

Goat's milk healthier than cow's milk

Goat milk

Goat milk powder, butter, yogurt, curd, milk and cheese.

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and cow's milk -- both with normal calcium content and calcium enriched -- against the bioavailability of iron, calcium, phosphorus and magnesium.

The findings reveal that regular consumption of goat's milk has positive effects on mineral metabolism, recovery from ferropernic anemia and bone mineralization in rats.

In addition, and unlike observations in cow's milk, goat's milk calcium enrichment does not interfere in the bioavailability of the minerals studied, the study said.

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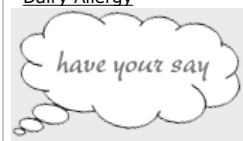
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