

Compositional Study of Vitamin A in Mare's Milk

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Mare's milk has interesting nutritional characteristics, especially with regard to diets for the elderly, convalescents and infants. Mare's milk and its derivatives are widely used in the Euroasiatic region. Mare's milk has a unique composition compared to other animal milk. It contains lesser protein, oil and minerals but lactose content is respectively high compared to the other animal milk. For many years Mongolians used mare's milk for making fermented airag. The fermented mare's milk is not an exquisite beverage but mare's milk is used as a treatment for several disease as well as tuberculosis, gastro-intestinal disease and rheumatism. The purpose of this study was to determine the content of vitamin A in mare's milk and compare it with cow milk. Vitamin A content of mare's milk and cow milk was determined by HPLC on the individual dairy product. Vitamin A content of cow milk was higher than that of mare's milk in each gram of sample. The vitamin A content of mare's milk was lower than cow milk in each gram of lipid.