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## Short communication

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### Presence of mono-, di- and galactooligosaccharides in commercial lactose-free UHT dairy products

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4 Ana I. Ruiz-Matute, Marta Corzo-Martínez, Antonia Montilla\*, Agustín Olano, Paula  
5 Copovi, Nieves Corzo

6 Instituto de Investigación en Ciencias de la Alimentación, CIAL (CSIC-UAM), CEI  
7 (CSIC+UAM), C/ Nicolás Cabrera, 9, Campus de la Universidad Autónoma de Madrid,  
8 E-28049 Madrid, Spain

9 \*Corresponding author: Tel: +34 91 0017952; fax: + 34 910017905

10 E-mail: a.montilla@csic.es (A. Montilla)

## 11 Abstract

12 In this work a study of mono-, di- and galactooligosaccharide (GOS) content as well as  
13 the determination of thermal indicators of different commercial lactose-free UHT (LF-  
14 UHT) milks and dairy drinks has been carried out. Moreover, GOS formation during  
15 hydrolysis of lactose in a commercial UHT milk using Lactozym<sup>®</sup> pure 6500 was also  
16 studied. Presence of GOS was detected in all analyzed samples ranging from 950–4350  
17 mg/L in LF-UHT milks and from 600–2260 mg/L in LF-UHT dairy drinks. Their GOS  
18 contents correlate roughly with the remaining lactose content of samples. During  
19 enzymatic hydrolysis of lactose in commercial UHT milk, the GOS formed reached a  
20 maximum about 10000 mg/L when 75–90% of lactose was hydrolyzed and then  
21 gradually decreased to values considerably lower than 5000 mg/L when over 99% of the  
22 lactose was hydrolyzed. Therefore, GOS formation during low lactose milk

23 manufacture might be improved by controlling enzymatic lactose hydrolysis so that it  
24 would be possible to elaborate low-lactose milk products able to satisfy the  
25 physiological requirements of the majority of intolerant groups and with a GOS content  
26 high enough to confer beneficial effect as prebiotic.

27 *Keywords:* Lactose-free UHT; Milks; Dairy drinks; Lactozym<sup>®</sup>; GOS; Prebiotics;  
28 Furosine; Food composition; Food analysis

## 29 **Abbreviations**

30 GOS Galactooligosaccharides  
31 LF-UHT Lactose-free ultra-high temperature  
32 TMSO Trimethyl silylated oximes

## 33 **1 Introduction**

34 In recent years lactose-free UHT (LF-UHT) milk has become popular in many countries  
35 since there are a significant number of people who are affected by lactose intolerance,  
36 because they lack the required lactase on the intestinal brush borders to hydrolyze  
37 lactose to glucose and galactose and to be absorbed through the digestive tract. As a  
38 result, lactose reaches the colon where it is fermented, producing symptoms such as gas,  
39 bloating and diarrhea. The deficiency of lactase in varying degrees (hypolactasia)  
40 affects nearly 70% of the world population being the most common enzyme deficiency  
41 in humans (Lomer et al., 2008).

42 As the interest of consumers for lactose-free (LF) milk grows, the number of dairies  
43 producing this type of milk also increases. However, despite the increasing consumption  
44 of LF milk, few data are available on the characterization and quality assessment of

45 these commercial milks (Adhikari et al., 2010; Messia et al., 2007; Rada-Mendoza et  
46 al., 2005).

47 LF-UHT milks present large amounts of reducing monosaccharides which makes them  
48 more susceptible to deterioration than ordinary UHT milk, since monosaccharides are  
49 more reactive than lactose when participating in the Maillard reaction that takes place  
50 not only in the heating process but also during storage of milk (Braekman et al., 2001;  
51 Burvall et al., 1978; Tossavainen & Kallioinen, 2008). Moreover, there are several  
52 procedures involved in the manufacture of LF-UHT milks such as removal (or not) of  
53 some lactose prior to enzymatic hydrolysis; hydrolysis performed before or after  
54 heating; use of enzymes from different origins, in soluble or immobilized form, etc.  
55 (Harju, 2003; Jelen & Tossavainen, 2003; Jokar & Karbassi, 2011). These different  
56 processes used in the production of LF-UHT milks can lead to a wide variability of  
57 hydrolysis and heating markers such as lactulose and furosine, found in different  
58 commercial samples of LF-UHT milks (Messia et al., 2007). It has been described that  
59 heating prior to hydrolysis of lactose is suggested to avoid a considerable loss of  
60 available lysine, an essential amino acid, as a result of the Maillard reaction (Rada-  
61 Mendoza et al., 2005).

62 During manufacture of LF-UHT milks, formation of galactooligosaccharides (GOS) can  
63 also take place by transglycosylation reactions. GOS are produced from lactose by  
64 glycosyl transfer of one or more D-galactosyl units onto D-galactose moiety of lactose  
65 catalyzed by  $\beta$ -galactosidases (Mahoney, 1998). The amounts and composition of the  
66 GOS fraction formed can be influenced by a number of factors, including enzyme  
67 source, pH and temperature (Boon et al., 1998).

