

Omni
Diem™

Fructose
Digest

Xylose Isomerase

Dietary Support for Fructose Malabsorption*



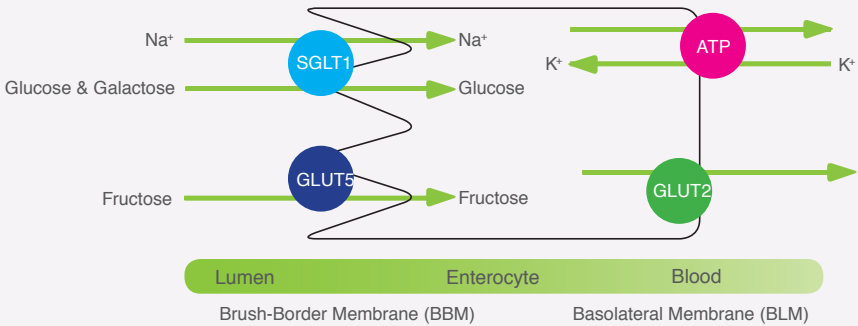
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This product is not intended to diagnose, treat, cure, or prevent any diseases.

What is Fructose and Fructose Malabsorption?

- ▶ Fructose is a hexose (simple sugar). Fructose Malabsorption (FM) is the incomplete absorption of free dietary fructose in the small intestine, which thus allows migration of fructose into the large intestine and colon. When this occurs, fructose interacts with bacteria in the gut, producing physical discomfort and contributing to weight gain, lipid irregularities, and more.

What is the Mechanism of Fructose Malabsorption?

Fructose is well absorbed in the presence of glucose. Free fructose without corresponding glucose, however, is poorly absorbed. The signs of Fructose Malabsorption appear when the activity of its transport protein GLUT5 is impaired, and bacteria are able to ferment the fructose before absorption. While glucose is efficiently and near completely absorbed in the small intestine, fructose is not.



Prevalence of Fructose Malabsorption

- ▶ The Food Intolerance Institute reports **up to 33% of the population are affected by fructose malabsorption**. In a 2005 report in the Journal of the Academy of Nutrition and Dietetics, researchers determined fructose malabsorption, as defined by the appearance of hydrogen in the breath after an oral load of fructose, is common. The frequency is dependent upon how much fructose is given; 53% of people will incompletely absorb a 25 g load, while 73% of people will incompletely absorb with a 50 g load.

A 2008 study of American children and adults reported a nearly **50% INCREASE IN FRUCTOSE CONSUMPTION** from 1977-1994.

Vos MB, et al.; Medscape J Med, 2008;10(7):160.

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Fructose Malabsorption can be a real pain in the gut. Omne Diem™ Fructose Digest can help.*

Common Challenges

- Abdominal Pain
- Bloating
- Flatulence
- Heartburn
- Diarrhea
- Gas
- Vomiting
- Chronic Fatigue
- Sugar Cravings

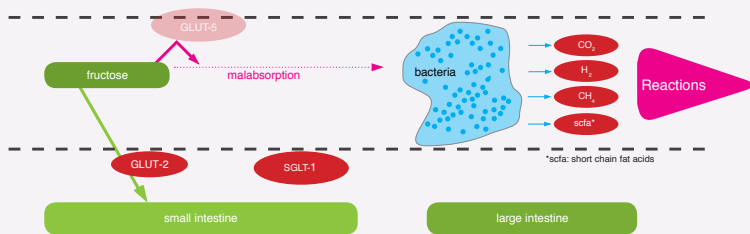
Potential Causes

- Fructose carrier deficiency
- Imbalance of good and bad gut bacteria
- High intake of refined and processed foods
- Pre-existing gut issues
- Inflammation
- Stress

Other Concerns

- Fructose Malabsorption is linked to other gut issues and mood disturbances
- Excessive fructose consumption may have significant effects on lipid metabolism and lipid homeostasis

Defect fructose resorption (fructose malabsorption)



As a consequence of impaired absorption, fructose reaches the colon and is metabolized by colonic bacteria. The byproducts hydrogen, carbon dioxide, methane, short-chain fatty acids (SCFA), and osmotic

water influx cause the typical reactions. Reactions can occur up to 2 hours after consuming fructose; however, timing can vary based on individual circumstances.

Identification and Management of Fructose Malabsorption

- ▶ The reactions to fructose malabsorption are similar to those for lactose intolerance and other food intolerances. Fortunately, a hydrogen breath test is a non-invasive way to identify issues with fructose digestion. Avoiding or eliminating fructose-laden foods, in addition to other dietary modifications, will also help identify and manage fructose malabsorption. Supplementation with the digestive enzyme Xylose Isomerase can be a useful adjunct strategy to promote optimal fructose absorption.*

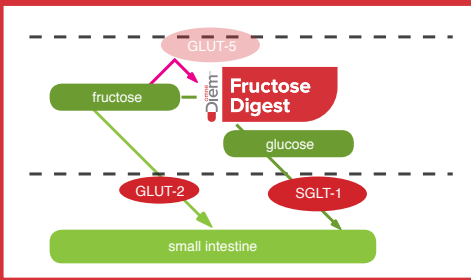
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Omne Diem™ Fructose Digest

(Xylose Isomerase) provides the enzyme that catalyzes the conversion of poorly absorbable fructose into well-absorbable glucose in the human intestine. Presented in a patented designed-release capsule to ensure enteric delivery, Fructose Digest supports the conversion of dietary fructose to defend against the discomfort of malabsorption reactions.*



Recommended Usage: One Capsule 5-15 minutes before fructose-containing meals/ beverages. May take 2 or more as needed.







DOES NOT CONTAIN:

Wheat	Gluten	Yeast
Soy	Dairy	Fish
Shellfish	Peanuts	Tree Nuts
Egg	GMO's	Artificial Colors
Artificial Sweeteners	Artificial Preservatives	



▶ Dietary Support for Fructose Malabsorption*

-  Call 1-888-876-5765 to place an order with our Customer Service Associates.
-  Email your questions and feedback to feelbetter@diemdirectllc.com
-  Order online at www.diemnutrition.com
-  Fax your order to 1-307-316-0328

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