



INFORMATION SHEET LACTOSE INTOLERANCE

- Individuals who are lactose intolerant are unable to digest lactose, one of the main components of milk, because their bodies do not make enough of the enzyme lactase, which allows the body to digest this sugar.
- Unlike food allergies, lactose intolerance does not endanger a person's life and does not normally cause a generalized reaction because it does not involve the immune system.*
- The main symptoms of lactose intolerance include abdominal pain, bloating, abdominal cramping, gas, diarrhea and nausea.
- Lactose-intolerant individuals tend to feel socially isolated due to their condition. Natrel lactose free creams bring them social inclusion by giving them the freedom to share many dishes with the rest of the family.
- Lactose intolerance affects 13% of all households in Canada, i.e. 3.7 million Canadians. It affects 16% of Ontarians (1.76 million individuals) and 10% of Quebecers (680,000 individuals).**
- There is a higher percentage of lactose-intolerant individuals in cities: Toronto (17%), Ottawa (14%) and Montreal (13%).**

* Source: Association québécoise des allergies alimentaires

** Source: Usage & Attitude Study, Research & Incite Consultants, January 2010