68 GOS are defined as non-digestible food ingredients that beneficially affect the host by  
69 selectively stimulating the growth and/or activity of one or a limited number of bacteria  
70 in the colon that can improve host health (Gibson & Roberfroid, 1995). Although there  
71 are some studies that show GOS formation during enzymatic hydrolysis of milk (Indyk  
72 et al., 1996; Mahoney, 1998; Mozaffar et al., 1985; Rustom et al., 1998), data about  
73 GOS composition and variability of content in commercial LF-UHT milks are not  
74 available. It would be interesting to know the GOS composition of LF products in order  
75 to develop products that satisfy the physiological requirements of intolerant groups, that  
76 would contain enough prebiotics to be beneficial. Therefore, the aim of this work was to  
77 study carbohydrate composition (mono- and disaccharides and GOS) and the thermal  
78 damage of commercial LF-UHT dairy products, as well as to research GOS formation  
79 during controlled hydrolysis of lactose in milk.

## 80 **2 Materials and methods**

### 81 **2.1 Standards**

82 Lactose was acquired from Scharlau (Barcelona, Spain), D-galactose and D-glucose  
83 from Fluka (Steinheim, Germany). Fructose, tagatose,  $\beta$ -1,6-galactobiose and phenyl- $\beta$ -  
84 glucoside were purchased from Sigma (St. Louis, MO, USA). Allolactose, 6'-  
85 galactosyl-lactose and 4'-galactosyl-lactose were standards previously synthesized in  
86 our laboratory (Cardelle-Cobas et al., 2008; Cardelle-Cobas, 2009; Martínez-  
87 Villaluenga et al., 2008).

### 88 **2.2 Samples**

89 Samples of UHT milk (n=1), LF-UHT milks (n=7) and LF-UHT dairy drinks (n=5),  
90 from different manufacturers were purchased from different Spanish supermarkets,  
91 stored at refrigeration temperature and analyzed before the sell-by date. Labeling of

92 samples showed lactose content lower than 100 mg/L. Protein content, determined using  
93 the Kjeldahl method (AOAC, 1990) was in the ranging from 26–31 g/L product.

### 94 **2.3 Enzymatic hydrolysis of lactose from milk**

95 Hydrolysis of lactose from a commercial UHT milk was performed by  $\beta$ -galactosidase  
96 (EC 3.2.1.23) activity from *Kluyveromyces lactis* of the commercial enzymatic  
97 preparation, Lactozym® pure 6500 (U/mL) (Novozymes, Dittingen, Switzerland). For  
98 incubations, 0.3 U/mL of this preparation was added to an UHT milk sample at 30 °C in  
99 aseptic conditions. Reactions (in duplicate) were carried out in individual Eppendorf  
100 tubes and incubated in an orbital shaker at 600 rpm at different times for 30 h and  
101 immediately immersed in boiled water for 5 min to inactivate the enzyme. The samples  
102 were stored at -18 °C for subsequent analysis.

### 103 **2.4 Determination of carbohydrates**

104 Before analysis, samples were deproteinized using anhydrous methanol (1:10, v:v) for  
105 24 h. Supernatant was collected, centrifuged at 10,000 rpm for 5 min and stored at 4 °C  
106 for further analysis. All preparations were carried out in duplicate.

#### 107 **2.4.1 High-performance anion exchange chromatography with pulsed** 108 **amperometric detection (HPAEC-PAD) analysis**

109 Mono-, disaccharides and GOS were analyzed by HPAEC-PAD in an ICS2500 Dionex  
110 system (Dionex Corporation, Sunnyvale, CA) consisting of a GP50 gradient pump, and  
111 ED50 electrochemical detector with a gold working electrode and Ag/AgCl reference  
112 electrode. Data acquisition and processing was performed with Chromeleon version 6.7  
113 software (Dionex Corporation). For preparation of eluents, MilliQ water (Milli-Q  
114 Synthesis A10 system; Millipore, Billerica, Mass., USA), NaOH (50%, w/v) and

115 NaOAc (Fluka, Germany) were used. All eluents were degassed by flushing with  
116 helium for 25 min.

117 Separations were performed following the method described in Splechna et al. (2006).  
118 Elution was at room temperature on a CarboPac PA-1 column (250×4mm) connected to  
119 a CarboPac PA-1 (50×4mm) guard column. Eluent A (100 mmol/L NaOH) and eluent B  
120 (100 mmol/L NaOH and 50 mmol/L NaOAc) were mixed to form the following  
121 gradient: 100% A from 0–20 min and 0–100% B from 20–70 min. After each run, the  
122 column was washed for 10 min with 100% of eluent C (100 mmol/L NaOH and 1 mol/L  
123 NaOAc) and re-equilibrated for 15 min with the starting conditions of the employed  
124 gradient.

125 Two milliliters of methanolic extracts were evaporated, reconstituted in 1mL of  
126 bidistilled water and filtered through a nylon Millipore FH membrane (0.22 µm)  
127 (Bedford, MA) before injection (20 µL). Separations were performed at a flow rate of 1  
128 mL/min. Quantification of GOS was performed by external calibration using a standard  
129 solution of raffinose being the regression coefficient of calibration curve higher than  
130 0.99. All analyses were carried out in duplicate and data were expressed as mean ±  
131 standard deviation (SD).

