



## **FOR IMMEDIATE RELEASE**

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## **HILAND DAIRY INTRODUCES LACTOSE-FREE MILKS**

*Five varieties of 100% Lactose-Free Milk to Debut in May*

**SPRINGFIELD, Missouri** (June 5, 2013) – The dairy known for its Splash of Fresh Flavor is debuting five varieties of lactose-free milks in May.

“We are excited to offer a line of lactose free milk to our customers,” said Gary Aggus, president/general manager of Hiland Dairy. “ We realize there are people in our market area that are lactose intolerant and cannot digest dairy products, and we had many customer requests for a lactose-free milk from Hiland Dairy.”

The five varieties of lactose free milk that consumers will find on their grocers shelves beginning this month include: **Hiland Dairy Lactose Free 2% Reduced Fat Milk** that offers 37% less fat than whole milk; **Hiland Lactose Free Fat Free Milk** that is an excellent source both calcium and protein; **Hiland Lactose Free Fat Free Extra Milk** that has the rich, creamy taste of 2% without the saturated fat; **Hiland Lactose Free Vitamin D Milk** which offers wholesome goodness and creamy taste and **Hiland Lactose Free Vanilla Almond Fat Free Milk** that combines a smooth almond taste with a hint of vanilla. All are available in half-gallon sizes with a convenient twist cap pour spouts.

As always, Hiland Dairy's Lactose Free Milk is naturally nutritious with no artificial growth hormones. <http://hilanddairy.com/products/lactose-free-milk/vanilla-and-almond>

### ***About Hiland Dairy***

*For more than 75 years, Hiland Dairy has been delivering fresh, wholesome dairy products to the Midwest. Hiland is proud to be farmer-owned producing dairy products with milk from local dairy farms, most located within 100 miles of our 11 Hiland Dairy plants in Arkansas, Kansas, Missouri, Nebraska and Oklahoma. As a full-service dairy, Hiland's quality products include milk, buttermilk, eggnog, ice cream, yogurt, cottage cheese, sour cream and dips, half and half, whipping cream, butter and cheese. Hiland also produces fresh orange and apple juice, lemonade and fruit punch. In addition, Hiland Dairy produces and distributes Red Diamond Tea, Health Wise Probiotic Yogurt, YoPhoria Smoothies – as well as a full line of Iced Coffee, Lactose Free Milk, Almond Milk and Soy Milk. The company serves customers in several states, including Arkansas, Colorado, Iowa, Illinois, Kansas, Missouri, Nebraska, Oklahoma, South Dakota, Wyoming and Texas.*

*Hiland Dairy is committed to delivering wholesome dairy products from milk that is naturally delicious and full of important nutrients – with no artificial growth hormones. We care deeply about preserving our water, land and natural resources for future generations. To that end, we also reduce waste, reuse resources and recycle what we can so that those same future generations will be able to enjoy the same high quality milk you enjoy today. For more information, images and photos, visit our media center at <http://www.hilanddairy.com/company/media-center>.*