



100% Milk. No Discomfort. 100% Lactose free

Does the dairy you love, like milk, cheese and ice cream, not love you back? If so, you might be lactose intolerant. That means your body may have trouble digesting lactose, the natural sugar found in dairy products. This can cause gas, bloating and diarrhea – and can cause you to avoid dairy. **But with LACTAID® Products, there's an easy way to enjoy all of your favorite dairy foods!**



Did you know?

Some people have a higher chance of being lactose intolerant. These groups include Hispanics, African Americans, Asians and people of Jewish descent.

From Delicious To Nutritious, Enjoy Lactose Free Milk.

Getting the recommended **three daily servings** of milk and other dairy products each day is important for a balanced diet. Here are some healthy reasons to enjoy dairy every day:

- Milk contains nine essential nutrients like vitamins A and D, calcium, potassium and protein, needed for a healthy body
- Calcium and vitamin D help build and maintain strong healthy bones in both children and adults
- Protein is an important building block for bones and muscles

Source: National Dairy Council



Lactaid
BRAND

Not Sure If You're Lactose Intolerant? Try this at home.

1 Day

- ☐ 1. Don't eat or drink anything after 10pm on the night before the test.
- ☐ 2. Enjoy a breakfast that doesn't include any dairy like yogurt or cheese. Try eggs and whole wheat toast with jam. In addition, include a large 12 fl. oz. glass of fat free regular milk.
- ☐ 3. Keep track of any discomfort you experience (gas, bloating, cramping, diarrhea) over the next three hours.*
- ☐ 4. Don't eat or drink anything after 10pm.

2 Day

- ☐ 1. Eat the same breakfast as on Day One.
- ☐ 2. Drink a large 12 fl. oz. glass of **Fat Free LACTAID® Milk**.
- ☐ 3. Keep track of any discomfort you experience (gas, bloating, cramping, diarrhea) over the next three hours.*

3 Results

If your stomach wasn't upset during Day Two or the symptoms were milder than on Day One, you **may** be lactose intolerant. **Talk with your doctor.** If you are lactose intolerant, LACTAID® Milk and LACTAID® Fast Act Supplements can help you bring dairy back into your diet, without upsetting your stomach.

**NOTE: If you experience any unusual stomach discomfort during testing, talk to your doctor immediately.*

LACTAID® Milk:

100% lactose free so it's easy to digest
if you have lactose intolerance.
#1 Brand of Lactose Free Milk

- Real, farm fresh milk that's 100% delicious
- A great source of vitamin D and calcium for strong, healthy bones and teeth
- Enjoy LACTAID® Milk by the glass or in your favorite recipe
- Find LACTAID® Milk in the dairy case



LACTAID® Fast Act Supplements:

Take with your first bite or sip of dairy!
Anytime, anywhere, any dairy you like!

- Works naturally to make dairy more digestible
- Enjoy delicious dairy foods like ice cream, pizza and mac 'n cheese
- Look for LACTAID® Fast Act Supplements in the digestive health aisle

*This statement has not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure or prevent any disease.*

