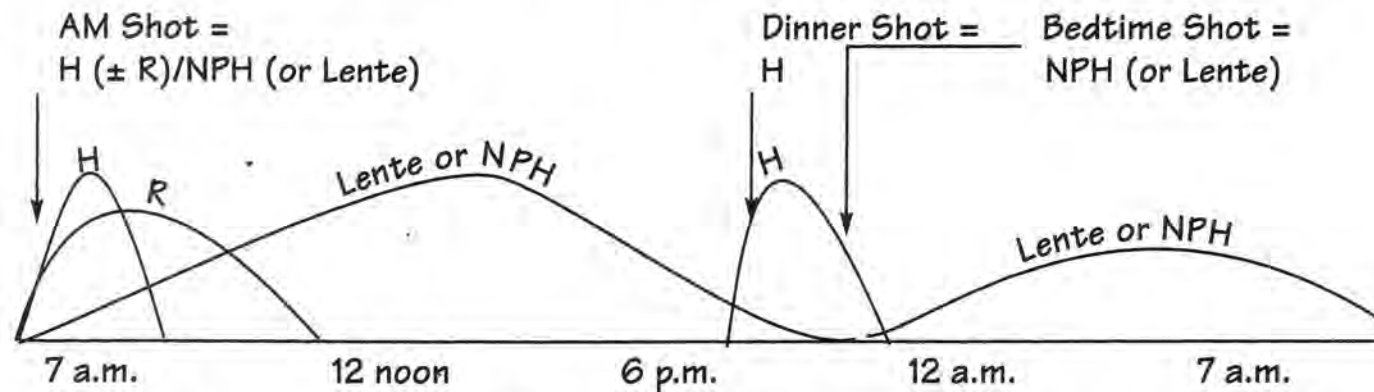


Figure 3: Three Injections Per Day



The above diagram shows Humalog (\pm Regular) and Ultralente in the morning and at dinner, with Humalog (\pm Regular) at lunch.

The diagram below demonstrates Humalog (and/or Regular mixtures) with NPH or Lente insulins in the morning, Humalog (and/or Regular) at dinner, and NPH (or Lente) at bedtime.



A third regimen for people taking three shots per day is to use Humalog/Regular with NPH or Lente in the morning, a shot of Humalog at 3:30 p.m. to cover "grazing" in the afternoons and Humalog and Ultralente at dinner (see below). A modification of this third regimen (not shown) is to take a mixture of Humalog and Regular at 3:30 p.m. to cover the afternoon snack and dinner and then to take the longer-acting insulin - NPH, Lente or Ultralente at bedtime.