

The Dairy Spectrum

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Health

Milk
Butter
Cheese
Yogurt
Casein

None

Raw
Organic
Goat

Goat Hormones
? Allergens

Raw
Organic
Cow

Cow Hormones
? Allergens

Organic
Cow
(Pasteurized)

Cow Hormones
Allergens

Commercial
Cow
(Pasteurized)

Cow Hormones
Allergens
Pesticides
Bovine Growth
Hormone