A

In Panel A, the graph plots insulin levels (mU/l) against time (min) for different types of milk drinks: Fibre-enriched milk drink, Fat-free milk, and Lactose-free milk drink. The x-axis represents time in minutes, ranging from 0 to 200, and the y-axis represents insulin levels, ranging from 0 to 40 mU/l.

B

In Panel B, the graph plots glucose levels (mmol/l) against time (min) for the same types of milk drinks. The x-axis represents time in minutes, ranging from 0 to 200, and the y-axis represents glucose levels, ranging from 3.8 to 5.8 mmol/l.