**Supplemental Digital Content 1.** Study design. Although part of the original study design, blood sampling for serum biomarker analysis was not performed in phase 2 owing to parents’ concerns following phase 1.

**Time**

**Trial Phase**

**and Diet**

**Analyses**

**Day 1**

**–**

**Day 5**

**Day 15**

**–**

**Day 19**

**Day 6**

**–**

**Day 14**

Phase 1

1. Conventional Milk

2. Milk containing A2   
beta-casein only

Phase 2

1. Milk containing A2   
beta-casein only

2. Conventional milk

Washout

Washout

Questionnaire

Questionnaire

**Day**

**-**

**10**

**–**

**Day**

**-**

**1**

Questionnaire

Serum Biomarkers

VAS

SCIT

Stool Analyses

Questionnaire

Serum Biomarkers

VAS

SCIT

Stool Analyses

Cross

-

Over Study: Timeline and Analyses

Dairy exclusion diet throughout all washout and trial phases

All subjects maintained records of adverse events, gastrointestinal symptoms, trial milk intake, and dietary adherence