



NATURE'S SUNSHINE

Lactase Plus

GOOD FOR

Digestive System

Small Intestine

Stomach

SIZE **100 Capsules**

ITEM # **1655**

SERVING **1-2**

SUPPLY **16-33 days**

DIRECTIONS FOR USE Take 1-2 capsules up to 3 times daily before consuming foods and beverages containing lactose.

— How the Key Ingredients Work

Lactase Plus brings together digestive enzymes and time-honored herbal allies to help your body break down dairy and fats more comfortably, while soothing the bloating, gas, and discomfort that can follow a meal. Each ingredient plays its own supporting role so your whole digestive system can work the way it should.

Lactase — This is the key enzyme your small intestine uses to break down lactose — the natural sugar found in milk and dairy foods — into two simpler sugars your body can easily absorb. When lactase levels are low, undigested lactose can ferment in the gut and cause gas, bloating, cramping, and discomfort. Taking lactase with dairy meals helps fill that gap so you can enjoy dairy with greater ease.

Lipase — Lipase is a fat-digesting enzyme that helps your body break down the fats in your food into smaller pieces your intestines can absorb. Without enough lipase, fatty meals can sit heavily and leave you feeling uncomfortably full or bloated. Research shows supplemental lipase can meaningfully reduce that post-meal heaviness, especially after rich or high-fat foods.

Ginger — Ginger has been used for thousands of years to calm an unhappy stomach, and modern research backs that tradition up. It helps food move through the stomach more efficiently, eases bloating and abdominal discomfort, and has been studied for its role in supporting healthy gut motility. It's one of the most well-researched herbal digestive aids available.

Fennel — Fennel seed is a classic carminative — meaning it helps relieve trapped gas and the cramping that comes with it. Its natural oils have been shown to help relax the smooth muscle of the colon, making it easier for gas to pass and reducing that tight, uncomfortable feeling after eating. It has a long history of use in European, Ayurvedic, and Chinese herbal traditions.

Caraway — Caraway is another traditional European carminative with a well-documented role in easing digestive discomfort. Clinical trials combining caraway with other herbal ingredients have shown meaningful reductions in epigastric pain and the bloated, overly full feeling that can follow meals. It has also been included in herbal preparations studied for colic relief in infants.

Gentian Root — Gentian root is one of the most bitter herbs used in traditional digestive medicine, and that bitterness is actually the point. Bitter compounds in gentian stimulate saliva and gastric secretions, helping prime the digestive system before and during meals. It is formally recognized by European herbal medicine authorities for supporting relief from bloating, gas, and general digestive discomfort.

Dandelion — Dandelion is far more than a common weed — it has a long history as a digestive and liver-supportive herb. Its leaves and roots are rich in antioxidant compounds, and a human pilot study found that dandelion leaf extract has a notable diuretic effect that may support healthy fluid balance. Dandelion is also a natural source of potassium, which supports overall vascular and digestive wellness.

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