

# Goat Whey Protein™

PROFESSIONAL  
FORMULAS

## Non-Denatured Whey Protein

- Goat Whey Protein™ contains the highest levels of branched chain amino acids (BCAAs) found in any natural food source.
- Quickly metabolized for maximum nutritional effect.
- Has a higher biological value than any other known food source including bovine (cow) whey protein.
- The most digestible whey protein on the planet!
- Contains completely all-natural ingredients.

## 24g protein per serving

- ✓ All-Natural Ingredients
  - ✓ High in Glutathione Precursors
  - ✓ Naturally sweetened
  - ✓ Contains no rBGH
  - ✓ Low-heat processed
- gluten  
**FREE**

### What is Goat Whey Protein™?

Mt. Capra's Goat Whey Protein has been formulated exclusively for doctors, naturopaths, and health care practitioners world wide. It is a pure whey protein concentrate from all natural goat milk. This goat whey protein contains some of the highest levels of branched chain amino acids (BCAAs) found in any natural food source. Goat whey protein contains a higher biological value (104+) than any other food on the planet.

Because it comes from all-natural, wholesome goat milk, this protein is more digestible and absorbable than any other on the market. Goat Whey Protein™ is superior to cow whey because it provides the body with the perfect profile of amino acids for building lean body tissue, muscle, or other protein needs.

Goat Whey Protein™ has been shown to increase lean muscle mass and assist the body in faster muscle repair, all while increasing

Mt. Capra's **Goat Whey Protein™** has been formulated exclusively for health care practitioners.

overall metabolic rate. Goat whey protein is metabolized faster than any protein due to its high digestibility. This means the amino acids get to where they're needed quickly and without delay. Whey protein is of critical importance when the body is in a catabolic state and needs protein to function normally. Contrary to popular belief, whey protein is not just ideal for body builders and athletes but also for kids, adults, and the elderly. The ability of whey protein, specifically goat whey protein, to build muscle and boost the immune system makes it an exemplary wholefood for post operative patients, burn victims, and those both old and young suffering from a failure to thrive.

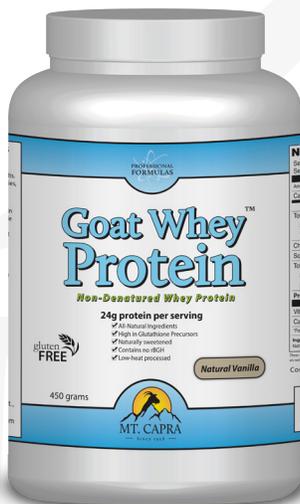
### Nutrition Facts

Serving Size 30g (2 scoops.)  
Servings Per Container 15

Amount Per Serving		
Calories 115	Calories from Fat 9	% Daily Value*
Total Fat 1g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 5mg		2%
Sodium 13mg		2%
Total Carbohydrate 3g		2%
Dietary Fiber 0g		0%
Sugars (not added) 1g		
<b>Protein 24g</b>		<b>48%</b>
Vitamin A 0%	Vitamin C 0%	
Calcium 10%	Iron 0%	

\*Percent Daily Values are based on a 2,000 calorie diet.

**Ingredients:** Goat Whey Protein Concentrate, natural vanilla flavoring, stevia



450g powder

### Amino Acids in Goat Whey Protein™

Aspartic Acid	2,730 mg	Threonine	1,593 mg
Serine	1,200 mg	Glutamate	4,140 mg
Proline	1,506 mg	Methionine	531 mg
Isoleucine	1,479 mg	Leucine	2,652 mg
Tyrosine	840 mg	Histidine	498 mg
Valine	1,443 mg	Alanine	1,440 mg
Glycine	525 mg	Lysine	2,358 mg
Arginine	678 mg	Tryptophan	534 mg
Phenylalanine	861 mg	Cystine	627 mg

Available as:  
- Natural Vanilla  
- Unsweetened

### Recommended Use:

Mix 30 grams (approx 2 heaping scoops) in eight ounces of water, milk, juice, or any beverage, as directed by your health care practitioner.

No Pesticides  
No Preservatives  
No Chemicals  
All Natural



These statements have not been approved by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Mt. Capra Products  
279 SW 9th St,  
Chehalis, WA 98532



MtCapra.com  
1-800-574-1961  
info@mtcapra.com

## The Benefits of Goat Milk. - by Dr. Thomas Cooke

The differences between cow milk and goat milk may not seem apparent upon first examination. A closer look, however, reveals several key factors that play an integral part in how milk (from either cows or goats) matches up with the human body in its various stages. All humans have been created to be sustained entirely upon mothers' milk for at least the first six months of life. There is no other food in the world better than mothers' milk, and it truly shows both in the laboratory and the real world. But what about after these first few months are over, and one is faced with the rest of life? Why would someone choose goat milk products over the far more popular and accessible cow milk?

### 1. Goat milk is less allergenic.

In the United State the most common food allergy for children under three is cow milk. Mild side effects include vomiting, diarrhea, and skin rashes. Severe effects can be as serious as anaphylactic shock! Needless to say it is a serious condition. The allergic reaction can be blamed on a protein allergen known as Alpha s<sup>1</sup> Casein found in high levels in cow milk. The levels of Alpha s<sup>1</sup> Casein in goat milk are about 89% less than cow milk providing a far less allergenic food. In fact a recent study of infants allergic to cow milk found that nearly 93% could drink goat milk with virtually no side effects!<sup>1</sup>

### 2. Goat milk is naturally homogenized.

If you were to place both a glass of fresh cow milk as well as fresh goat milk in the refrigerator overnight, the next morning you would find that while the goat milk looks exactly the same, the cow milk has separated into two distinct 'phases' of cream on the top and skim milk on the bottom. This is a natural separation process that is caused by a compound called agglutinin and it will *always* cause the cow milk to separate. As Americans, we like everything neat and tidy and so to get the milk to the consumer in a uniform manner, the dairy industry utilizes a process called homogenization. This method works by forcing the fluid milk through a tiny hole under tremendous pressure which destroys the fat globule cell wall and allows the milk and cream to stay homogeneous or suspended and well mixed.

