

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!



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.



A strict low FODMAP diet should not be commenced without supervision from a healthcare professional. Monash University has assessed this product as being low in FODMAPs but has not assessed its suitability as a therapeutic good. Monash University receives a licence fee for use of the Monash University Low FODMAP Certified trade marks.

intoleran digestive experts

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lactase products

lactase 20.000

once a day

lactase drops

benefits

benefits

- Ideal 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.



Our lactase supplements offer support for lactose intolerance.
The lactase enzyme helps to digest lactose from milk and milk products better.



FODMAP products	quatrased forte	fibractase forte	fructase	starchway
benefits	benefits <ul style="list-style-type: none"> • Helps digest various FODMAPs such as lactose. • Ideal for larger amounts of FODMAPs or higher sensitivity to one or more FODMAPs. 	benefits <p>Many people with fructan and or galactan intolerance benefit from this product.</p>	benefits <ul style="list-style-type: none"> • Many people with fructose intolerance benefit from this product. 	benefits <ul style="list-style-type: none"> • 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.



Our FODMAP supplements help with the digestion of various FODMAPs such as lactose. Our supplements provide support for various food intolerances and sensitivities to one or more FODMAPs.



histamine products

benefits

what form?

what enzyme or active ingredients?

how do you use it?

what dosage?

from what age?

time for effect?

comments

cozidase

benefits

- Cozidase provides a supplement of copper and zinc, contains vitamin C and vitamin B6 for complete function and broad support.

Capsule

Copper, zinc, vitamin C and vitamin B6 (p5p)

Daily intake at a fixed time with a meal.

2 times daily
1 capsule

4 years

Optimally effective 1 week after first use.
Effect remains as long as 2 capsules are taken every day.

Do not use in conjunction with other high-dose copper, zinc and vitamin B6 supplements. Unless advice sought from your health professional.



Cozidase helps support the DAO enzyme