

## What is Lactose Intolerance?

Lactose intolerance is the inability to digest significant amounts of lactose, the predominant sugar of milk. This inability results from a shortage of the enzyme lactase.

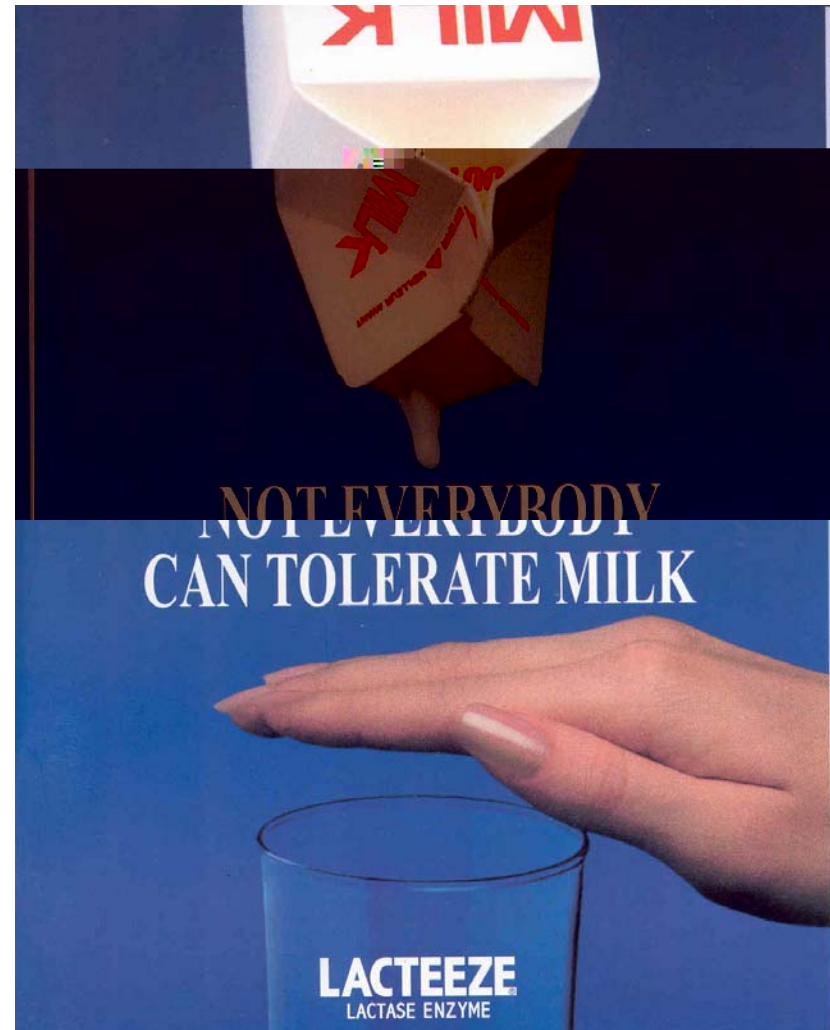
## What are symptoms of Lactose Intolerance?

Symptoms of lactose intolerance include abdominal bloating, gaseousness, cramping and diarrhea. The severity of symptoms varies depending on the amount of lactose each individual can tolerate.

## Which people are the high risk groups for Lactose Intolerance?

Approximately 20–25 % of all populations are at high risk for lactose intolerance. Incidence varies with different races and geographic locations.

Add causes (IBD , IBS .... Here)



## How is lactose intolerance treated?

Fortunately, lactose intolerance is relatively easy to treat. No treatment can improve the body's ability to produce lactase, but symptoms can be controlled through diet and also for those who react to the lactose or have trouble limiting their intake of foods that contain it, lactase enzymes tablets or drops are available to help people digest foods that contain lactose.

## Which foods contain Lactose?

### 1- FOOD/INGREDIENTS THAT CONTAIN LACTOSE:

-Milk and milk products including Cheese, Butter, Ice-cream, Yogurt, Cream, Whey

### 2- ITEMS THAT MAY CONTAIN LACTOSE:

- Puddings, Chocolate, Pancakes, Breads, Pastries and baked goods containing dairy Products

-Baby food dinners & desserts · some Medications

-French fries blanched in whey, Some gravies, Some artificial sweeteners, Powdered eggs , Salad dressings

## Calcium, Calcium, CALCIUM

Calcium is a very important part of your diet. Calcium is necessary for healthy bones and teeth. Women who are more prone to osteoporosis as they age , need to be especially careful to make sure they are getting enough calcium.

In 1997, the Institute of Medicine released a report recommending new requirements for daily calcium intake. How much calcium a person needs to maintain good health varies by age group. Recommendations from the report are shown in the following table.

Age group	Amount of calcium to consume daily (mg)
0-6 months	210 mg
7-12 months	270 mg
1-3 years	500 mg
4-8 years	800 mg
9-18 years	1,300 mg
19-50 years	1,000 mg
51-70+ years	1,200 mg

Also, pregnant and nursing women under 19 need 1,300 mg daily, while pregnant and nursing women over 19 need 1,000 mg.

## LACTEEZE FOR LACTOSE INTOLERANCE

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