



WHY CHOOSE ORGANIC?
Discover the fact-based
benefits at The Organic Center.

Do You Know?

Grass — something to moo about and the reason why organic milk can contain about 56% higher levels of heart-healthy omega 3 fats compared to conventional milk.

Source: Šrednicka-Tober *et al.* 2016



Bringing you the science behind organic

All of our information is available at no cost at:
www.organic-center.org