

Information Fructosemalabsorption

A fructosemalabsorption is a disorder of free fructose uptake from the small intestine into the blood- and lymph circulation.

The cause of this disorder is not yet entirely known. The consumption of glucose simultaneously with fructose helps your body with the ingestion of the fructose.

Because of the ingestive disorder in the small intestine, the fructose reaches the colon where bacteria break down the fructose. This procedure produces gas formations and short chain fatty acids which cause flatulence, stomach ache, cramps, nausea and diarrhoea. This may cause a sick feeling but it does not damage the intestine.

By reducing or omitting food with high fructose content it is possible that the symptoms disappear completely.

Fructosemalabsorption is not to be confused with the metabolic disease fructose intolerance, where the body cannot utilize the fructose because of a congenital enzyme deficiency, where the supply of fructose leads to poisoning metabolites accumulating in the liver and may cause kidney- and liver damages and also hypoglycaemia.

What to do in case of fructose malabsorption?

You do not have to avoid fructose-containing foods completely! Usually it is enough to:

1. reduce the ingestion of free fructose to a maximum amount of 10g per meal
2. omitting the simultaneously consumption of Sorbitol
3. Consume free fructose and free glucose together (because of this, household sugars which contain both glucose and fructose need not to be omitted)