



## general user information

Advice on how to deal with a food intolerance or which supplement is best for you? Contact one of our intoleran dietitians at [info@intoleran.com](mailto:info@intoleran.com) or visit our website [intoleran.com](http://intoleran.com)

Being a health related product we are careful to be responsible in our claims and advice, so we prefer to tailor answers specific to your needs. If you have any questions about the use of any of our products, please feel free to contact us! A dietitian will be able to respond to your query.

### disclaimer

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

- 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



100%  
vegan



gluten  
free



## meet the range

Intoleran also has products for other food intolerances, such as lactose and histamine intolerance. More info about our products? Visit [intoleran.com](http://intoleran.com)

### contact information

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## FODMAP

Digestive enzymes  
for food intolerances



Monash University Low FODMAP Certified™ supplements.  
A serving of these products is low in FODMAPs.

**intoleran**  
digestive experts

## about intoleran

Intoleran specialises in supplements for food intolerances. Our mission is to enable everyone to enjoy food, even if they have an intolerance. Remko Hiemstra, the founder of our company, is lactose intolerant himself and saw the need for solutions in this area. Based on his own experience, he started developing our range of food supplements in 2008.

Intoleran offers an extensive range of supplements for different food intolerances. We produce our supplements in our own production facility in The Netherlands. In doing so, **we only use ingredients that are essential** - so no unnecessary additives. This way, as many people as possible can use our products without undesirable side effects and enjoy food again without worry!

### what are FODMAPs?

FODMAP is an abbreviation for: Fermentable Oligosaccharides, Disaccharides, Monosaccharides and Polyols, which occur naturally in our diet. They are nutrients that are poorly absorbed in the small intestine and therefore end up in the large intestine.

When these FODMAPs end up in the large intestine, they can cause unpleasant intestinal complaints, such as abdominal pain, flatulence or diarrhea.

### fructans and galactans

Fructans and galactans are oligosaccharides. Fructans can be found in garlic, onion, leeks, wheat and cabbage. Galactans are found, for example, in beans, legumes, cashews and pistachios.

### lactose

Lactose can be found in milk and other dairy products such as yogurt, whipped cream and ice cream. The lactase enzyme can help digest lactose.

### fructose

Fructose is a monosaccharide found in honey, many fruits and certain vegetables.

### sucrose

Sucrose is a sugar found in items such as table sugar, drinks, biscuits, lollies/sweets and sauces.

## quatrase

Our product quatrase contains the enzymes Lactase, Alpha Galactosidase, Xylose Isomerase and Invertase. Quatrase **helps in the digestion of a variety of FODMAPs, which can be ideal for those with more than just one food intolerance.** Available in two different strengths. The capsules are taken just before meals or drink. The capsules can also be opened to take the powder separately. Quatrase is also suitable for children.

### Suggested use:

Take 1 to 3 capsules just before a meal or drink. Maximum of 15 capsules per day

### Ingredients (per capsule):

Lactase (5,000/10,000 FCC); Alpha Galactosidase (600/1200iu); Xylose Isomerase (5,000/7,500iu); Invertase (250/500iu). Filler: Calcium carbonate. HPMC (capsule). Net weight of sample: 2.4 grams.



## starchway

Our product starchway contains the enzymes Invertase and Gluco-Amylase. The capsules are taken just before a meal or drink. The capsules can also be opened to take the powder separately. Starchway is also suitable for children.

### Suggested use:

Take 1 to 3 capsules just before a meal or drink. Maximum of 15 capsules per day.

### Ingredients (per capsule):

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

## fructase

Our product fructase contains the enzyme Xylose Isomerase, 7500iu per capsule. The capsules are taken just before a meal or drink. The capsules can also be opened to take the powder separately. Fructase is also suitable for children.

### Suggested use:

Take 1 to 3 capsules at a time just before a meal or drink. Maximum of 15 capsules per day.

### Ingredients (per capsule):

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

## fibractase

Our product fibractase contains the enzyme Alpha Galactosidase. Available in two different strengths: 600 or 1200 iu per capsule. The capsules are taken just before a meal or drink. The capsules can also be unscrewed to then take the powder separately. Fibractase is also suitable for children.

### Suggested use:

Take 1 to 3 capsules at a time just before a meal or drink. Maximum of 15 capsules per day.

### Ingredients (per capsule):

Alpha Galactosidase (600/1200iu). Filler: Calcium carbonate. HPMC (capsule). Net weight of sample: 1.1/2.6 grams.