

Call For Participants



Effect of A2 milk on Exercise Performance and Severity of EIB in Asthmatics

9 week(s) to complete

£300 on completion of all trials.
Free respiratory assessment and
VO2max Tests. Discover...

Experiment

Mill Rd, Gillingham ME7, UK

University of Kent

The aim of this study is to investigate the effect on airway health, health status and exercise performance in athletes with asthma and exercise induced asthma who switch to using A2 milk from regular cows' milk. Regular Cow's milk contains a mix of A1 and A2 protein. Previous research has shown that A1 protein may affect gut transit and inflammation. Work in other areas has demonstrated that inflammation in the gut may translate to the lungs and impact on asthma severity.

Find out more online

Poster printed on 25/04/2024 Study expires on 01/09/2019

More info

by scanning the QR code
or visiting the URL

www.cfp.cc/HBQ7F3

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