

Non-GMO



DIGESTIVE

Lacto™

Digestive enzymes

#1 SELLING ENZYME BRAND IN USA

May prevent symptoms of lactose intolerance

Lactose intolerance is a common digestive complaint caused by an insufficient amount of the enzyme lactase. Normally, lactase breaks lactose down into galactose and glucose that can be easily absorbed into the bloodstream. When there is not enough lactase to digest the amount of lactose consumed, water is retained in the bowel, which results in occasional bloating and diarrhea. Lactose that passes into the large intestine is fermented by bacteria, which produces carbon dioxide, hydrogen and methane, and may lead to bloating, cramping and gas.

Lactase deficiency may increase with age. Symptoms like occasional bloating, cramps, gas and diarrhea may not occur until some people are much older and may depend on dietary choices and other factors. These discomforts usually occur thirty minutes to two hours after ingesting foods containing lactose. The severity of symptoms usually depends on the amount of lactose ingested and how much of the enzyme lactase remains in the intestinal tract.

Research has shown that certain individuals who note adverse symptoms occurring after ingestion of dairy products may be intolerant to milk proteins (casein and whey) or to milk fats.²

Lacto™ is formulated for individuals who have difficulty digesting foods that contain dairy. **Lacto** contains lactase and other enzymes that work synergistically to digest all components of dairy. High-potency lactase breaks down the dairy sugar lactose, while the lipase **Thera-blend™** and protease **Thera-blend** break down dairy fats and proteins, respectively. The enzyme blends in **Lacto** provide digestive support for the entire meal. Complete dairy digestion may naturally reduce discomforts which are common to lactose and casein intolerance.

Thera-blend is an exclusive process that combines multiple strains of enzymes that work in various pH levels. Thera-blend



enzymes have been shown to be three times stronger and work more than six

times faster than leading digestive supplements. For more information, visit www.enzymedica.com.



Recommended Use:

1 capsule at the beginning of each meal that contains dairy.

¹ Rosado, J.L., "Milk Consumption, Symptom Response, and Lactose Digestion in Milk Intolerance." Am J Clin Nutr 45.6 (1987): 1487-60.

Medicinal Ingredients (per capsule) Ingrédients médicinaux (par gélule)		
Lactase ^{*1}	9,500 FCC ALU	95 mg
Amylase <i>Thera-blend™-CA</i> ^{*2}	7,500 FCC DU	75 mg
Protease <i>Thera-blend™-CA</i> ^{*2}	22,800 FCC HUT/ 839 FCC PC	32 mg
Glucoamylase ^{*3}	25 FCC AGU	25 mg
Lipase <i>Thera-blend™-CA</i> ^{*4}	600 FCC LU	4 mg
Maltase ^{*3}	350 FCC DP ^o	9 mg
Cellulase <i>Thera-blend™-CA</i> ^{*4}	300 FCC CU	3 mg
Alpha Galactosidase ^{*3}	50 FCC GalU	5 mg
Invertase ^{*5}	25 FCC INVU	1 mg
(*1 <i>Aspergillus oryzae</i>), (*2 Fungal, Bacterial source/Source fongique, bactérienne), (*3 <i>Aspergillus niger</i>), (*4 Fungal source/Source fongique), (*5 <i>Saccharomyces cerevisiae</i>)		

NON-MEDICINAL INGREDIENTS: 100% Vegetarian Capsule (cellulose, water).
INGRÉDIENTS NON MÉDICINAUX : Gélule végétarienne à 100 % (cellulose, eau).
CONTAINS NO dairy, egg, preservatives, salt, sucrose, soy, wheat, yeast, nuts, corn, gluten, casein, potato, rice, artificial colours, flavours or fillers. **EXEMPT DE :** produits laitiers, oeufs, agents de conservation, sel, sucrose, soja, blé, levure, noix, maïs, gluten, caséine, pomme de terre, riz, saveurs et/ou couleurs artificielles, agents de remplissage.

Enzymedica does not use ingredients produced using biotechnology.
 Enzymedica n'emploie pas d'ingrédients fabriqués au moyen de procédés biotechnologiques.



- Optimized support for lactose and casein intolerance - Supports body to break down entire meal

ENZYMEDICA™
— The Enzyme Experts —

Distributed in Canada by:

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ECOLOGICS

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