



20 Reasons Why You Should Eat Cultured Butter

1. Butter is rich in the most easily absorbable form of Vitamin A necessary for thyroid and adrenal health.
2. Contains lauric acid, important in treating fungal infections and candida
3. Contains lecithin, essential for cholesterol metabolism.
4. Contains anti-oxidants that protect against free radical damage.
5. Has anti-oxidants that protect against weakening arteries.
6. Is a great source of Vitamins E and K.
7. Is a very rich source of the vital mineral selenium.
8. Saturated fats in butter have strong anti-tumor and anti-cancer properties.
9. Butter contains conjugated linoleic acid, which is a potent anti-cancer agent, muscle builder, and immunity booster
10. Vitamin D found in butter is essential to absorption of calcium.
11. Protects against tooth decay.
12. Is your only source of an anti-stiffness factor, which protects against calcification of the joints.
13. Anti-stiffness factor in butter also prevents hardening of the arteries, cataracts, and calcification of the pineal gland.
14. Is a source of activator X which helps your body absorb minerals.
15. Is a source of iodine in highly absorbable form.
16. May promote fertility in women.⁹
17. Is a source of quick energy, and is not stored in our bodies adipose tissue.
18. Cholesterol found in butterfat is essential to children's brain and nervous system development.
19. Contains Arachidonic Acid (AA) which plays a role in brain function and is a vital component of cell membranes.
20. Protects against gastrointestinal infections in the very young or the elderly.

