

The Saheeh International Quran Translation

وَإِنَّ لَكُمْ فِي الْأَنْعَامِ لَعِبْرَةً^ط نُسْقِيكُمْ مِمَّا فِي بُطُونِهِ مِنْ بَيْنِ فَرْثٍ وَدَمٍ لَبَنًا خَالِصًا سَائِغًا
لِلْمَشَارِبِينَ

And indeed, for you in grazing livestock is a lesson. We give you drink from what is in their bellies - between excretion and blood - pure milk, palatable to drinkers.