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

2. Regular milk containing both beta-casein protein types is ingested


4. 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.

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.

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

Overleaf for references
References:


Disclaimer: The information contained within this document is intended for health care professionals and should not be construed as professional medical advice nor as any health claim associated with consuming a2 Milk™. V2_10/2017