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 type proteins

2. Regular milk containing both beta-casein type proteins is ingested

3. A1 & A2 beta-casein protein fragment digestion in the small intestine

4. BCM-7 is a mu-opioid receptor ligand. BCM-7 can trigger intestinal transit time delay and inflammation, consequently gastrointestinal symptoms in some people.

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

Overleaf for references
References:


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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™.