

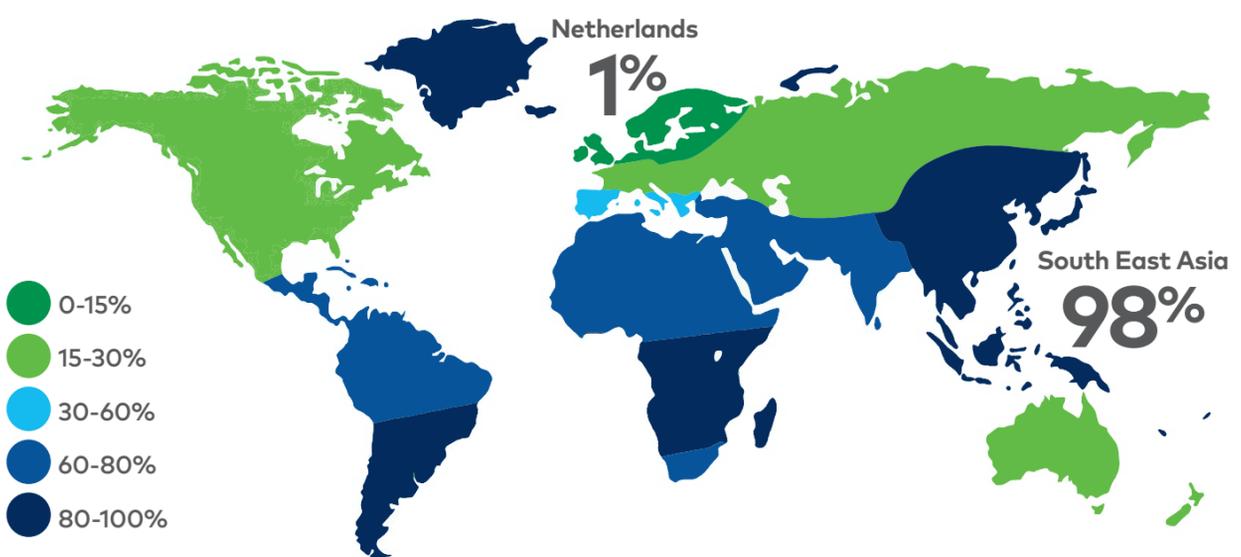


Low lactose options with the goodness of dairy.

# Five key trends for low lactose dairy

## Lineage matters for lactose intolerance

Worldwide prevalence of lactose intolerance in recent populations



The ability to digest lactose differs widely across the globe, with only **1%** suffering lactose intolerance in the Netherlands, **98%** of adults in parts of South East Asia.

**Symptoms are different for everyone** but seem to consistently worsen with ageing as the enzyme for breaking down lactose naturally declines. Certain diseases and medications can temporarily increase lactose intolerance symptoms also, so options for medical nutrition and healthy ageing are important to consider.



## Nourishing dairy protein for all



There are a variety of plant-based and milk-based options available for those with lactose intolerance. Low lactose dairy naturally contains the goodness of complete protein which is great for muscle maintenance, strength and growth, as well as a suite of naturally available nutrients to support bone health.



## It's all about options

A top reason for dairy avoidance is perceived intolerance to lactose. Providing a variety of options is key for consumer acceptance.



## Ageing, lactose, and muscle preservation



After the age of 30, up to **8%** of your muscle mass is lost with each passing decade, with **worsening decline after age 60**.  
With the increased requirements for high quality protein, low lactose dairy can be a perfect addition to support muscle maintenance for our healthy agers.

## Low lactose is on the rise



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