

## Lactose Intolerance

Dairy products like milk, yogurt, and cheese contain the sugar lactose. An enzyme called lactase breaks down this sugar. If you don't produce enough lactase, you can't convert lactose into glucose, causing indigestion.

Erin, you likely do not produce the lactase enzyme.

### Likely lactose intolerant

#### How To Use This Test

This test does not diagnose any health conditions or provide medical advice. Consult with a healthcare professional before making any major lifestyle changes or if you have any other concerns about your results.

Review the Wellness tabular  
See Scientific Details

#### Intended Uses

- To test for the CT113910 variant near the LCT gene.

#### Limitations

- Does not test for all possible variants related to lactase digestion.
- Does not account for lifestyle or other factors that may affect lactase digestion.

#### Important Ethnicities


- The variant in this report is primarily found in people of non-European descent.


### About Lactose Intolerance


Some people can digest dairy products without a problem, while others experience indigestion after consuming dairy products. These differences are largely due to a person's lactase enzyme levels.

#### Biology

Lactase is made by infants so that they can digest their mother's milk. Most people lose the ability to produce lactase during childhood and may experience symptoms of lactose intolerance. But some people who don't make much lactase can still enjoy dairy products without a problem.


 Milk

 Ice cream

 Cheese




#### Genetics

The LCT gene contains instructions for making the lactase enzyme. A nearby region of DNA helps determine whether the LCT gene keeps producing lactase or not. People who inherit two copies of a variant in this region don't make lactase as adults and are typically lactose intolerant.



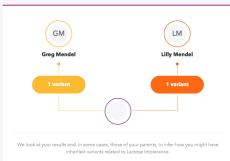
#### Other factors

Other factors can influence your ability to digest dairy products.


-  Other variants >
-  Age >
-  Ancestry >

### You inherited two variants from your parents.

Because you have two copies of the variant that we tested, you almost certainly inherited one from each of your parents.




### Keep exploring your Wellness results.




Learn more about lactose intolerance.

[Learn more](#)



Talk to your healthcare professional about lactose intolerance.

[Prior report](#)




Compare your results to your family and friends.

[Compare](#)

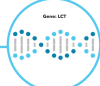
### Lactose intolerance is influenced by variants near the LCT gene.

LCT

Chromosome 2



Gene: LCT



The LCT gene contains instructions for making an enzyme called lactase. This enzyme is made by the digestive system to help break down lactose found in dairy products. Reduced levels of lactase can lead to symptoms of lactose intolerance.

[Read more at Genetics Home Reference](#)

### You have two variants included in this report.

Variants Detected		2	View All Tested Markers	1
Marker Tested	Your Genotype*	G G	Additional information	
CT113910 Gene: Near LCT Marker: rs498233	Variant copy from one of your parents	Variant copy from your other parent	<ul style="list-style-type: none"> <li>&gt; Biological explanation</li> <li>&gt; Typical vs. variant DNA sequence(s)</li> <li>&gt; Percent of 23andMe customers with variant</li> <li>&gt; References [1, 2, 3]   <a href="#">Close</a></li> </ul>	

\*This test cannot distinguish which copy you inherited from which parent. This test also cannot determine whether multiple variants, if detected, were inherited from only one parent or from both parents. This may impact how these variants are presented above.

23andMe always reports genotypes based on the "positive strand" of the human genome reference sequence build 37. Other services sometimes report genotypes using the opposite strand.

### We estimate how you inherited your variants using basic principles of genetics.

In this analysis we provide you an estimate of whether a particular ancestry comes from one parent or from two parents. How do we know if an ancestry came from one parent or both?

#### A. If you have one copy of a variant, and:

- You don't have any parents connected:**

1. Not enough information to determine which parent(s) you share the variant with.

- You have one parent connected, and if your connected parents:**

- Doesn't have the variant: You inherited the variant from your non-connected parent.
- Has one copy of the variant: Not enough information to determine from which parent you inherited the variant.
- Has two copies of the trait variant: You inherited the variant from your connected parent.

- You have both parents connected, and:**

- One parent has the trait variant: You inherited the trait variant from this parent.
- Both parents have one copy of the trait variant: Not enough information to determine from which parent you inherited the variant.
- One parent has one copy of the variant, and the other parent has two copies: You inherited the variant from the parent with two copies.

- If you have two copies of a trait variant:**

- You likely received one copy of the variant from each parent.**

- If you do not have any copies of a trait variant:**

- You didn't inherit any copies of this variant from either parent! However, this does not mean that they didn't have any variants to pass on to you.**



### References

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