

The health-promoting role of bioactive substances in sheep milk

Summary

Milk is the first food consumed by mammals. Intake of milk is essential to provide all the nutrients necessary for the proper development of the young body. A large portion of the bioactive substances contained in milk pass into it from the blood, while others are formed in the mammary gland. This helps in the formation of the immune response and in the development of the digestive system and nervous system. Bioactive substances contained in milk not only support the development of the young animal, but also help in the fight against various types of infection. Many studies have shown that milk is an essential factor in the human diet, and it is becoming increasingly popular as a functional food. Proper nutrition and consumer awareness undoubtedly affect the development of the body. Today, milk and dairy products are an indispensable element of the human diet. The high content of valuable nutrients and biologically active substances in sheep milk positively affects the dietary value of this milk and products made from it.

KEY WORDS: sheep milk, bioactive substances, development