



## Is Camel Milk Free of Lactose?

### Description

People always ask the question “if camel milk is free from Lactose, I always reply with a big no because camel milk has the same quantity of Lactose as a cow (4%).

Camel milk is misunderstood as low lactose milk which is wrong. Camel milk has the same quantity of lactose as cow milk but the lactate produced (from the camel milk lactic acid bacteria fermentation) in the gut is 100% L-lactate which is not intolerant as D-lactate. Cow milk synthesizes the highest level of D-Lactate, therefore intolerant to some guts (lactose intolerance).

*“Camel lactose is strictly the same as cow or goat lactose!! It is probably the product of lactose fermentation (D or L- lactate) in relationship with the camel milk lactic bacteria strains which could be the different response of famous camelologist Dr. Bernard Faye”*

### [Are the Camels Conquering the World?](#)

Camelologist Dr. Bernard Faye

Lactate is a product of lactose fermentation in the gut, but the natural microflora of camel milk facilitates the production of L- lactate. Here is the link to my article, you can read the comments as well.

Please share your feedback and opinion.

<https://arkbiodiv.com/2023/03/22/camel-milk-lactose-is-tolerable-to-human-gut/#comment-24135>



Camel milk is the most important option hope for the future of camel, food security, and nature

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