

SUGGESTED USE For best results, consume one to three capsules immediately before, during or just after eating any dairy or lactose-containing foods. The larger the content of dairy or lactose consumed, the more capsules will be required to support its digestion. As with any dietary supplement, this product is most effective as part of a healthy diet and active lifestyle, along with a daily multi-vitamin-mineral formula. **For questions about the use of this product call 800.332.7799.**

NOTE This product is not designed for use with or to treat any digestive disease or GI health condition.

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ALL-NATURAL ENZYME COMPLEX

DAIRY & LACTOSE TOLERANCE™

DIGESTS LACTOSE (DAIRY & MILK SUGAR)
RELIEVES LACTOSE INTOLERANCE



DIETARY SUPPLEMENT



240 Easy-to-Swallow Capsules

Andrew Lessman's DAIRY AND LACTOSE TOLERANCE is a mild, all-natural enzyme supplement designed to gently and effectively enhance your body's natural digestion of dairy products and lactose ("milk sugar"). Dairy products are an excellent source of calcium and protein, but unfortunately for many people, they are also difficult to digest comfortably. The culprit is lactose, the natural sugar present in milk and dairy products, which can be very difficult for many people to digest, particularly as we get older, causing gas, diarrhea, bloating and significant discomfort. The severity of the gastrointestinal discomfort – referred to as "Lactose Intolerance" depends on the individual and can in many cases prevent the consumption and certainly, the enjoyment of any dairy products. **Dairy and Lactose Tolerance** contains a natural blend of enzymes to help your body break down lactose and avoid the discomfort. As we get older, we produce less lactase (the enzyme that digests lactose), so the dairy products we formerly enjoyed in our youth are no longer comfortable to consume. The mild, yet powerful, natural enzymes in **Dairy and Lactose Tolerance** help to alleviate the dairy and lactose-related gastric upset while you enjoy the taste and health benefits of the dairy products you love.

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.

CONTAINS NO Milk, soy, yeast, wheat, gluten, sodium, salt, sugar, fat, cholesterol, color, preservative, common allergens or manufacturing additives.

CONTAINS NO ADDITIVES OF ANY KIND.

Supplement Facts

Serving Size 1 Capsule Servings Per Container 240

Amount Per Serving

Proprietary Digestive Enzyme Blend	415 mg	†
Lactase (51,500 ALU/g)		
Papain (2,000 USP/mg)		
Bromelain (120 GDU/g)		

† Daily Value not established.

Other Ingredients: Gelatin capsule.