

Dairy Sensitivity (Casein)

DNA Health Report

REPORT CATEGORY —



FOOD SENSITIVITIES

Sample Client

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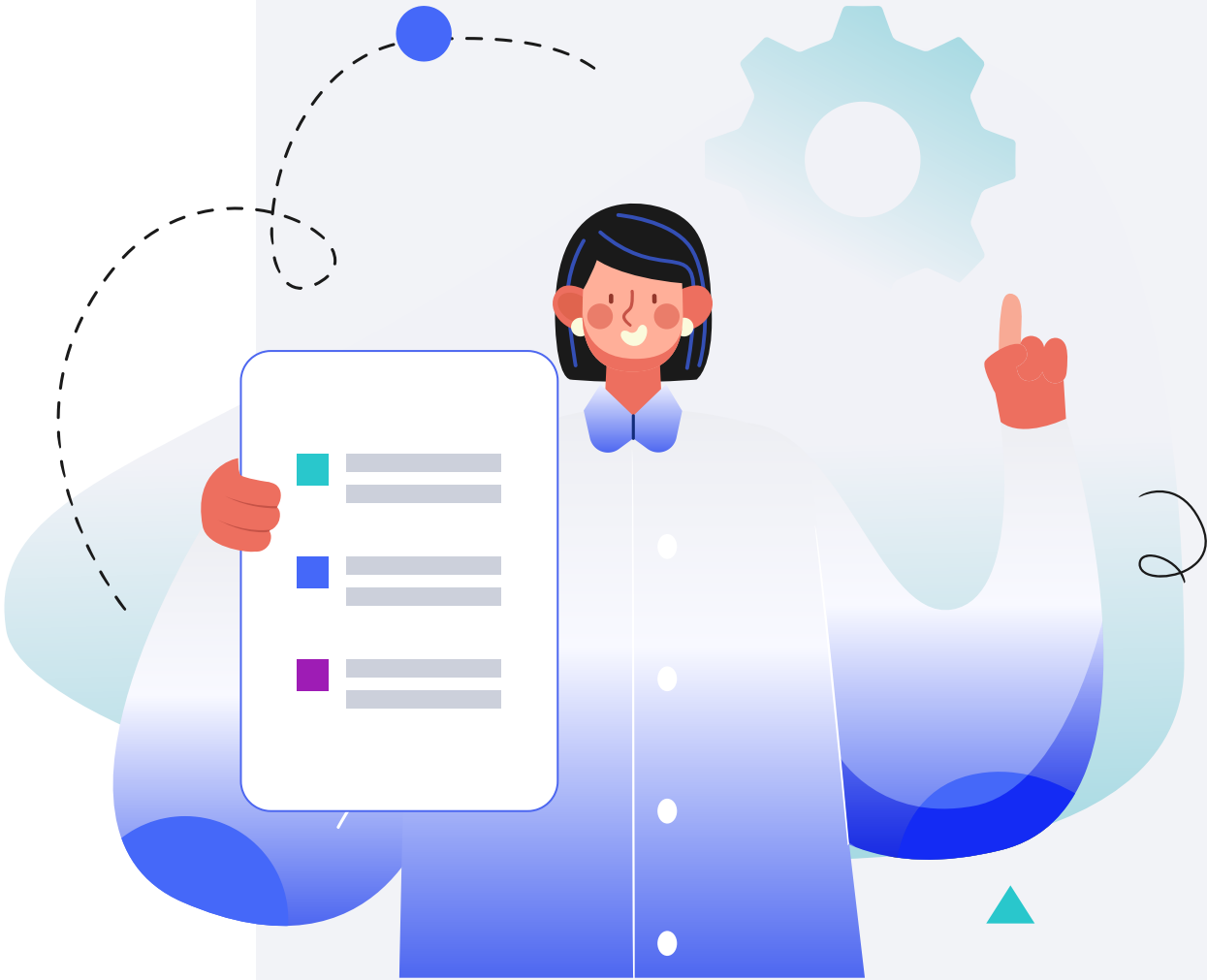
Your recommendations

Personal information

NAME	
Sample Client	
SEX AT BIRTH	
Male	
HEIGHT	
5ft 9"	175.0cm
WEIGHT	
165lb	75.0kg

DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.



