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- Easier on digestion and may help some avoid discomfort
- A1 protein free
 - Ordinary cows' milk naturally contains a mix of A1 and A2 protein types
 - a2 Milk® comes from cows that naturally produce only the only the A2 protein and no A1
- Published research suggests that a2 Milk® may help avoid stomach discomfort in some people
- From cows not treated with growth hormones, rBST or antibiotics
- Farms are certified by Validus, a leading independent animal welfare auditor



What is beta-casein?

- About 30% of the protein in cows' milk is beta-casein
- Transports essential minerals and nutrients such as calcium and phosphorous
- There are genetic variants of beta casein; A1 and a2, with minor variants either classed as A1 or a2-like
- When digested beta casein can produce a range fragments with well characterized biological activity















