

# Legends Of Zita The Spacegirl

**D Kirk**

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intolerance are unable to fully digest the sugar lactose in milk as a result they have diarrhea gas and bloating after eating or drinking dairy products the condition which is also called lactose malabsorption is usually harmless but its symptoms can be uncomfortable

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malabsorption is akin to lactose

intolerance with respect to fructose

sugar instead of lactose whereas

dietary fructose intolerance is much

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intolerance is a condition where the

liver is unable to process the enzyme

entirely and over time can cause

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disorder of the small intestine in which the fructose carrier in enterocytes is

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and lactose other nuts such as cashews

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nuts also lack lactose but contain trace

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