



Nature's Original Dairy Milk™

a2 Milk™ Can Benefit Your Family's Health

Milk – as nature originally intended it – is a perfect fuel for your growing family. Rich in protein, calcium and vitamins, milk is one of nature's purest and most nutritious food sources.

Now, thanks to recent research, you can offer your family even more health benefits by using a2 Milk™ for all your household milk needs.

So how is a2 Milk™ different?

Before cows were intensively bred and farmed, all cows produced only the A2 form of beta casein protein in their milk. However, a different form of beta casein (known as A1) appeared in dairy cattle between 5000 and 10,000 years ago. A1 beta casein gradually spread – so now most cows, but not all, produce the A1 protein in their milk.

Scientific studies have shown that while both A1 and A2 beta caseins are digested into useful protein fragments, those generated by the A2 protein can offer a range of further benefits.

The research suggests that drinking milk containing only A2 beta casein may reduce the risk of several health conditions – such as heart disease, digestion problems and childhood diabetes. There's also growing evidence that drinking milk that contains only A2 beta casein may avoid some of the symptoms of intolerance or minor allergies associated with other dairy milks.

Although there is still a lot of debate going on in the scientific community about how significant the results from recent studies are; and research continues into the full benefits of a2 Milk™; there are now more than 100 studies that support the additional health benefits of a2 Milk™. These studies are supported by a large number of consumers around the world who report significant benefits after switching to a2 Milk™. Some consumers who previously avoided drinking milk altogether, can now enjoy this natural, nutritional product by drinking only a2 Milk™.

a2 Milk™ is produced simply, and naturally. First, cows are tested to ensure their milk contains only A2 beta casein. These cows are then kept in a special herd, and their a2 Milk™ is collected separately from other dairy milk.

It's also important to know that *a2 Milk™ is 100% free from any additives!!* a2 Milk™ is milk as nature originally intended it: good for you and great tasting.

You can now buy a2 Milk™ at most major supermarkets in Australia, New Zealand and a growing number of other countries. a2 Milk™ is becoming more popular, so you're likely to see more of it in the future; as well as other dairy products made from a2 Milk™.

If you're serious about getting all the benefits and nutritional value of milk, and keeping your family healthy both now and for their future – then we recommend you drink a2 Milk™ too.

When you buy a2 Milk™, you are investing in what you value most – your family!!!! And they will thank you for it.

Want to know more about a2 Milk™? Please email us at info@a2milk.co.nz

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