

**Figure S1: Method of lactose content determination in sheep milk fermented beverages - the individual steps of the analytical procedure**

The lactose content of the products was determined in accordance with the method described in Polish Standard PN-68/A-86122 "Milk: Research methods". This is the reference method used to evaluate milk samples and dairy products approved by the Polish Minister of Agriculture and Rural Development in the Regulation of 12 December 2002 (Dz.U.2002.230.1931)

This method involves determining the amount of halogen reduced by the reaction of lactose in the sample with chloramine T and potassium iodide. The indirect determination involves the titration of the previously deproteinized sample, together with the reagents with a 0.04 N sodium thiosulfate solution.

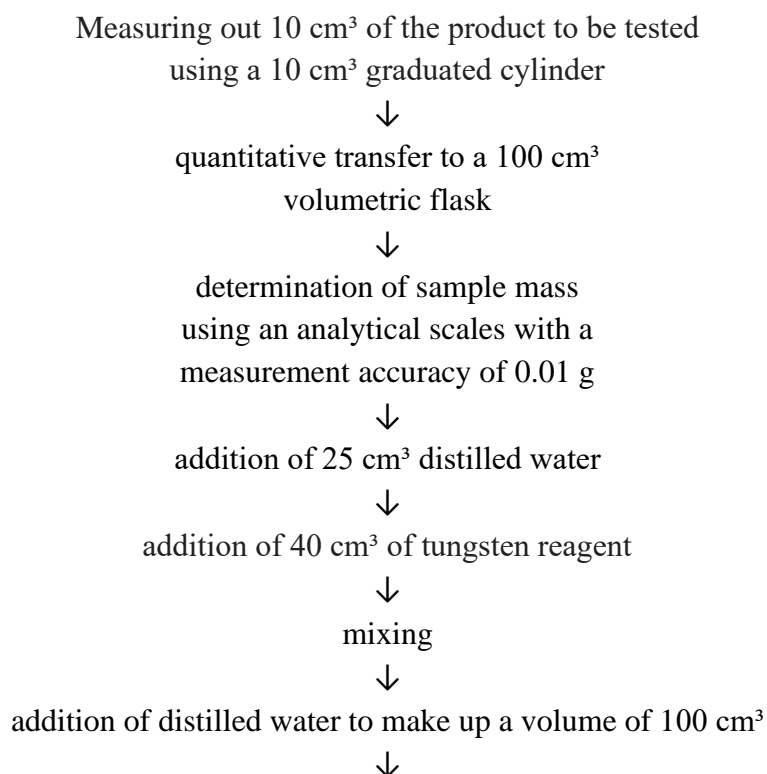
The reagents required are:

- tungsten reagent
- 10% solution of potassium iodide
- 0.57% solution of chloramine T
- 2 M hydrochloric acid solution
- 1% starch solution
- 0.04 M sodium thiosulfate solution.

All reagents used for the determination were prepared immediately before the start of the study, according to a recipe of our devising:

tungsten reagent =		7 g sodium tungstate 870 cm <sup>3</sup> distilled water 0.1 cm <sup>3</sup> 85% orthophosphoric acid solution, 70 cm <sup>3</sup> 1 M sulfuric acid solution
	+	
10% potassium iodide solution =		50 g potassium iodide 450 cm <sup>3</sup> of distilled water
	+	
0.57% solution of chloramine T =		6 g 95% chloramine T solution 994 cm <sup>3</sup> distilled water
	+	
2M hydrochloric acid solution =		100 cm <sup>3</sup> 3M hydrochloric acid solution 50 cm <sup>3</sup> of distilled water
	+	
1% starch solution =		1 g starch 99 cm <sup>3</sup> of distilled water
	+	
0.04 M sodium thiosulfate solution =		9.93 g sodium thiosulphate pentahydrate, 990.07 cm <sup>3</sup> distilled water
	+	

Our analytical procedure for determining the lactose content in the fermented milk beverages is as follows:



mixing  
 ↓  
 Putting aside for ten minutes to allow precipitation of protein  
 ↓  
 filtration into a conical flask  
 ↓  
 transferal of three aliquots of 10 cm<sup>3</sup> each clear filtrate  
 to three conical flasks with polished stoppers, of capacity 300 cm<sup>3</sup>.  
 A blank sample was prepared at the same time.

