





### ***Health Benefits of camel milk***

Benefits of camel milk are numerous viz. cure milk against cancer, tuberculosis, against autism, treating psoriasis, to reduces high cholesterol in blood, against Hepatitis C and B etc. The nutritional benefits of camel milk are endless. At Desert Farms, People are proud to bring nature's most nutritious dairy beverage. Camel milk is a natural pro-biotic to assist healthy bacterial growth in the gut and making it easy to digest. It may improve gastrointestinal health and systemic immunity. Camel milk is rich in Vitamin B1 (Thiamin) giving people 70% of recommended daily value per serving. Vitamin B1 may contribute to the maintenance of mental function, which also helps to regulate our metabolism. Camel milk is also rich in Calcium providing with 30% of your daily value per serving which will help build stronger bones. it is a good source of potassium and phosphorus, helping our body to maintain a healthy blood Pressure level, in combination with a low-sodium diet, which may reduce the risk of a stroke. Additionally, camel Milk has 50% less fat and 50% less saturated fat than USDA whole milk. Development of cancer depends on many factors. A diet low in total fat may reduce the risk of some cancers, while many factors affect heart disease, Diet low in saturated fat may reduce the risk of this disease. Camel milk is also a good source of protein with 10 grams of protein per bottle, helping in to maintain stronger muscles para Findings on Camel Milk The nutritional benefits of camel milk provide the foundation for its health benefits. Studies on the health benefits of camel milk are on-going and show promising results. One can find many studies on camel milk in the PubMed database. One of the major findings of camel milk is the presence of lactoferrin. Lactoferrin is used as an antioxidant protecting the body against viral and bacterial infections. The lactoferrin in camel milk according to PubMed scientists has been shown to stimulate the immune system, promote healthy intestinal bacteria to regulate the way the body processes iron reduces coronary heart disease, prevent stomach and digestive problems.

### ***Additional Benefits of Camel Milk***

Camel milk benefits newborns and children. It is the closest in terms of composition to a mother's milk. In many countries in the Middle East and North Africa, camel milk is used to feed malnourished children. At desert Farm People of small family camel farms have worked hard to provide you with its nature's most wholesome dairy beverage. Drinking camel milk benefits the human body in many ways. And, best of all, camel milk is delicious!