#### 132 **2.4.2 Gas chromatographic (GC) analysis**

133 Trimethyl silylated oximes (TMSO) of monosaccharides (glucose, galactose, fructose  
134 and tagatose) and disaccharides (allolactose, lactose, β-1,6-galactobiose and sucrose)  
135 were determined by GC following the method of Cardelle-Cobas et al., (2009).  
136 Chromatographic analysis was performed on Agilent Technologies gas chromatograph  
137 (Mod 7890A) equipped with a flame ionization detector (FID). Separation was carried  
138 out in a fused silica capillary column HP-5MS (5% phenyl methylsilicone, 25 m x 0.32

139 mmol/L x 0.25  $\mu\text{m}$  thickness; J & W Scientific, Folsom CA, USA). Nitrogen was used  
140 as carrier gas at a flow rate of 1 mL/min. Injector and detector temperatures were 280  
141 and 315 °C, respectively. The oven temperature was programmed from 180–315 °C at a  
142 heating rate of 3 °C/min and held 20 minutes. Injections were made in the split mode  
143 (1:20). Data acquisition and integration was done using Agilent ChemStations Rev. 4B.  
144 03.01 software (Wilmington, DE, USA).

145 The oximes were formed following the method of Brobst & Lott (1996). First, 1 mL of  
146 methanolic extract (4 mg of sugars) was added to 0.4 ml of internal standard (I. S.)  
147 solution (0.5 mg/mL phenyl- $\beta$ -glucoside). Afterwards, the mixture was dried at 38–40  
148 °C in a rotary evaporator (Büchi Labortechnik AG, Flawil, Switzerland). Sugar oximes  
149 were formed by adding 200  $\mu\text{L}$  hydroxylamine chloride (2.5%) in pyridine and heating  
150 the mixture at 70 °C for 30 min and then silylated with hexamethyldisilazane (200  $\mu\text{L}$ )  
151 and trifluoroacetic acid (20  $\mu\text{L}$ ) and kept at 50 °C for 30 min. Reaction mixtures were  
152 centrifuged at 7000 x g for 2 min at room temperature. Supernatants were injected in the  
153 GC or stored at 4 °C prior to analysis. All analyses were carried out in duplicate and  
154 data were expressed as mean  $\pm$  standard deviation (SD).

155 Response factors were calculated after the triplicate analysis of 5 standard solutions  
156 (galactose, glucose, fructose, tagatose and lactose) over the expected concentration  
157 range in samples.

## 158 **2.5 Furosine determination**

159 Determination of furosine in the LF-UHT milks and LF-UHT dairy drinks was  
160 performed by ion-pair RP-HPLC following the method of Resmini et al. (1990). Before  
161 analysis, samples (2 mL) were hydrolyzed with 6 mL of 10.6 N HCl under inert  
162 conditions at 110 °C for 24 h in a Pyrex screw-cap vial with PTFE-faced septa. The

163 hydrolyzate was filtered through Whatman N° 40 filter paper and 0.5 ml of filtrate was  
164 applied to a previously activated (methanol and water) Sep-Pak C<sub>18</sub> cartridge  
165 (Millipore). Furosine was eluted with 3 mL of 3N HCl and 50 µl were injected into the  
166 chromatograph.

167 RP-HPLC analysis of furosine was carried out in a C<sub>8</sub> column (250 mm x 4.6 mm, 5  
168 µm) (Alltech furosine-dedicated Nicholasville, KY) maintained at 35 °C using a linear  
169 binary gradient at a flow rate of 1.2 mL/min. Mobile phase was constituted by solvent  
170 A, 0.4% acetic acid, and solvent B, 0.3% KCl in phase A. The elution program was as  
171 follows: 100% A from 0–12 min, 50% A from 20–22.5 min, and 100% A from 24.5–30  
172 min. Detection, was performed using a variable wavelength UV detector at 280 nm  
173 (LDC Analytical, SM 4000 Salem, NH). Acquisition and processing of data were  
174 achieved with a HPChem Station (Hewlett-Packard) software. Quantification was  
175 performed by the external standard method, using a commercial standard of pure  
176 furosine (Neosystem Laboratories, Strasbourg, France). All analyses were done in  
177 duplicate, and the data are the mean values expressed as milligrams of furosine per kg  
178 of protein.

### 179 **3 Results and discussion**

180 The HPAEC-PAD profile of carbohydrates from a commercial LF-UHT milk is shown  
181 in Fig. 1. As expected, glucose and galactose (peak 1) were the main components due to  
182 the action of β-galactosidase. It was possible to identify the peak 2 as the disaccharide  
183 β-1,6-galactobiose and lactose which co-eluted with allolactose (peak 3). The most  
184 abundant GOS present was 6'-galactosyl-lactose (peak 4). Small amounts of 4'-  
185 galactosyl-lactose (peak 5) were also detected in all studied samples. Moreover, a series  
186 of unidentified galactooligosaccharides (GOS) (marked with an asterisk) were detected



187 as a result of transglycosylation catalyzed by added  $\beta$ -galactosidase. Commercial LF-  
188 UHT dairy drinks showed similar HPAEC-PAD profiles of carbohydrates.

189 Due to coelution of galactose and glucose as well as lactose and allolactose their  
190 quantification was performed by GC and only 6'-galactosyl-lactose and 4'-galactosyl-  
191 lactose as well as the unidentified GOS were quantified by HPAEC-PAD.