Introduction

A *food sensitivity* is similar to a food intolerance. However, the cause may be more difficult to pinpoint. People with food sensitivities may have symptoms ranging from gut problems to migraines [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#), [\[R\]](#).

In the case of dairy sensitivity, a person’s immune system attacks **casein**, the main protein found in cow’s milk [\[R\]](#).

Although they can have similar symptoms, **dairy sensitivity is not the same as lactose intolerance**. People sensitive to dairy don’t tolerate lactose-free dairy either [\[R\]](#).

Dairy sensitivity is not dairy (milk) allergy either. People with an allergy usually have more severe symptoms that occur shortly after consuming dairy. Also, different antibodies seem to play a role in food sensitivities (IgG) and food allergies (IgE) [\[R\]](#), [\[R\]](#).

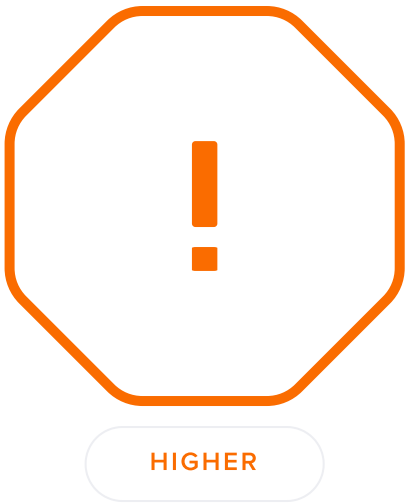
Genetics of Dairy Sensitivity

As mentioned, IgG antibodies to casein may be a measure of dairy sensitivity. Up to **45%** of differences in these antibodies may be due to genetics [R].

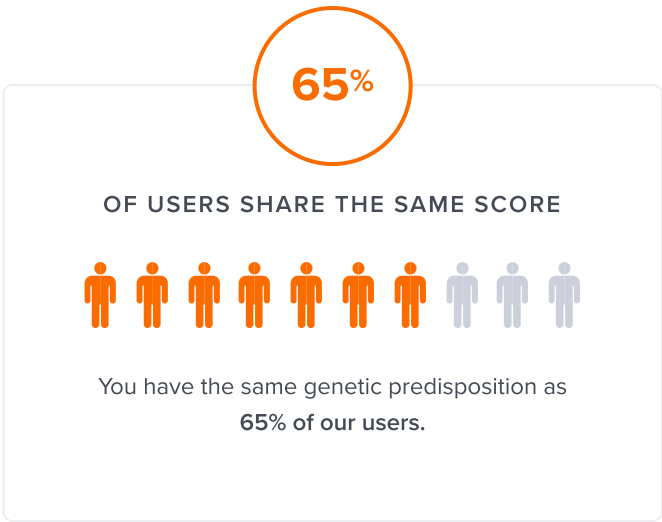
However, the impact of individual gene variants is questionable. Scientists found one gene variant, [rs11635085](#)-G, that might be linked to lower levels of antibodies to casein. It’s still not clear how this variant might affect the immune response to casein [R].

Importantly, we all produce IgG antibodies to casein. They peak in infancy when cow’s milk is introduced and then steadily drop as we age. Hence, **high levels of these antibodies don’t necessarily mean a person is sensitive to dairy** [R, R].

Please note: *The number of available gene variants for this report is low, so take your results with a grain of salt. We will update the report as soon as more research is available. Also, keep in mind that your diet, age, and environment can also influence dairy sensitivity. Consult a healthcare professional before making any major dietary changes.*



Likely higher sensitivity to dairy based on the genetic variants we looked at



Your top variants that most likely impact your genetic predisposition:

GENE	SNP	GENOTYPE
ST8SIA2	rs11635085	TT

The number of "risk" variants in this table doesn't necessarily reflect your overall result.

Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You'll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE	
1	Limit Dairy Intake	2	Check For Milk Allergy
3	Address Food Sensitivities	4	Lactobacillus Fermentum10 billion CFU

1



Limit Dairy Intake

IMPACT

5 / 5

EVIDENCE

5 / 5

How to implement

Reduce your consumption of dairy products, such as milk, cheese, yogurt, and butter, to no more than one serving per day. A serving is equivalent to 1 cup (240 ml) of milk, 1 cup of yogurt, 1.5 ounces (42 grams) of natural cheese, or 2 ounces (56 grams) of processed cheese.

