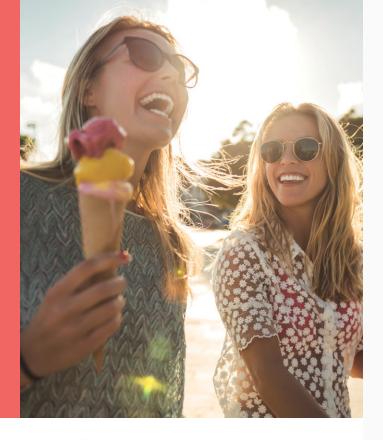
about intoleran

Intoleran is a specialist in supplements for food intolerances. Our mission is to enable everyone to enjoy food, even if they are intolerant. Remko Hiemstra, the founder of our company, is lactose intolerant himself and saw that there was a gap in providing options for those with food intolerances. Based on his own experience, he therefore started the company in 2008.

Intoleran offers an extensive range of supplements for various food intolerances. We produce our supplements in our own production facility in the Netherlands. In doing so, we only use ingredients necessary for the supplements to work, so no unnecessary additives. This way, as many people as possible can use our products without undesirable side effects and everyone can enjoy food again without worry!







A strict low FODMAP diet should not be commenced without supervision from a healthcare professional. Moreath University has assessed this product as being low in FODMAPs but has not assessed it suitability as a therapeutic good. Monato University receives a licence fee for use of the Monash University receives a ficence fee for use of the Monash University to MCDMAP Certified trader marks.

training in food intolerances for dietitians

Would you like to learn more about food intolerances, gastrointestinal issues, the FODMAP diet and related dietary solutions? Then sign up now for one of Intoleran's free online trainings, taught by one of our in-house dietitians.

We cover various topics, such as the different food intolerances, FODMAPs, matching dietary solutions, sample case studies and how our supplements can be used in this regard. We also cover specific topics on request.

Topics:

- Food Intolerances
- FODMAPs
- Irritable bowel syndrome (PDS)
- Dietary treatment for gastrointestinal problems
- Practical tips and advice when using supplements

Interested in attending a training session?

Then contact us at info@intoleran.com.au You will receive a list of available dates to attend an online training.

Prefer training on location?

That is possible! Please contact us to schedule a training at the desired location, for example in your own practice.



contact information

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lactase products	lactase 20.000	once a day	lactase drops
benefits	benefits I deal for large amounts of lactose and severe intolerance. The tablets are breakable and therefore easy to dose!	benefits • Most convenient option for lactose intolerance: just one capsule a day! • Convenient solution for a vacation, for example.	 benefits Make your own dairy products lactose free! Ideal for lactose-free cooking and baking.
what form?	Scored tablet	Capsule	Drop
what strength?	20,000 FCC	10 billion CFU	750 NLU per 5 drops
when do you use it?	With a more severe degree of intolerance or larger amounts of lactose.	With a more severe degree of intolerance or larger amounts of lactose.	Making dairy products lactose-free yourself.
how do you use it?	Take with any lactose- containing meal, just before or with the first bite of the meal.	Take daily at a fixed time.	Add to (sweet) liquid dairy products, after 24 hours the dairy product is lactose free.
what dosage?	1/2 to 1 tablet per meal	1 capsule per day	5-10 drops per litre of dairy product
from what age?	2 years	4 years	all ages
time for effect?	Immediate effect, up to 30 to 45 minutes after ingestion.	5-14 days after first use, effect remains as long as 1 capsule is taken daily.	24 hours after adding, 80% of all lactose has been broken down.
comments	Tablet can be broken in half.	Powder from the capsule can be taken separately	Not suitable for acidic dairy products such as yogurt and cottage cheese.











FODMAP products	quatrase forte	fibractase forte	fructase	starchway
benefits	Helps digest various FODMAPs such as lactose. Ideal for larger amounts of FODMAPs or higher sensitivity to one or more FODMAPs.	benefits Many people with fructan and or galactan intolerance benefit from this product.	benefits • Many people with fructose intolerance benefit from this product.	 benefits Many people with sucrose and or starch intolerance.
what form?	Capsule	Capsule	Capsule	Capsule
what enzyme?	Lactase (10,000 FCC), Xylose Isomerase (7500 units), Alpha Galactosidase (1200 u) and Invertase (500 units)	Alpha Galactosidase (1200 u)	Xylose Isomerase (7500 units)	Invertase (7500 units) and Gluco-Amylase (2500 units)
how do you use it?	Take with FODMAP- containing meals, just before or with the first bite of the meal.	Take with meals, just before or with the first bite of the meal.	Take with meals, just before or with the first bite of the meal.	Take with meals, just before or with the first bite of the meal.
what dosage?	1 capsule per meal (up to 3 only if required)	1 capsule per meal (up to 3 only if required)	1 capsule per meal (up to 3 only if required)	1 capsule per meal (up to 3 only if required)
from what age?	2 years	2 years	2 years	2 years
time for effect?	Immediate effect, up to 30 to 45 minutes after ingestion.	Immediate effect, up to 30 to 45 minutes after ingestion.	Immediate effect, up to 30 to 45 minutes after ingestion.	Immediate effect, up to 30 to 45 minutes after ingestion.
comments	Powder from the capsule can be taken separately.	Powder from the capsule can be taken separately.	Powder from the capsule can be taken separately.	Powder from the capsule can be taken separately.





histamine products	cozidase	
benefits	 benefits Cozidase provides a supplement of copper and zinc, contains vitamin C and vitamin B6 for complete function and broad support. 	
what form?	Capsule	
what enzyme or active ingredients?	Copper, zinc, vitamin C and vitamin B6 (p5p)	
how do you use it?	Daily intake at a fixed time with a meal.	
what dosage?	2 times daily 1 capsule	
from what age?	4 years	
time for effect?	Optimally effective 1 week after first use. Effect remains as long as 2 capsules are taken every day.	
comments	Do not use in conjunction with other high-dose copper, zinc and vitamin B6 supplements. Unless advice sought from your health professional.	