

A2

FACTS & FIGURES

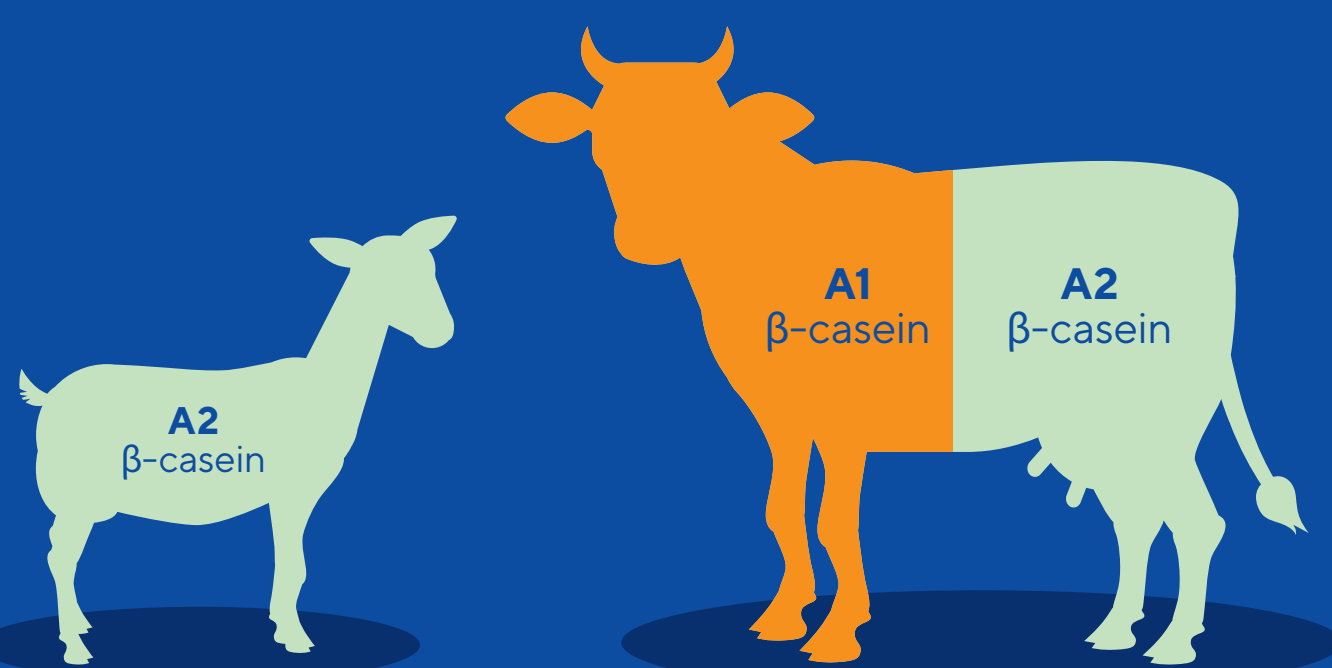


Goat milk is A2 milk by nature

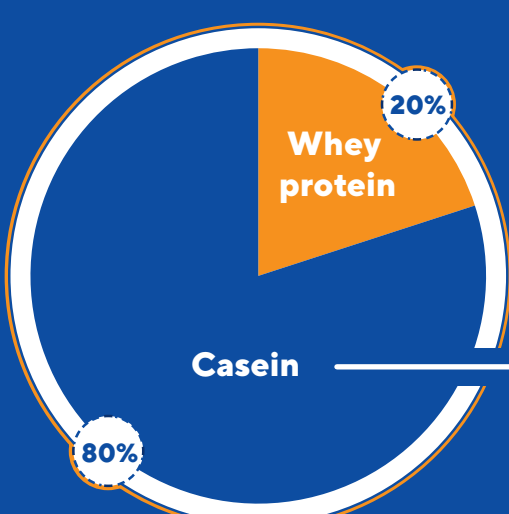
which is one of the reasons why goat milk is naturally easy to digest. Infant formula based on goat milk proteins contains A2 β -casein and is therefore easier to digest and can offer digestive comfort in infants.

