Lactose is the sugar found naturally in dairy.

Lactose, an enzyme, usually splits lactose into 2 sugars: glucose and galactose.

Lactose intolerance is a condition in which the body is unable to digest lactose properly. This can lead to symptoms such as bloating, diarrhea, and flatulence.

Lactose intolerance is due to the normal digestive bacteria in the colon not being able to digest lactose, which then becomes a substrate for some of the bacteria in the gut.

Symptoms are not specific to lactose intolerance. Other conditions may be involved in neural processes that sense and record symptoms and poor perceived quality of life.


References: