

100% Milk. No Discomfort. 100% Lactose Free.

Does your stomach get upset after drinking milk?

If so, you may be lactose intolerant. Your body may have trouble digesting lactose, the natural sugar found in milk.

How can you tell if you are lactose intolerant?

People who have lactose intolerance may get the following symptoms after drinking milk:

- Upset stomach
- Gas
- Bloating
- Diarrhea

African-Americans, Latinos, Hispanics and Asians may be more likely to be lactose intolerant.



How many milk or dairy servings* should you and your family get daily?

*1 serving of dairy = 1 cup (8 fl. oz.) of milk, 1 1/2 oz. of hard cheese or 8 oz. of yogurt



Children and Adults
(Ages 9 and Above)

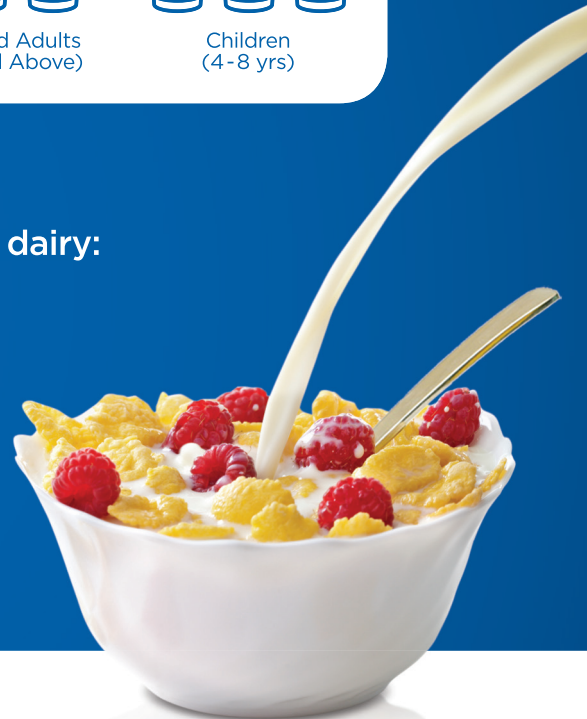


Children
(4-8 yrs)

Delicious and Nutritious

Here are some healthy reasons to get your daily dairy:

- Milk contains nine essential nutrients needed for good health
- Milk is a great source of:
 - **Calcium** and **vitamin D** for strong bones and teeth
 - **Protein** and other essential nutrients for a healthy body
- Drinking milk is an important source of nutrition for children and women who are either pregnant or breastfeeding



Are You Lactose Intolerant? Enjoy LACTAID® Milk.

All of the Goodness! None of the Lactose®

Lactose free milk lets you include dairy in your diet every day.

- Is 100% real milk that won't cause discomfort due to lactose
- Has all the same healthy nutrients of regular milk
- Can be enjoyed by the glass, in your cereal or in your favorite recipes



Sponsored by

Lactaid
BRAND

Enjoy lactose free milk without the worry of upsetting your stomach.

Check with your local WIC agency to request lactose free milk.

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