

# GOATIES™



## Bleating delicious, bleating nutritious!



**Goaties are made with pure, spray dried, whole goats milk powder.** Goat's milk is valued as a complete, balanced whole food all over the world. Producing about 2% of the current global milk supply, most populations of people who consume goat milk cite a lower incidence of allergies and digestive complaints. With less lactose, more calcium, potassium and vitamin A than cow's milk, goat's milk is the pick of the pasture!

### Goaties are the ideal snack food containing protein, fats, vitamins and minerals.

Goaties provide premium nutrition in a crave-able treat. One or two handful of Goaties makes for a naturally healthy, sustaining snack. Packed in individual sachets for convenience and freshness, Goaties are a deliciously nutritious between-meal snack to boost energy and concentration at school, work, home or on the go!

#### Lactose:

- Is a source of carbohydrate, which is water soluble, easily digested and provides fuel for energy production.
- Is milk sugar, which sweetens the Goaties without the need for added sucrose or sugar substitutes.
- Is not refined, so it does not promote dental caries, especially as Goaties contain calcium and phosphate, which strengthen the tooth enamel.
- Is almost always tolerated by children, as they synthesize the enzyme lactase to digest it.

#### Protein:

- Is very similar in composition to that of human milk.
- Is more easily digested than cow's milk protein.
- Causes allergic reactions in far fewer people, as it is better digested, and less altered by chemical processing.

#### Fats:

- Are homogenized, that is, dispersed in fine droplets through the milk. This prevents the separation of cream in goats' milk; enhances digestion; and protects the blood vessels from the atherogenic action of the enzyme Xanthine oxidase. This enzyme is liberated in the processing of cows' milk, and may damage artery walls.
- Are good fats, being mainly Medium-chain and Short-chain fatty acids. Medium-chain fats are not stored but rapidly burned for energy, while short-chain fats enhance liver function and promote healthy colon cells.

#### Vitamins and Minerals:

- Goats' milk powder contains calcium, potassium, sodium, zinc, iron, vitamin A, vitamin B1 and vitamin B2.
- Goats' milk is higher than cows' milk in calcium, phosphorus and vitamin A.
- Goaties contain small amounts of essential trace nutrients in every tablet. These elements are very well absorbed, as the body is extremely efficient when it comes to utilising small dosages of trace minerals and vitamins.

#### Each Goaties tablet contains:

220mg whole goats milk powder. Other ingredients include glucose, magnesium stearate and silica.

Typical Analysis	per tablet	per 100gm
Energy (kj)	12.14 kj	1710 kj
Energy (cal)	2.90 cal	409 cal
Protein	61.8 mg	8.7 g
Fat (total)	68.9 mg	9.7 g
Carbohydrate	509 mg	71.7 g
Vitamin A	12.07 iu	1700 iu
Vitamin B1	0.781 mcg	0.11 mg
Vitamin B2	8.52 mcg	1.2 mg
Iron	2.13 mcg	03 mg
Zinc	0.002 mg	3 mg
Sodium	0.59 mg	83 mg
Potassium	2.27 mg	320 mg
Calcium	1.99 mg	280 mg



For more information, please contact:

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