**DAIRY’S NUTRITION SUPER-HEROES**

Lifematrix introduces a range of specialist dairy powders, all nutrient-dense and rich in immune-boosting proteins. All these milks are produced in SA.

**Camel Milk Powder (100g)**

![Camel Milk Powder](image1)

Described as the “white gold” of the desert and consumed for centuries by Bedouin tribes and other desert dwellers, camel milk has only recently received serious attention for its nutritional and health-supporting properties.

Camel milk is closer to human milk than any other ruminant milk (cow, sheep, goat etc.), but differs from other ruminant milks because it contains low cholesterol and low sugar, but is higher in minerals (sodium, potassium, iron, copper, zinc and magnesium) as well as Vitamin C. It does not contain Beta-lactoglobulin, the main allergen in cow’s milk.

Camel milk is endowed with a rich array of immune-boosting proteins such as lactoferrin, immunoglobulins and lysozyme.

Our camels live in a remote section of the Kalahari where they roam freely in huge “paddocks” of 100-150 ha, foraging on a variety of trees, shrubs and wild grasses. Mothers and calves are kept in close contact, and during each milking session the calf feeds first to stimulate let-down of the milk.

Lifematrix camel milk powder is made from pasteurised milk that has been spray-dried. Nothing added. It is pure, whole-milk powder. It is naturally sweet-tasting.

**Desert Milk Powder (100g)**

![Desert Milk Powder](image2)

Lifematrix Desert Milk is a 50/50 blend of milk from camels and goats (see next page), offering a nutrient-rich and more easily digestible alternative to cow’s milk.

The milk powders are made from pasteurised milk that has been spray-dried.

Nothing added. These are pure, whole-milk powders.
Goat Milk Powder 400g

Goat Milk Powder has been growing in popularity, not just for its nutritional benefits, but also because it is usually better tolerated than cow’s milk.

The fat molecules in goat milk are much smaller in size than cow milk, and its proteins produce a softer curd, both of which may ease digestion.

Apart from being a good source of key vitamins and minerals (like Vit A, B5, biotin and phosphorous), goat milk also contains pre-biotics and is high in calcium.

Lifematrix Goat Milk comes from the Cederberg area of the Western Cape.

The milk powder is made from pasteurised milk that has been spray-dried. It’s pure, whole-milk powder. Nothing added.

Bovine Colostrum 100g

This nutrient powerhouse has long been a feature of the Lifematrix offering and is now incorporated into our specialist milk range. Colostrum (first milk) has been widely researched and its benefits are acknowledged in numerous studies, which include:

**Immunity boosting**

Colostrum contains large numbers of antibodies called immunoglobulins that help protect the mucous membranes in the throat, lungs, and intestines from harmful viruses and bacteria.

The Lactoferrin in colostrum works to boost immune-balancing T-cells and increase natural white blood cells which help to regulate the body’s defence against pathogens.

An additional benefit is lactoferrin’s natural antifungal, antibacterial, and antiviral abilities. By binding to viral and bacterial cells, lactoferrin is able to inhibit pathogen grown and prevent their entry into cells.
Healthy gut support

Lactoferrin acts as a prebiotic and stimulates the growth of good bacteria in the gut such as lactobacillus and Bifidobacterium. It also has been shown to support health of the gastrointestinal tract and help to soothe inflammation and heal a damaged gut.

Ligament and muscle healing.

Bovine colostrum is a powerhouse for promoting muscle growth and healing due to its high amount of antioxidants and growth factors, including insulin like growth-factor-I (IGF-I). Studies show that bovine colostrum supplementation can reduce oxidative stress and overall damage to muscles after exercise, making this a perfect supplement to support athletes.

Lifematrix Bovine Colostrum is made from pasteurised bovine colostrum that has been spray-dried. It’s pure, whole-milk powder. Nothing added.

PLEASE NOTE: THESE PRODUCTS ARE NOT SUITABLE FOR INFANT FEEDING