

SORBITOL INTOLERANCE TESTING

WHAT IS SORBITOL?

Sorbitol is a naturally occurring sweet substance that can be found in some fruits, called a sugar alcohol.

It is commonly used in diet or sugar free varieties of lollies or mints and is sometimes used as a sweetener in chewing gum.

Sorbitol is absorbed in the small intestines much slower than other sugars, allowing it to often pass through to the large intestines largely undigested, where it is fermented.

A significant proportion of the population will experience gastrointestinal upset after consuming a large amount of Sorbitol. If you are sorbitol intolerant it means that your body is more sensitive to this substance and you may experience symptoms even after consuming a relatively small amount of sorbitol.

Those with irritable bowel syndrome are more likely to experience discomfort after consuming sorbitol.

SYMPTOMS:

Symptoms associated with sorbitol intolerance may include the following;

- Increased gas
- Abdominal cramps and pain
- Bloating
- Diarrhoea
- Nausea

TESTING FOR SORBITOL INTOLERANCE

Sorbitol intolerance can be diagnosed via a simple breath test.

This test involves sorbitol being given as a solution in water to drink, with Hydrogen/Methane breath testing along with symptom monitoring being performed at regular intervals for 2-3 hours to determine intolerance.

Symptoms generally resolve once you remove the main sources of sorbitol from your diet.

FOOD SOURCES OF SORBITOL:

- Diabetic/sugar free lollies
- Some sugar free chewing gums
- Diet jelly
- Sugar free chocolate
- Fruit/Berries
- Beer in large amounts

**TO DO A BREATH TEST, YOU SIMPLY BREATHE INTO THE ANALYZER AND IT
GIVES A RESULT IMMEDIATELY.**

CALL 9770 7189 TO ARRANGE A TEST OR TO FIND OUT MORE.