

Human skin color/Lactose Intolerance

pigment melanin; 2 forms: pheomelanin (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 D₃

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)