

Facts about CapraMilk

- †Easier to digest than cows milk
- †Goat-milk is tolerated well by most people
- Free of pesticides, herbicides, growth hormones and antibiotics
- Excellent source of Calcium
- Naturally homogenized

Good Things To Know About CapraMilk

Capra Milk is creamy, great tasting, instant powdered goat milk. Many people who cannot drink cows milk can consume goat milk with ease. Capramilk is the ideal food for babies, adults and convalescents.

No chemicals or preservatives added.

Suggested Directions:

2 tbs. (28g) in 8 oz. of warm water.
Gently shake before each use.

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

One of Nature's Greatest Foods



Instant
Powdered Goat Milk
16 oz (453g)

Nutrition Facts

Serving Size: about 1 Cup (225 mL)
Serving Per Container: 16

Amount Per Serving

Calories 148 Calories from Fat 79

	% Daily Value*
Total Fat 7g	11%
Saturated Fat 6g	30%
Trans Fat 0g	
Cholesterol 1mg	3%
Sodium 71mg	3%
Total Carbohydrate 10g	4%
Dietary Fiber 0g	0%
Sugars 10g	
Protein 7g	14%

Vitamin A 5% • Vitamin C 2% • Vitamin D₃ 11%

Calcium 27% • Iron 0% • Folic Acid 0%

Not a significant source of dietary fiber, vitamin C.
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat Sat Fat	Less than	65g 20g	80g 25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Carbohydrate Total	Less than	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Powdered Goat Milk



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