



## **OMSCo statement**

### **In response to Reading University study into iodine levels in organic milk**

**28<sup>th</sup> April 2015**

Nicola Turner, Head of Marketing at the Organic Milk Suppliers' Cooperative (OMSCo), comments: "This research, although published today, was carried out 16 months ago. **Recent testing of supermarket milk, carried out in January 2015 by an independent third party, has shown that organic milk is not deficient in iodine when compared with conventional milk.**

"Whereas it has always been common practice in the conventional industry to supplement cow feed with minerals, this wasn't the case for organic cow feed. Over the last year, mineral supplementation of organic cow feed has become routine across the industry and more recent scientific tests have now shown comparable levels of iodine in organic versus non-organic milk.

"There are also scientifically proven health and environmental benefits of organic milk which are valuable as part of a balanced and healthy diet. Studies show that organic whole and semi-skimmed milk has more beneficial omega-3 fatty acid, Vitamin E and beta-carotene than non-organic milk, and studies by Glasgow and Liverpool Universities found that organic milk has 68% higher levels of the essential fatty acid than non-organic milk.

"Research in The Netherlands found that the incidence of eczema in infants fed on organic dairy products and whose mothers also consumed organic dairy products are 36% lower than in those who consume conventional dairy products, and that higher levels of beneficial conjugated linoleic acids are found in the breast milk of women consuming organic milk.

"Any switch from organic milk risks losing all these substantial health benefits.

"Pregnant women should not stop drinking organic milk in response to this research, which repeats findings from a study published in 2013. Today's report highlights that deficiency in iodine is due to a drop in overall milk consumption, rather than as a consequence of the type of milk being consumed."

For further information, comment or interviews please contact:

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## **About OMSCo**

[www.omscO.co.uk](http://www.omscO.co.uk)

- The Organic Milk Suppliers Cooperative, or OMSCo, was formed in 1994 by a group of like-minded dairy farmers with a shared belief that there is simply a better way to farm.
- Now twenty years old, OMSCo has over 200 farmer members stretching across the UK, and is the only 100% organic farmer-owned and farmer-run dairy cooperative in the UK.
- It is the largest and longest established UK organic dairy cooperative, with a projected turnover of £90m for 2014.
- OMSCo has always taken the leading role in driving the awareness of the benefits of organic milk in the UK, and supporting and encouraging organic dairy farmers.

- OMSCo manages 250 million litres of organic milk, making up 66% of the total organic milk supply in the UK.
- As well as supplying the majority of the UK's organic dairy processing needs, OMSCo also has extensive experience of exporting raw milk, bulk ingredients and now consumer products to overseas markets.