



# spotlight on health

## Lactose Intolerance: What You Should Know

(NAPSA)—An estimated 90 million American adults suffer from lactose intolerance, an inability to digest the primary sugar found in milk. For this reason, many adults drink less milk than they should, robbing themselves of a rich source of a mineral the body needs: calcium.

Lactose intolerance affects nearly every ethnic and racial group in the U.S., with particular prevalence in the Asian, African American and Hispanic communities. Symptoms generally are non-specific and may include: gas/flatulence, bloating, abdominal pain and/or diarrhea. Symptoms can range from mild to severe, but a solution does exist.

Calcium deficiency is one of the country's chronic nutrition problems, with three-fourths of all Americans failing to meet current calcium recommendations. Known as a "superstar" nutrient, calcium not only helps build strong bones and protect against osteoporosis, but research points to an ever-widening role: reducing high blood pressure, controlling colon cancer risk and easing premenstrual syndrome.

Fortunately, there are a growing number of lactose-free and lactose-reduced milk products on the market, making it easier for people to get the calcium (and other nutrients, such as potassium) vital to good health without the side effects.

LAND O LAKES brand Dairy Ease® is one example. This 100 per-



**Drink 3**  
*for the calcium you need*

**Lactose-free milk can be a refreshing way to get calcium and other nutrients.**

cent pure dairy milk is processed to neutralize the lactose enzyme, enabling those with lactose intolerance to more easily digest milk—without changing the great taste and texture or how it can be used as a cooking ingredient.

Calcium is essential for the growth and repair of bones throughout life. By incorporating LAND O LAKES brand Dairy Ease® into a well-balanced daily diet, both men and women can be confident they are receiving the calcium and nutrients that are vital to their health at every stage of life.

LAND O LAKES brand Dairy Ease® comes in two percent and fat-free varieties, in half-gallons and quarts, and is fortified with vitamins A and D. It is also available as whole milk, in half-gallon containers, fortified with vitamin D. To learn more, visit the Web site at [www.dairyease.com](http://www.dairyease.com).