



▶ Understanding your symptoms



▶ Calcium is key



▼ What is...?



▶ Dairy digestion test

What are LACTAID® Products?



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LACTAID® is a brand of dairy products and dietary supplements designed to help those suffering from lactose intolerance digest dairy and enjoy food. LACTAID® Milk and Dairy Products are real dairy, with all the essential nutrients of regular dairy products, but none of the lactose. LACTAID® Dietary Supplements do not contain a drug or medicine, but a natural lactase enzyme that can be used by your whole family.

How Do LACTAID® Products Work?

LACTAID® Brand dairy products and dietary supplements use lactase, the natural enzyme that breaks down lactose, a sugar found in milk, to help you digest dairy products without discomfort.

LACTAID® Brand dairy products have lactase enzyme added to break down the lactose in the products themselves into two simple sugars (galactose and glucose), making them easy to digest. LACTAID® Dietary Supplements contain lactase that helps you digest dairy foods when taken with the first bite.



WIC Professionals:
Lactose Intolerance
Education Brochure



Learn the language of
lactose intolerance

