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Real milk supports immune health, bones & muscles: Research

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By **Pooja Yadav** | February 10, 2021



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Real milk, when consumed as part of a healthy eating pattern, has been scientifically proven to help protect bones and muscles and is a natural source of immune-boosting nutrients like Vitamin A, Vitamin D and protein. The nutrients in milk and dairy foods work together to produce unique health benefits that are hard to reproduce.

German’s three decades spent studying the role of diet and health has also uncovered important common attributes between human breast milk and milk from a cow. Real milk provides all the vitamins, minerals and proteins necessary for bodies to develop or rebuild in a highly absorbable and complete package. It even delivers hard-to-digest minerals like calcium in unique protein structures that are soluble and digestible.

California milk and dairy foods can be identified by the Real California Milk seal, which certifies they are made with milk from the state’s dairy farm families, leading the nation in sustainable dairy farming practices.

Read online: https://nuffoodsspectrum.in/news/17/17034/real-milk-supports-immune-health-bones-muscles-research.html
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