192 Fig. 2 shows a GC-FID chromatogram of TMSO derivatives of carbohydrates of a  
193 commercial LF-UHT milk. After derivatization, the reducing carbohydrates give rise to  
194 two different derivatives corresponding to the *syn* (*E*) and the *anti* (*Z*) isomers (Molnár-  
195 Perl & Horváth, 1997). The panel I shows the complete profile where it can be  
196 observed: tagatose (1) and fructose (2) (see panel Ia), glucose (3), galactose (4), internal  
197 standard (I.S.) and disaccharide region where it was detected, lactose (5), allolactose  
198 (6), and  $\beta$ -1,6-galactobiose (7) (panel Ib). Commercial LF-UHT dairy drinks showed  
199 similar GC-FID profiles of carbohydrates.

### 200 **3.1 Lactose-free UHT milks (LF-UHT milks)**

201 Table 1 shows the content of carbohydrates (mono-, disaccharides and GOS) found in  
202 the studied samples. The glucose and galactose level varied between 19881 and 25050  
203 mg/L, and 17297 and 23464 mg/L, respectively. The large amount of both  
204 monosaccharides in all samples indicates that lactose was not removed from milks prior  
205 to enzymatic hydrolysis. The lower content of galactose with respect to glucose in all  
206 samples was due to the formation of GOS during the transgalactosylating action of  $\beta$ -  
207 galactosidase, as it was previously reported for enzymatic hydrolysis of milk (Indyk et  
208 al., 1996, Messia et al., 2007; Rada-Mendoza et al., 2005). The lactose content in the  
209 studied samples varied from 33 mg/L–291 mg/L and the average value was about 96  
210 mg/L. These values corresponded to a degree of hydrolysis higher than 99%. Only one

211 sample (number 2) showed a lactose content higher than the amount stated on the label  
212 (lactose content < 100 mg/L).

213 The total content in GOS varied among samples in the range from 956–4350 mg/L as  
214 can be observed in Table 1. The GOS content increased with the remaining lactose  
215 content so that sample 2 showed the highest levels of GOS and lactose whereas sample  
216 6 showed the lowest levels of both.

217 Regarding heating markers, lactulose was not detected in any of the samples examined  
218 in our study (LOD = 10 mg/L). Given that lactulose is formed from lactose by  
219 isomerization during the heat treatment of milk (López-Fandiño & Olano, 1999;  
220 Martínez-Castro & Olano, 1978), the absence of lactulose is understandable considering  
221 the low content of residual lactose in samples. Moreover, the absence of lactulose is  
222 independent whether the UHT-treatment is performed before or after the enzymatic  
223 hydrolysis since lactulose is formed from isomerization of lactose during heating of  
224 milk. Thus, if UHT treatment is given after lactose hydrolysis, lactulose cannot be  
225 formed in appreciable amounts. On the other hand, if hydrolysis is performed after UHT  
226 treatment, the lactulose formed from lactose is hydrolyzed by the action of the  $\beta$ -  
227 galactosidase. These results are in agreement with those obtained by Rada-Mendoza et  
228 al. (2005) for lactose hydrolyzed UHT milks. On the contrary, Messia et al. (2007)  
229 reported lactulose contents of up to 401 mg/L in commercial lactose hydrolyzed milks  
230 but the lactose contents detected in that samples were approximately up to one hundred  
231 times higher than those found in the present study.

232 Isomerization of glucose to fructose and galactose to tagatose during UHT treatment of  
233 LF-UHT milks was also detected since appreciable amounts of fructose (from 76 mg/L–  
234 185 mg/L) and tagatose (from 36 mg/L–98 mg/L) were found in all samples (Table 1).

235 The presence of fructose is independent whether the UHT-treatment is performed before  
236 or after the enzymatic hydrolysis since fructose may be originated either during  
237 enzymatic hydrolysis of lactulose present in UHT-treated milk or from glucose  
238 isomerization during UHT treatment of hydrolyzed milk. The presence of tagatose in  
239 LF-UHT milks is other indication that lactose has been hydrolyzed before UHT  
240 treatment since galactose is only present in very small quantities in milk and tagatose  
241 has not been detected in UHT milk (Troyano et al., 1992).

242 Fig. 3 shows the level of furosine found in LF-UHT milks samples. The values ranging  
243 from 2442–4109 mg/kg protein were considerably higher than those reported for UHT  
244 milks (Corzo et al., 1994), as it was previously observed in lactose-hydrolyzed milks  
245 (Marconi et al., 2002; Messia et al., 2007; Rada-Mendoza et al., 2005; Tossavainen &  
246 Kallioinen, 2008). As was inferred from the presence of tagatose, high furosine contents  
247 are also an indication that the UHT treatment was given after the lactose hydrolysis,  
248 since lactose-hydrolyzed milk, with high content of reducing monosaccharides, can be  
249 more susceptible to the Maillard reaction than natural (non-hydrolyzed) milk  
250 (Evangelisti et al., 1999).

251 Therefore, in agreement with results obtained by Rada-Mendoza et al. (2005), it can be  
252 proposed that in order to avoid an excessive formation of furosine and, consequently,  
253 loss of available lysine and changes in the organoleptic characteristics, it may be  
254 advisable to hydrolyze lactose under aseptic conditions after thermal treatment  
255 conditions.

