

Goats Milk



Goats milk does not contain the A1 Casein, a cause of intolerance to cows milk



Goats milk contains Lactose so it is not suitable for people with Lactose intolerance, however; many people with sensitivity to cows' milk can drink goats milk.

Goats milk has been reported to ease the symptoms for sufferers from IBS, Asthma, Eczema and other allergy problems

The saturated Fatty acid chains in goats' milk are shorter & easier to digest than those in cows' milk



Goats milk is white because goats convert Beta Carotene, into a colour less form of Vitamin A

Milk can be used to make Soap which is very moisturising and good for sensitive skins



You can buy Goats milk & milk products locally from,
Monach Farm
The Green
Hilton
PE28 9NB

Goats milk is higher in B12 and Iron than Cows' milk

