

# Introducing the new member of the Mi-Vitamin™ family!



## Mi- GlucaChol-22™ Instant Flavoured Drinks

### For a healthy heart

- Reduces blood cholesterol levels
- Very high in fibre
- Effective within weeks
- Contains Tolerase® L (lactase)

#### What is Tolerase® L?

- Tolerase® L is an acid lactase ( $\beta$ -galactosidase) that converts lactose into glucose + galactose
- The enzyme originates from a special strain of the fungus *Aspergillus oryzae*
- It's activity at low pH (3.5 – 5.5) makes this lactase particularly effective to digest lactose in the stomach
- Tolerase® L contributes to breaking down lactose

#### What are the benefits of Tolerase® L?

- Tolerase® L helps to eliminate the discomforts associated with lactose intolerance such as bloating, flatulence, diarrhoea and abdominal cramps that occur after consuming dairy products

#### Is Tolerase® L safe and efficient?

- The use of this enzyme to breakdown lactose is well established, both scientifically and commercially
- There are numerous scientific references indicating efficacy of acid lactase in Lactose Intolerant people e.g.: Barillas & Solomons (1987), DiPalma and Collins (1989), Gao et al. (2002), Guzek et al. (2008), Portincasa et al. (2008) and Ojetti et al. (2010)

#### What is the recommended dosage for Tolerase® L?



- The dose of Tolerase® L is dependent on the amount of lactose present in, and the size of, the meal consumed
  - A general guideline is 2500 ALU\* per 10 -13 grams of lactose consumed (present in 1 cup – 240ml of milk)
  - The European Food Safety Authority (EFSA) recommends a dose of 4500 ALU with each lactose containing meal
  - For very sensitive lactose intolerant consumers (needing a 100% conversion) 10 000 ALU per meal is recommended
- \* Acid Lactase Units according to the Food Chemicals Codex

#### How much Tolerase® L does GlucaChol-22™ Instant flavoured drinks contain?

- GlucaChol-22™ Instant flavoured drinks contain 2500 ALU per serving

#### What is the difference between GlucaChol-22™ & GlucaChol-22™ Instant flavoured drinks?

- GlucaChol-22™ Instant flavoured drinks contain the original GlucaChol-22™ with Oatwell™. All of the health benefits are now available in **3 NEW flavoured instant drink applications** with added Tolerase® L


	GlucaChol-22™ with Oatwell™	GlucaChol-22™ Instant flavoured drinks
Contains GlucaChol-22™ with Oatwell™	✓	✓
Contains Tolerase® L	X	✓ May improve symptoms of lactose intolerance
Flavoured	Natural	Vanilla Chocolate Strawberry
Serving size	1 ½ scoops  = 3g oat beta-glucan	2 scoops  = 3g oat beta-glucan
How to use	Add to meals, cereals, porridge, gravy, stews, milk, yogurt, smoothies, any drinks, biscuits, bread, etc.	Add to 200 – 250 ml low fat or fat free milk
Packaging	300g tub	315g tub
Health Benefits	<ol style="list-style-type: none"> <li>1. May reduce the risk of coronary heart disease by reducing blood cholesterol levels</li> <li>2. Proven to reduce glycaemic response</li> <li>3. Improvement of bowel function, promotes digestive health</li> </ol>	

#### What is GlucaChol-22™?

- GlucaChol-22™ is a 100% concentrated oat bran powder made from oats, also known as OatWell™
- GlucaChol-22™ contains high concentrations of valuable beta-glucans, soluble dietary fibres, which are found naturally within oats

#### Conclusion:

GlucaChol-22™ Instant flavoured drinks: Convenient, quick and tasty drink

 May reduce the risk of coronary heart disease by reducing blood cholesterol levels

 May improve symptoms of lactose intolerance

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**GlucaChol-22™ with Oatwell™ reduces blood cholesterol levels.  
May reduce the risk of coronary heart disease.**