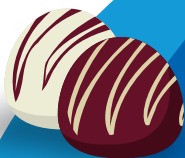


Lactose intolerant?



Lactose and lactase

Lactase is an endogenous substance present in the small intestine that ensures that lactose, a milk sugar, is split into easily digestible sugars, glucose and galactose.

Lactose is present in milk and milk products but also in various other products including bread, sausages and confectionery. Using Kerutabs[®], which contains the enzyme lactase, supports the digestion of milk sugars (lactose) in milk and products containing milk.



Kerutabs® helps you digest milk sugars (lactose)

Kerutabs® tablets are suitable for both children and adults who are lactose intolerant. It is important that you take Kerutabs® lactase tablets before consuming products containing milk or while eating or drinking products that contain lactose.

Lactose tolerance is variable. Consult your dietician, pharmacist, GP or doctor about the role of lactose in your diet.

NEW DOSAGE
per tablet

4600
FCC



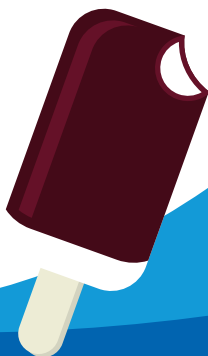
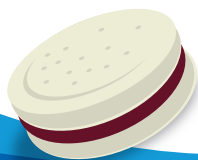
Kerutabs® dose

The dose can differ per person as lactase deficiency also differs per person. The best way to determine the dose is to use personal experience.

For instance, one person may find that one Kerutabs® tablet is enough when consuming a soft ice cream, whereas another person may need two. Do not take more than three tablets at a time. Please be aware that when you consume another meal or product containing lactose, you will need to take tablets again. The reason for this is that the lactase is broken down and is only active in the intestines for a short period.

You can find more information on

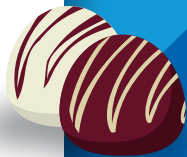
www.kerutabs.com



Use the chart below to enter how many tablets you need for various foods.* Handy for the next time you use Kerutabs®.

Number of tablets

- _____ Glass of milk
- _____ Glass of buttermilk
- _____ Glass of chocolate milk
- _____ Cappuccino
- _____ Bowl of yoghurt
- _____ Bowl of quark
- _____ Bowl of vanilla custard
- _____ Soft ice cream
- _____ Milkshake
- _____ Cream cake
- _____ Creamed soup
- _____ Slice of fruit pie
- _____ Ready-made dessert
- _____ Pudding
- _____ Bar of chocolate



* If you are unsure, consult a specialist (such as a dietician or nutritionist)