

Acc(u)Life

LACTOSE INTOLERANCE

Lactose Intolerance is a deficiency of the lactase enzyme needed to digest lactose (milk sugar). Those with Lactose Intolerance may be able to digest small amounts of dairy products without assistance, but the symptoms will begin to reveal themselves with higher levels of dairy, such as the levels required on Acc(u)Life Milk Days.

To ensure **proper nutrition** while on the program, if you are experiencing symptoms it is **CRITICAL** to address Lactose Intolerance. Please note, symptoms will typically appear on milk days, but may occur on your vegetable days as well. Symptoms include, but are not limited to:

- Gas
- Bloating
- Diarrhea
- Constipation
- “Brain Fog”
- Bad taste in your mouth especially on milk days
- Thick white or black coating on your tongue

Options for addressing Lactose Intolerance:

1. Use **lactase enzyme** supplements on Milk Days. Lactase enzymes are sold over the counter and are typically located near the antacids. Follow the instructions on the packaging. Should you continue to experience symptoms, double the dosage of enzyme.
2. Switch to **lactose free whole milk**. WHOLE milk is in the RED container.
3. You may use a combination of the above, i.e., use lactose free milk at home and use lactase enzyme supplements with yogurt and/or when you use regular milk outside of the home.
4. Try one of our Plant-Based options. Visit www.youracculife.com/PlantBased for more information.

**If you continue to experience symptoms of Lactose Intolerance
Contact Us so we may assist in addressing the situation.**

**NOTE: ACC(U)LIFE IS NOT A MEDICAL PRACTICE AND
DOES NOT PROVIDE MEDICAL TREATMENT.
PLEASE SEE YOUR OWN PHYSICIAN FOR MEDICAL ADVICE.**