



A1 and A2 Milk and Its Impact on India's Dairy Industry

India, the world's largest milk producer, is witnessing a significant shift in its dairy industry. The Food Safety and Standards Authority of India's (FSSAI) decision regarding A1 and A2 milk has sparked discussions nationwide. Milk contains various proteins, accounting for 80% of the protein content in cow milk. Beta-casein is present in milk with variants like A1 and A2.

A1 beta-casein has been associated with the production of a peptide called beta-casomorphin-7 (BCM-7) during digestion, which some studies suggest may have adverse health effects like triggering digestive discomfort. A2 milk contains the A2 variant of beta-casein. This is considered to closely resemble human breast milk, goat milk, and buffalo milk. A2 beta-casein is often marketed as easier to digest and potentially healthier than A1 milk as it does not produce BCM-7 during digestion.

The Production of A1 and A2 Milk in India

The largest dairy business in the world, the Indian dairy sector plays a significant role in the economy of the country. In the past, Indian cows that produced A2 milk were Gir, Red Sindhi, and Sahiwal. However, the bulk of milk in India now includes the A1 beta-casein protein as a result of crossbreeding with Western breeds like Jersey and Holstein Friesians that generated A1 milk.

Customers in India who are concerned about their health are now requesting A2 milk since they are learning more about its advantages over A1 milk. Furthermore, several businesses are now marketing and offering A2 milk and milk products at a premium, stating that it is a healthier substitute.

FSSAI's Decision on A1 and A2 Milk

The decision to remove the A1 and A2 claims from milk and milk products was made because there is insufficient concrete scientific proof of the detrimental effects of A1 milk on health or the enhanced advantages of A2 milk. The FSSAI does not acknowledge any distinction between A1 and A2 milk kinds under the present regulations.

The FSSAI withdrew its ruling just a few days after outlawing the sale of dairy products with the A1 and A2 milk labels.

Mr. Ashwin Bhadri
Founder & CEO
Equinox Labs



Before reaching a final conclusion, the FSSAI said it would first consult with stakeholders and industry experts on the matter. The FSSAI's prohibition on A1 and A2 milk products has been removed in the interim.

Was FSSAI's initial decision right?

In the absence of hard scientific data, the FSSAI first decided to treat A1 and A2 milk as being safely equal. The worldwide scientific community's continuous discussion justifies the cautious approach taken by FSSAI. Nonetheless, the FSSAI's updated position demonstrates its flexibility and dedication to the welfare of consumers, given that additional research and public preferences have shown a preference for A2 milk.

It's a smart move to stick to the current A2 milk certification and labelling requirements. With this strategy, industry fairness and openness are maintained while the market can adjust to changing consumer expectations and scientific advancements.

The impartial stance taken by the FSSAI fosters innovation in the dairy industry while maintaining public confidence in the regulatory framework.

As Ashwin Bhadri, CEO of Equinox Labs, says, "The debate surrounding A1 and A2 milk goes beyond just a discussion about different types of proteins. It touches on consumer health, the economics of dairy farming, and the changing dynamics of the dairy market. FSSAI plays a crucial role in this debate as it seeks to balance science and consumer preference. As the Indian dairy industry continues to expand and develop, the differentiation between A1 and A2 milk is likely to remain a significant factor.

It will have a major impact on everything from production methods to marketing strategies. By making well-informed decisions and remaining aware of both scientific findings and consumer attitudes, FSSAI is contributing to the creation of a healthier and more transparent dairy industry in India."