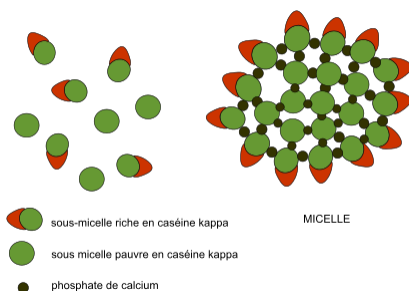


Casein

Casein (/ˈkeɪsiːn/ *KAY-see-n*, from Latin *caseus* "cheese") is a family of related phosphoproteins (α S1, α S2, β , κ) that are commonly found in mammalian milk, comprising about 80% of the proteins in cow's milk and between 20% and 60% of the proteins in human milk.^[1] Sheep and buffalo milk have a higher casein content than other types of milk with human milk having a particularly low casein content.^[2]

Casein has a wide variety of uses, from being a major component of cheese, to use as a food additive.^[3] The most common form of casein is **sodium caseinate**.^[4] In milk, casein undergoes phase separation to form colloidal casein micelles, a type of secreted biomolecular condensate.^[5]



Micelle casein

As a [food source](#), casein supplies [amino acids](#), [carbohydrates](#), and two essential elements, [calcium](#) and [phosphorus](#).^[6]

Composition

Uses

Potential health issues and adverse effects

See also

References

Further reading

External links

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