In goat milk

Goat milk only contains A2 β -casein, while conventional cow's milk contains a mixture of A1 β -casein and A2 β -casein.¹

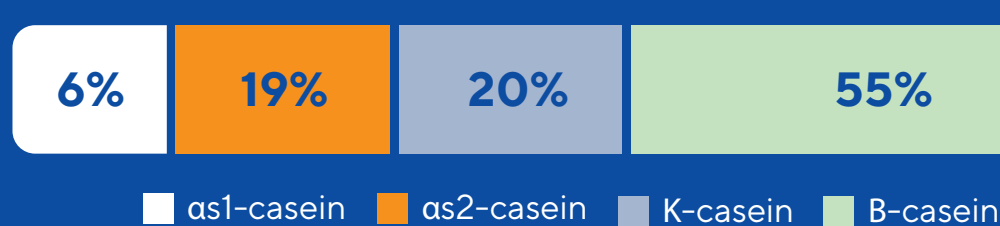


Goat milk protein =



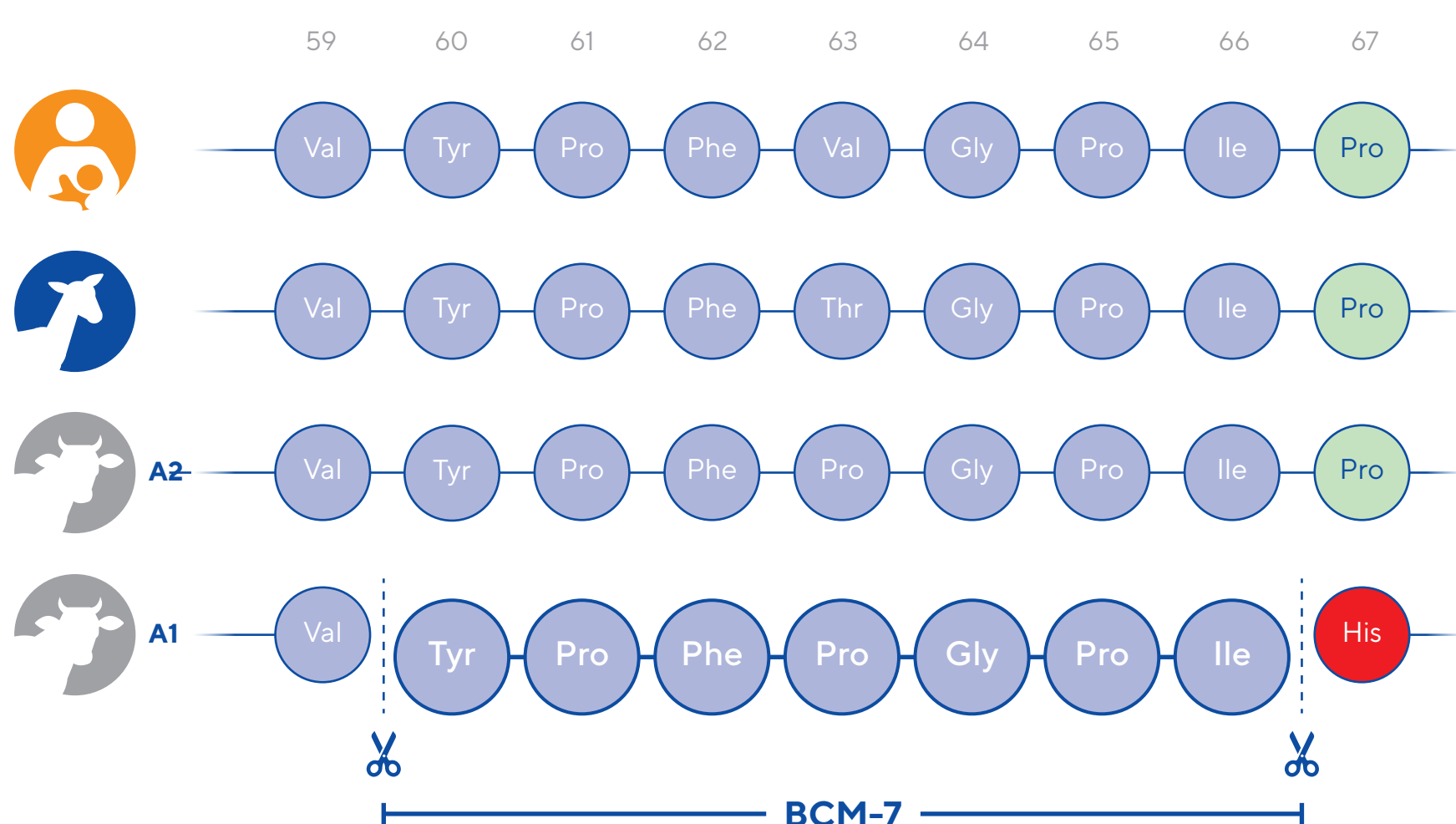
Goat milk does not contain A1 β -casein. In goat milk, A2 β -casein is the prevalent variant of β -casein.^{2,3}

