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ESSENTIALS

LACTASE ENZYME

Lactose digesting enzyme

Nutritional Information

One Tablet provides:

Lactase	200 mg
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Take one to two tablets with meals containing milk or dairy produce. Swallow with water.



SUMMARY

- 200 mg lactase per tablet
- Improves lactose digestion to help reduce symptoms associated with lactose intolerance such as bloating and flatulence

DESCRIPTION

Lactase enzyme helps reduce symptoms associated with lactose intolerance such as bloating, diarrhoea or flatulence. It improves lactose digestion in individuals who have difficulty digesting lactose in milk or dairy produce.

WHAT IS LACTOSE?

Lactose is a sugar contained in dairy products. It is a disaccharide containing glucose and galactose. To be absorbed, lactose needs to be broken down in the intestine by the enzyme lactase (phlorizin hydrolase). Lactose gets broken down into its individual units of glucose and galactose in the presence of lactase enzymes.

HOW DOES LACTASE ENZYME HELP DIGESTION OF LACTOSE?

Lactose intolerance: Some individuals do not have the enzyme to breakdown lactose into its individual sugars. Primary lactose intolerance is due to genetic factors. If lactose does not get broken down, it causes irritation and is fermented by bacteria. Common symptoms include abdominal cramping, belching, flatulence, and diarrhoea following the ingestion of dairy foods¹.

Secondary lactose intolerance: Secondary lactose intolerance occurs when previously tolerated lactose becomes problematic due to a reduction or cessation of lactase secretion. This can occur due to gut damage, surgery, illnesses such as coeliac disease or crohn's disease and bacterial overgrowth. As we age our lactase secretions naturally decline which can be problematic for the digestive system.

Epidemiology: Lactose intolerance is present in up to 15 percent of people of northern European descent and higher in other ethnic groups, especially in Asian and Black populations¹. This health issue is often undiagnosed due to the similarity of symptoms to other gastrointestinal dysfunctions.

Lactase supplementation: 200 – 600mg of supplemental lactase has been shown to help alleviate the symptoms of lactose maldigestion in lactose intolerant individuals^{2,3}.

ARE THERE ANY PRECAUTIONS BEFORE OR WHILE TAKING LACTASE ENZYME?

Lactase enzyme is intended exclusively for adults and is not recommended for children.

FEATURES

- 200 mg lactase per tablet
- Improves lactose digestion to help reduce symptoms associated with lactose intolerance such as bloating and flatulence
- Gluten free

HEALTH NEEDS



SCIENTIFIC REFERENCES

1. Am Fam Physician. 2002 May 1;65(9):1845-50.
2. Am J Gastroenterol. 1987 Jul;82(7):632-5.
3. Clin Pharm. 1992 Jun;11(6):533-8.



