

Lactofree: The Facts.

What is Lactofree?

Lactofree is made from semi-skimmed cows' milk and gently filtered to remove half the milk sugars. Lactase enzyme is then added to the milk to break down the remaining milk sugars into simpler forms that your body can absorb. Because there is nothing else added or taken away, Lactofree has all the nutritional goodness of regular semi-skimmed milk.

How is Lactofree made?

Lactofree starts off as semi-skimmed cow's milk, a gentle filtration process and the addition of the lactase enzyme ensures that more than 99.95% of the lactose is removed but leaves the taste and naturally occurring goodness of farm fresh milk behind. This ensures that Lactofree is a delicious and healthy alternative to cow's milk.

Can you cook with Lactofree?

Yes! Because Lactofree is made from cow's milk, you can use Lactofree just as you would regular semi-skimmed milk. So just swap Lactofree for cow's milk in your favourite recipe and you can enjoy your favourite dishes without any worries about stomach discomfort.



Is Lactofree suitable for small children?

Yes, but first of all check with your doctor. Remember that lactose intolerance is unusual in babies unless caused by a temporary illness, in which case the GP may advise that you steer clear of dairy products until the baby is fully recovered, and will give you other dietary advice. Otherwise, the same guidelines would apply to Lactofree as for ordinary's cow's milk. It is not advisable for babies to drink straight cow's milk before one year - breast or formula milk should be given. However, it can be introduced in cereal, puddings and sauces in small amounts from the age of six months.

Would it not be easier to avoid cow's milk altogether and use an alternative such as soya?

The distinct advantage that Lactofree has over soya and formula milk is its taste. This is especially beneficial for people who have developed a lactose intolerance but enjoy drinking milk on its own or like to use it in cooking. Also, Lactofree will provide the energy and nutrients found in milk which aid normal healthy growth and development.

Where to buy Lactofree?

You'll find Lactofree just above the fresh milk in all major supermarkets including:

Asda
Morrisons
Sainsbury
Tesco
Waitrose

Where to find out more about lactose intolerance

1. Go to www.lactoseintolerance.org.uk and www.lactofree.co.uk
2. Ask your GP or community dietician
3. Phone the Arla helpline on 0845 600 6688

This leaflet has been developed in conjunction with Dr John Mayberry, Consultant Gastroenterologist at Leicester General Hospital and Dorothy Cullinane, a specialist in this field. Lactofree® is a registered trademark of Arla Foods.





Living with Lactose Intolerance

A simple guide to help you and your family



Lactose Intolerance

Understanding it.

What is lactose intolerance?

Lactose Intolerance 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 (changed in the liver into glucose) that can be absorbed into the bloodstream. Our bodies need sugar as a source of fuel, but the only sugar our bodies are able to use is glucose. Therefore all sugars entering our systems have to be converted into glucose. Undigested lactose remains in the large intestine and is fermented by bacteria creating very uncomfortable abdominal symptoms.

What are the symptoms of lactose intolerance?

The symptoms usually begin 30 minutes to 2 hours after eating a meal containing lactose and are usually described as:

- Wind, flatulence;
- Stomach cramps;
- Nausea;
- Bloating of the abdomen;
- Diarrhoea.

Symptoms vary from person to person, and people can tolerate differing amounts of foods containing lactose. That is mainly why lactose intolerance is a very misunderstood condition as there are no really positive criteria for diagnosis.

These symptoms can appear for other reasons and are often mistakenly diagnosed as Irritable Bowel Syndrome (IBS).

This can be frustrating for patients and healthcare professionals. The patient may keep re-presenting at the practice with the same symptoms, which can cause them to be labelled as “over anxious” or “stressed” because the healthcare professional seems unable to discover any underlying disease and therefore cannot recommend any treatment to resolve the problem.

There is a huge variability in understanding and testing for lactose intolerance. There are appropriate tests but they do not seem to be offered on the NHS as a matter of course. The tests can be obtained privately, but they are not standardised.

How common is lactose intolerance and how many people are affected?

Permanent lactase deficiency develops in a large proportion of the world's population and they are therefore susceptible to lactose intolerance. According to various sources, between 2 and 15% of the UK white population is lactose intolerant, whereas 95% of Asians, 75% of Afro-Caribbeans, 50% of Mediterranean people and 10% of northern Europeans are, and there may be many millions of sufferers worldwide who are not aware of their intolerance (“the missing millions”).

Overall, people are becoming more aware of lactose intolerance in general and are taking more responsibility in dealing with it. Although not usually a serious or life threatening condition it has an enormous lifestyle impact and can cause much suffering.



Is this leaflet for everyone who has a problem with milk

No. Some people have to avoid milk as they have an allergy to milk protein which is a different condition and is not relieved by substituting Lactofree for ordinary milk. When someone has an allergy to milk they can suffer from a range of symptoms. The skin might be affected, with itchy rashes like eczema or with swelling of the lips, mouth, tongue or nose or itching around the eyes. They might also have a runny nose, sneezing, wheezing or shortness of breath. Sometimes they might have diarrhoea or vomiting. The symptoms may not always be the same. A milk allergy can sometimes be life threatening.

A small number of people have galactosaemia, a condition which is diagnosed at birth. They avoid lactose as a way of avoiding galactose which is one of the sugars produced when lactose is normally digested. As a result Lactofree is not suitable for them as it contains galactose. This leaflet only provides information about lactose intolerance.

Lactose Intolerance

Coping with it.

Treatment for lactose intolerance involves following a low lactose diet. The strictness of this will depend on the degree of lactose intolerance suffered by each individual and this can vary greatly. There are a number of ways to reduce the lactose in your diet without avoiding nutrient-rich milk and other dairy products totally. This is important as milk provides essential nutrients such as calcium, protein, riboflavin, vitamins A and B12, phosphorus and zinc for everyone.

Here are some approaches to try...

- Drink smaller amounts of milk more often rather than drinking larger quantities at one time. This means that the amount of lactose that you are trying to digest at any one time is small and so may be more easily managed
- Drink milk and eat other dairy foods with meals and snacks. Food slows the rate at which the stomach empties and makes it easier for the lactose to be digested
- Try yogurt. Many people with lactose intolerance can tolerate this - the bacteria used to make yogurt have already used up some of the lactose and so make the yogurt easier to digest
- Stick to hard cheese such as mature cheddar, because during the making and maturing, most of the lactose is used up

- Try lactose-free milk - Lactofree - which provides an excellent alternative to milk

Lactofree benefits

Lactofree enables you and your family to enjoy all the benefits of milk. Lactofree is not a substitute or alternative. It is real, semi-skimmed cows's milk that has had virtually all (99.95%) of the lactose removed. Lactofree has the nutritional values of regular cow's milk and provides just the same valuable protein, vitamins and minerals, particularly calcium.

Lactofree, with its virtually lactose free content can be used in exactly the same way as ordinary milk in your tea and coffee, on its own, on cereals and in cooking.