



Lactitol Laxative Powder

contribute towards normal intestinal functions
Nutritional supplement

Good to know:

Lactitol (Lactit) is a synthetic sugar replacement, which is obtained from milk sugar (lactose) and which tastes like sugar. Lactitol binds a lot of water in the bowels, making their contents soft and easing the bowel movement. Due to this laxative effect, Lactitol helps to increase the frequency of bowel movements and contribute towards regulated, normal intestinal functions. In order to achieve this positive, beneficial effect, 10 g Lactitol Laxative Powder should be taken per day.

Ingredients: 100 % Lactitol. Contains *lactose*.

Recommended dose: Dissolve and drink 1 slightly heaped tablespoon (approx. 10 g) per day in a glass of water or juice (at least 200 ml).

If you are on a galactose-free diet, you may not take Lactitol.

Like all laxatives, Lactitol can intensify the potassium losses which are caused by other medications. This is in particular the case for medicated patients or those with certain cardiac diseases. They should only take Lactitol in consultation with a doctor.

	per daily portion (1 slightly heaped tablespoon = 10 g powder)
Lactitol	10 g

Nutrient Reference Value for daily consumption according to Regulation (EU) No. 1169/2011 not available.

Keep dry and out of direct sunlight. Store below 25°C.

Nutritional supplements should not be used as a replacement for a balanced, varied diet, and do not replace a healthy lifestyle. Keep out of reach of young children. Do not exceed the recommended daily dose.

Filling level dependent on technology used.

Contents 300 g

(= 30 portions of 10 g)

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