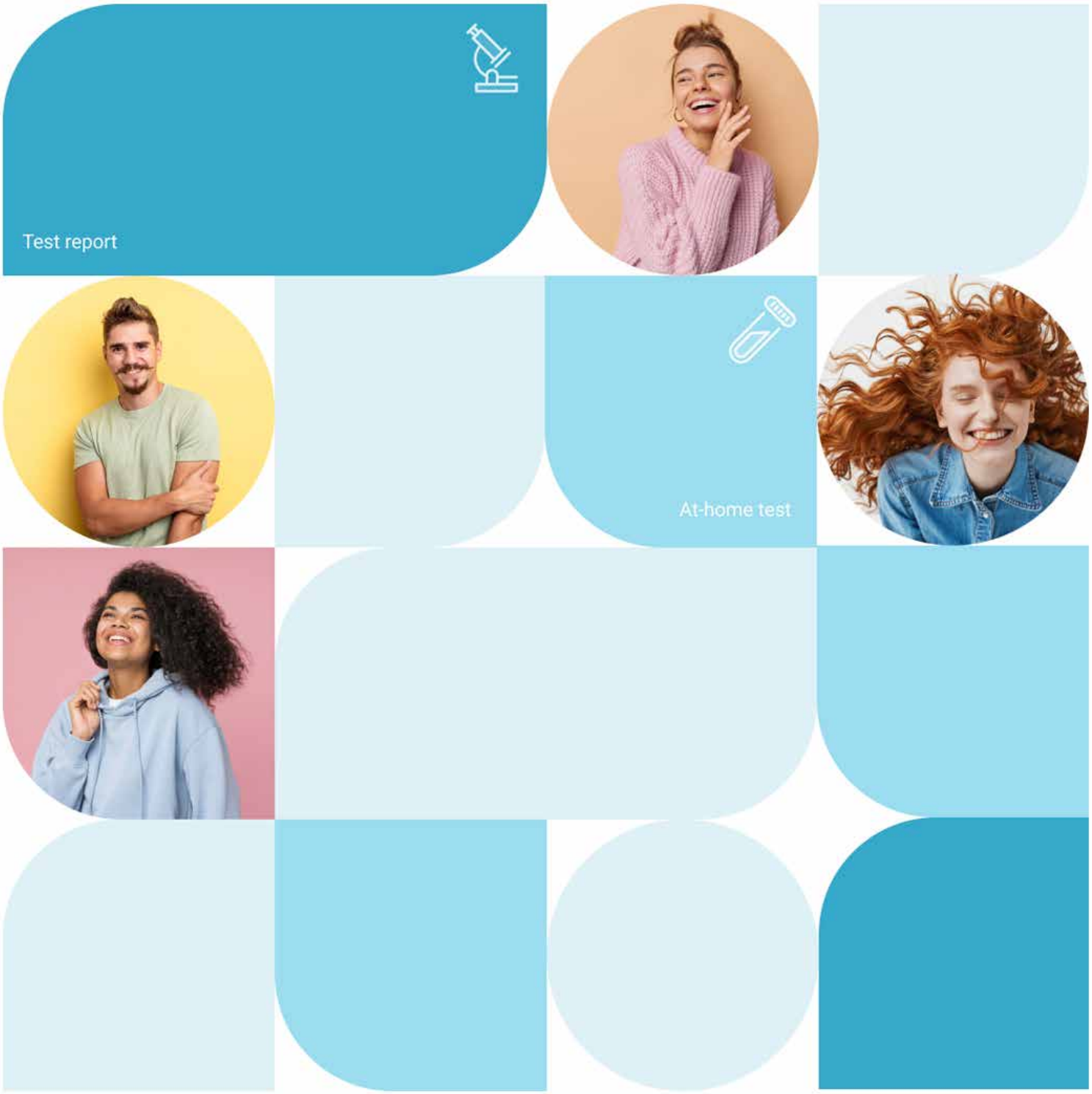

Lactose intolerance Test

Lab test Breath

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

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Your test results - Lactose intolerance

In case of lactose intolerance, you have more hydrogen or methane gas in the exhaled 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 can ferment and form 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	8.70 ppm	< 10 ppm	8.70
Lactose intolerance Test 30 min	5.70 ppm	< 10 ppm	5.70
Lactose intolerance Test 60 min	66.00 ppm	< 10 ppm	66.00
Lactose intolerance Test 120 min	16.70 ppm	< 10 ppm	16.70
Lactose intolerance Test 180 min	96.80 ppm	< 10 ppm	96.80

Lactose intolerance (Methane)

Name	Your value	Reference value	Scale
Lactose intolerance Test 0 min	8.00 ppm	< 10 ppm	8.00
Lactose intolerance Test 30 min	8.00 ppm	< 10 ppm	8.00
Lactose intolerance Test 60 min	8.00 ppm	< 10 ppm	8.00
Lactose intolerance Test 120 min	8.00 ppm	< 10 ppm	8.00
Lactose intolerance Test 180 min	8.00 ppm	< 10 ppm	8.00

About lactose

In the case of test results showing lactose intolerance, you should first of all rule out that it is not secondary lactose intolerance, such as due to celiac disease. If so, the root cause should be addressed - the complaints often go away when the underlying cause 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. Yoghurt, whipped cream, and crème fraîche contain about half as much lactose as milk, sour cream and quark. Butter also contains very little lactose, while aged hard cheese is almost completely lactose-free.

You should first exclude all 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 (dietary 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 breaks 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 five. 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 that it 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 the 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 yoghurt.

Secondary lactose intolerance

[illegible]

Congenital lactose intolerance

[illegible]

Lactose intolerance and cow's milk allergy

[illegible]

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.

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