



Capra Mineral Whey

- ◇ Goat's milk is the most widely consumed milk in the world
- ◇ Goat's milk is most like human milk in composition
- ◇ Capra Mineral Whey™ is made from goat milk from our own farms in Washington state
- ◇ Mt. Capra's goats are free range and are not exposed to pesticides, herbicides, antibiotics, or growth hormones
- ◇ CMW is uniquely processed at low temperatures to maintain nutritional integrity
- ◇ Contains more than 20 naturally occurring minerals / electrolytes in a highly complex whole food.
- ◇ Soothing to the digestive and intestinal tract

Why Goats Milk?

Today, over 65% of the world's population drink the milk of goats. Goat-milk is the most like human milk in composition and is praised for its ready digestibility. Our bodies can digest goat milk in 20 minutes; conversely it takes 2—3 hours to digest cow's milk. Additionally, the composition and size of goat milk constituents are 5-10 times smaller than those found in the milk of cows. Goat milk is an alkaline food and is also naturally homogenized.

Why Do We Need the Minerals in Capra Mineral Whey™?

Since 90% of the minerals in milk are contained in the whey, CMW minerals are a natural part of the microstructure of concentrated whey. Nutrient intake works best when groups of nutrients, including minerals, are available in the digestive tract at the same time. CMW is a concentrated food that contains minerals in naturally occurring combinations that are well assimilated. Doctors and nutritionists agree that getting minerals from foods is better than getting them from manufactured, isolated, and inorganic products, but are necessary for one to stay healthy.

Sodium and Potassium

A Necessary and Beneficial Combination Sodium is healthy? Reserve supplies of sodium are stored mainly in the walls of the stomach and bowel, but also in joints, ligaments, and lymph fluid. This makes the tissues of the stomach highly alkaline, which is needed to withstand the hydrochloric acid normally produced in the stomach. If it were not for the presence of sodium, the stomach walls would be destroyed by the acid in these tissues. Acids are produced in the body by devitalized foods, stress, etc..., when this occurs sodium is withdrawn from the above mentioned areas to neutralize the acid. If this continues without being replaced it can cause significant health problems in the upper and lower GI tract as well as surrounding joints. Bioorganic sodium is food sodium, not to be confused with table salt sodium, which is processed at extreme heat using many chemical procedures to get the finished product. The stomach, intestine, joints, and ligaments are sodium organs and are in constant need of food sodium. Potassium on the other hand is primarily stored in the muscle, including the heart muscle. Its functions include, neutralizing acid waste and, with the help of sodium, controlling the acid / alkaline balance in the muscles. Potassium and sodium perform many of the same functions

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and are nearly always found together in the body. It is mainly sodium and potassium that keep the pH balance in our bodies nearly constant. These two important nutrients are plentiful in Capra Mineral Whey™

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