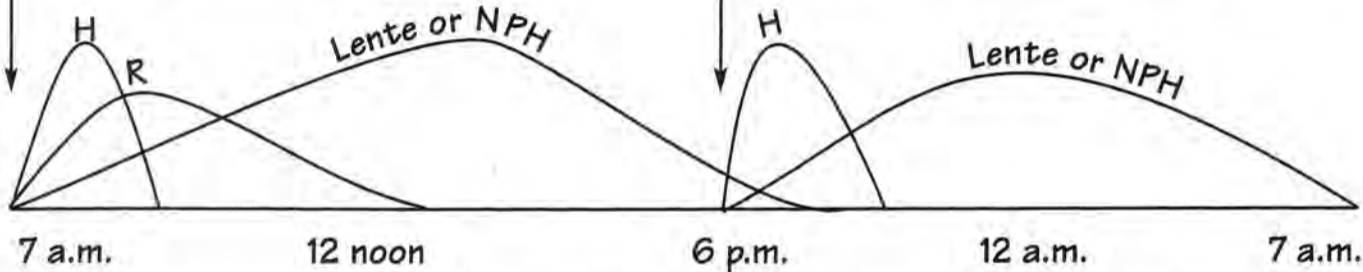


AM Shot = H \pm R and NPH (or Lente)

PM Shot = H (\pm R) and NPH (or Lente)



Many people receive two injections per day of NPH or Lente as their intermediate-acting insulin. They can then take Humalog or Regular or both with the NPH or Lente (see figure above).