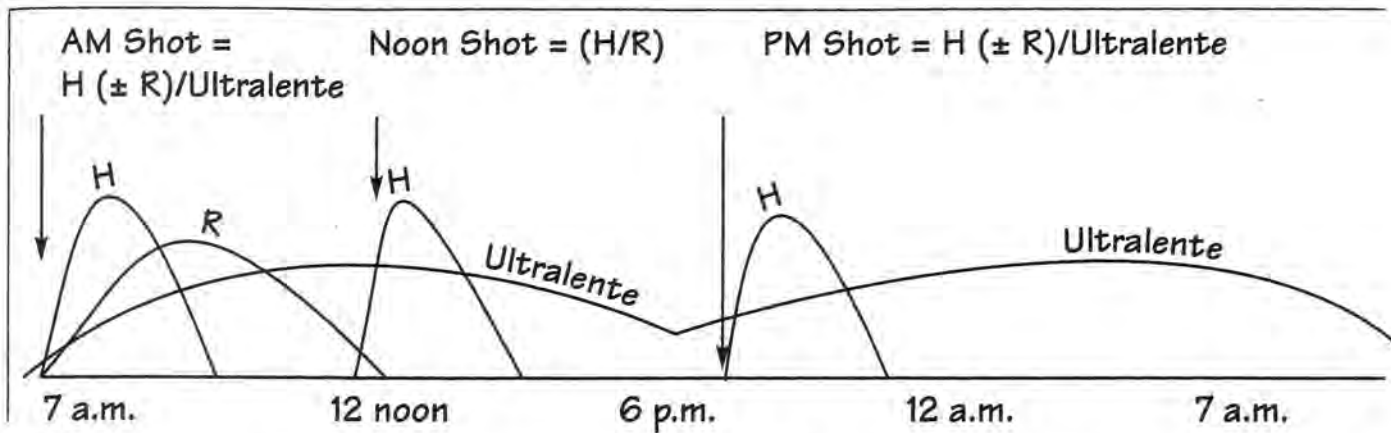
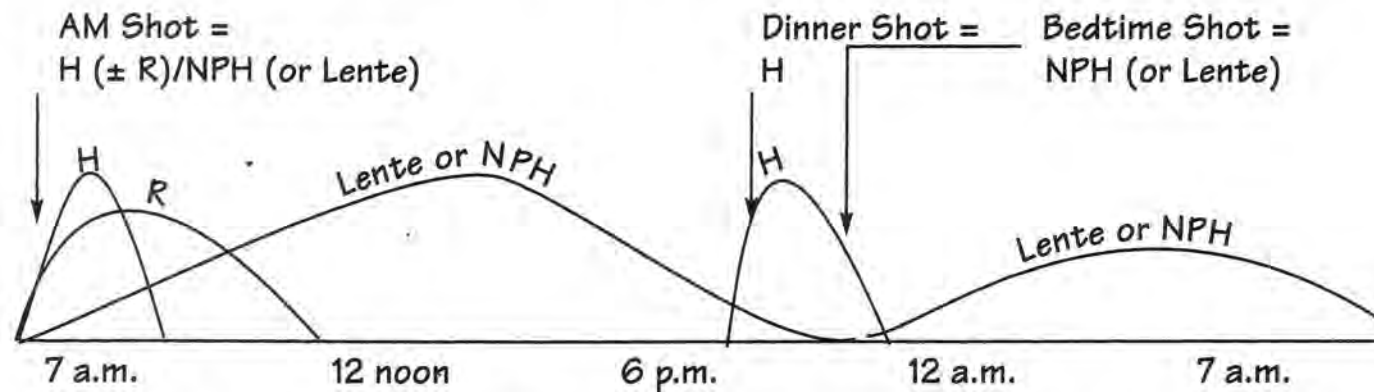


Figure 3: Three Injections Per Day



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.