

## What Parents Should Know About Synthetic Milk

### A Pediatrician's Quick Guide

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#### Why Synthetic Milks May Be a Bad Idea for Children

- **Lack of essential nutrients**  
Synthetic milks miss the key bioavailable nutrients found in real dairy such as healthy fats, essential amino acids, and fat-soluble vitamins important for brain and immune health.
- **No long-term safety data**  
These products are new, and no one truly knows how they affect growing children over time.
- **Highly processed**  
Made in labs with emulsifiers, stabilizers, and artificial flavors which are toxic ingredients linked to gut and metabolic disruption.
- **Not for infants or toddlers**  
These products cannot match the complexity of breast milk or nutrient-dense whole dairy.
- **Novel compounds = unknown risks**  
"Precision fermentation" is anything but precise and can create proteins with immune or allergy disorders in children.
- **Heavy marketing, light oversight**  
Buzzwords like "sustainable" and "clean" distract parents from the fact that these are poorly regulated.
- **Misleading claims**  
Despite appearances, synthetic milks are ultra-processed and far from "natural" or "healthier."
- **Health risks**  
These pseudo-foods complicate and exacerbate the tsunami of gut disorders already plaguing our children.

## What Is Synthetic Milk?

- **Leading companies:** Perfect Day, Bored Cow (by Tomorrow Farms), New Culture, Remilk, The Every Company.
- **Funded by:** Silicon Valley, food-techies, and venture capitalists, and not pediatricians or nutrition experts.
- **Motives:** Efficiency, patents, and profit and NOT children's health.

**Intellectual property (IP)** gives companies legal rights to their processes and products. In synthetic milks, this means exclusive control over how proteins are made and sold.

 More control =  More profit

 Less transparency =  More risk to consumers

Some call it innovation. I call it The Patent Parade: A corporate ticket to profit and power over the food supply.

## Pediatrician's Ingredient Breakdown

Here's what's really inside:

- Water: Fills volume, not bellies which provides no nutrition unless fortified.
- **Animal-free whey protein:** Lab-made using GMOs; long-term effects unknown in kids.
- **Refined vegetable oils:** Cheap toxic fillers high in omega-6s, low in essential fatty acids for brain growth.
- **Added sugars:** Often found in flavored varieties which are bad for metabolism and teeth.
- **Gums & emulsifiers:** Like gellan and guar; disrupt gut health.
- **Flavors ("natural" & artificial):** Poorly labeled and poorly understood.
- **Fortified vitamins:** Not always bioavailable or appropriate for children.

## Smarter Milk Choices for Kids

### Look for:

- Whole, real milk (if tolerated), raw when properly vetted
- Healthy fats for brain growth
- Minimal to zero added sugars
- Fortified dairy-free alternatives (for allergies or lifestyle)

### Avoid:

- Ultra-processed milk substitutes
  - Unstudied synthetic proteins
  - Marketing buzz over substance
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### Final Word from a Pediatrician

Our children aren't test subjects for food experiments.

Because your child's future deserves more than a marketing slogan.

**Real food. Real nutrition. Real health.**