Human skin color/Lactose Intolerance

pigment melanin; 2 forms: phenomelanin (red to yellow) & eumelanin (dark brown to black)
number and size of melanin particles
red blood cells
carotene
epidermis
melanocytes

Ultraviolet radiation, tanning, cancer
vitamin D;
calcium, phosphorus
folic acid (one of the B vitamins)

Inuit people

Wilhelm Gloger, 1833

Nutritional Adaptation - Lactose Intolerance
milk sugar, or lactose,
enzyme lactase
Lactose intolerance (stomach cramps and diarrhea)