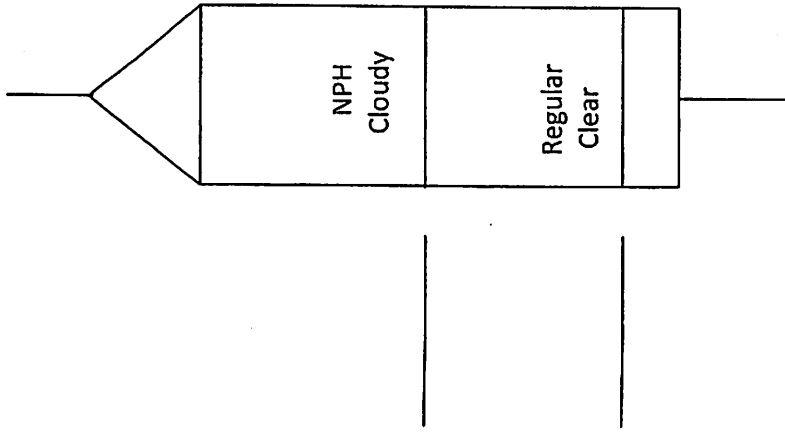
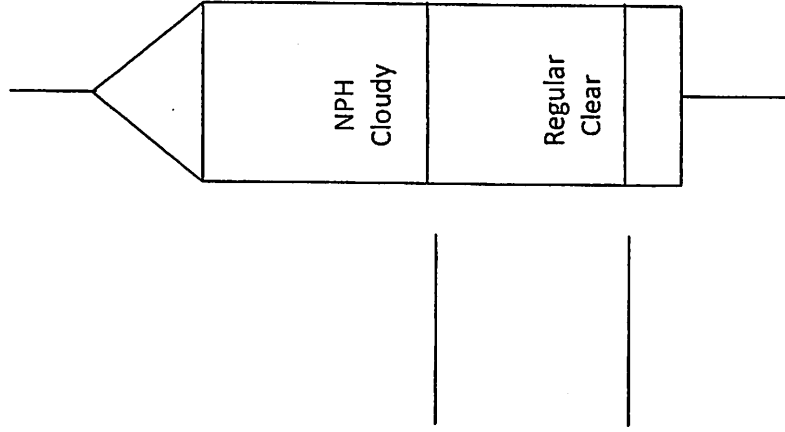


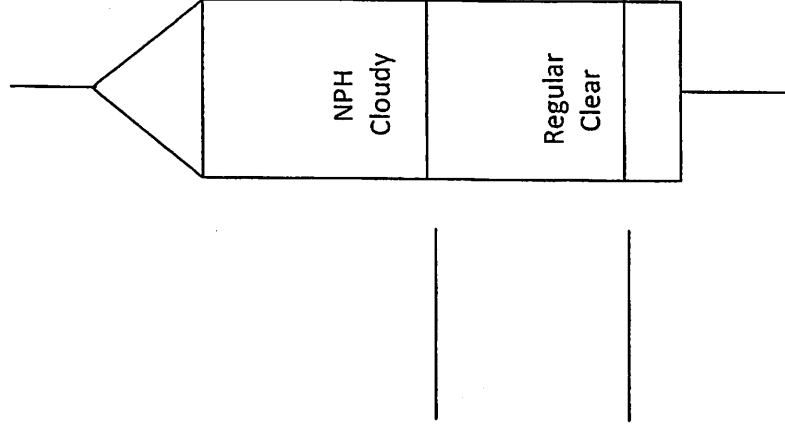
How to Take Your Insulin



30 minutes before breakfast



30 minutes before dinner



Right before bedtime

NPH=Novolin N=Humulin N → Cloudy

Regular = Novolin R = Humulin R → Clear