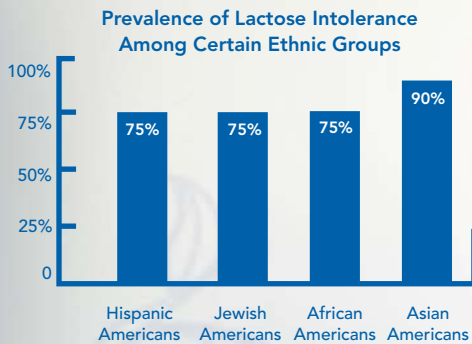


Love Your Dairy. Leave The Discomfort.

Does the dairy you love not love you back?

If so, you may be one of the millions of Americans who are lactose intolerant. That means your body may not produce enough lactase, a natural enzyme needed to digest the lactose (milk sugar) found in dairy products, which may cause gas and bloating – and may cause you to avoid dairy altogether. But with **LACTAID**® Products, there's an easy way to welcome dairy back to your day.



Source:
American Gastroenterological Association
<http://www.gastro.org/wmspage.cfm?parm1=854>

From Delicious To Nutritious, Enjoy All That Dairy Has To Offer.

According to recent studies, getting the recommended number of servings of milk and other dairy products each day are key to a balanced diet. Here are some healthy reasons to get your daily dairy:

- Three daily servings of dairy provide our bodies with nine essential nutrients like vitamins A and D, calcium, potassium and protein.
- Calcium and other dairy nutrients support strong bones, teeth and healthy growth and development in children and adolescents, and can strengthen bones and slow bone-loss in adults.
- Getting the recommended amount of dairy each day, along with a diet high in fruits and vegetables and reduced in saturated and total fat has been shown to reduce blood pressure levels in people with high blood pressure*.

Source: National Dairy Council
* Appel LJ, et al. N Engl J Med. 1997; 336(16):1117-24.

Love it with
Lactaid
BRAND

Not sure if you're Lactose Intolerant? Take this simple at-home test.

Day One

1. Don't eat anything after 10 pm on the evening prior to the test.
2. Choose a breakfast that does not contain dairy, such as 2 slices of whole wheat toast with jam and orange juice. Have a 12oz glass of fat free milk. Using fat free milk will eliminate the possibility that the fat in the milk is the cause of any discomfort.
3. Over the next six hours, keep track of any gastrointestinal discomforts, such as gas, bloating, cramping and diarrhea you may have and their intensity using the test checklist (available at lactaid.com).

Day Two

1. Don't eat anything after 10 pm on the evening prior to the test.
2. Eat the same non-dairy breakfast as the previous day and drink a glass of **LACTAID® Fat Free Milk**.
3. Over the next six hours, do not eat or drink any foods or beverages that contain milk or dairy. Keep track of any gastrointestinal discomforts such as gas, bloating, cramping and diarrhea you may have and their intensity using the test checklist (available at lactaid.com).

Test Results

If you haven't experienced any discomfort during Day Two or the symptoms were much milder than on Day One, you may be lactose intolerant. Consult your physician. Several simple tests can verify whether you have this condition.

NOTE:

If you experience any unusual or extreme discomfort during testing, consult a physician immediately.

Bring your favorite dairy back to the table with **Lactaid!**



Real, farm-fresh milk that's 100% lactose-free and 100% delicious.

- The #1 brand of lactose-free milk
- A great source of vitamin D and calcium for strong, healthy bones and teeth
- Enjoy it by the glass or in your favorite recipes
- Find it in the dairy case



Take with your **first bite** or sip of dairy!

LACTAID®
Fast Act Supplements



Anytime, anywhere, any dairy you like!

#1 Pharmacist Recommended Brand

- Take one with **your first bite or sip** of dairy to help you get the recommended 3 servings of dairy each day
- Works naturally to make dairy more digestible
- Look for them in the digestive health aisle

Love it with
Lactaid
BRAND