

Information Lactosemalabsorption

In case of lactose-intolerance, consuming milk can result in flatulence, stomach ache, abdominal cramps or diarrhea due to undigested milk sugar.

The polysugar lactose cannot be split (dextrose plus slime sugar) if not enough of the lactose divisive enzyme lactase is produced in the small intestine mucous membrane. The milk sugar can't be absorbed by the body and remains in the small intestine where it causes the e.g. symptoms. Lactose malabsorption is no disease, but causes abdominal discomfort.

You should try to reduce the consumption of milk products with high lactose content. Depending on the severity of the lactose intolerance, it is often sufficient to reduce the intake of lactose content in your diet based on individually subjective wellbeing.

Table of lactose content (g/100 g) in milk and milk products:

milk	ca.	5,0
desserts (Creams, Pudding, Milk rice)	ca.	2,8 – 6.3
junket	ca.	4,5
buttermilk	ca.	4,0
coffee cream	ca.	4,0
powdered milk	ca.	45,0
Coffee cream	ca.	11,5
butter	ca.	0,7
Ice cream	ca.	6,0
Cottage cheese	ca.	3,0
Quark / farmer's cheese	ca.	2,0 – 4.1
Yogurt	ca.	3,7 – 5,6
Kefir	ca.	5,0
Cream/Sahne	ca.	3,5
Cheese spread	ca.	8,9
Cream cheese	ca.	3,4

Please notice that many products include hidden lactose. E.g. Sweets, bread, bakery products, ready-made meals, meat, sausages and some medications.

In case you like to eat lactose containing products, the compatibility can be supported by certain medication supplementing the missing enzyme lactase, either before or during lactose consumption. We recommend starting off with a low dose (e.g. 1-2 tablets per 5 g lactose) and then to adjust to the individual severity of lactose intolerance. The capsule content can be put in or onto the milk products but not hot food; otherwise the enzyme will lose its effect.