



**How do I know  
if a product is  
lactose free?**



**adilac**

Asociación de intolerantes  
a la lactosa España

## A variety of limits and symbols



In the Union European, and in the rest of the world, there is no single regulation\* that establishes common criteria to consider a product to be lactose free. Each country has defined its own limit. So we find countries that have established the limit at  $<0.01\%$  -Sweden, Norway, Denmark,...-, and countries that have established a higher limit of  $<0.1\%$  Germany, Hungary, Italy,... -. There is no single symbol that identifies the lactose free products. So, in each country, manufacturers and distributors have created their own symbols to identify the lactose free products.

\*There is European regulation only in the case of preparations for infants and continuation formulas, which authorize use of the term "lactose free" if the lactose content in the final product is lower than 2.5mg/100Kj or 10mg/100Kcal.

## One Limit, one symbol

In this situation of confusion for the consumer, Adilac created, in the year 2006, the recommendation brand NO LACTOSE to identify, with guarantee, the products that accomplish the most demanding detection limit existing at that time, which was  $<0.01\%$ . In the year 2015, AECOSAN, Spanish Agency for Consume, Food Safety and Nutrition, saw the need to define an official criteria for consumers, and established that products can be considered lactose free if they prove an absence of lactose below 0.01%.

**$<0,01\%$**

This can also be expressed as:  
 $<100\text{mg/Kg}$   
 $<10\text{mg}/100\text{g}$   
 $<0,01\text{g}/100\text{g}$   
 $<100\text{ ppm}$