### 256 **3.2 Lactose-free UHT dairy drinks (LF-UHT dairy drinks)**

257 Table 2 shows the carbohydrate composition of commercial LF-UHT dairy drinks. As it  
258 can be observed, with the exception of sample 2, the rest of samples showed lower

259 monosaccharide, disaccharide and GOS content than LF-UHT milks. Also, small  
260 amounts of sucrose were detected in all samples.

261 Furosine content (Fig. 3B) ranged from 1547–4477 mg/kg protein and the interval of  
262 variation was higher than in LF-UHT milks. Samples 1 and 5 which showed a level of  
263 furosine considerably higher than that of the rest of samples, also displayed the highest  
264 tagatose content. Elevated values of furosine in LF-UHT dairy drinks may be due to  
265 different causes, including excessive heating, prolonged storage or addition of milk  
266 powder; however tagatose is only formed from galactose during heat treatment so that  
267 the presence of elevated amounts of both compounds may be due to excessive heating  
268 during the manufacture of LF-UHT dairy drinks.

### 269 **3.3 Formation of GOS during enzymatic hydrolysis of lactose from** 270 **milk**

271 The consumption of GOS has unquestionably been shown to have significant health  
272 benefits in humans (Macfarlane et al., 2008). GOS have been used to simulate human  
273 milk in infant formulas, and a low level (2400 mg/L) can improve stool frequency,  
274 decrease fecal pH and stimulate intestinal bifidobacteria and lactobacilli as in children  
275 fed with human milk (Ben et al., 2008). Various health benefits of these carbohydrates  
276 have been reported by different research groups, so that currently the main focus among  
277 prebiotics is on their production and use as a component of functional foods (Sangwan  
278 et al., 2011).

279 Previous studies on the formation of oligosaccharides during lactose hydrolysis in milk  
280 showed that maximum content of GOS was achieved within the range 40–95%  
281 hydrolysis of lactose and then gradually decreased with the lactose content (Mahoney,  
282 1998). Fig. 4 depicts the formation of oligosaccharides originated from lactose

283 hydrolysis of a commercial UHT milk. Formation of total GOS reached a maximum  
284 about 10000 mg/L (about 20% of total carbohydrates present) when percentage of  
285 hydrolyzed lactose ranged from 75–90% of lactose was hydrolyzed and then they  
286 gradually decreased to values below 5000 mg/L when over 99% of the lactose was  
287 hydrolyzed. According to these data, for a residual lactose content lower than 1000  
288 mg/L (about 2% of total carbohydrates), milks with a GOS content around 7800 mg/L  
289 can be obtained. This GOS content would be enough to exert a beneficial effect on the  
290 consumer's health..

## 291 **4 Conclusion**

292 Although extreme intolerance may require an exclusively lactose-free milk, most people  
293 with hypolactasia, if given appropriate advice, can tolerate some lactose-containing  
294 foods without symptoms (Lomer et al., 2008). It is generally accepted that 50–80%  
295 lactose reduced milk will satisfy the physiological requirements of the majority of  
296 intolerant groups (Indyk et al., 1996) so that it would be possible to elaborate a low-  
297 lactose milk with a noticeable GOS content. Thus, the functional properties of low-  
298 lactose milk can be improved by controlling the final stages of the enzymatic hydrolysis  
299 of lactose.

