



Media release

New research finds new health benefits from A1 protein free milk

19 May 2025: New research presented at an international paediatric conference demonstrated new health and wellbeing benefits to certain mother and baby groups from consumption of *a2 Milk™* and infant formula containing *a2 Milk™*.

The studies, sponsored by The a2 Milk Company, focused on two different population groups in China. The first study focused on breastfeeding mothers consuming either A1 protein free milk or conventional milk and their exclusively breastfed infants, while, in the second, the population group was infants mix-fed with both breastmilk and either infant formula made from *a2 Milk™* or conventional infant formula.

The findings from the two studies were:

In the first, exploratory study, 25 breastfeeding mothers consuming A1 protein free milk experienced significantly improved gastrointestinal outcomes coupled with lower markers of systemic inflammation at day 14 compared to the 25 mothers within the conventional milk group. These benefits were also seen in their exclusively breastfed infants¹ at day 14.

In the second, real world evidence study, conducted over eight weeks, the mixed fed infant group of 140 infants consuming a combination of breastmilk and infant formula made from *a2 Milk™* experienced statistically significant improvements in comfort including gastrointestinal symptom relief, and fewer crying periods compared to those who were mixed fed breastmilk and infant formula made from conventional milk² at weeks 2 and 4. Improvement in results was observed through to week 8 of the study, with the results at weeks 2 and 4 timepoints being significant. This may be of practical benefit for parents whose infants are unsettled.

“These findings reflect a maternal transfer of benefits” the Chief Science Advisor of The a2 Milk Company, Dr Andrew Clarke, said. “In publishing the outcomes of these studies, we hope to spark greater interest among nutrition and health professionals, about the broader role A1 protein free milk and dairy products could play in population health.”

The study abstracts were presented in Helsinki at the 2025 European Society for Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN) 57th Annual Meeting.

Dr Clarke welcomed the latest findings as both consistent with expectations regarding gastrointestinal benefits in previously published clinical trials and a breakthrough in understanding of the potential benefits of A1 protein free dairy to maternal nutrition and infant health.



“In science, breakthrough research is not a common thing, however we are incredibly proud to say that building on many years of research and investment these two studies delivered just that – providing revelations that may make a difference in maternal and infant health,” said Dr Clarke.

“We look forward to the full publications later this year.”

Earlier studies have found that consuming A1 protein free milk may limit digestive discomfort in some consumers, as well as suggesting additional benefits for some consumers when A1 protein free milk is part of a healthy, varied diet³.

Beta-casein makes up approximately 30% of the protein in cows’ milk.⁴ Beta-casein proteins can be grouped into two types, A1-type and A2-type.⁴ Conventional cows’ milk contains both A1 and A2-type proteins whereas A1 protein free milk naturally only contains A2-type protein.^{4, 5}

The research was conducted to further comprehend the potential advantages of A1 protein free milk when part of a total dietary approach. The findings underscore the importance of continued research to uncover the broader positive impact A1 protein free milk can have on quality of life and health.

Underpinned by over 25 years of pioneering research and an unrivalled understanding of A1 and A2-type beta-casein proteins, The a2 Milk Company continues to be dedicated to scientific discovery, and to sharing the unique digestive and other potential health benefits of *a2 Milk™* with the world. Supporting new research reinforces the Company’s commitment to discovery and ongoing drive to uncover new insights.

The a2 Milk Company has trading activities in New Zealand, Australia, China, United States, and a selection of emerging markets.

This media release can be viewed at <https://thea2milkcompany.com/latest-company-news>

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About The a2 Milk Company

The a2 Milk Company is a dairy nutrition company, fuelled by its purpose to pioneer the future of Dairy for good. Founded in 2000 in New Zealand, it all started with a simple realisation – that not all milk is the same.

a2 Milk™ is sourced by The a2 Milk Company from specially selected cows that naturally produce milk containing only A2-type protein and no A1. So, unlike ordinary milk, *a2 Milk™* is naturally A1 protein free. *a2 Milk™* is a trademark of The a2 Milk Company.

Providing a portfolio of premium dairy nutrition products made exclusively with a2 Milk™, including fresh milk, milk powders and a range of infant and toddler milk formulas, the Company’s products are sold across Australia, New Zealand, North America, China and South-East Asia.



References

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