

# Lactofree: enjoy the taste of milk without lactose

**People with lactose intolerance have to follow a low-lactose diet. Treatment always involves giving up or reducing their intake of cow's milk. But now, Arla foods offers Lactofree®, the UK's first dairy drink that has all the great taste of cow's milk, but contains less than 0.05% lactose**

It is currently estimated that up to 15% of the UK population suffer from lactose intolerance.<sup>1</sup> Many more sufferers are not even aware of their intolerance.

It is caused by a deficiency of lactase, an enzyme present in the lining of the small intestine which is needed to absorb and digest lactose (milk sugar). Lactase breaks down lactose into simpler forms of sugar called glucose and galactose (which is metabolised in the liver to glucose) which can be absorbed into the bloodstream. The body needs sugar as a source of fuel, but the only sugar the body is able to use is glucose. Therefore all sugars entering our system have to be converted into glucose.

Undigested lactose remains in the large intestine and is fermented by bacteria creating very uncomfortable abdominal symptoms. Symptoms of lactose intolerance, such as wind and flatulence, stomach cramps, nausea, bloating of the abdomen and diarrhoea usually begin 30 minutes to two hours after eating a meal containing lactose. The symptoms vary from person to person, depending on how much lactose they tolerate.

Treatment involves following a low-lactose diet or trying to minimise the intake of lactose. There are a number of ways to reduce lactose in your diet, such as sticking to hard cheese, drinking smaller amounts of milk more often, drinking milk and eating other dairy foods with meals and snacks, or simply trying lactose-free milk, such as Lactofree, which provides an excellent alternative to milk.

### Lactose-free Lactofree

Lactofree enables you and your family to enjoy all the benefits of milk but without worrying about discomfort. Lactofree is not a substitute or an alternative. Lactofree is a real, semi-skimmed cow's milk that has been gently filtered so that virtually all (99.5%) of the lactose has been removed.

### The benefits of Lactofree

Because nothing is added or taken out, Lactofree

has the same nutritional values as regular cow's milk and contains the same valuable proteins, vitamins and minerals, particularly calcium. Also, as Lactofree is made from cow's milk, it is excellent for cooking. The gentle filtering ensures that it tastes as good as fresh cow's milk, unlike soya and formula milk. That is why Lactofree is especially beneficial for people who have developed lactose intolerance but enjoy drinking milk on its own or use it in cooking.

### Is Lactofree suitable for small children?

Yes, but check with your doctor first as lactose intolerance is unusual in babies unless caused by a temporary illness. Otherwise, the same guidelines apply to Lactofree as for ordinary cow's milk, ie, it is not advisable for babies under one year, apart from in small amounts in cereals, puddings and sauces from the age of six months.

### Product information

Lactofree is found along side fresh milk in all major supermarkets, including Asda, Morrisons, Sainsburys, Tesco and Waitrose. You can find out more about lactose intolerance by going to [www.lactoseintolerance.org.uk](http://www.lactoseintolerance.org.uk) and [www.lactofree.co.uk](http://www.lactofree.co.uk) or by phoning the Arla helpline on 0845 600 6688. ♦



### Arla Foods

W:[www.arlafoods.co.uk](http://www.arlafoods.co.uk)

**Arla Foods helpline**

T:0845 600 6688

### References

1. Arla Foods. *Are you missing something? A report into lactose intolerance.* 2005.