300

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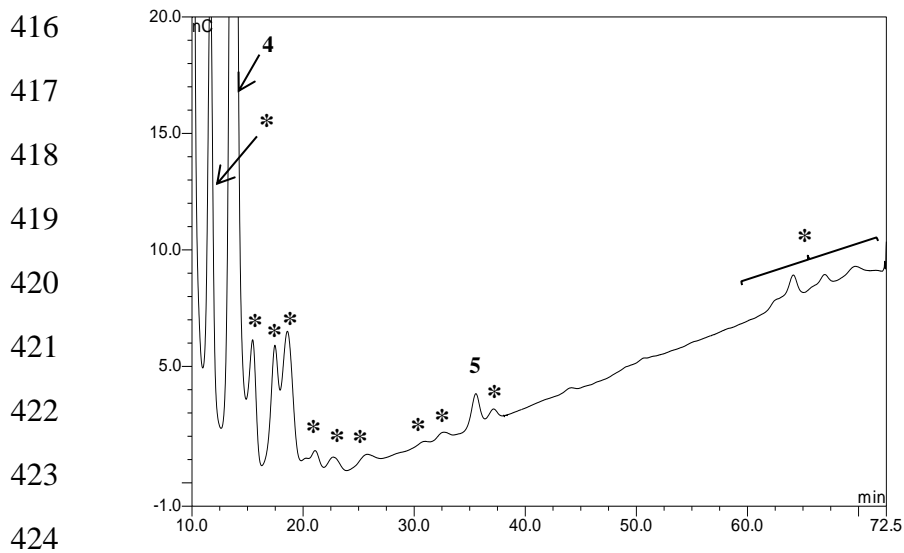
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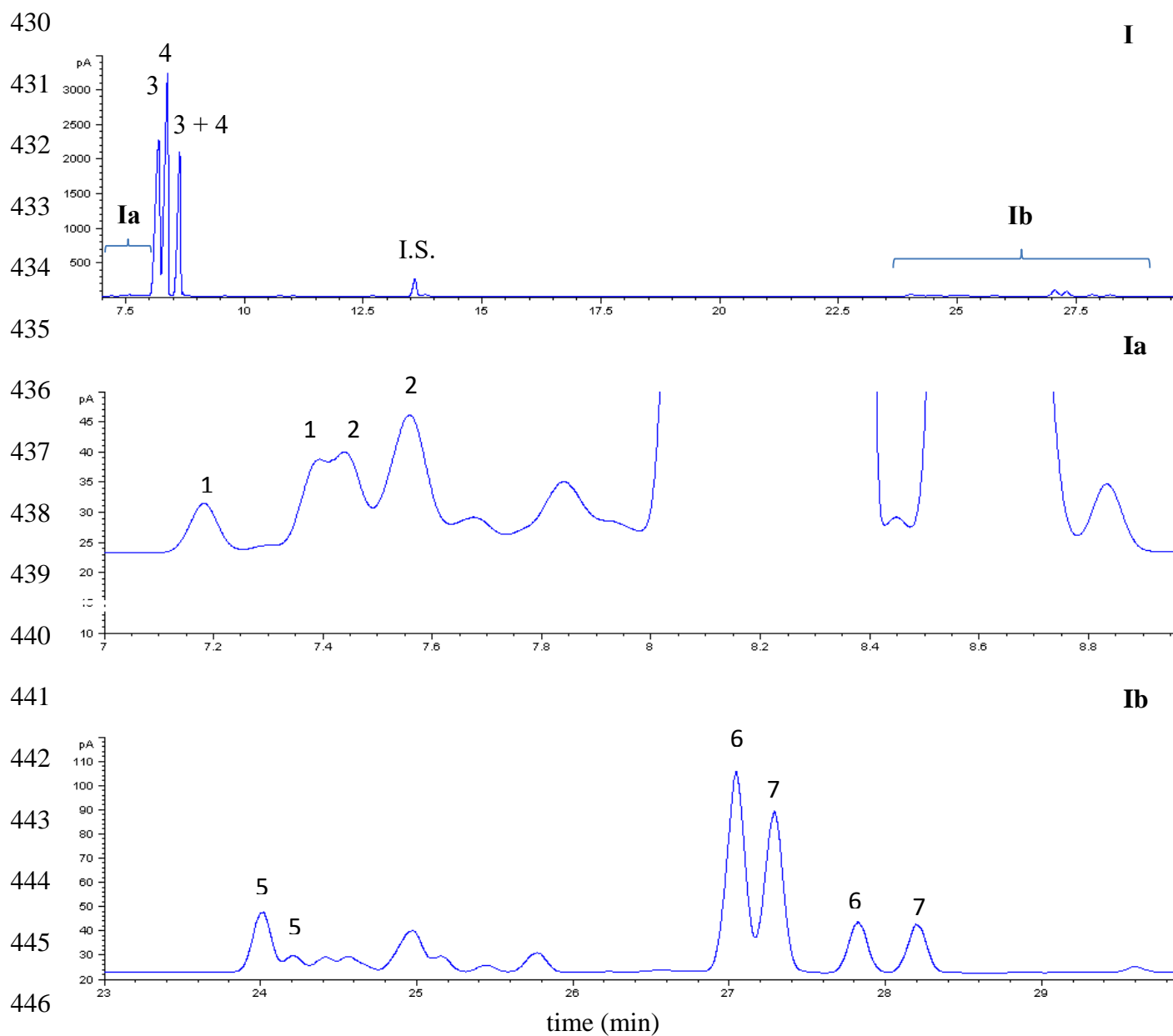
411 **Figure captions**

412 **Fig. 1. HPAEC-PAD chromatogram of carbohydrates present in a commercial lactose-free**  
413 **UHT (LF-UHT) milk. 1: galactose + glucose; 2:  $\beta$ -1,6-galactobiose; 3: allolactose +**  
414 **lactose; 4: 6'-galactosyl-lactose; 5: 4'-galactosyl-lactose; \* unknown**  
415 **galactooligosaccharides**

