AUTHOR	DESIGN	INTERVENTION	FINDINGS
		HUMAN STUDIES	
Daniloski et al., 2021 [178]	A combination of human (n=13) and animal (n=6) in vivo studies.	Systematic review.	A2 β-casein milk may improve gastrointestinal symptoms compared to A1 β-casein milk. However, the exact mechanism for this effect is poorly understood.
Bohn et al., 2015; Sweden [58]	Multi-centre, randomised, parallel, single-blind study – LFD vs traditional (NICE) advice.	Randomised, double-blind, cross-over trial comparing the effects of regular, Jersey milk (A1/A2 milk), lactose free milk and A2 milk during a single-meal sitting.	Lactose intolerant subjects experienced less abdominal pain after A2 milk compared to A1/A2 milk. No effects on other symptoms.
Milan et al., 2020 [180]	Adults with lactose intolerance, non-lactose dairy intolerance or dairy tolerance.	Double-blind, randomised sequence comparing the effects of: -lactose containing A1/A2 milk -lactose containing A2 milk -lactose-free (A1/A2 containing) milk [1]	Lactose intolerant subjects experienced less nausea and faecal urgency with lactose containing A2 milk and lactose free milk, compared to regular lactose containing A1/A2 milk.
Brooke-Taylor S et al., 2017 [181]	Systematic review (n=39) including in vitro, in vivo and human studies		Extensive evidence from in vitro and in vivo studies, and limited evidence from human studies shows that BCM-7 is released following consumption of A1 (but not A2) B-casein. BCM-7 is associated with delayed gastrointestinal transit times and may be pro-inflammatory.
Jianqin et al., 2016 [125]	Self-reported milk intolerant Chinese adults (n=45).	Randomised, double blind crossover study comparing A1/A2 milk Vs A2 milk.	A1/A2 milk associated with more digestive discomfort; slower GI transit; increased production of inflammatory markers and BCM-7.
Ho et al., 2014 [183]	Australian adults (n=41).	Double-blinded, randomised 8-week cross-over study comparing the GI effects of A1 Vs A2 milk.	• Positive association between abdominal pain and stool consistency on A1 milk, but not A2 milk. • A1 milk associated with looser stools than A2 milk. Looser stools strongly associated with more abdominal pain.
Crowley et al., 2013 [126]	Children with chronic functional constipation (n=39).	Non-randomised cross-over study comparing A1 Vs A2 β-casein milk.	Symptom resolution observed in 81% in the milk-free washout, 79% on A2 milk and 57% on A1 milk. No between group differences so no advantage of the A2 milk (possibly due to under-powering).
		ANIMAL STUDIES	
Barnett et al., 2014 [127]	Rodents.	Non-randomised controlled trial – GI effects of A1 Vs A2 β-casein rich diet.	A1 β-casein slowed GI transit compared to A2 β-casein.
Ul Haq et al., 2014 [130]	Rodents (in vivo).	Mice administered control vs casein isolated from A1/A1, A1/A2 or A2/A2 cow's milk.	Greater increases in markers of gut inflammation on A1/A1 and A1/A2 compared to A2/A2 or control.