Milk digestion starts here.

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

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

A1 & A2 beta-casein protein fragment digestion in the small intestine:
- Position 67: Proline hinders cleavage by elastase.
- Position 67: Histidine readily allows cleavage by elastase.

A2 Milk® from purely A2 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.

Investigate
Communicate
Collaborate

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®.