

COWS' MILK A1 & A2 TYPE BETA-CASEIN PROTEIN DIGESTION

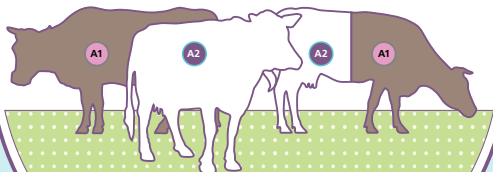


Investigate
Communicate
Collaborate

A2 beta-casein is the original beta-casein protein gene. A mutation caused the A1 protein to appear a few thousand years ago.

1

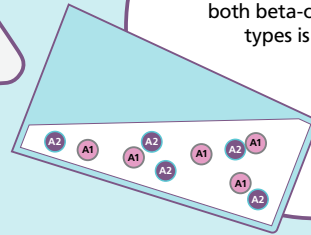
Milk herd carrying genes for both beta-casein protein types



Milk content	
250ml	
30-38g Solids	
9-15g Fat	
10-12g Lactose	
7-10g Protein	
5.5-8g Casein	
2-3g A1 & A2 type beta-casein proteins	

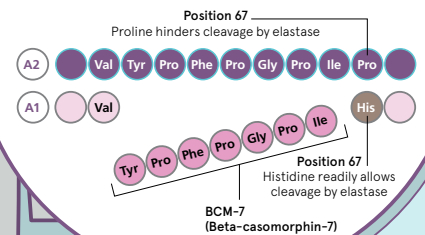
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Regular milk containing both beta-casein protein types is ingested



3

Digestion of A1 beta-casein in the small intestine releases BCM-7. The structure of A2 beta-casein limits the release of BCM-7 on digestion.

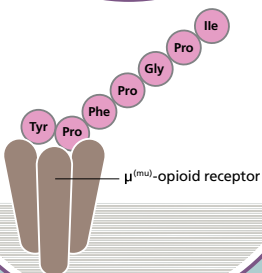


Milk digestion starts here

BCM-7 is a mu-opioid receptor ligand

BCM-7 can trigger inflammation and intestinal transit time delay, and consequently gastrointestinal symptoms in some people

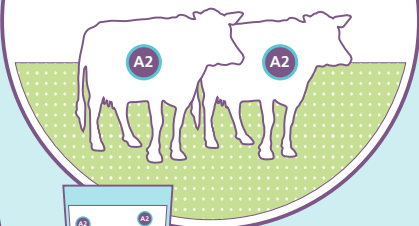
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In some patients with gastrointestinal discomfort following commercial milk intake, avoiding the A1 protein may make the difference

5

a2 Milk™ from purely A2 type beta-casein gene carrying herds



a2 Milk™ is free of A1 protein and naturally free of BCM-7 related issues

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