



Milk Mythbusters

COMPLIMENTS OF **Alltech**[®]

MYTH:

Organic Milk has less hormones than Conventional Milk.

FACT

There are several scientific studies that have found that there are no differences in the composition of Organic and Conventional milk.

MYTH:

Whole Milk contains a lot of fat.

FACT

Whole milk only contains 3.25% fat making it 97% fat free!



MYTH:

Whole milk will make you gain weight.

FACT

Whole milk contains a variety of components that contribute to weight loss and overall health. The high protein content in whole milk helps you feel full for longer while the linoleic acid is known for its ability to boost weight loss and promote fat breakdown.

Learn more about milk by going to:

www.97milk.com

97%
FAT FREE

Drink Whole
Milk