



Good Food, Good Life

Nestlé Research Partners with the University Hospital Zürich and Zhejiang University Hospital for Major Study

Lausanne, SWITZERLAND January 2009 – The Nestlé Research Center, Lausanne, Switzerland, announced a scientific collaboration with the University Hospital of Zürich, Zürich, Switzerland and Zhejiang University Medical School Hospital, Hangzhou, China to study abdominal discomfort and gastrointestinal (GI) disturbances in a Chinese population.

The three research institutions will combine their expertise to assess lactose intolerance and the effects of dietary lactose intake in Chinese patients seeking clinical aid for gastrointestinal symptoms. Lactose intolerance occurs when there is not enough of the enzyme lactase to digest the lactose sugar, a carbohydrate found in milk and milk-containing products. Because lactase deficiency is prevalent in about 80% of the Chinese population, many Chinese might experience stomach upset when they consume significant amounts of milk and dairy products.

The scope of this collaborative project includes a three-part study to assess the amount of lactose in the diet of the general Chinese population and also in patients reporting symptoms of abdominal discomfort and gastrointestinal (GI) disturbances. Researchers will additionally compare the effects of lactose intake in people with a predisposition to developing Irritable Bowel Syndrome (IBS) – a condition characterized by symptoms similar to lactose intolerance. With the collected data, scientists aim to identify members of the population most susceptible to symptoms of lactose intolerance and development of IBS.

This project will provide important insights about the increased consumption of milk and dairy products in China and the consequential impacts on public health. Study findings will also help Nestlé to develop nutritional solutions that are lactose-free, aid in the digestion of lactose or that have the potential to reduce symptoms associated with lactose intolerance.

About Nestlé Science and Research

Nestlé Science & Research, encompassing the Nestlé Research Center at Lausanne, (CH), St. Louis (US) and Beijing (CN) and its extensive network of external alliances, is a leading research entity in food, nutrition and life sciences. Based on Nestlé's research emphasis, Nestlé Science & Research builds strategic alliances with the best scientific institutions in the world to bring a full breadth of knowledge to its nutrition, health and wellness research. A diverse staff of premier researchers from a broad range of scientific competencies together with external collaborators worldwide are central to fulfilling Nestlé's vision of *Good Food, Good Life*. Learn more about the Nestlé Research Center at www.research.nestle.com.

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