

LACTASE ST



**LACTASE ST is a simple way of achieving lactose hydrolysis for the milk consumer. The enzyme is available as a liquid.**

To use LACTASE ST simply add **20 drops** of LACTASE ST to one litre of milk and mix.

The treated milk is then kept in a refrigerator for overnight or 16 hours. At the end of this period the milk can be consumed without any of the problems of lactose intolerance.

#### CONTACT US



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LACTOSE-FREE LIVING MADE EASY

# LACTASE ST

*Transform Milk In Drops* 



*Simply add  
20 drops of  
Lactase ST per  
1 litre of milk*



**LACTOSE-REDUCED**



**REDUCE BLOATING**



**REDUCE DISCOMFORT**

## Milk contains a sugar known as lactose.

Lactose is a disaccharide sugar (double sugar) made up of one molecule of glucose sugar combined with one molecule of galactose sugar.

**Lactose cannot be absorbed as a sugar by humans.**



The lactose has to be first hydrolysed (or 'digested') into glucose and galactose before these sugars can be absorbed by humans.



**The hydrolysis or digestion is carried out by an enzyme called lactase.**



In prehistoric times once a child stopped breastfeeding there was no need to produce lactase.

Hence a vast majority of humans have evolved in prehistoric times to “switch off” their lactase gene and do not produce lactase as adults.

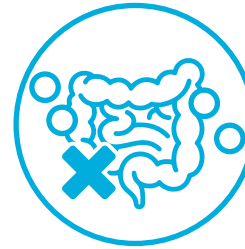
When humans domesticated cows it became possible for the general population to consume milk throughout life.

This was further enhanced by developments in the milk industry eg. production of pasteurized milk, production of milk powder and the expanding use of milk in foods eg. ice-cream.

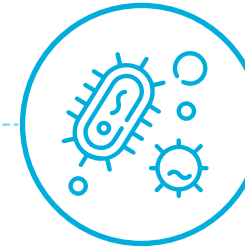
As a result of these developments there are many instances of individuals who are lactase deficient being exposed to and consuming milk or milk based product.

Problems occur when this happens.

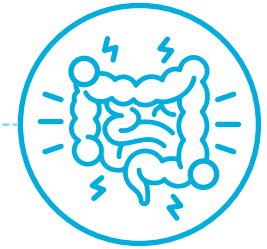
**Such cases are referred to as “lactose intolerance”.**



The unhydrolyzed lactose cannot be absorbed and remains in the human gut.



This lactose then becomes food for the bacteria that inhabit the gut.



The result is intestinal disturbance – diarrhea, vomiting, reflux, etc.

**In some cases it also triggers an allergic reaction.**



The technology exists to enzymatically hydrolyse the lactose before consumption of the milk. Such “**Lactose Hydrolysed Milk**” is available in several parts of the world.

**LACTASE ST is a simple way of achieving lactose hydrolysis for the milk consumer. The enzyme is available as a liquid.**

1. To use LACTASE ST simply add **20 drops** of LACTASE ST to **one litre of milk** and mix.
2. The treated milk is then kept in a refrigerator for overnight or **16 hours**.
3. At the end of this period the milk can be consumed **without any of the problems of lactose intolerance**.



We should also point out that after hydrolysis the milk will taste slightly sweeter. This is because the end products (glucose and galactose) are sweeter than lactose.