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*Warning!! Consume At Your Own Risk!*

My purpose of conducting this experiment was to compare and contrast my test results on two selected lactose intolerance aids. I conducted this experiment by collecting my two lactose intolerance aids and then taking one of them before I consumed certain lactose products. Then, I tested the next lactose aid product by the same experimentation. Once my results were collected, I compared them with each other to see how they were alike and different. Although my original thoughts were that Lactaid would help digestion better. I soon discovered that there was not a physically noticeable difference in the way my body reacted to the lactose after taking either of the supplements. I concluded from this project that I would gladly recommend either Lactaid or Dairy Digest Complete to anyone who suffers from lactose intolerance, and that it is possible to enjoy dairy products again.