

Directions: As a dietary supplement, adults take one (1) vegetarian capsule immediately for each serving of a dairy-containing food (please refer to the chart below for equivalent servings of various dairy foods).

Lactose, proteins and fats are contributors to dairy food intolerances. Ultra Dairy Digest contains the important enzymes needed to completely break down all three categories of nutrients.

Ultra Dairy Digest helps the body digest: †

- 8 oz of whole milk • 4 oz of cheese
- 4 oz of ice cream • 8 oz of low-fat yogurt
- 4 oz of cottage cheese • 2 TBSP of butter

Store in a cool, dry place and away from direct light. Do not use if safety seal under cap is broken or missing. Keep out of reach of children.

† 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.



FORMULAS •

ULTRA DAIRY SUPPORT

proprietary enzyme blend



Promotes digestion of
lactose, milk proteins & fats†

60 vegetarian capsules
dietary supplement

Supplement Facts

Serving Size: 1 Vegetarian Capsule Servings per container: 60

	Amount Per Serving	*%DV
Proprietary dairy enzyme blend	220 mg	**
Lactase	1,000 ALU	**
Proteases	630 BLGU/25,000 HUT	**
Lipase	250 FCCLU	**

*Percentage Daily Value

*Daily Value not established

Other Ingredients: Vegetable capsule (cellulose, water), cellulose, magnesium stearate and silica.

Contains No: Gluten, sugar, salt, starch, yeast, corn, wheat, soy lactose, citrus, milk, egg, fish products, artificial coloring, flavoring, or preservatives added.

©2010 Manufactured exclusively for Viva Vitamins™
16201 Lindbergh Street, Van Nuys, CA 91406
for more information visit www.vivavitamins.com

MADE IN THE USA **GMP Compliant Manufacturing**

Viva Vitamins™ fully guarantees the potency of this product through: