

UNLOCK THE SCIENCE BEHIND WHOLE MILK

Whole milk has been a staple in diets for centuries, providing essential nutrients and health benefits. Recent scientific studies have further highlighted the advantages of consuming whole milk.



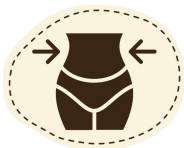
Good for Growing Children

Studies have shown that higher milk fat consumption is associated with lower risks of child obesity. Whole milk provides essential nutrients for growth and development, making it a perfect addition to a child's diet. ([Amy L Beck et al. Prev Med Rp. 2017](#))



Source of Calcium for Strong Bones

Whole milk and dairy have been linked to a lower risk of osteoporosis and fractures due to its high calcium content. Calcium is crucial for maintaining strong bones and teeth, especially as we age. ([Massimo Varenna et al. Calcif Tissue Int. 2013](#); [Dariusz Wlodarek et al. Public Health Nut. 2014 Feb](#))



Balanced Body Weight

A Women's Health Study of over 18000 adult women showed that consuming more high-fat dairy products was associated with less weight gain and a lower risk of obesity. This is because whole milk is a natural source of fat, which helps to keep you full and satisfied for longer periods, making it easier to maintain a healthy weight. ([Susanne Rautianien et Al. Am J Clin Nutr 2016](#))



Improved Heart Health

Whole milk from cows contains significantly higher amounts of conjugated linoleic acids (CLA) and omega-3 fatty acids, which are in turn linked to reduced risk of diabetes and heart disease. CLA has been shown to improve heart health, reduce inflammation, and promote healthy blood sugar levels. Omega-3 fatty acids are beneficial for maintaining healthy cholesterol levels and reducing the risk of heart disease. ([Dominika Srednika-Tober et al. BR J Nutr. 2016](#); [Nelsy Castro-Webb, Edward A Ruiz-Narvaez and Helen Campos. Am J Clin Nut, 2012](#))

Additionally, whole milk is packed with high-quality proteins that help build and maintain muscle mass, providing the perfect fuel for your active lifestyle. With its naturally low sugar content, you can enjoy sustained energy throughout the day without experiencing the crash often associated with sugary drinks. Whole milk is also free from additives, preservatives, or artificial sweeteners, making it a natural source of nutrition.

At Breva™, we are passionate about providing high-quality whole milk that is naturally rich and creamy, so you can enjoy the full benefits of whole milk without any compromises.

**TRY BREVA™ WHOLE MILK TODAY AND ENJOY THE NATURAL
TASTE AND HEALTH BENEFITS OF WHOLE MILK!**