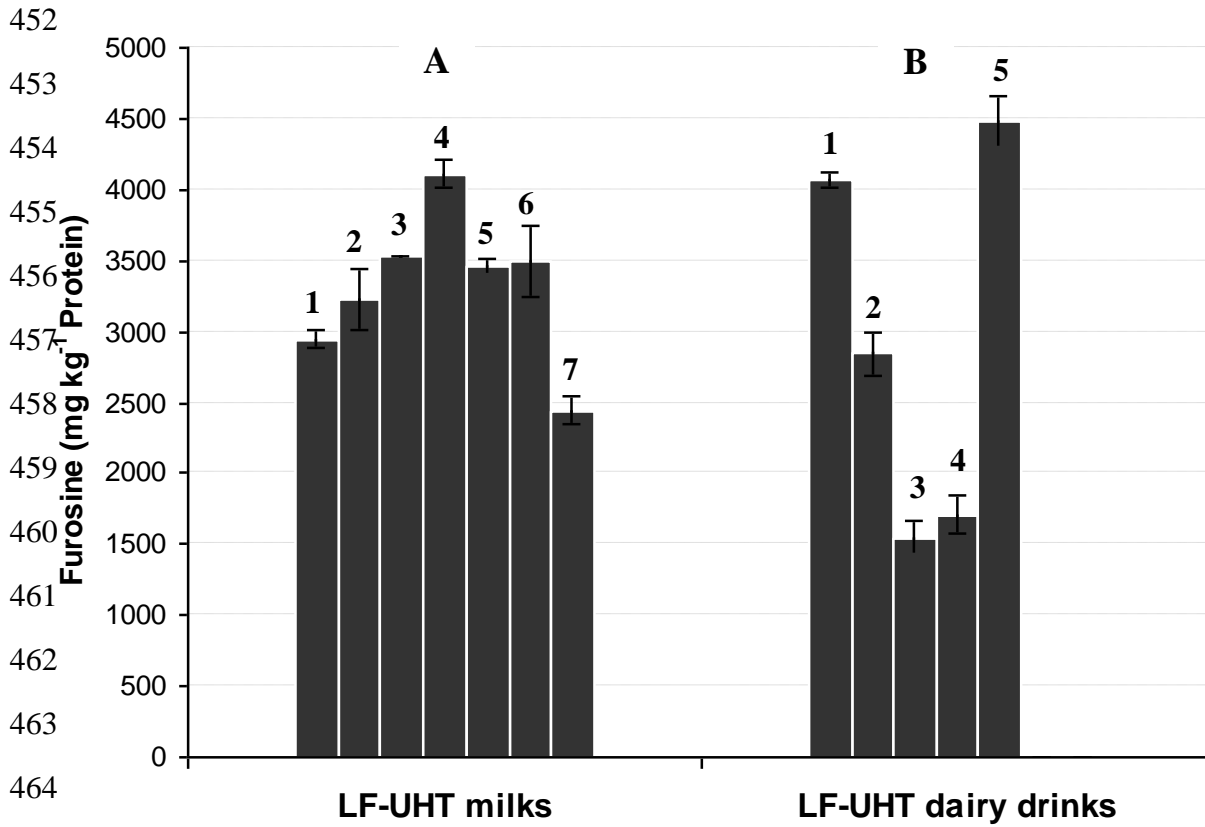


425

426 **Fig. 2. GC-FID profile of TMSO derivatives of carbohydrates present in a commercial**  
 427 **lactose-free UHT (LF-UHT) milk. I) Complete chromatogram: Ia (1) tagatose and (2)**  
 428 **fructose; (3): glucose; (4): galactose; I.S.: internal standard (phenyl- $\beta$ -glucoside); Ib: (5)**  
 429 **lactose, (6) allolactose; (7)  $\beta$ -1,6-galactobiose.**

