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Insulin Effectiveness by Type

Type	Onset*	Peaks**	Duration***
Rapid Acting			
Humalog® (Lispro)	10-15 min	30-90 min	<5 hrs
Novolog® (Aspart)	10-20 min	1-3 hrs	3-5 hrs
Apidra®	10-15 min	1-3 hrs	<5 hrs
Regular			
Humulin® R	30-60 min	2-3 hrs	4-6 hrs
Novolin® R	30 min	2.5-5 hrs	8 hrs
Velosulin® BR	30 min	1-3 hrs	8 hrs
NPH			
Humulin® N	2-4 hrs	4-10 hrs	14-18 hrs
Novolin® N	90 min	4-12 hrs	24 hrs
Lente® (L)			
Humulin® L	3-4 hrs	4-12 hrs	16-20 hrs
Novolin® L	2.5 hrs	7-15 hrs	22 hrs
Ultralente			
Humulin® U	6-10 hrs	8-12 hrs	20-30 hrs
Pre-Mixed			
Humalog® 75/25	15 min	1-6.5 hrs	18-26 hrs
Humulin® 70/30	15-30 min	2-12 hrs	18-24 hrs
Novolin® 70/30	30 min	2-12 hrs	24 hrs
Humulin® 50/50	15-30 min	2-12 hrs	18-24 hrs
NovoMix® 30	10-20 min	1-4 hrs	Up to 24 hrs
Peakless/Basal Action	15 min	1-6.5 hrs	18-26 hrs
Lantus® (glargine)	1-4 hrs	Minimal	24 hrs
Levemir®	1-4 hrs	Minimal	24 hrs

*Onset: How much time it takes for the insulin to start affecting blood glucose levels
**Peak: How long it takes for the insulin to reach maximum effectiveness
***Duration: How long the insulin remains active upon blood glucose levels

Sources: Food & Drug Administration, NovoNordisk A/S, Sanofi-Aventis US, Eli Lilly and Company

These are approximate values for insulin effectiveness. Results may vary based upon the individual's diet, exercise program, and the absorption of the injection site. Please consult your medical team when making any changes to your diabetes management.