Continuing education questions

1. What is the difference between A1 and A2 beta-casein?
   a. A2 has proline at position 67, while A1 has histidine.
   b. They have several different amino acids in the protein chain.
   c. A2 is the original form in milk, whereas A1 is the result of genetic modification.
   d. There is no difference between A1 and A2 beta-casein.

2. Beta-casomorphin-7 (BCM7) is?
   a. A peptide produced on digestion of A1 beta-casein
   b. A mu-opiod receptor ligand
   c. A 7 amino acid chain peptide
   d. All of the above

3. What gut effects have been shown in animal models to result from A1 beta-casein and exposure to BCM7?
   a. An increase in gut transit time
   b. An increase in inflammation
   c. An increased allergic response
   d. Both a and b

4. Epidemiological research has shown strong associations between A1 beta-casein and which diseases/disorders?
   a. Colon cancer and type 2 diabetes
   b. Breast cancer and type 1 diabetes
   c. Ischaemic heart disease and type 1 diabetes
   d. Autism and type 2 diabetes
5. What are the proposed mechanisms by which BCM7 is most likely to mitigate gastrointestinal symptoms?

a. Binding to MORs, reducing peristalsis and gut motility
b. Promoting inflammation
c. Increasing gut transit time
d. All of the above
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Correct answer: a

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Correct answer: d

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Correct answer: a