



A DIETARY NUTRITIONAL SUPPLEMENT

Lactase

 **Lactose intolerance no more!!**

Naturally occurring enzyme lactase supports lactose and dairy digestion from birth



Lactase and its function:

Milk contains the most lactose out of all the dairy products. Lactase, an enzyme helps breaks down milk and milk products and aids in its digestion.



Lactose intolerance

- People with lactose intolerance are unable to fully digest lactose present in milk. As a result, they have diarrhea, gas and bloating after eating or drinking dairy products.
- The important long-term health consequence of lactose intolerance is calcium deficiency that leads to osteoporosis. Vitamin D deficiency may also occur and compound the bone disease.



Globally, 70% of adults are deficient in intestinal lactase, the enzyme required for the digestion of lactose.



Colic affects 5%-40% of infants worldwide and is the cause for 10% to 20% of pediatrician visits during the early weeks of an infant's life.



Benefits of taking Lactase drops



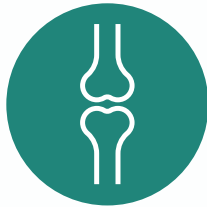
Helps to break down lactose for digestion



Relief from colic pain



Reduces cramps and bloating



Helps to build and maintain healthy bones by improving digestion of dairy products



Reduces irritation in the digestive tract



Improves gut health and metabolism

Availability

Available as drops, chewables, capsules and powder forms

Dosage:

Infants & children: One drop (2000 IU) added to 500 mL of milk immediately before drinking.

Adults: 3-4 drop (2000 IU) added to 500 mL of milk immediately before drinking.

Storage:

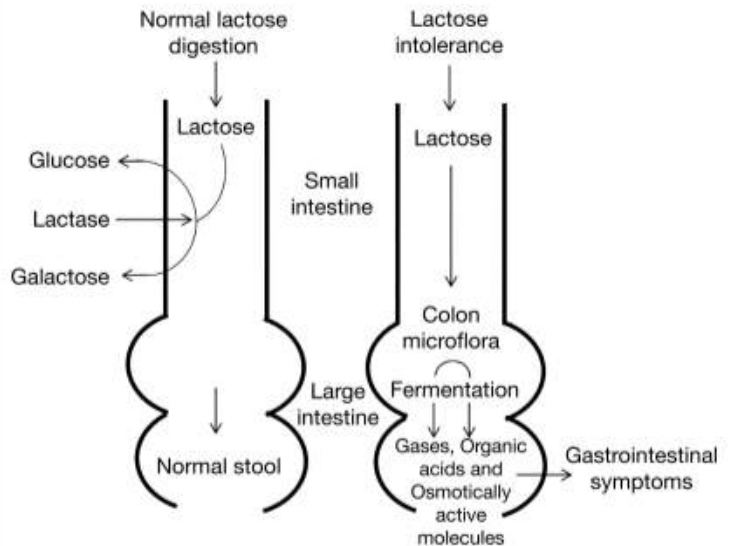
Store in a cool & dry place, below 25°C

Indication and causes

Lactogen intolerance is a deficiency of an enzyme in the body called lactase which causes intestinal infection, celiac disease, bacterial overgrowth and Crohn's disease. Common indications include:

- Diarrhea
- Nausea and vomiting
- Stomach cramps
- Bloating and gas
- Stomach cramps

Mechanism of action



(Lule et al., 2013))

Lactose intolerance: Insufficiency in lactase activity results in unabsorbed sugar, which attracts fluid osmotically into the bowel lumen. Because the intestine cannot maintain a high electrochemical gradient between its contents and blood, there is an increase in the volume and fluidity of the gastrointestinal contents. In addition to these factors, unabsorbed lactose reaches the colon, and fermentation is carried out by colonic microflora. As a consequence, gas is produced and monosaccharides that cannot be absorbed by the colonic mucosa are released, thus increasing the osmotic pressure and drawing more fluid into the bowel, resulting in symptoms such as flatulence, abdominal bloating, loose stools, abdominal cramps, and diarrhea.