Description

Limiting dairy intake may benefit individuals who are lactose intolerant or have dairy allergies, as it helps prevent digestive discomfort and symptoms like bloating and diarrhea. Exploring dairy-free alternatives supports overall gastrointestinal comfort.

Dairy products are made from milk. They include [\[R\]](#):

- Cheese
- Yogurt
- Kefir
- Butter
- Cream

Dairy products contain high levels of [calcium](#). Calcium helps build strong bones. However, eating a lot of dairy products is linked to acne and certain health conditions like Parkinson's disease [\[R, R, R, R\]](#).

How it helps

People with dairy sensitivity may have symptoms ranging from gut problems to migraines after consuming dairy. Because the immune system attacks casein in this case, **people with dairy sensitivity don’t tolerate lactose-free dairy either** [\[R, R, R\]](#).

People with suspected dairy sensitivity may want to avoid all dairy products. If you're avoiding dairy, make sure you're getting plenty of calcium from other foods [\[R\]](#).

Consult a healthcare professional before making any major dietary changes.

2



Check For Milk Allergy

IMPACT4 / 5

EVIDENCE4 / 5

How to implement

Schedule an appointment with an allergist to undergo skin prick tests or blood tests specifically for milk allergy. This should typically be a one-time test unless your doctor recommends otherwise based on your health changes or reactions.

Description

Testing for food allergies can provide crucial insights into an individual's immune response to specific foods, helping to identify and avoid potential allergens. This proactive approach can prevent allergic reactions, ranging from mild discomfort to severe anaphylaxis, and ensure safer dietary choices for improved overall health and well-being.

How it helps

People with dairy sensitivity may have symptoms ranging from gut problems to migraines after consuming dairy. If the immune system attacks casein or other milk proteins, **people with dairy sensitivity don’t tolerate lactose-free dairy either** [\[R\]](#), [\[R\]](#), [\[R\]](#).

Those with dairy sensitivity may be recommended to check for milk allergy to confirm if casein or other milk proteins are causing their symptoms.

3



Address Food Sensitivities

IMPACT4 / 5

EVIDENCE4 / 5

How to implement

Begin by eliminating common allergens and irritants from your diet, such as dairy, gluten, soy, and nuts, for a period of 4 weeks. After this elimination phase, gradually reintroduce each food group one at a time over a period of 2-3 days each, monitoring for any adverse reactions to pinpoint specific sensitivities.

Description

Food sensitivities refer to adverse reactions to specific foods or food components that can cause symptoms like digestive issues, skin problems, or headaches, without involving the immune system as in allergies.

A *food intolerance* is a non-allergic reaction that makes it hard to digest certain foods. For example, those with lactose intolerance can’t digest dairy [\[R\]](#).

A *food sensitivity* is similar to a food intolerance. However, the cause may be more difficult to pinpoint [\[R\]](#), [\[R\]](#).

People with food sensitivities may have symptoms ranging from gut problems to migraines [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

People with dairy sensitivity may have symptoms ranging from gut problems to migraines after consuming dairy. Because the immune system attacks casein in this case, **people with dairy sensitivity don’t tolerate lactose-free dairy either** [\[R\]](#), [\[R\]](#), [\[R\]](#).

People with suspected dairy sensitivity may want to avoid all dairy products. If you're avoiding dairy, make sure you're getting plenty of calcium from other foods [\[R\]](#).

Consult a healthcare professional before making any major dietary changes.

4



Lactobacillus Fermentum

IMPACT

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EVIDENCE

1 / 5

How to implement

Take a supplement containing Lactobacillus fermentum, aiming for dosages around 10 billion CFU (colony forming units). Consume it daily, preferably with a meal, to ensure proper absorption. Continue this routine for at least 4 weeks to observe benefits.

TYPICAL STARTING DOSE
10 billion CFU

Description

Lactobacillus fermentum is a beneficial probiotic strain that can support digestive health and contribute to a balanced gut microbiome. It may help improve gut function, enhance nutrient absorption, and bolster the immune system, promoting overall well-being.

How it helps

In a study of 18 patients with cow's milk allergy, breaking down milk casein with *L. fermentum* IFO3956 reduced the development of IgE antibodies against cow's milk, potentially helping prevent allergic reactions [\[R\]](#).