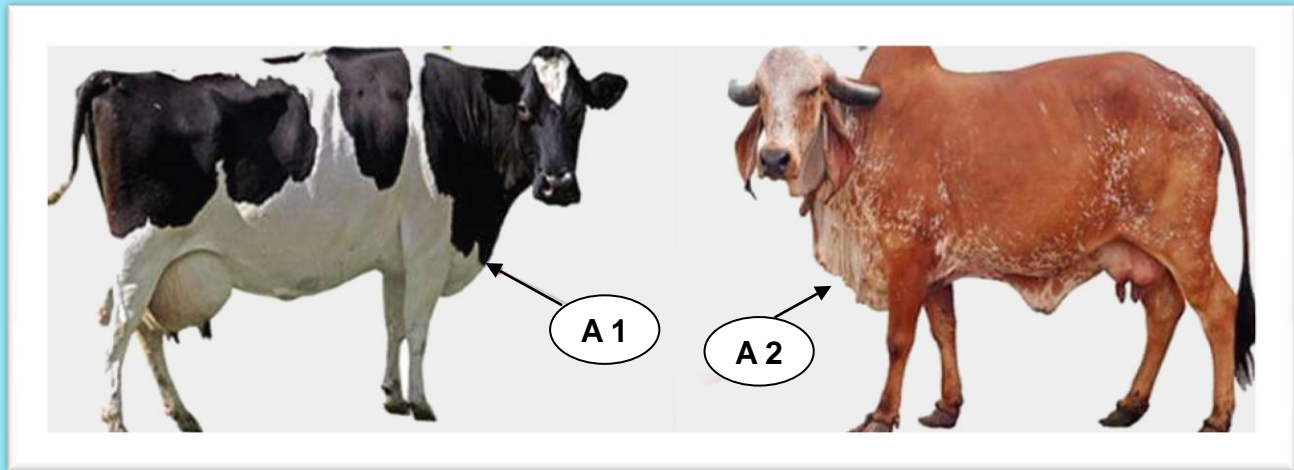


# Difference between A1 and A2 Milk



A1 Milk	A2 Milk
<ul style="list-style-type: none"><li>• A1 Milk from Foreign Breeds of cow like Jersey, Holstein etc....</li><li>• Heavy to disease.</li><li>• Contains BCM 7 which has been linked with several adverse health effects.</li><li>• Causes to Diabetes.</li><li>• Causes to childhood Obesity.</li><li>• Ghee Heavy to disease.</li></ul>	<ul style="list-style-type: none"><li>• Contains A2 elements that are present only in Indian Desi Cows only.</li><li>• Purest form of milk, it is considered.</li><li>• Closest to mothers milk &amp; rich in calcium.</li><li>• Contains high amount of Vitamin A.</li><li>• Omega 3 that cleans the Cholesterol.</li><li>• Protect to childhood obesity.</li><li>• Reduce to childhood obesity.</li></ul>

A1 and A2 milk refer to two different types of milk based on the genetic variation of beta-casein protein found in cow's milk. The key difference lies in the presence of specific variants of the beta-casein protein called A1 and A2 beta-casein.

A1 milk contains A1 beta-casein protein, which is a genetic variant found in the milk of certain breeds of cows, including Holstein Friesian, Jersey and Ayrshire. These breeds are commonly used in industrialized dairy farming.

A2 milk, on the other hand, contains A2 beta-casein protein, which is the original variant of beta-casein protein found in milk. It is primarily associated with indigenous cow breeds like the Gir, Sahiwal, Kangrej, Ongole, Khillari, Tharparkar, etc.

The difference between A1 and A2 beta-casein lies in their amino acid composition. A1 Beta- Casein has a histidine amino acid at a specific position (position 67), whereas A2 beta-casein has a proline amino acid at the same position.

During digestion, A1 beta-casein can be broken down into a peptide called beta-casomorphin-7 (BCM-7), which is believed to have certain effects on the human body.

According to some studies, BCM-7 may interact with the opioid receptors in the digestive system and potentially contribute to discomfort and digestive issues in some individuals. These issues can include bloating, gas, and gastrointestinal distress.

In contrast, A2 beta-casein does not produce significant amounts of BCM-7 during digestion. This has led to the belief that A2 milk might be easier to digest and less likely to cause digestive discomfort compared to A1 milk.

It's important to note that individual responses to A1 and A2 milk can vary, and not all individuals experience adverse effects from consuming A1 milk. Some people may tolerate both types of milk without any issues, while others may notice a difference in their digestion or overall well-being when consuming A2 milk.