

Information sheet fructose malabsorption

What is fructose?

Fructose (fruit sugar) is a monosaccharide that is naturally contained in things such as fruit, honey and retail sugar. Large quantities of fructose are ingested by way of processed and sweet foods (e.g. sweet beverages, desserts).

What is fructose malabsorption?

In the small intestine, fructose is absorbed into the blood with the help of a transport protein. If this transport protein is not working properly, fructose cannot be sufficiently absorbed and ends up in the large intestine. There, intestinal bacteria break down the fructose, resulting in gastrointestinal complaints such as nausea, bloating, stomach aches or diarrhoea.

Fructose malabsorption is a common food intolerance; it is not life-threatening. It is diagnosed via the hydrogen breath test.

Fructose malabsorption – now what?

The treatment of fructose malabsorption consists of adhering to a low-fructose diet. In order to carry this out in accordance with the latest scientific recommendations, a dietary consultation is highly recommended.

You can **make an appointment** for a dietary consultation online at www.allergiezentrum.at/termin or by telephone at 01/982 41 21.

Costs per test (lactose, fructose, sorbitol or glucose)

€87 incl. 10% VAT (prices valid until 31.12.2025). Please note that the additional services requested by you cannot be settled with your social insurance agency and must therefore be paid for privately. If you fail to show up to the appointment or show up not on an empty stomach or otherwise unprepared and if the test is no longer possible as a result, you will still be charged for the test.