

Lactose cream – what is it good for?

Lactose cream was developed to enable the application of lactose also on body parts, where a tablet cannot be placed. Moreover it could be an option for women having a problem using the tablet -e.g. if it slips out of the vagina. But as the cream is not yet covered by our approval for medical devices, we cannot recommend it for vaginal use.

The lactose cream was developed using a special technology enabling inclusion of a high level of lactose – and still get a smooth and gentle cream. Lactose is a well-known humidifier in cosmetics – but as we know – has other beneficial effects. It had only been on the market for 4 months when we asked the web-shop customers about their perception of the cream.

The respondents were asked on which body parts they applied the lactose cream. The answers show that 65% used it on outer genitalia, 35% vaginally, 14% on sensitive skin around the anus and 8% on other sensitive skin.

The respondents were asked to describe their perception of the effect of the lactose cream. The results are found in the table. No respondents experienced “more” or “much more” of the described problem. In total, 73% described their dry skin as “much less” or “less”, 60% found improvement on rough, cracked skin, 81% experienced improvement with itching and smarting and 54% on discharge with an unpleasant odour.

Table. Perception of the effect of applying lactose cream. The percentage is calculated for the users having this particular problem.

Problem	Much less	Less	No difference	More	Much more	Do not know
Dry skin	14	59	21	0	0	6
Rough, cracked skin	15	45	25	0	0	15
Itching and smarting	26	55	10	0	0	10
Discharge with unpleasant odor	23	31	27	0	0	14

The respondents were asked to describe drawbacks in using the cream. Ninety three per cent had no issues. 2 had issues related to price/volume, 1 described “too much good bacteria/overuse” and 1 said the “cream irritated the outer genitalia slightly”. All the answers were from women.

The cream was developed also to help men with bad smell from the penis (smegma). We are still short of a reaction from these intended users.

The cream can be purchased here <https://www.ladybalance.dk/en/ladybalance-lactose-cream/20-ladybalance-laktose-cream.html>.