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Study on the reduction of β-casomorphin-7 in A1 milk through the use of lactic acid bacteria *Lacticaseibacillus casei* and *Limosilactobacillus fermentum*

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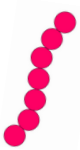
INTRODUCTION & AIM

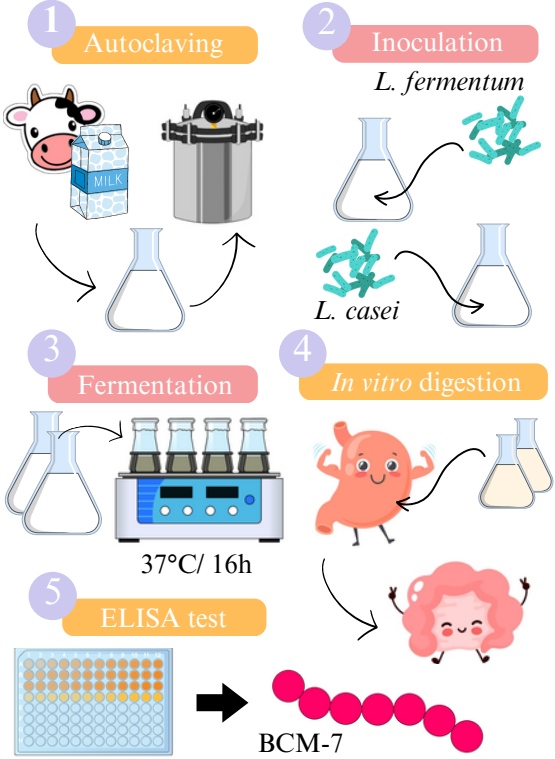


BCM-7

- PA potential risk factor for various health issues;
- Minimizing its release in dairy products has become a key priority..

This study investigated the impact of whole milk fermented with *L. casei* LBC 237 and *L. fermentum* 433 on BCM-7 release.

METHODS



RESULTS

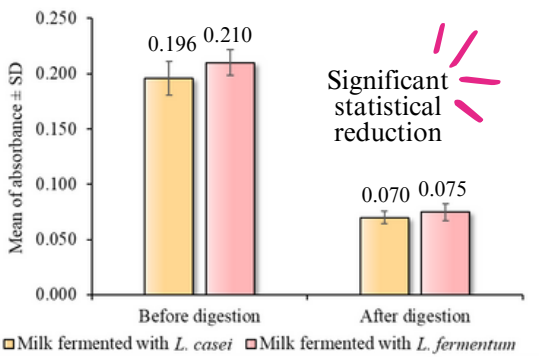


Fig. 1. Mean ± SD of absorbance values obtained from ELISA tests for the detection of BCM-7 in fermented milk samples.

After *in vitro* digestion

Fermentation did not demonstrate an additional significant reduction in the concentration of this peptide

Compared to non-fermented samples.

CONCLUSION

The fermentation conditions were insufficient for effective BCM-7 redution.

Conflicts of Interest
The authors declare no conflicts of interest.

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CAPES
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1. Bolat, E.; Eker, F.; Yılmaz, S.; Karav, S.; Oz, E.; Brennan, C.; Proestos, C.; Zeng, M.; Oz, F. BCM-7: Opioid-like Peptide with Potential Role in Disease Mechanisms. Molecules 2024, 29, 1–18.