

LACTASE DIGEST™

For Lactose Intolerance

and

DAIRY TOLERANCE ENZYMES™

For Lactose Intolerance and Dairy Digestion



Immunity begins in the digestive system. For this reason, it makes sense to maintain healthy digestive function. Statistics show between 30 and 50 million Americans cannot digest lactose properly and experience the distress of lactose intolerance. But lactose intolerance is not the only problem affecting dairy-sensitive people. Dairy products also contain whey and other dairy proteins which may contribute to dairy sensitivity. Dairy intolerance typically causes discomforts such as gas, nausea and bloating and can compromise the enjoyment of many different foods which contain dairy.

Source Naturals has developed two premium formulas that address the discomfort affecting dairy-sensitive people the world over. LACTASE

DIGEST was formulated specifically to assist those with lactose intolerance. Lactase is the enzyme necessary to digest lactose (milk sugar). In lactose intolerant individuals, the lactase enzyme is missing or greatly reduced. LACTASE DIGEST provides the lactase enzyme and can help make dairy digestible and enjoyable again. For many people, milk protein intolerance is an added problem. DAIRY TOLERANCE ENZYMES was formulated to help with the greater problem of milk protein intolerance. DAIRY TOLERANCE ENZYMES help break down the carbohydrates, lactose, fat, and protein in dairy and ease the discomfort of all forms of dairy intolerance.

LACTASE DIGEST and DAIRY TOLERANCE ENZYMES are featured products in the Digestion category of Source Naturals SystemiCare™ system of Wellness.



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

The Problem with Dairy

Dairy intolerance is a two-part problem which can be broken down simply as lactose intolerance and milk protein intolerance. Lactose intolerance occurs when the body cannot produce the enzyme lactase in the quantities needed to break down lactose, or "milk sugar" as it is commonly known. To complicate things further, the incomplete digestion of proteins found in milk causes milk protein intolerance, also known as dairy intolerance. People with dairy or lactose intolerance can experience discomforts such as nausea, cramping, bloating, gas and diarrhea. Many episodes of dairy intolerance are mistaken for lactose intolerance and improper supplementation may occur. In addition, dairy sensitivity increases when consuming hidden dairy ingredients found in products such as breads and baked goods, frosting, margarine, desserts, breakfast cereals, processed foods, salad dressing and coffee creamers.

Lactase Digest™

Lactose intolerance is one of the most common food intolerances in the world, disproportionately affecting people of African, Native American, Hispanic, Jewish and Asian descent. The human body naturally produces approximately 22 different digestive enzymes necessary for normal digestion, including lactase.

As we age, our ability to produce digestive enzymes decreases dramatically. When the body lacks the enzymes necessary to digest dairy foods, nutrients are not fully absorbed and people may experience the discomfort of lactose and dairy intolerance. Natural foods contain digestive enzymes that help with the digestion process, but when these foods are heated and processed, the naturally occurring enzymes are destroyed.

The solution can be found in lactase supplementation with LACTASE DIGEST. In order for the body to utilize lactose from the foods consumed, it must be split and broken down into two simple sugars, glucose and galactose. Lactase is a sugar-splitting enzyme that hydrolyzes the beta-D-galactoside linkage of lactose and produces glucose and galactose. LACTASE DIGEST was formulated to improve the digestion of lactose, and relieve the discomfort of lactose intolerance. Take LACTASE DIGEST with meals containing dairy and it can help effectively break down milk sugars, and aid in nutrient absorption.

Dairy Tolerance Enzymes™

Milk proteins such as caseins, alpha and beta lactoglobulins, immunoglobulin, and albumin can cause milk protein intolerance in dairy-sensitive individu-

als. Fat is also present in varying quantities in dairy products and requires the necessary enzyme activity to be digested properly. A comprehensive enzyme blend is the best choice for aiding dairy digestion and relieving dairy intolerance. DAIRY TOLERANCE ENZYMES have been scientifically formulated with a variety of enzymes to address this problem. DAIRY TOLERANCE ENZYMES contains enzymes such as a protease blend, papain and bromelain for digesting protein, lactase for digesting lactose, amylase for breaking down carbohydrates and lipase for digesting fats. This combination of enzymes helps to digest dairy components within a modern diet and relieves the distress of dairy intolerance. Take DAIRY TOLERANCE ENZYMES just prior to eating a dairy-rich meal to help prevent discomfort. All ingredients in DAIRY TOLERANCE ENZYMES are vegetarian.

Eat Simply and Naturally

In addition to supplementing with LACTASE DIGEST and DAIRY TOLERANCE ENZYMES, choosing the right foods is vitally important to maintaining healthy digestion and good health. If you are dairy intolerant, minimizing your intake of dairy products is the first step to gastric health. Eating too many over-processed foods and dairy-rich desserts can exacerbate dairy insensitivity and lead to more serious health problems. The healthiest path to take is to include a variety of natural foods that include fresh vegetables and fruits, and a balance of natural proteins and complex carbohydrates. Minimize simple carbohydrates and sugars like bread, pastas, pastries and desserts. In addition, exercise daily for a minimum of 30 minutes to assist digestive function and support a healthy lifestyle.

Source Naturals is committed to supporting healthy living through its wide variety of scientifically formulated and nutrient-rich vitamins and herbs that enhance your life, health and vitality. The Wellness Revolution has arrived with a well-balanced approach to health and well-being as the central focus.

References

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