

# The Only Goat Farm since 1988

Hay Dairies is the only goat farm in Singapore since 1988. Our farm has mixed breeds with origin heritage from Minnesota, United States. The goats in Hay Dairies are fed with Alfalfa Hay from United States which is high in protein, minerals and is free from Genetically Modified Organism (GMO). We also complement our goats' diet with a special feed from Australia that is based on grains, vitamins, minerals and is free from Genetically Modified Maize (GMM).

Hay Dairies goat farm meets agreed standards of food safety, animal welfare as governed by Agri-Food & Veterinary Authority of Singapore (AVA) as well as environmental protection as governed by National Environment Agency (NEA). We are independently audited by SGS Singapore to ensure we maintain top quality supply of fresh goats' milk for you to enjoy.



**Hay Dairies**  
GOAT FARM



## Getting Here

Take Kranji Express Bus from Kranji MRT. Refer to [www.kranjicountryside.com](http://www.kranjicountryside.com) for bus schedule.

For more public transportation option(s) and driving directions, visit [www.haydairies.com.sg](http://www.haydairies.com.sg).

## Where to buy our products?



Purchase directly from Hay Dairies Goat Farm.  
直接从牧羊场购买。



Home delivery to selected locations in Singapore are available. Order online or contact us at **6792 0931**. Minimum order of 1600ml, once a week delivery.  
提供专送服务, 上网或至电订购, 每次至少订购1600毫升, 每星期一次。



Purchase from selected store outlets / supermarkets in Singapore.  
从专卖商店 / 超级市场购买。

Visit our website for product prices, online ordering and full store listing. 请浏览我们的网站找寻羊奶售价, 网上订购服务和专卖商店详情。



## Farm Visit

Visit our website for more details on the educational farm tour packages and our operating hours.

Produced Locally in Singapore Farm by:

**HAY DAIRIES PTE LTD**

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[www.haydairies.com.sg](http://www.haydairies.com.sg)

# HAY DAIRIES

## PURE GOAT MILK SINCE 1988

Gluten Free

ANTIBIOTICS & HORMONES Free

Highly digestible & NUTRITIOUS

Low Lactose



# The Healthier Alternative: Hay Dairies Goat milk

- ✓ A wholesome, natural and highly nutritious beverage  
新鲜羊奶是天然, 纯正和高营养的健康食品
- ✓ Less allergenic than cow milk, easier to digest, rarely causes lactose intolerance and matches up to the human body better than cow milk  
羊奶含有的脂肪颗粒较细小, 人体容易吸收和消化  
适合对乳糖及牛奶产生过敏的人士饮用
- ✓ Pasteurised and homogenized, with no preservatives and additives added  
使用巴氏法于均匀法灭菌, 不含任何防腐剂和添加剂
- ✓ Our goats are never administered with growth hormones and are free from antibiotics  
牧场羊只不曾接受成长激素注射和不含抗生素



*Singapore Farm Fresh Goodness*

Nature Next Best Thing to Mother's Milk



# Nutrition for all ages

Globally, people are looking for a nutritious, delicious, and natural alternative to either cow or soy milk. Goat milk, nature's next best thing to mother's milk, is the perfect choice!

Goat milk contains a broad range of minerals and vitamins as well as the nutrients found in most milk.

The fatty acids in goat milk are much more digestible than in cow milk. Alpha-s-1 casein, a protein that is a major allergen in cow milk is about 90% lower in goat milk. Reaction to cow milk protein is the most common allergy in childhood and infants allergic to cow milk are at risk of developing inflammatory bowel disease, asthma and eczema.

Milk is undisputedly the best source of natural calcium. Research shows that calcium supplementation (pills, fortified substitutes like soy, rice, almond) increases greatly the risk of cardiovascular diseases such as heart attacks and strokes because only fraction of calcium from the supplements is absorbed into bones while the rest tends to be deposited in the blood vessels making them rigid and prone to damage. A bottle of 200ml goat milk provides approximately 260mg of natural calcium and is easier to absorb as compared to supplements.

