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## Approaches to Combating Lactose Intolerance through Fermented Dairy Foods and Probiotics

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Deadline for manuscript  
submissions:

**closed (20 July 2023)**

### Message from the Guest Editor

Dear Colleagues,

Lactase, the  $\beta$ -galactosidase enzyme found in the small intestine, allows humans and other mammals to digest lactose, the primary carbohydrate in milk. Two-thirds to three-quarters of the adults in the world lack this enzyme, and consequently suffer from lactose intolerance. Milk is an excellent source of calcium, vitamin D, and high-quality protein; however, the inability to digest lactose prevents many people from drinking fluid milk. However, fermented milk, probiotics, and milk treated with lactase have little or no remaining lactose and can be enjoyed by lactose-intolerant consumers. New lactose-free products and processes for making them will, therefore, be welcomed by the dairy industry and its customers. This Special Issue focuses on lactose reduction and elimination through the use of bacteria and enzymes.

Dr. Michael Tunick

*Guest Editor*



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# Special Issue



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## Message from the Editor-in-Chief

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