

LACTAPLUS® (Lactase enzyme)

Please read the following instructions carefully. They contain important information about the use of this dietetic supplement. If you have any further questions, please ask your doctor or pharmacist.

INFORMATION ABOUT LACTAPLUS

LACTAPLUS contains a natural-source lactase enzyme supplement to replace the body's missing enzyme.

LACTAPLUS is available in capsule of 9000 FCC (Food Chemical Codex).

Lactase enzyme is required to break down lactose (a primary sugar found in milk and dairy food); Lactase is produced in the small intestine and breaks lactose into two simpler and easily digestible sugars.

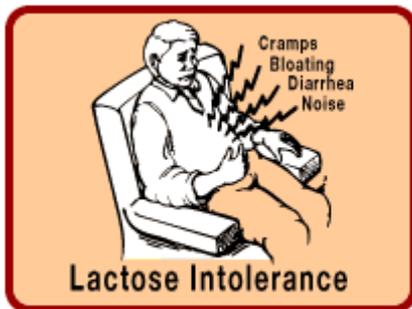
LACTAPLUS is recommended for lactose-intolerant people, to prevent gastrointestinal symptoms such as cramps, gas and diarrhea.

LACTOSE INTOLERANCE

Lactose intolerance is the impaired ability to digest lactose.

The enzyme lactase is needed to digest lactose.

In lactose intolerant persons, lactose, which is the milk sugar, is not digested and moves into the colon, where it is fermented by bacteria, producing hydrogen, carbon dioxide and organic acids.



Most individuals that are lactose intolerant become so gradually as lactase production decreases over time; few children and many adults do not produce sufficient lactase to digest milk sugar. This condition is rare in infant.

SYMPTOMS OF LACTOSE INTOLERANCE

Common symptoms of lactose intolerance include nausea, cramps, bloating and diarrhea, which begin about 30 minutes to 2 hours after eating or drinking

foods containing lactose.

The severity of symptoms varies depending on the amount of lactose that each individual can tolerate.

HOW TO KNOW IF YOU ARE LACTOSE INTOLERANT

There is a simple test to help you know if dairy products are the cause of your digestive discomfort:

On the first day, take your breakfast on an empty stomach including at least two glasses of milk; after 4 hours note any gastrointestinal symptoms that may develop.

The second day, take **LACTAPLUS** with the first bite of your breakfast including the same food as the first day, no gastrointestinal symptoms similar to that observed on the first day should occur; if **LACTAPLUS** does not help you to relief gastrointestinal symptoms, you have to check with your doctor.



The third day, repeat the test using several grams of cheese (which does not contain much lactose), and note any symptoms that may result.

If symptoms result from milk but not cheese, then the person has lactose intolerance. If symptoms occur with both milk and cheese, the person may be allergic to dairy products (very rarely can lactose intolerance be so severe that even eating cheese will cause symptoms).

Foods such as hard or aged cheeses like cheddar and Swiss contain less lactose than milk, and therefore are easier to tolerate.

Yogurt with active cultures is better tolerated as well, because the cultures in the yogurt contain enzymes that digest lactose on their own.



MANAGEMENT OF LACTOSE INTOLERANCE

Lactose intolerance is relatively easy to treat. No treatment can improve the body's ability to produce lactase, but lactase enzyme can be added to diet for better tolerance.

The avoidance of dairy foods is not the solution to prevent discomfort resulting from lactose intolerance; this may result in an inadequate dietary intake of nutrients. The most important of these nutrients is calcium.

Calcium is essential for the growth and repair of bones throughout life. An adequate intake of calcium may lead to various diseases including osteoporosis (a disease in which thin, fragile bones breaks easily).

One study has reported a correlation in women between lactose intolerance and a higher risk of depression and premenstrual syndrome. Women who don't produce enough lactase are brought to manage their intolerance by taking lactase enzyme in tablet.

If you suffer from lactose intolerance, and to prevent consequent discomfort, it might be helpful to have **LACTAPLUS** supplement before having any meal containing lactose. **LACTAPLUS** make your food more digestible and let you enjoy your meal.

THE IMPORTANCE OF DAIRY FOODS IN OUR DIET



Milk and other dairy foods are an important part of a healthy diet for both children and adults.

Dairy foods are an excellent source of natural calcium, protein, vitamin A and D and other healthy nutrients.

A good health needs a good and well-established diet.

Take **LACTAPLUS** to put dairy food back into your diet.

THE WAY TO TAKE LACTAPLUS

Take 1 capsule of **LACTAPLUS 9000 FCC** just before eating a food that contains lactose.

Because the degree of enzyme deficiency naturally varies from person to person and from food to food, you may have to adjust the number of capsules up or down to find your own level of comfort; but do not take more than 2 capsules of **LACTAPLUS 9000 FCC** at a time.

LACTAPLUS must be taken every time you drink milk or you eat dairy product, since the enzyme only works on the food when you eat it; it does not have a lasting effect.

LACTAPLUS is a natural product; you can use it every day with every meal.

UNWANTED EFFECTS

LACTAPLUS is a natural product; it is safe and no toxicity or side effects have been reported when taken this dietary supplement as directed; but consult a doctor if you experience any symptom which seems unusual or unrelated to the condition for which you took this product.

STORAGE

Store at room temperature (up to 25°C), protected from sunlight and humidity, beyond the reach of children. Do not refrigerate.

The expiry date is printed on the pack; don't use this product after this date.

PACK PRESENTATION

LACTAPLUS 9000 FCC capsule: Pack of 30.

ISSUE DATE: 02/2004