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1-888-462-2548

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Distributed by:
General Nutrition Corporation
Pittsburgh, PA 15222

* This statement has not been evaluated
by the Food and Drug Administration.
This product is not intended to diagnose,
treat, cure, or prevent any disease.



Helps the digestion of lactose*

CODE 085810

ARG

Each of the following quantities of milk products are
usually digested by the enzyme activity in two tablets:

† Milk or Buttermilk - 4 oz. Yogurt - 5 oz.
Cottage Cheese - 8 oz.

†The need for lactase and rennin differs with the
individual - requirements may vary. Also, larger serving
sizes will require additional tablets. Example: 4 tablets
for 8 ounces of milk.

Directions: As a dietary supplement, take two tablets
before or with milk products.

Supplement Facts

Serving Size Two Tablets
Servings Per Container 120

Amount Per Serving

Lactase (250 ALU)	50 mg*
Rennet	4 mg*

* Daily Value not established.

Other Ingredients: Dicalcium Phosphate.

Conforms to USP <2091> for weight.

Meets USP <2040> for disintegration.

No Sugar, No Artificial Colors, No Artificial Flavors, No
Preservatives, Sodium Free, No Wheat, Gluten Free, No Soy,
No Dairy, Yeast Free.

KEEP OUT OF REACH OF CHILDREN.
Store in a cool, dry place.

ACTUAL
SIZE