

# Lactose

At a concentration of about 5%, lactose is the least variable constituent in milk. The rate at which the mammary gland synthesizes lactose from blood glucose is a primary determinant of milk yield. This is because lactose is responsible for drawing water into the space where milk is synthesized.

for more information:

[How the Cow Makes Lactose 1. Glucose from starch](#), *University of Alberta Dairy Research Highlights*