



Do you suffer from milk intolerance as well?

Discover the solution for enjoying lactose-free milk!

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\* Lactose content under 0.1 g / 100 g

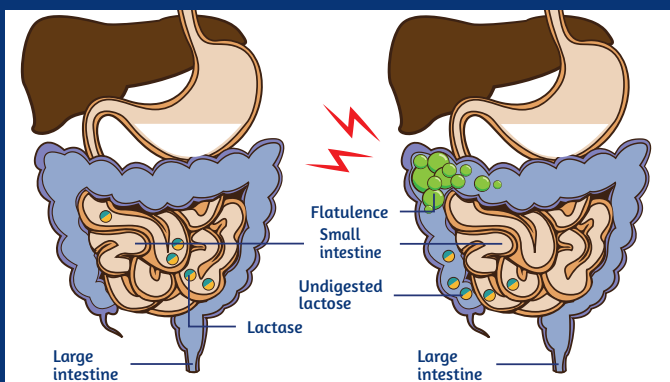


## If milk and dairy products don't agree with you, this might be due to lactose intolerance!

Lactose (milk sugar) is a natural ingredient in milk. The digestive enzyme lactase normally breaks the lactose down into its individual components – glucose and galactose - in the small intestine. These monosaccharides are then released through the mucous membrane of the small intestine into the bloodstream, where the body uses them to generate energy.

If people are lactose intolerant, it means they do not produce enough of the lactase enzyme. As such, the lactose cannot be fully digested in the small intestine and therefore passes through to the lower bowels, where it is decomposed by enterobacteria. The substances produced during this process can cause various feelings of physical discomfort, such as:

- feeling bloated
- diarrhoea
- flatulence
- nausea
- intestinal cramps
- vomiting



Lactose ( ● yellow-green balls) are generally broken down in the small intestine. Its components are absorbed into the bloodstream for use by the metabolic system.

If a person is lactose-intolerant, the lactose ( ● yellow-green balls) pass through to the large intestine, without being broken down, and cause physical discomfort, such as flatulence ( ● light-green balls).

## Who is affected by lactose intolerance?

Around 12 million people suffer from lactose intolerance in Germany. Globally, this intolerance affects more than 50% of the population.

An H<sub>2</sub> breath test is usually performed to diagnose lactose intolerance. Please consult your physician.

## You don't have to cut out milk, you can just cut out the lactose!



Milk and dairy products are the primary sources of calcium in our diet. Permanently cutting down, or even completely cutting out dairy products can therefore result in calcium deficiency, which can, for example, increase the risk of osteoporosis (bone atrophy).

### Milk sugar might also be hidden in the following:

- sweet foods, such as milk chocolate, custard, ice cream, cakes and biscuits
- processed meat products
- convenience products, such as mashed potato, dumplings, ketchup, mustard, gravy granules and muesli
- medication, especially pills, and much much more

## MINUSL lactose-free milk and dairy products are very easy to digest!

MinusL allows people who are suffering from lactose intolerance to start enjoying the widest range of dairy products again.



All MinusL products are made from natural milk that is treated with the digestive enzyme lactase to break the lactose down into its individual components of glucose and galactose. The body is then able to put these monosaccharides to use without any problems. None of the other natural ingredients in the milk are lost.



Rediscover the joy of drinking milk again. Treat yourself to a latte, milk shake and much, much more, without worrying about the after-effects. MinusL offers more than 70 products comprising a wide and tasty selection that extends even beyond the classic range of dairy products.

**You can find more information on the internet: [www.minusl.com](http://www.minusl.com)**