

Health Benefits Of Butter For Children



Provides long-lasting energy



Helps in calcium absorption



Improves digestion



Good for vision



Aids in brain development of children



Keeps the skin healthy

References

- The neuropharmacology of butyrate: The bread and butter of the microbiota-gut-brain axis?; NCBI
- Nutrients for Prevention of Macular Degeneration and Eye-Related Diseases; NCBI