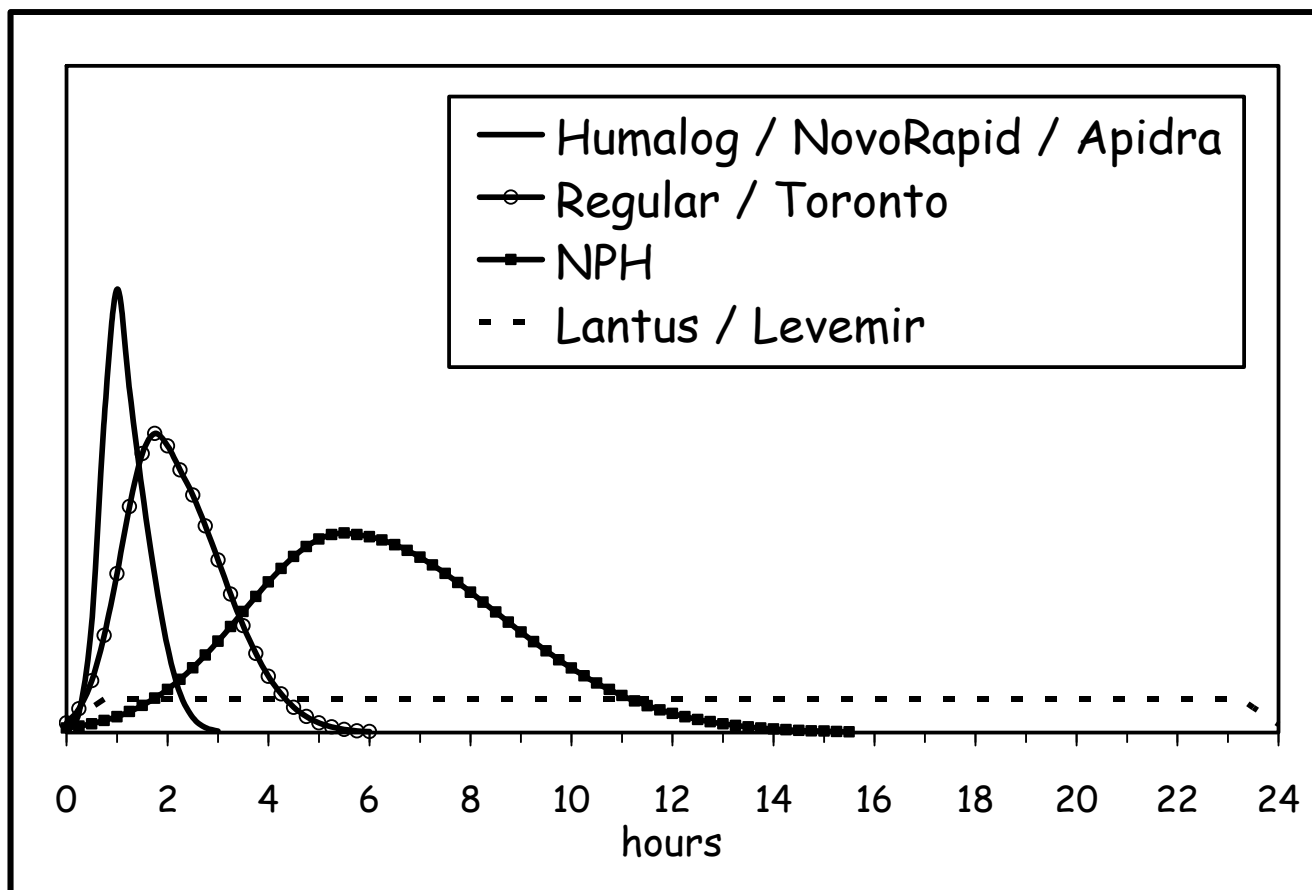


INSULIN ACTION TIMES



INSULIN NAME	STARTS	STRONGEST	LASTS
HUMALOG / NOVO RAPID / APIDRA (RAPID)	10-15 MIN	60-90 MIN	4-5 H
REGULAR / TORONTO (FAST)	30-60 MIN	2-4 H	5-8 H
NPH (INTERMEDIATE)	1-3 H	5-8 H	UP TO 18 H
LANTUS / LEVEMIR (LONG)	1-1½ H	NONE	18-24 H

