

# 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 Lactose Intolerance?

- Lactose is a milk sugar, naturally present in dairy products
- It is digested by the enzyme lactase and broken down into glucose and galactose, which are absorbed into the bloodstream
- Lactose-intolerant people lack this enzyme and as a result are unable to digest lactose fully

### What are the symptoms of Lactose Intolerance?

- If undigested, lactose reaches the large intestine where it is degraded by its microflora
- The resulting by-products may cause symptoms of lactose intolerance including diarrhoea, abdominal cramps, flatulence and nausea
- When lactose intolerant people stop consuming dairy products, their intake of calcium tends to be lower, which can put their bone health at risk



### Which foods are high in lactose?

Product	Lactose (g)
<b>Milk</b> (1 cup = 240 ml)	
Whole	9 – 12
Skimmed	11 – 14
Evaporated	24 – 28
Sweet condensed	31 – 50
Lactose-reduced low fat	3
<b>Yogurt - Low fat</b> (1 cup = 240 ml)	4 – 17
<b>Cheese - hard</b> (1 oz = 28.4 g)	
Swiss	0.5 – 1
Mozzerella, part skim, low moisture	0.05 – 4
American, pasteurized, processed	0.05 – 4
<b>Cheese - soft</b> (1 cup = 240 ml)	
Ricotta	0.06 – 12
Cottage	1.4 – 8
<b>Butter</b> (1 pat = 5 g)	0.04 – 0.05
<b>Cream</b> (1 tablespoon = 15 ml)	0.4 – 0.5
<b>Ice cream</b> (1 cup = 240 ml)	4 – 8
<b>Sherbet</b> (1 cup = 240 ml)	1.2 – 4

Ref: Scrimshaw, N.S. and Murray, E.B., 1988. Am. J. Clin. Nutr. 48(4):1079-1159. Pennington, J.A., 1989. Bowes & Church's Food Values of Portions Commonly Used.

### 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*

 Innovation Based on Science

Marketed by At Life Products (Pty) Ltd  
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 Mi-Vitamin  
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**GlucaChol-22™ with Oatwell™ reduces blood cholesterol levels.  
May reduce the risk of coronary heart disease.**