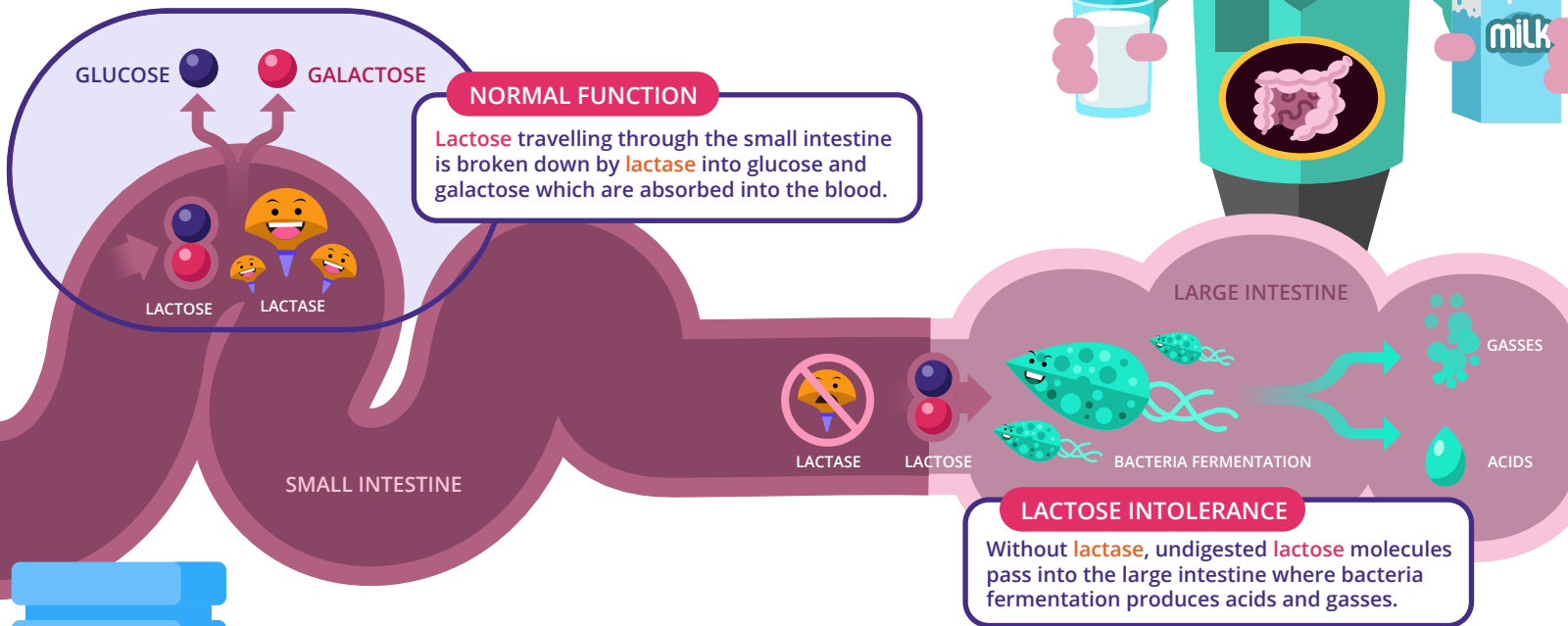


Understanding Lactose Intolerance



What is lactose intolerance?

Lactose intolerance is the **impaired ability to digest lactose, a sugar found in milk and other dairy products**. This happens when the body doesn't make enough **lactase** which is an enzyme that breaks down **lactose**, producing unwanted symptoms like stomach cramps, diarrhea, gassiness, bloating and nausea.



Ways to treat lactose intolerance?

- 1 Taking a **lactase enzyme before you eat** foods that contain dairy may prevent the symptoms of lactose intolerance.
- 2 Lower the amount of **lactose in your diet** by
 - a) avoiding or lowering your consumption of dairy products.
 - b) choosing lactose-free alternatives that help you get back to the foods you love without the side effects.

