Milk digestion starts here

BCM-7 IS A MU-OPIOID RECEPTOR LIGAND. BCM-7 CAN AFFECT INTESTINAL TRANSIT TIME, AND THUS CONSEQUENT GASTROINTESTINAL SYMPTOMS IN SOME PEOPLE.

In patients with milk intolerance symptoms, avoiding A1 may make the difference.

Regular milk carrying both beta-casein type proteins is ingested.

Decomposition of beta-casein proteins in the small intestine:

- Position 67: Proline hinders cleavage by elastase.
- Position 67: Histidine readily allows cleavage by elastase.

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

Cow’s milk A1 & A2 beta-casein type protein digestion investigation and collaboration. Overleaf for references.

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

a2 Milk™ free of A1 protein is naturally free of BCM-7 related issues.
References: