

Lowered Nutrient Availability in Pasteurized Milk

Vitamin C	Raw milk but not pasteurized can resolve scurvy. “. . . Without doubt. . . the explosive increase in infantile scurvy during the latter part of the 19 th century coincided with the advent of use of heated milks. . .” Rajakumar, <i>Pediatrics</i> . 2001;108(4):E76
Calcium	Longer and denser bones on raw milk. Studies from Randleigh Farms.
Folate	Carrier protein inactivated during pasteurization. Gregory. <i>J. Nutr.</i> 1982, 1329-1338.
Vitamin B12	Binding protein inactivated by pasteurization.
Vitamin B6	Animal studies indicate B6 poorly absorbed from pasteurized milk. Studies from Randleigh Farms.
Vitamin A	Beta-lactoglobulin, a heat-sensitive protein in milk, increases intestinal absorption of vitamin A. Heat degrades vitamin A. Said and others. <i>Am J Clin Nutr.</i> 1989;49:690-694. Runge and Heger. <i>J Agric Food Chem.</i> 2000 Jan;48(1):47-55.
Vitamin D	Present in milk in protein-bound form, assimilation possibly affected by pasteurization. Hollis and others. <i>J Nutr.</i> 1981;111:1240-1248.
Iron	Lactoferrin, which contributes to iron assimilation, destroyed during pasteurization.
Iodine	Lower in pasteurized milk. Wheeler and others. <i>J Dairy Sci.</i> 1983;66(2):187-95.
Minerals	Lactobacilli, destroyed by pasteurization, enhance mineral absorption. MacDonald and others. 1985.