



Simple test for Lactose Intolerance



H2 Check

Other applications include:

- Lactose mal-absorption
- Carbohydrate mal-absorption
- Carbohydrate breakdown deficiencies
- Bacterial overgrowth
- Intestinal transit time
- Sucrose mal-absorption
- Fructose mal-absorption
- Lactulose bacterial overgrowth
- Sorbitol mal-absorption

H2 Check



Lactose is a sugar found in milk. Unless it gets changed into glucose it cannot be absorbed into the body. This change happens when the Lactose passes through the stomach into the small intestine and comes into contact with something called Lactase. If there is not enough Lactase present the Lactose cannot be broken down, this in turn leads to Lactose Intolerance.

As a result, the hydrogen that is produced by bacteria is absorbed through the wall of the small or large intestine. The hydrogen then travels to the lungs where it is released and exhaled in the breath where it can be measured by the H2 Check.



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