

Milk Allergy **VS** Lactose Intolerance

They are **NOT** the same thing.

MILK ALLERGY

An immune system reaction to proteins in cow's milk.



Immune system response



Common symptoms: hives, eczema, swelling, vomiting, wheezing



Symptoms can appear quickly – minutes to hours



Can be serious and potentially life-threatening

LACTOSE INTOLERANCE

A digestive issue. The body has trouble breaking down the sugar (lactose) in milk.



Not an immune system response



Common symptoms: bloating, gas, stomach pain, diarrhea



Symptoms usually appear 30 minutes to 2 hours after eating/drinking



Uncomfortable, but not life-threatening



Different causes. Different reactions.
The right diagnosis makes all the difference.

