



LACTEEZE

LACTASE ENZYME SUPPLEMENTS

Lactose intolerant?

Lacteeze enables the whole family
to enjoy dairy without gastric
discomfort!

LEARNING OUTCOMES

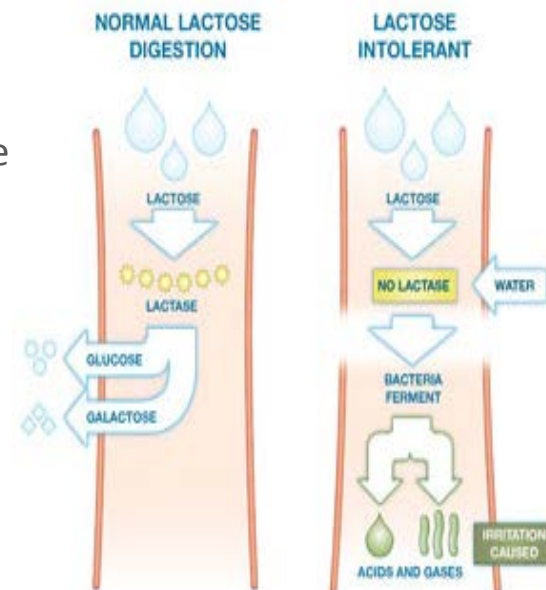
After completing this training module you should successfully be able to:

- Understand lactose intolerance and recognise the symptoms.
- Confidently recommend the most appropriate Lacteeze product.
- Explain how to use Lacteeze tablets and drops.



ABOUT LACTOSE INTOLERANCE

- Lactose intolerance may also be called **lactase deficiency, lactose malabsorption, lactose overload or hypolactasia**
- Lactose is a complex sugar (disaccharide) found in milk, dairy products, breast milk and many infant formulas.
- Lactase is the digestive enzyme which breaks lactose down into simple sugars (monosaccharaides) which can then be absorbed by the body.
- If the body does not produce enough lactase enzymes to digest the amount of lactose consumed, lactose is left undigested in the gut. This is fermented by bacteria to produce gas and lactic acid.
- Lactose intolerance is not an allergy, and continuing to consume dairy does not cause damage to the intestinal tract.



RECOGNISING THE SYMPTOMS OF LACTOSE INTOLERANCE

- Key symptoms of lactose intolerance are excess **bloating and gas**. As more gas and lactic acid accumulates in the body this may be followed by abdominal discomfort, cramps or diarrhoea.
- Babies may also show signs of **irritability, stomach pain, drawing up of the legs, green, frothy or explosive stools and excessive crying**.
- Symptoms generally appear 20 minutes to 2 hours after eating dairy. Many people can tolerate small amounts of dairy so only show symptoms after an accumulation of gas and lactic acid in their body.



WHAT CAUSES LACTOSE INTOLERANCE?

Approx 25% of people have lactose intolerance in Australia and other developed nations. There are several causes:

- Lactose intolerance can be hereditary. Races that culturally have not included dairy in the diet, such as Aboriginals (85%), Asians (90-95%), Indians (90%) and people of Mediterranean origin (50-60%) have a higher prevalence than the general population.
- Transient lactase deficiency is a common condition in babies resulting from an immature digestive system at birth. The ability to produce lactase commences at about 34 weeks gestation and is not fully developed until birth. Premature babies and babies with immature digestive systems may not produce sufficient lactase enzymes to fully digest feeds until approximately 3-4 months of age.
- It is natural for the production of lactase to decrease as we age. Approximately 75% of adults show some decrease of lactase activity during adulthood.
- Lactose intolerance can arise from various gut or digestive disorders which damage the intestinal villi where lactase is produced. Conditions such as Coeliac disease, Crohn Disease, inflammatory bowel disease, persistent diarrhoea and Giardiasis are all linked to lactose intolerance.

THE LACTEEZE PRODUCT RANGE

The active ingredient in the Lacteeze range is tilactase (lactase digestive enzymes)

There are 4 products in the range with a variety of strengths, flavours and sizes - so all members of the family can find relief from unpleasant symptoms.

Lacteeze tablets and drops are used differently, so understanding these differences enable customer needs to be better met.



LACTEEZE TABLETS & CAPLETS

Taking Lacteeze prior to consuming dairy temporarily increases the body's level of lactase enzymes so dairy can be digested normally.

Lacteeze Children's Strength	Lacteeze Extra Strength	NEW Lacteeze Ultra
Specially formulated for infants & children aged 2 to 12 years.	Suitable for children over 12 years & adults with mild to moderate lactose intolerance.	For adults with moderate to severe lactose intolerance. Double strength to provide 1 caplet relief.
Available in 100 tabs.	Available in 120 tabs & 10 tab trial pack.	Available in 40 caplets and 8 caplet trial pack.
Natural strawberry flavour.	Natural peppermint flavour.	Natural vanilla flavour.
Strength: 3,000 ALU *	Strength: 4,000 ALU *	Strength: 9,000 ALU *

* International standard of efficacy



LACTEEZE TABLETS & CAPLETS

How to use Lacteeze tablets and caplets

Chew or swallow 1-2 tablets immediately before consuming dairy (up to five minutes before)



As Lacteeze temporarily increases lactase levels, the dose should be repeated if more dairy is going to be eaten after an hour

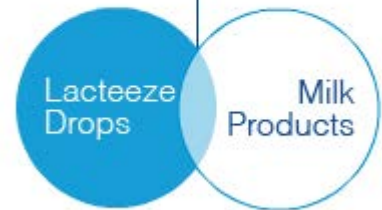


Lacteeze must be taken every time dairy is consumed or symptoms will return

LACTEEZE DROPS

- Lacteeze drops reduce the lactose content of liquid milk products by converting the lactose into more easily digestible glucose milk sugars.
- Suitable products for conversion include milk, flavoured milk, breast milk, infant formula and cream.
- The conversion process occurs once the Lacteeze and liquid dairy are mixed together.
- Once the conversion has occurred, the mixture can be heated or frozen.

