



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



meet the range

Besides products containing the lactase enzyme, Intoleran also has products with other digestive enzymes. Would you like some more information about our products? Visit **intoleran.com/en**



MONASH
UNIVERSITY
LOW FODMAP
CERTIFIED™

Monash University Low FODMAP Certified trade marks used under licence in the Netherlands by Intoleran. One serve of this product can assist with following the Monash University Low FODMAP diet™. A strict low FODMAP diet should not be commenced without supervision from a healthcare professional. Monash University has assessed this product as being low in FODMAPs but has not assessed its suitability as a therapeutic good. Monash University receives a licence fee for use of the Monash University Low FODMAP Certified trade marks.

contact information

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lactase

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.

what is lactose?

Lactose is a type of sugar found in dairy products, such as milk. It is therefore also called 'milk sugar'. Lactose is normally broken down in the small intestine. In the process, the body's own lactase enzyme splits lactose into glucose and galactose, so that they can be absorbed by the intestinal wall.

When the lactase enzyme is deficient (lactase deficiency) or when the lactase enzyme is completely absent, lactose can barely be broken down in the small intestine, if at all. As a result, your small intestine cannot absorb it. When lactose is not digested, it ends up in the large intestine where it ferments.

lactase capsules and tablets

The lactase enzyme in supplement form helps in the digestion of lactose in individuals who have difficulty digesting lactose. For those individuals, lactose is a risk factor for developing intestinal problems. **The lactase enzyme helps reduce this risk by supplementing any lactase enzyme deficiency.** You can choose lactase tablets and capsules in different doses.

Take the tablets and capsules before each lactose-containing meal. If desired, you can also take the contents of the capsules separately or dissolve them in a glass of water. After ingestion, the lactase enzyme is active for 30-45 minutes. Both the tablets and capsules are suitable for children.

lactase 2500 FCC tablets

Suggested use:

Take 2-4 tablets at a time just before a meal containing lactose. A maximum of 20 tablets per day.

Ingredients (per tablet):

Lactase (2,500 FCC). Excipients: dextrose, cellulose, magnesium. Net weight of sample (5 tablets): 1.0 grams.

lactase 10,000 FCC capsules

Suggested use:

Take 1 to 3 capsules at a time just before a meal containing lactose. A maximum of 15 capsules per day.

Ingredients (per capsule):

Lactase (10,000 FCC); Filler: Calcium carbonate; HPMC (capsule). Net weight of sample (5 capsules): 2.5 grams.

lactase 20,000 FCC tablets

Suggested use:

Take ½ to 2 tablets at a time just before a meal containing lactose. A maximum 10 tablets per day. You can also easily break the tablets in half. Half a tablet contains 10,000 FCC lactase.

Ingredients (per tablet):

Lactase (20,000 FCC). Filler: Cellulose; Anti-caking agents: Silica, Magnesium stearate. Net weight sample (5 tablets): 0.8 grams.

lactase drops

Using our lactase drops, you can make your own (sweet) liquid **dairy products lactose-free**. These include milk, chocolate milk, whipped cream, cooking cream and mascarpone. By adding the drops to these dairy products, **you can cook and bake lactose-free**.

Suggested use:

Add 5 drops to 1 litre of milk or any other liquid, non-acidic dairy product. Stir well and leave in the fridge for 24 hours. At least 80% of the lactose will have been broken down by this time. Add more drops for a higher rate of conversion. Do you want to use the product immediately without waiting? Then add 5-10 drops per 120ml of milk product. Do not use with acidic dairy products such as yoghurt and buttermilk.

Ingredients:

Lactase (750 NLU per 5 drops), glycerol, purified water. Sample size: 2 ml.

once a day

Our once a day capsules contain a combination of 6 specially selected lactic acid ferments. As only **one capsule needs to be taken per day**, this product is **easy to use**, ideal for **holidays**, but also suitable for daily and long-term use.

Suggested use:

Take one capsule a day with a glass of water with a meal.

Ingredients:

Mixture of 6 lactic acid bacteria: bacillus coagulans, bacillus subtilis, bifidobacterium animalis lactis, lactobacillus casei, lactobacillus rhamnosus, streptococcus thermophilus. Antioxidant: Ascorbic acid. Filler: acacia gum. HPMC (capsule).

