

WHY LACTOSE-FREE MILK IS A BETTER OPTION?

Milk without lactose is simpler to digest than regular milk



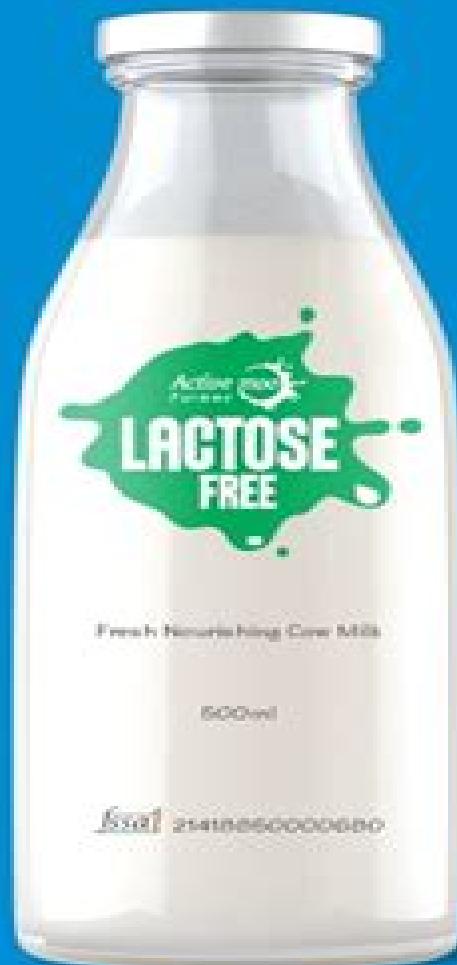
Lactose-free milk tastes sweeter than regular milk



Milk without lactose provides nutrients like calcium



Milk made without lactose has no cholesterol or saturated fat



Getin The Milk For Free

Roman Wölfel

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web step 1 materials you will need a rainbow loom kit rubber bands rainbow loom hook c clip or s clip step 2 making the bracelet take one rubber band and twist it around two pegs on you loom step 3 then once you have the twisted rubber band on the pegs add two more and do not twist them step 4 the hook

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to twist 2 you then grab now carefully

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