

Camel Milk! The New Fitness Drink. How Camel Milk May Affect Athletic performance

Many athletes are turning their attention to camel milk due to its unique properties:

- Athletes with allergies are 80% less likely to have an allergic reaction to the whey in camel milk compared to cow milk. (Cardoso 2010; Ehlayel 2011)
- Camel milk has higher levels of amino acids than cow milk (Saitmuratova 2001). Amino acids are crucial for muscle building, repair and strength.
- In a study of protein drink with soy vs. camel milk, the conclusion was that the camel milk stimulates more effectively than soy which has the same protein/carbohydrate ratio. The camel milk was more easily digested than the soy. Camel milk, due to its low levels of lactase and the fact that the casein in camel milk is 80% less likely to cause allergic reactions and therefore inflammation than cow milk, is more digestible than soy or cow protein in fitness drinks.
- Lactose intolerance is a major concern for athletes who consume sports drinks with cow or goat whey. This is not a concern for camel milk whey in sports drinks.
- Camel milk has half the fat as cow milk, less sugar and fewer calories than cow or goat milk, which makes it an excellent choice as a fitness drink for athletes.
- Milk has been shown to benefit rehydration and the recovery period for athletes in endurance sports. Camel milk would be an excellent choice.
- The carbohydrates and protein in milk support muscle repair and boosts performance levels. Camel milk makes it an excellent choice.

- Research has shown that milk drinks limit exercise-induced muscle damage

For athletes. Camel milk is an excellent choice.

- Camel milk has naturally high levels of electrolytes which are lost due to sweating during athletic activities.
- Athletes have higher protein requirements than the general population. Camel milk supplies much-needed amino acids for muscle protein synthesis and the antibodies and immunoglobulins in camel milk keep the athletes' immune systems healthy.
- Camel milk is high in the amino acid glutamine. Sixty percent of the available amino acid in the body is needed for muscles. Glutamine plays an important role in immune response following exercise. Camel milk is higher in glutamine than cow or goat.
- high-fat milk such as camel milk has been found to be superior to available non-milk sports drinks for promoting rehydration following exercise.