

3 Evidence Based Conclusions on Milk and Inflammation



1. Studies indicate dairy does not adversely affect inflammation.
2. Studies show evidence milk and dairy products help reduce systemic inflammation.
3. Whole Milk has anti-inflammatory elements: Calcium, Vitamin D, bioactive peptides and beneficial fatty acids.

Source:

<https://www.dairynutrition.ca/scientific-evidence/roles-on-certain-health-conditions/the-effect-of-milk-products-on-inflammation>

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