

Research finds new health benefits from A1 protein-free milk

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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.”