Studies have shown that goat milk can provide additional benefits because of its anti-inflammatory and anti-allergic properties. Inflammation appears to be a culprit of most modern diseases including cardiovascular and cancer, thus goat milk is a great addition to the contemporary diet with its anti-inflammatory properties.

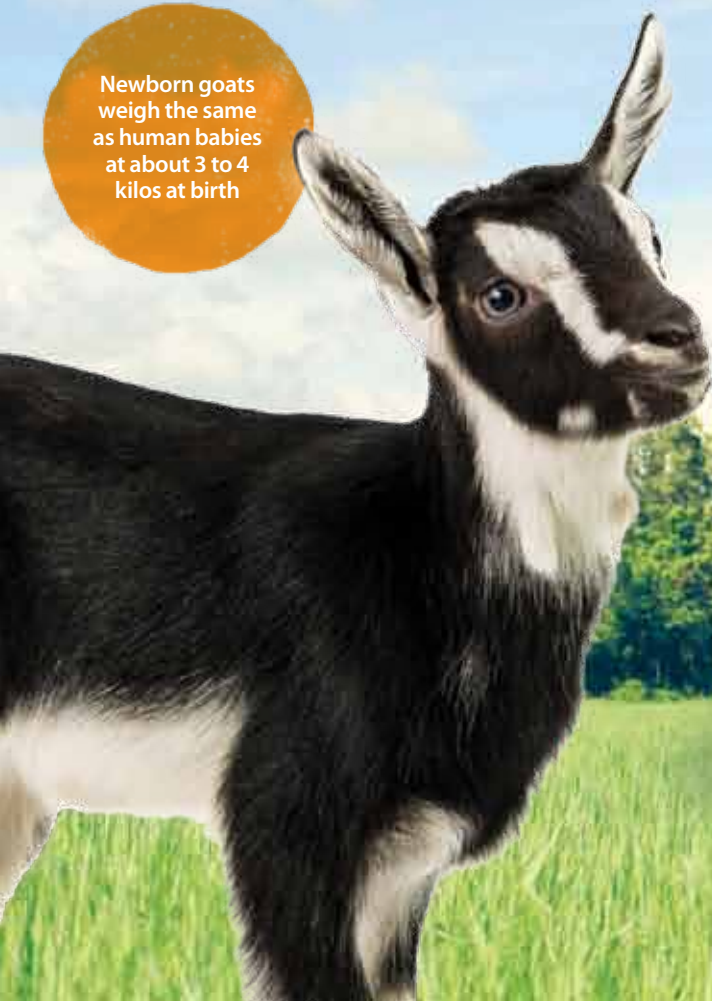
Goat milk oligosaccharides are not only useful in managing inflammatory bowel disease, but appear to heal intestinal mucosa.

Goat milk can have cardio-protective effects and prevent buildup of fatty deposits in arteries, while it helps to maintain immune homeostasis in immunocompromised people, for example elderly.

Milk stays fresh if you keep it cold. For maximum keeping qualities, maintain your fridge at 4°C and below. Milk may turn bad before printed date if not maintained at desired temperature. Do not microwave or boil the milk.

Nutritional Information		
	Per 100ml (Original)	Per 100ml (Chocolate)
<b>Protein</b>	3.06g	3.19g
<b>Total Fat</b>	3.34g	3.62g
• Trans Fat	0.03g	0.03g
• Saturated Fat	2.06g	2.17g
• Unsaturated Fat	1.10g	1.27g
<b>Calcium</b>	130.24mg	125.48mg
<b>Cholesterol</b>	13.88mg	14.40mg
<b>Carbohydrate</b>	8.63g	9.85g
<b>Energy</b>	76.84kcal	84.74kcal

Newborn goats weigh the same as human babies at about 3 to 4 kilos at birth



Goats have two teats on its udder (unlike cows with four teats)



Goats only have a bottom set of teeth. In place of the upper teeth, they only have a dental pad



Goats have horizontal slits in their eyes, giving them a 340 degrees vision without moving

