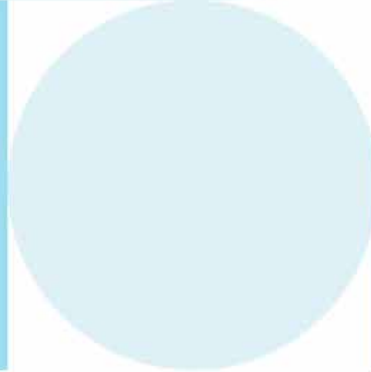
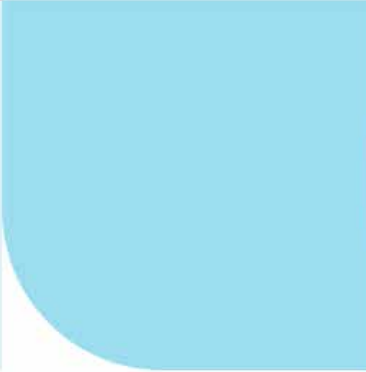
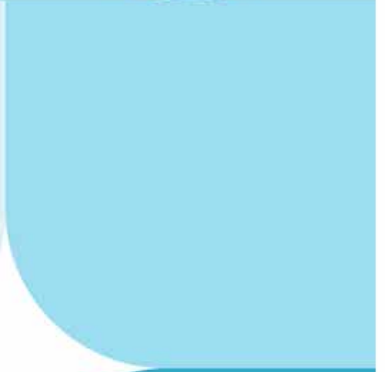
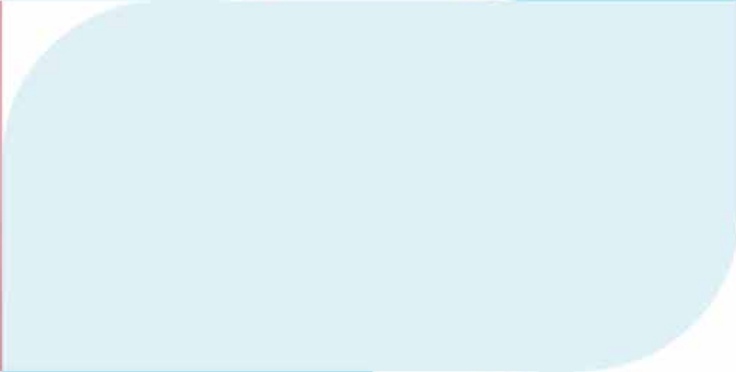




Test report



At-home test



# Lactose intolerance Test

Lab test



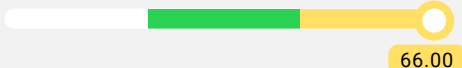

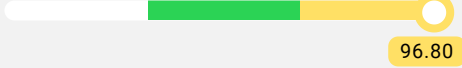
Breath

Name: **Sample Report**    Date of test: **10/12/2023**    Analysis-ID: **DUMMY-67**



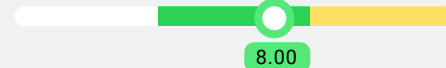


## Your test results - Lactose intolerance

In cases of lactose intolerance, you have more hydrogen or methane gas in the collected air after drinking a solution with lactose, as a lack of the enzyme lactase (which should break down the lactose) means that the lactose is not broken down as it should and then ferments and forms gases in the colon. Your values should be green, and if any of your values are yellow it indicates lactose intolerance.

### Lactose intolerance (Hydrogen)

Name	Your value	Reference value	Scale
Lactose intolerance Test 0 min	<span style="color: green;">●</span> 8.70 ppm	< 10 ppm	
Lactose intolerance Test 30 min	<span style="color: green;">●</span> 5.70 ppm	< 10 ppm	
Lactose intolerance Test 60 min	<span style="color: orange;">●</span> 66.00 ppm	< 10 ppm	
Lactose intolerance Test 120 min	<span style="color: orange;">●</span> 16.70 ppm	< 10 ppm	
Lactose intolerance Test 180 min	<span style="color: orange;">●</span> 96.80 ppm	< 10 ppm	

### Lactose intolerance (Methane)

Name	Your value	Reference value	Scale
Lactose intolerance Test 0 min	<span style="color: green;">●</span> 8.00 ppm	< 10 ppm	
Lactose intolerance Test 30 min	<span style="color: green;">●</span> 8.00 ppm	< 10 ppm	
Lactose intolerance Test 60 min	<span style="color: green;">●</span> 8.00 ppm	< 10 ppm	
Lactose intolerance Test 120 min	<span style="color: green;">●</span> 8.00 ppm	< 10 ppm	
Lactose intolerance Test 180 min	<span style="color: green;">●</span> 8.00 ppm	< 10 ppm	

## About lactose

In the case of test results showing lactose intolerance, you should be aware of all risks but that it is not secondary lactose intolerance, such as due to other disease. If so, the test results should be addressed - the symptoms often go away when the underlying issue is treated.

If you have been told that you are lactose intolerant, you should exclude products with lactose, i.e. milk and other dairy products. Choose lactose-free products instead.

If you tolerate a small amount of lactose, different dairy products contain different amounts of lactose. Yogurt, whipped cream, and cottage cheese contain about half as much lactose as milk, sour cream, and quark. Butter also contains very little lactose, while ghee (clarified butter) is almost completely lactose-free.

You should be aware of lactose for three weeks. Then gradually reintroduce foods with lactose back into your diet. Preferably, you should start with products with a low lactose content and see how you react. Please wait a few days before trying to introduce the next food item.

