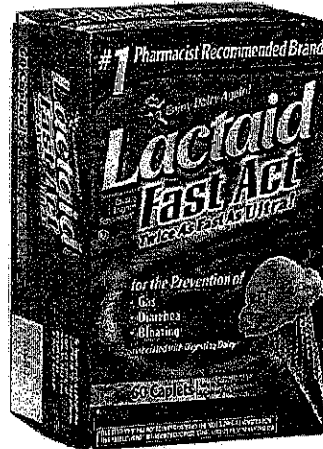




East Tennessee
Gastroenterology
PLLC

PATIENT INSTRUCTIONS FOR LACTAID®



NOT THE
CHEWABLES

Take two (2) caplets with every meal and
one (1) caplet with every snack for two (2) weeks.

Avoid large doses of lactose.
For example: a bowl of ice cream
or glass of milk

East Tennessee
Gastroenterology, PLLC
2404 Chambliss Avenue
Cleveland, TN 37311

George A. Samuel, D.O.