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2. Lactase

Lactase

Generic name: lactase [*LAK-tase*]**Brand names:** [Lactaid](#), [Lactaid Fast Act](#), [Lactaid Ultra](#), [Lac-Dose](#), [Lactrase](#), ... [show all 11 brands](#)**Dosage forms:** oral tablet (3000 units; 9000 units), oral tablet, chewable (9000 units)**Drug class:** [Digestive enzymes](#)[Medically reviewed](#) by Drugs.com on Dec 21, 2023. Written by [Cerner Multum](#).[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [Dosage](#) [Interactions](#)

What is lactase?

Lactase is an enzyme that helps your body break down lactose in dairy products. If you are lactose-intolerant, consuming a dairy product can cause gas, bloating, stomach pain, or [diarrhea](#).

Lactase is a dietary supplement that can help prevent these symptoms in people with [lactose intolerance](#) who consume milk or other dairy products.

It is not certain whether lactase is effective in treating any medical condition. Medicinal use of this product has not been approved by the FDA. Lactase should not be used in place of medication prescribed for you by your doctor.

Lactase is often sold as a dietary supplement. There are no regulated manufacturing standards in place for supplements and some marketed products have been found to be contaminated with toxic metals or other drugs. Dietary supplements should be purchased from a reliable source to minimize the risk of contamination.

Lactase may also be used for purposes not listed in this product guide.

Lactase side effects

Get emergency medical help if you have **signs of an allergic reaction**: hives; difficult breathing; swelling of your face, lips, tongue, or throat.

Less serious side effects may be more likely, and you may have none at all.

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

[Lactase side effects](#) (more detail)

Related/similar drugs

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Reviews & ratings

6.6 / 10

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Warnings

Follow all directions on the label and package. Use exactly as directed.

Before taking this medicine

This product may contain phenylalanine and could be harmful if you have [phenylketonuria](#) (PKU).

Ask a doctor, pharmacist, or other healthcare provider if it is safe for you to use this product if you have other medical conditions.

Do not give lactase to a child younger than 4 years old.

Ask a doctor before using this product if you are pregnant or breastfeeding.

How should I take lactase?

When considering the use of a supplement, seek the advice of your doctor. You may also consider consulting a practitioner who is trained in the use of herbal/health supplements.

If you choose to use lactase, use it as directed on the package or as directed by your doctor, pharmacist, or other healthcare provider. Do not use more of this product than is recommended on the label.

Take lactase with the first bite or sip of any dairy product you consume. You may take lactase daily with every meal and snack that contains dairy.

If you consume more dairy products after 30 to 45 minutes, take lactase again.

Call your doctor if you still have symptoms of lactose intolerance or if your symptoms get worse while using this product.

Store at room temperature away from moisture and heat. Do not refrigerate.

Lactase dosing information

Usual Adult Dose for Lactose Intolerance:

Original Strength: Swallow three caplets with first bite of dairy foods to help prevent symptoms.

Extra Strength: Swallow two caplets with first bite of dairy foods to help prevent symptoms.

Ultra Caplets: Take one caplet with first bite of dairy foods to help prevent symptoms.

Maximum Dose: Two caplets at a time.

Ultra Chewables: Chew one chewable tablet with first bite of dairy foods to help prevent symptoms.

Maximum Dose: Two chewable tablets at a time.

Usual Pediatric Dose for Lactose Intolerance:

Original Strength: Swallow three caplets with first bite of dairy foods to help prevent symptoms.

Extra Strength: Swallow two caplets with first bite of dairy foods to help prevent symptoms.

Ultra Caplets: Take one caplet with first bite of dairy foods to help prevent symptoms.

Maximum Dose: Two caplets at a time.

Ultra Chewables: Chew one chewable tablet with first bite of dairy foods to help prevent symptoms.

Maximum Dose: Two chewable tablets at a time.

 [Detailed Lactase dosage information](#)

What happens if I miss a dose?

Take your dose as soon as you can at the beginning of a meal or snack. **Do not** take two doses at one time.

What happens if I overdose?

An overdose of lactase is unlikely to cause serious symptoms.

What should I avoid while taking lactase?

Avoid taking your dose too early or too late in relation to a meal that contains dairy, or lactase could be less effective.

What other drugs will affect lactase?

Other drugs may affect lactase, including prescription and over-the-counter medicines, [vitamins](#), and [herbal products](#). Tell your doctor about all other medicines you use.

Does lactase interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

lactase

+

Enter a drug name

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Patient resources

- [Lactase Chewable Tablets patient information](#)
- [Lactase Tablets](#)

Other brands

[Lactaid](#), [Lactaid Fast Act](#), [Lactrase](#), [Lac-Dose](#), ... +2 more

Related treatment guides

- [Lactose Intolerance](#)
- [Gas](#)

Further information

- Consult with a licensed healthcare professional before using any herbal/health supplement. Whether you are treated by a medical doctor or a practitioner trained in the use of natural medicines/supplements, make sure all your healthcare providers know about all of your medical conditions and treatments.

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

[Medical Disclaimer](#)

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DRUG STATUS

Availability

OTC Over the counter

Pregnancy & Lactation

 Risk data available

CSA Schedule*

N/A Not a controlled drug



User Reviews & Ratings

2.9 / 10

[132 Reviews](#)

Images

[Lactase 3000 Unit \(L113\)](#)

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