There are also enzymes (dairy supplements) that help break down lactose that you can use for occasions where you accidentally ingest lactose.

If you choose to completely exclude dairy products, then make sure that you are getting enough calcium and vitamin D either through food or supplements.

## About lactose intolerance

Being lactose intolerant means that you are hypersensitive to lactose (milk sugar). Lactose is a carbohydrate that is found naturally in milk and other dairy products. Lactose intolerance is caused by lactase deficiency, which means that you lack the enzyme lactase, which breaks down lactose in the small intestine. Without enough lactase enzyme, the lactose remains undigested in the small intestine. When lactose is passed on to the large intestine, intestinal bacteria break down undigested lactose instead, which causes gases to form that can lead to stomach cramps and diarrhea. In order to get rid of the problems, it is necessary to reduce or exclude food and drinks containing lactose. When the amount of lactose in the food is reduced or removed completely, symptoms often disappear.

Lactose intolerance is very rare among children under the age of 5. If a child has stomach problems, it usually relates to a cow's milk allergy, but of course, there can be other causes. It is therefore important this is diagnosed correctly so that the right foods are excluded to remove the problems. Below you can read about different causes of lactose intolerance.

### Primary lactose intolerance

Primary lactose intolerance is the most common type of lactose intolerance. It is hereditary in origin and more common in Asia, Africa, and southern Europe. Primary lactose intolerance is due to reduced production of the enzyme lactase, which is needed to break down the milk sugar lactose. It is usually during the school and youth years that the production of lactase begins to decrease in people with hereditary lactose intolerance.

For people with primary lactose intolerance, it is common to experience discomfort from foods that contain a lot of milk sugar, for example, milk. On the other hand, it often goes well with foods that do not contain that much milk sugar. Examples of such foods are aged hard cheese, butter, and yogurt.

## Secondary lactose intolerance

Secondary lactose intolerance, also called temporary lactose intolerance, occurs if the small intestine/mucosa is damaged due to an untreated intestinal disease or parasite infection. Examples of such a disease are gluten intolerance, which causes inflammation and breaks down the intestinal lining in the small intestine and means nutrients cannot be absorbed. Secondary lactose intolerance generally goes away when the root cause is treated and the intestinal damage healed.

## Congenital lactose intolerance

Congenital lactose intolerance is very rare and means that the body cannot produce lactase at all. Unlike primary and secondary (temporary) lactose intolerance, congenital lactose intolerance is a disease. It is transmitted genetically and is noticeable from birth. The child gets watery diarrhea as soon as they start breast feeding or a breast milk substitute. In order for the child to avoid the problems, a lactase-free breast milk substitute is required. The one who has congenital lactose intolerance must usually eat foods with as little lactose as possible throughout their life.

## Lactose intolerance and cow's milk allergy

Many confuse lactose intolerance with an allergy to cow's milk (also called milk protein allergy or milk allergy) even though they are two completely different things. In the case of an allergy to milk protein, you cannot tolerate the proteins in milk, unlike lactose intolerance, where it is the milk sugar, lactose, that causes problems.

Milk protein allergy is caused by the body's immune system reacting to one or more proteins found in milk. The immune system then forms special antibodies called immunoglobulin (IgE), which in turn activates immune cells in the body that cause inflammation. The symptoms are vomiting, stomach ache, diarrhea, and skin reactions in the form of eczema and hives. Asthma is also another symptom, and in some cases, individuals experience anaphylactic reactions. For sensitive milk allergy sufferers, they sometimes only need very small amounts to get a reaction. People with a milk protein allergy are advised against eating and drinking any dairy products, including goats and sheep. Similarly, dairy products that are lactose-free and lactose-reduced should be avoided.

Lactose intolerance instead results from the body lacking the enzyme lactase, which breaks down the milk sugar, lactose. Lactose intolerance manifests itself as intolerance, stomach ache, and diarrhea. Lactose intolerance is very rare among children in industrialized countries. When you think a lactose intolerance may instead be a cow's milk allergy, of course, you cannot know for sure as there are several different causes of lactose intolerance and the symptoms of lactose intolerance and cow's milk allergy are similar. It is therefore important to seek help and when blood test to determine the correct diagnosis.

On the next page, you will find a table of products showing the amount of lactose they contain. If you get a rash from lactose intolerance, you should avoid lactose for three weeks. Then try to gradually reintroduce foods with lactose back into your diet. Preferably start with products with a low lactose content and see how you react. Wait a few days before you try to introduce the next item.

## Lactose in foods

Amount	Food
<0,01 grams	Lactose-free products, hard cheese, soft cheese, dairy-free margarine/ shortening, breadcrumbs*.
<0,01 grams	Cracked bread*, white mold cheese, green mold cheese, cream substitute, mayonnaise*, dressings*.
0,1 - 1 grams	Low-lactose products, butter, margarine, mozzarella, graham bread and French bread*, liver pâté*, feta cheese, potato and corn chips*.
1 - 3 grams	Confectionery*, whipped cream, crème fraiche, pancake mix*, mayonnaise (light), cream cheese, sausage*, yoghurt, meringues (with skimmed milk), soft cheese with milk powder, halloumi.
>3 grams	Ice cream, milk, unpasteurized milk, goat's milk, cheese products, coffee cream, sour cream, quark.
>6 grams	Cottage cheese, Swedish whey butter, certain porridge powders, milk chocolate, nougat*, some müsli*, mashed potato powder*, spice mixes*, dry sauce mixes*.

This test does not replace a medical consultation. Always seek medical attention if you experience severe symptoms.

