Fructaid®

Helps the body digest fructose*

Dear Customer,

Thank you for choosing the patent-protected Fructaid® with glucose isomerase enzyme.

This information leaflet contains:
1. General information on fructose intolerance
2. Information on Fructaid®
3. Tips for practical use
4. A fructose content table

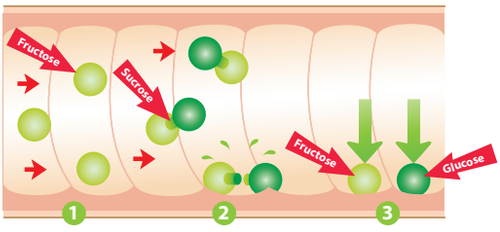
1. General information on fructose intolerance

1.1 What is fructose?

Fructose is the fruit sugar naturally contained in fruit and many types of vegetables. It is a single sugar (monosaccharide). However, fructose is also a component of sucrose (normal household sugar). This is a double sugar, in which fructose is bound to the single sugar glucose. Because only single sugars can be absorbed in the small intestine and utilized by the body, ingested sucrose is broken down by one of the body's enzymes in the small intestine into fructose and glucose. Among the sugars, fructose has the highest sweetening power and is therefore often used as a sweetener in processed foods, so that many foods unexpectedly contain fructose.

1.2 How is fructose metabolized?

SMALL INTESTINE

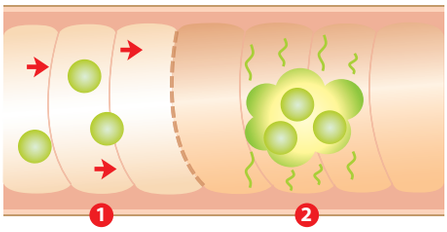


1. Fructose passes from the stomach into the small intestine as a single sugar (e.g. from fruit).
2. Fructose passes into the small intestine in a bound form (as part of sucrose) and is released there.
3. Fructose and Glucose are absorbed from the small intestine

1.3 What happens when I consume too much fructose?

If one consumes more fructose than the small intestine can absorb, some of that fructose passes into the large intestine. This process is referred to as "fructose malabsorption." In the large intestine, the fructose is then fermented by intestinal bacteria. This can cause intestinal discomfort.

SMALL INTESTINE **LARGE INTESTINE**



1. Fructose is not taken up in the small intestine
2. In the large intestine, fructose is fermented by intestinal bacteria

Consequence: Discomfort

The capacity to absorb fructose in the small intestine differs from individual to individual. A low capacity for fructose absorption is often accompanied by a low capacity for breaking down lactose in the small intestine. Thus, individuals who are sensitive to lactose may also have difficulty digesting fructose and vice versa.

1.4 Hereditary fructose intolerance

Hereditary fructose intolerance is a very rare (about 1:20,000) inherited metabolic disease that becomes apparent in infancy when fruits, juices or other fructose-containing foods are introduced into the diet. In those affected, an enzyme is missing in the liver, so fructose that is absorbed in the small intestine cannot be properly metabolized. Fructaid® is not intended for use by those with hereditary fructose intolerance.

2. Information on Fructaid®

2.1 How does Fructaid® work?

The enzyme glucose isomerase in Fructaid® helps the body digest fructose by promoting its conversion into glucose, which is easily absorbed in the small intestine.*

2.2 Where does the glucose isomerase contained in Fructaid® come from?

The glucose isomerase enzyme contained in Fructaid® is of non-animal origin. It is manufactured exclusively with the aid of food-grade, "good" bacteria, so it is of microbial origin.

2.3 How to take Fructaid®

- Take 1–4 capsules with liquid a few minutes before eating foods and drinks that contain fructose, high fructose corn syrup (HFCS) or sucrose. Alternatively, if you have problems swallowing capsules, and for children under 6 years of age or who cannot safely swallow capsules, you can open the capsules and take the contents unchewed with liquid. To do this, simply apply a little pressure to the sides of the capsule and pull the two halves of the capsule apart.
- If you continue to consume foods or drinks containing fructose, high fructose corn syrup or sucrose for more than 30–45 minutes, take another 1–4 capsules as desired.
- May be used every time you consume foods or drinks containing fructose, high fructose corn syrup or sucrose.
- Young children who cannot safely swallow capsules should not take unopened Fructaid® capsules due to risk of choking.
- While some people may need 4 Fructaid® capsules when consuming fructose and sugar-containing foods and drinks, other people may only require one or two capsules. You will need to determine on an individual basis the amount of Fructaid® that is sufficient for you. This depends on your personal sensitivity to fructose and on the fructose and sucrose content as well as the composition of the food or drink consumed.

2.4 What constituents does Fructaid® contain?

Fructaid® contains 50 mg of Glucose Isomerase Enzyme per capsule.

Other ingredients include:

Microcrystalline Cellulose, Trehalose, Hydroxypropyl methylcellulose, Shellac, Triacetin, Titanium Dioxide.

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***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.**

3. Common food sources of fructose are (in alphabetical order):

Canned fruit

Curd cheese with fruit

Fruit dessert

Fruit (dried)

Fruit (fresh)

Fruit juice and nectar

Fruit yoghurt

Ice cream

Muesli and cereal mixtures with dried fruit

Muesli bars

Pastries and confectionery

Semolina pudding with fruit

Soft drinks, such as lemonade

Spreads, such as honey, marmalade, and jam

Stewed fruit

The following fruits contain relatively little fructose:

apricot, lime, rhubarb

4. Warnings:

CAUTION:
- **Consult your doctor prior to use if you are pregnant, nursing, or if you have diabetes or prediabetes.**
- **Not recommended for use by persons with hereditary fructose intolerance.**
- **Discontinue use and consult your doctor if you experience persistent digestive discomfort.**
- **Do not take Fructaid® if you have known hypersensitivity to any of its ingredients.**
- **Keep out of the reach of children.**

- Do not use after the expiration date (printed on the folding carton and blisters).
- Do not use if the packaging is damaged.
- Store between 59 °F and 77 °F

Protected by US patent number 8,460,911

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Date of last revision: May 2018