

Lacto

Dairy Lactose Digestion*

ENZYMEDICA[®]
The Enzyme Experts

888.918.1118

www.Enzymedica.com

Lacto is formulated for those that have difficulty digesting foods that contain lactose and dairy protein. It contains the highest amount of lactase along with eight additional enzymes.*

It is estimated that between 30 and 50 million Americans are lactose intolerant. Lactose intolerance is a condition caused by a lack of an enzyme called lactase. Certain ethnic and racial populations are more widely affected than others. As many as 75 percent of all African Americans and American Indians and 90 percent of Asian Americans are lactose intolerant. The condition is least common among persons of northern European descent.

Lactase is the enzyme in the small intestine that digests lactose (a dairy sugar). Normally, lactase breaks lactose down into glucose that can be easily absorbed by the blood. When there is not enough lactase to digest the amount of lactose consumed, water is retained in the bowel, which results in bloating and diarrhea. Lactose that passes into the large intestine is fermented by bacteria. This produces carbon dioxide, hydrogen and methane, which may lead to bloating, cramping and gas.

Some causes of lactose intolerance are well known. For instance, certain digestive diseases and injuries to the small intestine can reduce the amount of enzymes produced. In rare cases, children are born without the ability to produce lactase. For most people though, lactase deficiency is a condition that develops as they age. After about the age of two years, the body begins to produce less lactase. However, many people may not experience symptoms until they are much older.

Symptoms

Symptoms include cramps, gas and diarrhea. They usually occur 30 minutes to two hours after ingesting lactose-containing foods. The severity of symptoms usually depends on the amount of lactose ingested and how much of the enzyme lactase remains in the intestinal tract. Supplementation of lactase allows for lactose to be more readily digestible and absorbed. By taking Lacto with meals that contain lactose, you are providing your body with the enzymes needed for proper digestion of not only dairy sugar (lactose) but dairy protein, fats, carbohydrates, meat protein and fiber.*

Recommended Usage

One capsule at the beginning of each meal that contains dairy. More may be taken as needed. For meals containing little to no dairy, Digest or Digest Gold is recommended to support proper digestion and assimilation.



Supplement Facts

Serving Size: 1 Capsule
Servings Per Container: 30, 90

Amount Per Serving	%DV
Lactase	9,500 ALU *
Amylase <i>Thera-blend</i> [™]	7,500 DU *
Protease <i>Thera-blend</i> [™]	25,000 HUT *
Glucoamylase	25 AGU *
Lipase <i>Thera-blend</i> [™]	600 FCCFIP *
Maltase	350 DP* *
Cellulase <i>Thera-blend</i> [™]	300 CU *
Alpha Galactosidase	50 GalU *
Invertase	25 INVU *

* Daily Value not established



30 count

Also available in 90 count

- Prevents bloating
- Complete digestive support
- Cheese & milk digestion

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.