Casein composition



During digestion

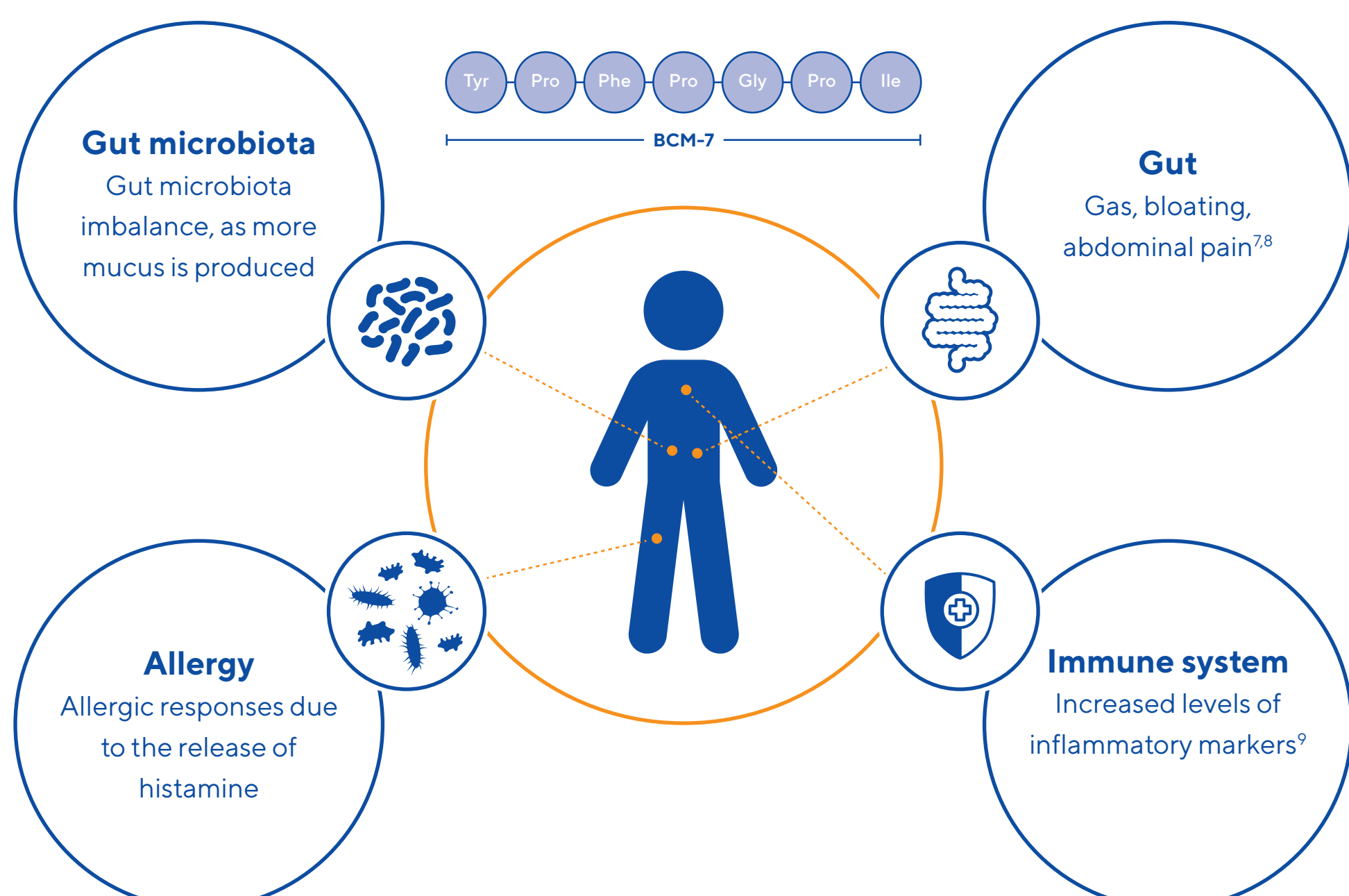
Goat milk A2 β -casein has proline at position 67 in the amino acid chain, just like human milk and A2 cow's milk.^{1,4}



A1 β -casein in conventional cow's milk has histidine at position 67, which releases β -casomorphin (BCM-7) during enzymatic cleavage in the small intestine.

After digestion

This BCM-7 can activate opioid receptors throughout the gut and body.^{5,6} A1 β -casein may lead to several disturbances.



* adult studies only



Goat milk does not contain the A1 β -casein that can induce digestive issues. Goat milk is **A2 milk by nature** and only contains A2 β -casein.^{2,6}

For infants, a formula based on goat milk proteins containing A2 β -casein is easier to digest and can offer **digestive comfort**.

References: 1: Pal et al. 2015. 2: Pattanayak 2013. 3: Jung et al. 2017. 4: Wada et al. 2015. 5: Clarke et al. 2014. 6: Küllenberg et al. 2019. 7: He et al. 2017. 8: Crowley et al. 2013. 9: Ho et al. 2014.

Disclaimers:

- Ausnutria acknowledges that breastfeeding is the best food for infants aged 0-6 months and supports prolonging breastfeeding up to 24 months (age 2).
- For health care professionals only.