

## Camel Milk Benefits

### Health

- Low in fat, approx. 50% lower than cow's milk fat content.
- Contains unsaturated fatty acids, which are healthy fats with a higher percentage than exists in cow's milk.
- Healthy fats helps reducing cholesterol to aid healthy cardio-vascular functioning.
- High in natural vitamin C is 3-5 times higher than in cow's milk
- ½ litres of camel milk almost represents the recommended daily requirement of vitamin C.
- Boosts overall immune system.
- Higher calcium intake is important for growing children and helps preventing Osteoporosis. People who care about diet will have an excellent low fat alternative.
- Low fat, but calcium rich camel milk ideal for pregnant women to promote healthy growth of the foetus.
- Some recent studies suggest that camel milk has a positive effect on Diabetes II patients. Studies in India show that regular consumption of camel milk reduces the required amount of insulin injections and improves the quality of life.
- Research currently in progress investigating positive benefits to patients with hepatitis, autoimmune diseases, Crone's disease, Autism and Rheumatism.
- Some reports say that people with lactose intolerance might digest camel milk easier than cow's milk.
- Camel milk is naturally pro-biotic and assists healthy bacteria growth within the gut.



# Camelicious®

## Beauty

- Contains lanolin and other natural moisturising properties, providing a calming and soothing effect on the skin.
- Research shows that camel milk has beneficial properties on treating psoriasis patients, by both ingestion and topical application.
- Naturally occurring anti-aging properties – Elastin, vitamin C and lanolin; can be used topically in creams, soaps and baths.
- Good for healthy bones, nails, hair, teeth and skin due to calcium, other minerals & vitamins.
- Bedouins traditionally used camel fat and milk as sun protection.

## Wellbeing

- Traditional and healthy staple diet of the Bedouins until the mid-20<sup>th</sup> century was camel milk and dates. This provided them with all the proteins, vitamins and carbohydrates required to face the harsh desert life.
- There are no known allergies to camel milk, as opposed to common allergies to cow's milk.
- Camel milk is closest in composition to human milk, therefore, more beneficial to babies and infants.
- Easy to include in family daily diet. Camel milk can be substituted in cooking and baking wherever cow milk has been used, with more benefits to the health of the whole family.
- Clean and natural taste, not as distinctive as goats and cow's milk.

