Insulin

Approved human use · product-specific labels.



Guide prepared November 13, 2026 · profile review dates retained

KEEP IN MIND Evidence applies to the studied formulation, route, population and outcome—not every product sharing a name.

01 What is it?

Insulin helps regulate blood glucose and how the body uses and stores energy. For people with type 1 diabetes, replacing missing insulin is essential treatment. Insulin medicines differ in their speed and duration of action, so the hormone’s name does not describe a single interchangeable product. [1]

02 Potential benefits

Essential hormone for glucose regulation. Replacement insulin transformed type 1 diabetes from rapidly fatal disease into a treatable condition. [1]

03 Evidence & its limits

The DCCT randomized trial showed that intensive treatment reduced important complications of type 1 diabetes, but severe hypoglycemia occurred more often. Better glucose control and treatment safety have to be considered together. The study supports carefully managed diabetes care, not using insulin for general body enhancement. [1]

04 Risks & unknowns

Too much can cause dangerous hypoglycemia. Every insulin product has its own onset, duration, and clinical instructions. [1]

05 Status & scope

Approved human use · product-specific labels. Read the full record for product, formulation and indication-specific status; a biological role or measured response is not a treatment approval. [1]

06 The question to ask

Does the evidence match the exact product, route, condition and outcome being discussed? Check the full record and its review dates. This summary is selective; the product label and clinical assessment contain additional warnings and contraindications.

SOURCES / Tap a reference to open

[1] Full evidence record, references and review dates
[2] FDA / 100 Years of Insulin / regulatory history
[3] FDA Drugs@FDA / Humulin R application record
[4] DCCT Research Group / randomized human trial / NEJM 1993

Selective educational summary, not treatment or dosing advice. Existing profile review dates retained; no independent clinical review.