

Is Goat and Sheep milk also A2?

Written by Alison Goodfellow

Friday, 21 November 2008 09:22 - Last Updated Friday, 21 November 2008 15:46

You often hear of people changing from Dairy milk to Goat, Sheep or Soya milk products in cases where there appears to be an intolerance or allergy. Goats' milk and Sheeps' milk, along with human breast milk and buffalo, are all (naturally) A2 milks. Friesians (black and white cows) produce mainly A1 milk. If you purchase Channel Island milk, at present, this is mainly a mix of Jersey with some Guernsey milk — whilst it is likely to contain about 50% A2 it will also contain 50% A1! Therefore this will probably not have the same beneficial effects.