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› Equate Fast Acting Dairy Relief Lactase Enzyme Chewable Tablets 32 Count User Manual

Equate 32 Count

Equate Fast Acting Dairy Relief Lactase Enzyme Chewable Tablets

User Manual

1. PRODUCT OVERVIEW

The Equate Fast Acting Dairy Relief Lactase Enzyme Dietary Supplement is designed to assist individuals with lactose intolerance in digesting dairy products. These vanilla-flavored chewable tablets help prevent symptoms such as gas, bloating, and diarrhea associated with consuming dairy.



Image 1: Front view of the Equate Fast Acting Dairy Relief Lactase Enzyme Chewable Tablets box, showing the product name, vanilla flavor, and 32 chewable tablets count.

2. How LACTASE ENZYME WORKS

This product contains lactase enzyme, a natural enzyme that helps break down lactose (milk sugar) in dairy foods. By breaking down lactose, it makes dairy products easier to digest and helps prevent the symptoms of lactose intolerance. This is a dietary supplement and not a drug. It works through a natural process and is suitable for use by individuals aged 4 years and older.

Supplement Facts

Serving Size 1 Tablet
Servings Per Container 32

Amount per Tablet	%Daily Value
Sodium 5 mg	<1%*
Total Carbohydrate <1 g	<1%*
Lactase Enzyme	
9000 FCC Lactase Units	†

*Percentage Daily Values are based on a 2,000 calorie diet
† Daily Value not established.

Other Ingredients:

Sorbitol, Polydaltitol, Microcrystalline Cellulose, Crospovidone, Mannitol, Dicalcium Phosphate, Magnesium Stearate, Sodium Citrate, Natural and Artificial Flavors, Sucralose.

DISTRIBUTED BY: Walmart Inc.,
Bentonville, AR 72716

*This product is not manufactured or distributed by McNeil Nutritionals, LLC, owner of the registered trademark Lactaid® Fast Act.



Satisfaction guaranteed - Or we'll replace it or give you your money back. For questions or comments or to report an undesired reaction or side effect, please call 1-888-287-1915.

This product offers PREVENTIVE RELIEF from DIARRHEA, GAS and BLOATING that many people with lactose intolerance experience after eating foods containing DAIRY.**

HOW DOES THIS PRODUCT WORK?

- This product makes dairy foods easier to digest and helps prevent symptoms of lactose intolerance by breaking down lactose (milk sugar)**.
- This is a dietary supplement containing a natural lactase enzyme, and is NOT A DRUG.
- This product works by a NATURAL PROCESS and may be used by everyone ages 4 years and older.

HOW DO YOU USE THIS PRODUCT?

- Chew one tablet with your FIRST BITE of dairy foods.
- You may adjust the dose to two tablets at one time if necessary.
- If you continue to eat dairy foods after 30-45 minutes, taking an additional tablet is recommended.

HOW OFTEN CAN YOU USE THIS PRODUCT?

- It may be used every time you eat foods containing dairy. It can be used every day with every meal or dairy food.

DO NOT USE IF SINGLE-SERVE PACKETS ARE TORN OR OPEN.

Before using: Read all package directions. See bottom of carton for expiration date.

Consult your doctor if you experience any symptoms which are unusual or seem unrelated to the condition for which you took this product. **Keep out of reach of children.**

Store at room temperature, but do not refrigerate. Keep away from heat.

**** THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.**

ME GUSTA
SHOP
Fast. Easy. Amazing

Image 2: Detailed product information panel from the packaging, explaining the mechanism of action, usage directions, and frequency of use.

3. DIRECTIONS FOR USE

3.1. How to Use

- Chew one tablet with your **first bite** of dairy foods.
- You may adjust the dose to two tablets at one time if necessary.
- If you continue to eat dairy foods after 30-45 minutes, taking an additional tablet is recommended.

3.2. How Often to Use

It may be used every time you eat foods containing dairy. It can be used every day with every meal or dairy food.

4. SUPPLEMENT FACTS AND INGREDIENTS

4.1. Supplement Facts

Serving Size	1 Tablet
Servings Per Container	32
Amount per Tablet	%Daily Value
Sodium 5 mg	<1%*
Total Carbohydrate <1 g	<1%*
Lactase Enzyme 9000 FCC Lactase Units	†
*Percentage Daily Values are based on a 2,000 calorie diet.	
†Daily Value not established.	

4.2. Other Ingredients

Sorbitol, Polyalditol, Microcrystalline Cellulose, Crospovidone, Mannitol, Dicalcium Phosphate, Magnesium Stearate, Sodium Citrate, Natural and Artificial Flavors, Sucralose.

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Image 3: Supplement Facts panel detailing nutritional information and a list of other ingredients present in the tablets.

5. IMPORTANT WARNINGS AND PRECAUTIONS

- **Do not use if single-serve packets are torn or open.**
- Before using, read all package directions. See bottom of carton for expiration date.
- Consult your doctor if you experience any symptoms which are unusual or seem unrelated to the condition for which you took this product.
- Keep out of reach of children.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease or health condition.

6. PRODUCT SPECIFICATIONS

- **Flavor:** Vanilla
- **Unit Count:** 32 Chewable Tablets
- **Item Form:** Chewable
- **Dosage Form:** Tablet
- **Container Type:** Pack (Single Serve Pouches)
- **Manufacturer:** Equate
- **Package Dimensions:** Approximately 4.76 x 4.53 x 1.73 inches
- **Package Weight:** Approximately 1.76 ounces



	equate™	National Brand
Treats Heartburn	✓	✓
Acid Indigestion relief	✓	✓
Relieves Sour stomach	✓	✓
Upset Stomach relief	✓	✓
	Costs Less!	

Image 4: Product packaging shown with approximate dimensions for reference.

7. STORAGE

Store at room temperature. Do not refrigerate. Keep away from heat.

8. SUPPORT INFORMATION

For questions, comments, or to report an undesired reaction or side effect, please call **1-888-287-1915**. Satisfaction is guaranteed. If you are not satisfied, you may replace it or receive your money back.

