

Lactose

INGREDIENT GUIDE

SIMPLE SUGARS

- **FRUCTOSE**
- **GLUCOSE**
- △ **GALACTOSE**

LACTOSE



WHAT IS LACTOSE?

Lactose is also the main carbohydrate in breast milk. This is true even if mom does not eat cow's milk dairy. Many infant formulas use lactose as a primary or secondary source of carbohydrate.

Lactose provides important energy to fuel all the growing that babies do. Humans are able to digest lactose and utilize it for energy since our bodies make lactase, an enzyme that breaks it down²

Lactase is made in the small intestines, and amazingly, babies start making it during the third trimester in utero. This means babies are equipped to digest lactose—from either breast milk or formula—as soon as they're born.²

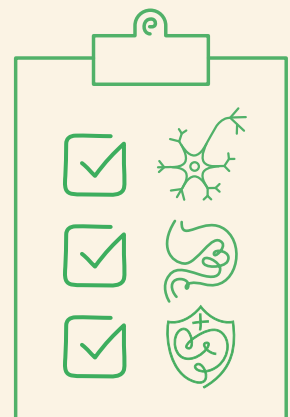
WHAT ARE THE BENEFITS OF LACTOSE?

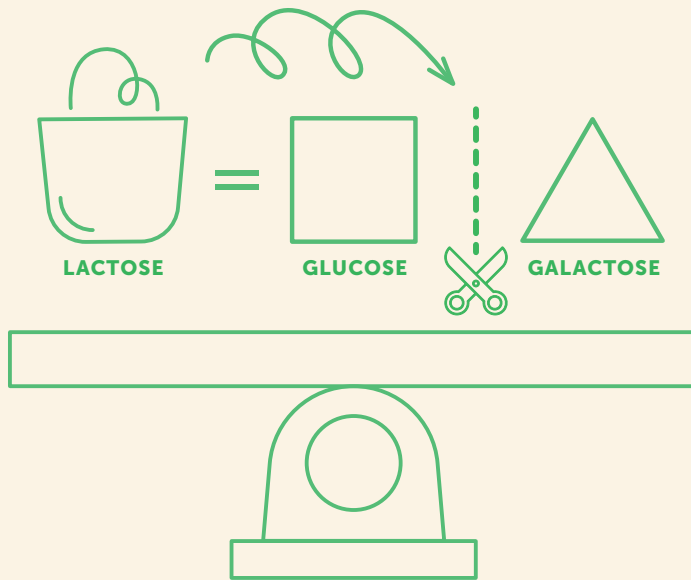
Besides being a well-utilized source of energy for babies, there may be other benefits of lactose.

Lactose plays a role in how minerals are absorbed. Research has shown that infants had higher absorption of calcium from a formula with lactose compared to when they were fed a lactose-free infant formula. While adequate calcium was absorbed from the lactose-free formula to meet nutritional needs, this learning helps illustrate one of the roles of lactose.^{3,4}

Lactose has also been shown to assist in the absorption of other minerals including copper, magnesium and manganese.⁴

Lactose may also help contribute to a healthy GI tract. Infants do not digest and absorb all of the lactose they consume. Undigested lactose can act as a prebiotic, or fuel, for beneficial gut bacteria like Bifidobacteria.^{5,6}





WHAT ABOUT LACTOSE INTOLERANCE?

Lactose intolerance occurs when there's a deficiency in the amount of lactase produced by the body. While this diagnosis is serious, true lactose intolerance (or lactase deficiency) is quite rare in infants.⁷

Because the symptoms of cow's milk protein allergy and lactose intolerance can overlap, it's easy for parents and healthcare professionals to misinterpret or confuse these two conditions. However, they are distinctly different: lactose intolerance results in a reduced ability to digest lactose, a carbohydrate. Cow's milk protein allergy, as the name sug-

gests, is an allergic reaction to cow's milk protein.⁸

About 7% of infants in the US have a medical need for a reduced-lactose formula. Despite this, data show that over half of term infant formulas in the US are lactose-reduced. This means alternate carbohydrate sources make up the difference. Some scientists believe we need a better understanding of how these other carbohydrates influence health and development.^{9,10}

bobbie
Med-02/21-TK-v.0

100%
Lactose



TAKE-AWAY

Lactose is an important source of energy for infants. Our bodies start making the tool necessary to digest lactose, called lactase, before we're even born. While some infants have a medical reason for a reduced-lactose or lactose-free formula, true lactose intolerance is quite rare. This important ingredient fuels growth, helps with mineral absorption, and contributes to a healthy GI tract.

Lactose is the main carbohydrate in Bobbie, similar to breast milk.

SOURCES

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