The problem with such homogenization is that once the cell wall of the fat globule has been broken, it releases a superoxide (free radical) known as Xanthine Oxidase. Now free radicals cause a host of problems in the body, not the least of which is *DNA mutations* which often lead to cancer! Thus, the benefit of natural homogenization comes into clear view. Goat milk has smaller fat globules and does not contain agglutinin which allows it to stay naturally homogenized thus eliminating the dangers associated with homogenization.

### 3. Goat milk is easier to digest.

Goat milk has smaller fat globules as well as higher levels of medium chain fatty acids. This means that during digestion, each fat globule and individual fatty acid will have a larger surface-to-volume ratio resulting in a quicker and easier digestion process. Also, when the proteins found in milk denature (clump up) in the stomach, they form a much softer bolus (curd) than cow milk. This allows the body to digest the protein more smoothly and completely than when digesting cow milk.

### 4. Goat milk rarely causes lactose intolerance.

All milk contains certain levels of lactose which is also known as 'milk sugar.' A relatively large portion of the population suffers from a deficiency (not an absence) of an enzyme known as lactase which is used to, you guessed it, digest lactose. This deficiency results in a condition known as lactose intolerance which is a fairly common ailment. (*Lactose intolerance and cow milk allergy (CMA) are two distinct conditions. CMA is due to a protein allergen, while lactose intolerance is due to a carbohydrate sensitivity.*)

Goat milk contains less lactose than cow milk and therefore is easier to digest for those suffering from lactose intolerance. Now the interesting aspect to consider is that goat milk lactose isn't *much* lower than cow milk

(contains about 10% less than cow milk) and yet, countless lactose intolerant patients are able to thrive on goat milk. Although the answer for this is unclear, it has been hypothesized that since goat milk is digested, absorbed, and metabolized, in a superior manner, there is no "leftover" lactose that remains undigested which causes the painful and uncomfortable effects most associated with lactose intolerance.

### 5. Goat milk matches the human body better than cow milk.

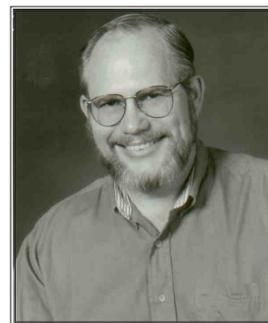
This matter is both an issue of biochemistry as well as thermodynamics. Regarding the biochemistry of the issue, we know that goat milk has a greater amount of *essential fatty acids* such as linoleic and arachidonic acid than cow milk as well as significantly greater amounts of vitamin B-6, vitamin A, and niacin. Goat milk is also a far superior source of the vitally important nutrient potassium. This extensive amount of potassium causes goat milk to react in an alkaline way within the body whereas cow milk is lacking in potassium and ends up reacting in an acidic way.

Thermodynamically speaking, goat milk is better for human consumption. A human baby usually starts life at around 7-9 pounds, a baby goat (kid) usually starts life at around 7-9 pounds, and a baby cow (calf) usually starts life at around 100 pounds. Now speaking from a purely thermodynamic position, these two animals have very significant and different nutritional needs for both maintenance and growth requirements. Cow milk is designed to take a 100 pound calf and transform it into a 1200-1800 pound cow. To achieve this, it is loaded with artificial and natural growth hormones and growth factors. Goat milk and human milk were both designed and created for transforming a 7-9 pound baby/kid into an average adult/goat of anywhere between 100-200 pounds. This significant discrepancy, along with many others, is manifesting on a national level as obesity rates sky rocket.

To conclude, we have seen that goat milk has several attributes that cause it to be a far superior choice to cow's milk. Goat milk is less allergenic, naturally homogenized, easier to digest, lactose intolerant friendly, and biochemically/thermodynamically superior to cow's milk. As if these benefits were not enough, Mt. Capra's goat milk does not contain any growth hormones or antibiotics that massive cow dairies have come to rely upon to turn a profit! Choose goat milk products and you're making the right choice for you and your patients.

- Dr. Thomas Cooke DO

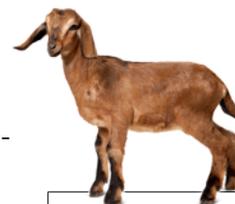
**Thomas R. Cooke, Doctor of Osteopathy;** *Graduated in 1976 from Texas College of Osteopathic Medicine. For over thirty years Dr Cooke has been caring for patients in a culture of holistic treatment, practicing a preventative illness approach, while teaching and encouraging patients the importance of wellness care.*



1.Freund G. Use of goat milk for infant feeding: experimental work at Creteil (France). Proceeding of the meeting Interests nutritionnel et dietetique du lait de chevre. Niort, France: INRA, 1996:119-21.

## Our Guarantee

The Mt. Capra farm is located in the Pacific Northwest. Our grass-fed, free-range goats graze on pesticide-free and chemical-free pasture 365 days a year. No hormones, antibiotics, or pesticides are used. Ever.



WELLNESS  
shaped by  
GOAT MILK™



Mt. Capra Products | 279 SW 9th St, Chehalis, WA 98532  
1-800-574-1961 | mtcapra.com

These statements have not been approved by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.