



Palatinose Intolerance is the inability to digest palatinose (common also called isomaltulose) because you are poorly absorbing it through your small intestine. This can lead to bloating, excessive gas, stomach pains and diarrhea.

What to **AVOID**

- Breakfast Cereals
- Cereal Bars
- Bagels
- Cookies and Other Baked Goods
- Energy and Sports Drinks
- Jams and Marmalades

Read Food Labels looking for words like **Isomaltulose**.