Easily digestible glucose
milk sugars



Our 15.5ml drops converts approx. 80 litres of milk!



LACTOSE INTOLERANCE IN BABIES

Transient Lactose Intolerance is a common cause of colicky symptoms in babies.

- Studies show that approximately 40% of babies medically diagnosed with colic actually suffer from transient lactose intolerance.
- Transient lactose intolerance is caused by an immature digestive system resulting in a deficiency in the production of lactase enzymes.
- Most babies' digestive systems will have matured sufficiently by 3 – 4 months of age to allow normal digestion of lactose in feeds.
- Use of lactase enzyme supplements has been shown to reduce crying time by at least 45%.

Symptoms of transient lactose intolerance in babies:

- Excess gas or wind
- Bloating
- Increased irritability and crying
- Green, frothy or explosive stools
- Symptoms of pain such as drawing up of the legs.

LACTEEZE DROPS FOR BABIES

Lacteeze drops can be used to assist babies who suffer from Transient Lactose Intolerance

- Lacteeze drops reduce the lactose content of baby's feeds so they can be digested normally.
- Lacteeze drops are suitable for breast and bottle feeding.
- There is no need for Mum to eliminate dairy from her diet. Breast milk is naturally high in lactose and this is not affected by Mum's diet.
- Improvement can often be seen from the first feed but it can take up to a week for excess gas within baby's system to be eliminated naturally, so the full benefits may not be seen for a week.



LACTEEZE DROPS FOR BABIES

KEY QUESTIONS FOR MUMS:

1

Does baby suffer from colicky symptoms?

2

Are baby's symptoms worse after feeding or in the evening after a build-up of lactose?

If the answer is yes to these questions we recommend the use of Lacteeze drops to reduce the lactose content of baby's feeds.

LACTEEZE DROPS FOR CONVERTING MILK

Lacteeze drops can be used to convert the lactose in any liquid dairy product i.e. milk, flavoured milk and cream.

How to reduce the lactose content of milk

Add 5 drops of Lacteeze per litre of milk, shake or stir well.

Refrigerate the mixture for 24 hours before consumption. This converts 70-80% of the lactose (suitable for most people).

After conversion milk can be heated or frozen – great for making cakes or ice cream!

Lacteeze drops should be stored in the fridge after opening. The drops will remain effective for 3 months after opening.



BENEFITS OF LACTEEZE

- Dairy is an important source of calcium and other vital nutrients linked to improving bone mineral health and reducing the risk of osteoporosis. Maintaining dairy intake is recommended as part of a normal diet.
- Studies also show consumption of lactose increases the absorption of calcium and magnesium.
- Lacteeze is safe at all stages of life and during pregnancy. It is all natural, contains no drugs, and nothing is absorbed by the body.
- The efficacy of lactase supplements is well documented in clinical trials and research spanning over 20 years.
- Mums can continue to breast feed even when baby is lactose intolerant.
- Use of Lacteeze is cheaper and more convenient than purchasing lactose free products.
- There's no need to miss out on your favourite treats or fear the consequences of eating out.



A QUICK QUIZ!

1. The key symptoms of lactose intolerance are:

- A. Sneezing and gas
- B. Bloating and gas
- C. Bloating and sneezing
- D. None of the above.

Ans: B. Bloating and gas. Bloating and gas are created by bacteria working on the undigested lactose in the gut.

2. Babies with transient lactose intolerance may also show signs of:

- A. Irritability
- B. Stomach pain / drawing up of the legs
- C. Excessive crying
- D. Green, frothy or explosive stools
- E. All of the above.

Ans: E. All of the above.

A QUICK QUIZ!

3. Which of the following groups has the highest prevalence of lactose intolerance?

- A. Australian Aboriginals
- B. British
- C. Asians
- D. People of Mediterranean origin

Ans: C. Asians. Although Australian Aboriginals and people of Mediterranean origin also have a higher than normal prevalence, approximately 90 - 95% of Asians suffer from lactose intolerance.

4. What would you recommend for an adult who suffers from severe lactose intolerance?

- A. Lacteeze Extra Strength tablets
- B. Lacteeze Children's Strength tablets
- C. Lacteeze Drops
- D. Lacteeze Ultra caplets

Ans: D. Lacteeze Ultra caplets are double strength, allowing 1 caplet relief even for people with severe lactose intolerance.

A QUICK QUIZ!

5. If baby has colicky symptoms, which 2 key questions could you ask Mum to determine whether Lacteeze may help?
- A. Is baby bloated and windy?
 - B. Does baby have a rash?
 - C. Do you breast or bottle feed baby?
 - D. Are baby's symptoms worse after feeding?

Ans: A and D. Typical symptoms of lactose intolerance are excess gas and bloating which gets worse after feeding or later in the day.

6. If baby is lactose intolerant, mothers should be advised to:
- A. Give up breast feeding and move to formula
 - B. Eliminate all dairy from their diet
 - C. Use Lacteeze drops to reduce the lactose content of baby's feeds.

Ans: C. Reducing the lactose content of baby's breast or bottle feeds allows baby to digest the feed naturally. There is no need for Mums to give up breast feeding. Reducing or eliminating dairy from Mum's diet will not reduce the naturally high level of lactose in breast milk.

Thank you for completing the
Lacteeze education module

We welcome your feedback.

If you have any comments or would like further information, please contact us on

info@lacteeze.com.au

Customer Helpline 1300 662 250

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FAQs