



Camel Milk is the Best Choice

Description

If Available, the camel milk should be the only choice as a dairy product

If not available easily, the should be the only replacement after the cow milk for lactose intolerant people as camel milk is free of intolerant lactose

Camel milk is free of CMAP (cow milk allergin proteins), so the people with CMAP can happily take the camel milk

All white fluids coming from the veg, fruit, or nuts extractions are not milked as the milk is only synthesized in the mammary gland of a living animal

Take a glass of camel milk daily, enjoy your health, vigor, stamina, and happiness



The camel is really a unique creature

<https://www.instagram.com/ark.raziq/>

[Tweets by DrRaziqKakar](#)

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