



## 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

In addition to products for lactose intolerance, Intoleran also has products for other food intolerances. More info about our products? Visit [intoleran.com](http://intoleran.com)



MONASH  
UNIVERSITY  
LOW FODMAP  
CERTIFIED™

Monash University Low FODMAP Certified™ supplement.  
(except the Once-A-Day and lactase 20,000 tablets).

### contact information

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## 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 is lactose?

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

If you are lactose intolerant, then you have a deficiency of the lactase enzyme (lactase deficiency), or the enzyme is missing altogether. Lactose then cannot be split up, or can barely be split up, so your small intestine cannot absorb it. When lactose is not digested properly, it ends up in your large intestine where it starts to ferment. This process can cause unpleasant intestinal symptoms.

## lactase capsules and tablets

Our lactase supplements contain the lactase enzyme. If you are lactose intolerant, the lactase enzyme helps you digest the lactose you ingest through your diet. Depending on your **personal preference, degree of intolerance or meal serving size**, you can choose from different dosages of lactase tablets and capsules.

**Take the tablets or capsules prior to any 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 to 45 minutes. Both tablets and capsules are suitable for children.

### lactase 2500 FCC tablets

#### Suggested use:

Swallow 1 to 4 tablets immediately before eating/drinking a product containing lactose, lasts for approximately 30 to 45 mins. Maximum of 20 tablets daily.

#### Ingredients (per tablet):

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

### lactase 3000/10.000 FCC capsules

#### Suggested use:

Swallow 1 to 3 tablets immediately before eating/drinking a product containing lactose, lasts for approximately 30 to 45 mins. Maximum of 15 capsules per day.

#### Ingredients (per capsule):

Lactase (3,000/10,000 FCC). Filler: Calcium carbonate; HPMC (capsule). Net weight of sample (5 capsules): 1.7/2.5 grams.

### lactase 20.000 FCC tablets

#### Suggested use:

Swallow 1/2 to 2 tablets immediately before eating/drinking a product containing lactose, lasts for approximately 30 to 45 mins. Maximum of 10 tablets daily. 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

With 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:

Directions for IMMEDIATE use: 5 to 10 drops per 125 ml of milk product, shake or stir. Directions for NOT IMMEDIATE use: 5 drops to 1 litre of milk, shake or stir and leave in refrigerator for 24 hours. For thicker or sweet liquid products (whipped cream, custard) use 7 to 10 drops per litre. Please note that Lactase Drops are not suitable for acidic products such as yoghurt and buttermilk. For this we recommend our Disolact tablet and capsule options that can be taken at the time of the meal or drink, regardless of acidity.

#### 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 selected lactic acid ferments. As **only one capsule** needs to be taken per day, this product is the **most convenient solution**. Ideal for example for a vacation, but also suitable for daily and long term use.

#### Suggested use:

Take one capsule a day with a meal. Use for a minimum of five days before expecting an effect.

#### Ingrediënten:

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).

