



general user information

Would you like advice on which supplement is best for you? Contact one of our Intoleran dieticians via info@intoleran.com or check out our website intoleran.com/en

Since we are bound by certain permitted product claims, we are not allowed to say exactly how certain products work.

If you still have questions after reading the information in this leaflet, please feel free to contact us.

disclaimer

A healthy lifestyle is important, as is a varied and balanced diet, for which dietary supplements are not a substitute.

- Shelf life of the products is printed on the packaging
- Do not use after expiration date
- Store in a cool and dry place (less than 25°C) however a small amount kept on your person for use in short term is fine as this is what our products are intended for
- Keep out of reach of children
- Do not exceed the recommended daily dose



MONASH
UNIVERSITY
LOW FODMAP
CERTIFIED™



meet the range

In addition to the products in this leaflet, Intoleran also has other products. Would you like some more information about our products? Visit intoleran.com/en

contact information

Intoleran • Ravenswade 106
3439 LD Nieuwegein • The Netherlands
info@intoleran.com



digestive enzymes

intoleran
digestive experts

about intoleran

Intoleran specialises in supplements containing digestive enzymes. Remko Hiemstra, the founder of our company, is lactose intolerant and saw that there was still a lot to be done in that area. For this reason, he started developing supplements based on his own experience in 2008.

Nowadays, Intoleran offers an extensive range of supplements with digestive enzymes. We produce most of our supplements in our own production facility in the Netherlands. **We only use ingredients necessary for the supplements to work**, so there are no unnecessary additives. This ensures that as many people as possible can use our products without unwanted side effects.

fructans and galactans

Fructans and galactans are complex carbohydrates (carbohydrates that are difficult to digest). Fructans are found, for example, in garlic, onion, leek, wheat and cabbage. Galactans are found, for example, in beans, legumes, soy products, cashew nuts and pistachios.

The enzyme Alpha Galactosidase can help digest complex carbohydrates such as fructans and galactans. The products Quatrase 10.000 and Fibractase 1200 contain the enzyme Alpha Galactosidase.

lactose

Lactose is a disaccharide. It is found in milk and other dairy products such as yoghurt, cream and ice cream, but can also be found in products like biscuits and cakes.

The lactase enzyme can help digest lactose in people who have difficulty digesting lactose. The lactase products and the product Quatrase 10.000 contain the lactase enzyme.

quatrase 10.000

Our product quatrase 10.000 contains the enzymes Lactase, Alpha Galactosidase, Xylose Isomerase and Invertase. For people who have difficulty digesting lactose, the **lactase** enzyme helps digest lactose better. The enzyme Alpha Galactosidase helps digest complex carbohydrates such as **fructans** and **galactans** and prevents gas formation*. The capsules can be taken with meals. The capsules can also be opened to take the powder separately. Quatrase 10.000 is also suitable for children.

Suggested use:

Take 1 to 3 capsules at a time just before meals, up to a maximum of 15 capsules per day.

Ingredients (per capsule):

Lactase (10,000 FCC); Alpha Galactosidase (1200iu); Xylose Isomerase (7,500iu); Invertase (500iu). Filler: Calcium carbonate. HPMC (capsule). Net weight of sample: 2.4 grams.

fibractase 1200

Our supplement fibractase 1200 contains the enzyme Alpha Galactosidase. This enzyme helps digest complex carbohydrates such as **fructans** and **galactans** in food and prevents gas formation.* The capsules can be taken with meals. The capsules can also be opened to take the powder separately. Fibractase 1200 is also suitable for children.

Suggested use:

Take 1 to 3 capsules at a time just before meals. A maximum of 15 capsules can be taken per day.

Ingredients (per capsule):

Alpha Galactosidase (1200iu). Filler: Calcium carbonate. HPMC (capsule). Net weight of sample: 2.6 grams.



fructase

Our product fructase contains the enzyme Xylose Isomerase, 7500 units per capsule. The capsules can be taken with meals. The capsules can also be opened to then take the powder separately. Fructase is also suitable for children.

Suggested use:

Take 1 to 3 capsules at a time just before meals. A maximum of 15 capsules can be taken per day.

Ingredients (per capsule):

Xylose Isomerase (7500iu). Filler: Calcium carbonate. HPMC (capsule). Net weight of sample: 1.1 grams.

starchway

Our product starchway contains the enzymes Invertase and Gluco-Amylase. The capsules can be taken with meals. The capsules can also be opened to take the powder separately. Starchway is also suitable for children.

Suggested use:

Take 1 to 3 capsules at a time just before a meal. A maximum of 15 capsules can be taken per day.

Ingredients (per capsule):

Invertase (7500iu); Gluco-amylase (2500iu). Filler: Calcium carbonate, Dextrose. HPMC (capsule). Net weight of sample: 2.5 grams.