

ITEM	Measure	wt. g.	Calories	Protein g.	Fats g.	Carbo g.	H ₂ O g.	Ca mg.	Iodine mg.	Fe mg.	Mg mg.	P mg.	K mg.	Na mg.	Cu mg.
Goats Milk	1 cup	244.0	163	7.7	9.8	11.0	213.0	315.0	---	0.03	41.0	259	439	83.0	0.11
Human Milk	1 cup	240	184	2.4	9.6	18.6	208.0	80.0	---	0.24	8.0	32.0	120.0	40.0	0.16

ITEM	Vit A IU	Thiam B ₁ mg.	Ribo B ₂ mg.	B ₆ mg.	B ₁₂ mg.	Biotin mg.	Choline mg.	Folic Acid	Inositol	Niacin mg.	Panto Thenic Acid mg.	Vit C mg.	Vit D	Vit E	Vit K
Goats Milk	390	0.1	0.27	0.11	0.2	---	---	---	---	0.7	0.78	2.44	---	---	---
Human Milk	596	0.024	0.96	0.24	0.08	---	---	---	---	T	0.56	16	---	---	---

GOATS MILK BABY FORMULA

- 8 oz. Goats Milk - *Rau*
- 1/2 Teaspoon Plantation Blackstrap Molasses
- 16 oz. of GOOD warm water
- 1 very small granule of a crushed folic acid tablet (300 mcg.)