

Milk Distress? Part 2

How do dairies produce A2 milk?

Milk that only contains the A2 beta-casein protein comes from cows that genetically do not produce the A1 protein. Dairy farmers can breed cows that do not produce A1 beta-casein, and the milk from these cows will only contain the A2 protein.

Is A2 milk safe for people with a cow's milk allergy?

People diagnosed with cow's milk allergy need to avoid all types of cow's milk, including lactose-free milk and A2 milk. An allergy to milk can cause hives, upset stomach, vomiting, bloody stools and anaphylactic shock, which is a life-threatening allergic response.

If I'm lactose intolerant, is A2 milk better for me?

A2 milk contains the same amount of lactose as regular cow's milk; only the type of beta-casein protein is different, not the lactose. If you're lactose intolerant, use lactose-free milk or over-the-counter pills or drops that contain the lactase enzyme.

Our recommendations:

All cow's milk contains the same amount of protein, vitamins and minerals and is a nutrient-dense food that can be a part of an overall healthy eating pattern. The only difference in A2 milk is that it may be more easily tolerated by some people.

If you experience gas, bloating, or diarrhea when you drink milk or eat milk products like yogurt, ice cream, and cheese; talk with your physician about a possible lactose intolerance.

If drinking lactose-free milk still causes digestive problems, try A2 milk.

A2 milk is not recommended for people diagnosed with cow's milk allergy or lactose intolerance.

There are a couple of dairies in the US that produce A2 milk. <https://a2milk.com/find/> is one place you can go and do a search to see who carries it in your area.

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