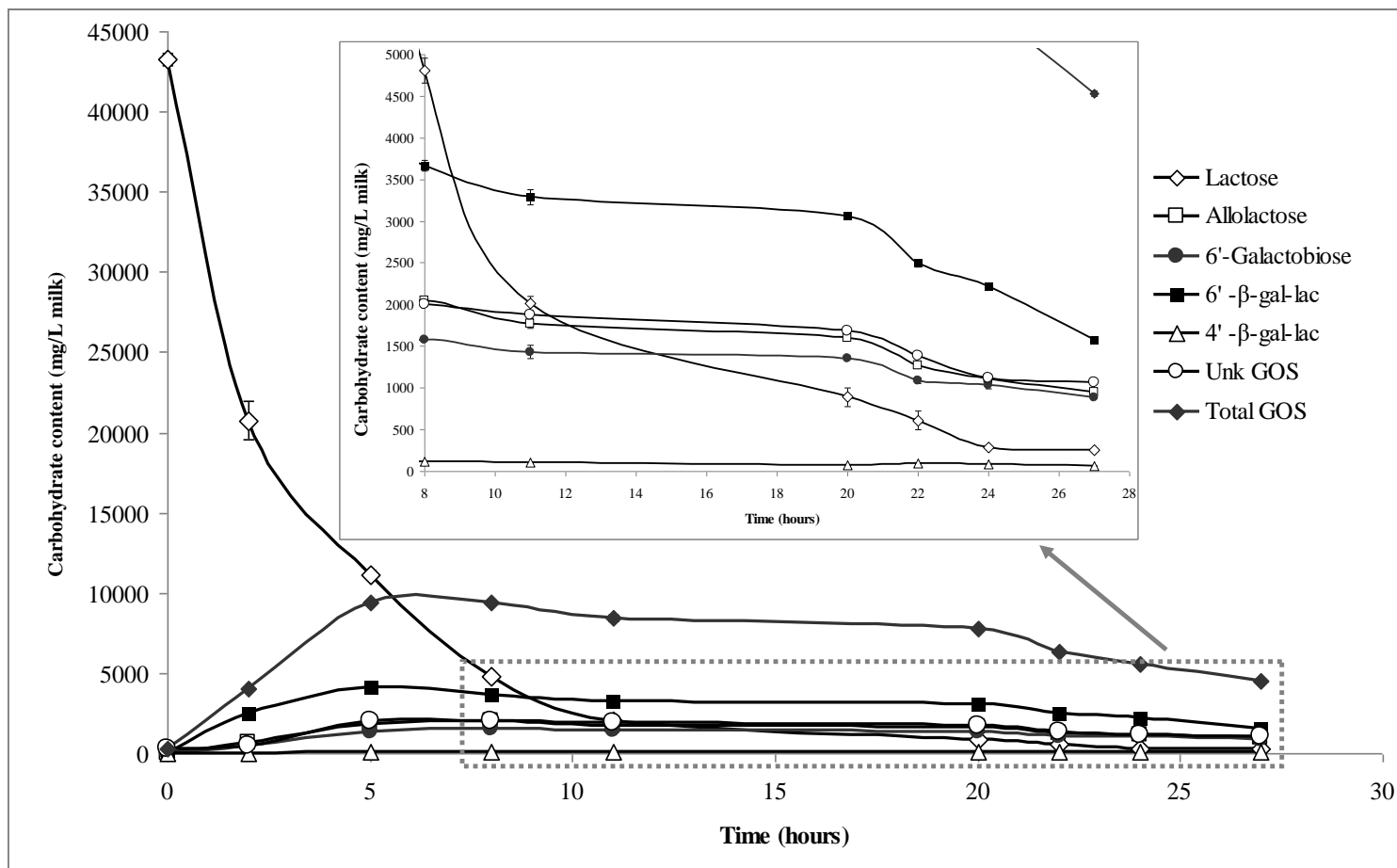


449 **Fig. 3. Content of furosine ( $\epsilon$ -2-furoyl-methyl-lysine) of commercial A) lactose-free UHT**  
 450 **(LF-UHT) milks (Samples 1-7); and B) lactose-free UHT (LF-UHT) dairy drinks (Samples 1-**  
 451 **5).**



466

467 **Fig. 4. Galactooligosaccharide (GOS) formation during enzymatic hydrolysis for 30 h of a commercial UHT milk using Lactozym<sup>®</sup> pure 6500 (0.3**  
 468 **U/mL) at 30 °C and aseptic conditions (6'-β-gal-lac: 6'-galactosyl-lactose, 4'-β-gal-lac: 4'-galactosyl-lactose, Unk GOS: unknown**  
 469 **galactooligosaccharides)**



470

471 **Table 1**  
 472 Content of mono- and disaccharides and galactooligosaccharides (GOS) found in commercial lactose-free UHT milks (LF-UHT milks).  
 473

Commercial lactose-free UHT milks								
Carbohydrates ( mg/L milk)	1	2	3	4	5	6	7	Mean $\pm$ SD
Galactose	23464	17297	20848	21386	21493	20211	22115	20974 $\pm$ 2044
Glucose	25050	19881	22901	22979	23227	21522	23712	22753 $\pm$ 1777
Fructose	132	111	76	185	118	106	94	117 $\pm$ 33
Tagatose	88	79	65	75	98	94	36	76 $\pm$ 20
Lactose	66	291	101	69	74	33	38	96 $\pm$ 83
Allolactose	283	841	446	229	349	139	151	348 $\pm$ 226
$\beta$ -1-6-Galactobiose	339	747	409	248	335	166	191	348 $\pm$ 183
6'-galactosyl-lactose	936	1703	1070	687	805	271	302	825 $\pm$ 460
4'-galactosyl-lactose	42	39	31	254	28	31	32	65 $\pm$ 77
Unidentified GOS	635	1020	669	546	487	349	355	580 $\pm$ 220
<b>Total GOS<sup>a</sup></b>	2235	4350	2625	1735	2004	956	1031	2134 $\pm$ 1080

474 <sup>a</sup> Total GOS includes quantification of: allolactose,  $\beta$ -1-6-galactobiose, 6'-galactosyl-lactose, 4'-galactosyl-lactose and unidentified GOS  
 475 (Marked as \* in figure 1). Samples were prepared and analyzed in duplicate.

476  
 477

478 **Table 2**  
 479 Content of mono- and disaccharides and galactooligosaccharides (GOS) found in commercial lactose-free UHT dairy drinks (LF-UHT dairy  
 480 drinks).  
 481

Lactose-free UHT dairy drinks						
Carbohydrates (mg/L milk)	1	2	3	4	5	Mean ± SD
Galactose	16254	22277	13519	16168	12669	16177 ± 3436
Glucose	17372	23478	14355	17455	13534	17238 ± 3575
Fructose	389	39	309	348	187	255 ± 128
Tagatose	192	Tr	72	68	188	131 ± 61
Lactose	38	60	34	21	25	36 ± 14
Sucrose	9	209	180	83	247	146 ± 88
Allolactose	97	142	74	75	68	91 ± 29
β-1-6-Galactobiose	110	172	83	87	135	117 ± 43
6'-galactosyl-lactose	320	445	141	59	135	220 ± 146
4'-galactosyl-lactose	14	88	20	16	141	56 ± 51
Unidentified GOS	272	1418	524	365	695	655 ± 410
<b>Total GOS<sup>a</sup></b>	813	2265	842	602	1048	1114 ± 597

482  
 483 <sup>a</sup> Total GOS includes quantification of: allolactose, β-1-6-galactobiose, 6'-galactosyl-lactose, 4'-galactosyl-lactose and unidentified GOS  
 484 (Marked as \* in figure 1). Samples were prepared and analyzed in duplicate. Tr: trace (LOD = 5 mg/L)  
 485

486