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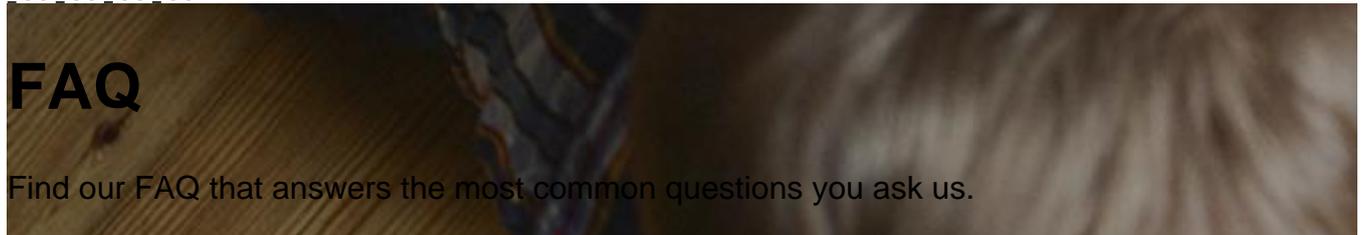


## FAQ

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## FAQ

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## Lactose Intolerance



## How do I know if my baby is lactose intolerant?

Infants with lactose intolerance often see symptoms 30 minutes to two hours after consuming milk and milk products. Symptoms may include:

- Abdominal Pain
- Abdominal Bloating
- Gas
- Diarrhoea
- Nausea

Always consult your health care practitioner before switching to a formula for lactose intolerance.



## What are the causes of Lactose intolerance in babies?

There are many different causes of lactose intolerance, always consult the advice of a health care professional if you feel your baby is lactose intolerant. Some of the causes include:

- Congenital – Meaning lactose intolerance from birth, due to deficiency of the enzyme lactase
- Gastroenteritis – Acute diarrhoea

- Parasitic infection
- Iron deficiency



## **What is secondary lactose intolerance?**

Secondary lactose intolerance is a temporary condition resulting from damage to the lining of the small intestine caused by illness. An example of an illness which can result in secondary lactose intolerance is gastroenteritis.



## **How long will it take before my baby is able to tolerate lactose following illness (secondary lactose intolerance)?**

Secondary lactose intolerance (otherwise known as transient lactase deficiency) can last several weeks. Tolerance varies following acute diarrhoea and can take up to eight weeks before your baby is able to tolerate lactose.



## Is milk allergy the same as lactose intolerance?

No. Milk allergy is the result of intolerance to cows' milk protein. Lactose intolerance is the result of inability to digest the sugar lactose.

## Stools



## What do you consider to be a normal baby stool?

A baby's stool can be affected by a number of factors including the transitioning between different feeding options ( eg. breast milk to formula or between formulas). They may range from soft and unformed, yellowish mustard for breastfed babies to greenish for HA formula fed babies to bulkier, brown stools for intact (non HA) formula fed babies.

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