

Symptoms of milk intolerance? It might not be due to lactose.

Although it is commonly assumed that gastrointestinal symptoms experienced after consuming regular milk are due to lactose intolerance, lactose might not be the only cause of some people's digestive discomfort. Some people may have a sensitivity to the A1 protein and not simply to the lactose itself.

a2 Milk® comes from cows specially selected to naturally produce milk with only the A2 beta-casein protein type, and no A1.



So how do you know if symptoms are due to lactose or the A1 protein?
a2 Milk® Lactose Free contains no A1 protein, and no lactose, making it the ideal starting point for exploring milk intolerance.

Exploring milk intolerance with an a2 Milk® trial

1



Temporary dairy elimination

The first step when exploring milk intolerance should be a 1-2 week dairy elimination diet to resolve symptoms. This means avoiding all dairy milk, cheese, yoghurt, cream, ice cream, butter, and also dairy as an ingredient in foods, such as milk solids, whey protein and cheese powder.

2



a2 Milk® Lactose Free trial

Start with a small portion of a2 Milk® Lactose Free, which contains only the A2 protein and no lactose* in tea, coffee, on cereal and in recipes. Gradually increase over a week to a full cup of a2 Milk® Lactose Free. Continue to avoid other regular dairy foods and lactose during step 2.

**Or use a2 Milk® with a lactase enzyme tablet*

DAY 1



2 tbsp

DAY 2



4 tbsp

DAY 3



1/2 cup

DAY 4-5



3/4 cup

DAY 6-7



1 cup

3



a2 Milk® trial

If no symptoms arise during step 2, next reintroduce lactose by repeating step 2 with a2 Milk®, which contains only the A2 protein, and also contains lactose. If still no symptoms arise, milk containing only the A2 protein could be the answer.

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Disclaimer: The information contained within this document should not be construed as professional medical advice nor as any health claim associated with consuming a2 Milk®.

