

Table S1. Questionnaire for digestive symptoms (please rate the following symptoms on a 0–3 scale)

Symptom category	Definition	Score
Bloating	Swelling often associated with a sensation of gas or air in the stomach	0: never 1: rarely 2: frequently 3: all the time
Burping	Bringing up air or gas from the stomach via the mouth	0: never 1: rarely 2: frequently 3: all the time
Postprandial distress	Discomfort after eating	0: never 1: rarely 2: frequently 3: all the time
Abdominal pain	Pain or discomfort of the abdomen	0: never 1: rarely 2: frequently 3: all the time
Rumbling	Vibrations or noise in the stomach	0: never 1: rarely 2: frequently 3: all the time
Borborygmus	Continuous low sound made by the movement of liquid and gas in the intestine	0: never 1: rarely 2: frequently 3: all the time
Fecal urgency	Urgent need to go to the toilet	0: never 1: rarely 2: frequently 3: all the time

Table S2. Laboratory tests before and after milk consumption

	A2 milk			A1/A2 milk			<i>P</i> -value ^b	
	Before	After	<i>P</i> -value ^a	Before	After	<i>P</i> -value ^a		
Period 1	hs-CRP (mg/dL)	0.08 ± 0.09	0.10 ± 0.11	0.337	0.10 ± 0.24	0.10 ± 0.10	0.096	0.729
	IL-4 (pg/mL)	0.25 ± 0.00	0.25 ± 0.00		0.25 ± 0.00	0.25 ± 0.00		>0.999
	IgG (mg/dL)	1,224.76 ± 212.04	1,251.88 ± 225.62	0.063	1,138.56 ± 172.65	1,151.11 ± 173.74	0.124	0.360
	IgG1 (mg/dL)	636.57 ± 173.94	650.00 ± 160.76	0.122	601.93 ± 122.05	606.13 ± 131.94	0.364	0.334
	IgE (U/dL)	143.65 ± 430.77	150.09 ± 444.53	0.048	140.17 ± 181.79	143.69 ± 178.12.	0.540	0.409
	BCM-7 (ug/mL)	1.34 ± 1.19	1.52 ± 1.38	>0.999	1.67 ± 1.82	1.83 ± 1.75	0.275	0.503
Period 2	hs-CRP (mg/dL)	0.07 ± 0.09	0.06 ± 0.06	0.959	0.08 ± 0.11	0.06 ± 0.06	0.297	0.484
	IL-4 (pg/mL)	0.25 ± 0.00	0.25 ± 0.00		0.25 ± 0.00	0.34 ± 0.37	>0.999	0.331
	IgG (mg/dL)	1,147.94 ± 190.03	1,156.56 ± 193.27	0.466	1,245.24 ± 197.78	1,257.41 ± 214.43	0.686	>0.999
	IgG1 (mg/dL)	606.94 ± 133.73	616.39 ± 135.64	0.249	651.85 ± 165.75	655.65 ± 176.93	0.645	0.621
	IgE (U/dL)	141.32 ± 174.85	141.45 ± 160.96	0.248	144.36 ± 429.40	142.86 ± 426.51	0.850	0.248
	BCM-7 (ug/mL)	1.75 ± 1.61	1.98 ± 1.54	0.171	1.35 ± 1.17	1.53 ± 1.12	0.314	0.826

Values are presented as mean ± standard deviation. Per protocol analysis. Period 1, the consumption period for the first intervention milk; Period 2, the consumption period for the second intervention milk. *P*-values were calculated using ^apaired *t*-test or Wilcoxon signed rank test, ^btwo sample *t*-test or Wilcoxon signed rank test.