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

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 binds to opioid receptors present throughout the body. In the gut, BCM-7 can trigger inflammation and intestinal transit time delay, and consequently gastrointestinal symptoms in some people.

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

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


