**Supplemental Digital Content 4.** Mean (SD) of daily total VAS scores for all gastrointestinal symptoms by study product and lactose tolerability

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Time** | **Phase 1** | |  | **Phase 2** | |
| **Conventional milk** | **A2 beta-casein only milk** |  | **Conventional milk** | **A2 beta-casein only milk** |
| **Overall**  (n=75) |  | n=40 | n=35 |  | n=35 | n=40 |
| *Baseline* | 0.83 (1.06) | 0.80 (0.93) |  | 0.80 (0.81) | 0.75 (0.87) |
| *Day 1* | 2.63 (1.39) | 0.86 (0.88) |  | 2.60 (1.65) | 0.98 (0.73) |
| *Day 2* | 2.48 (1.52) | 0.91 (0.78) |  | 2.57 (1.85) | 1.05 (0.75) |
| *Day 3* | 2.55 (1.38) | 1.03 (0.89) |  | 2.49 (1.62) | 1.05 (0.96) |
|  | *Day 4* | 2.55 (1.28) | 0.89 (0.80) |  | 2.46 (1.82) | 1.00 (0.75) |
|  | *Day 5* | 2.60 (1.82) | 0.89 (1.02) |  | 2.43 (1.77) | 0.93 (0.66) |
| **Lactose Intolerant** (n=64) |  | n=34 | n=30 |  | n=30 | n=34 |
| *Baseline* | 0.88 (1.09) | 0.80 (0.96) |  | 0.77 (0.82) | 0.74 (0.93) |
| *Day 1* | 2.65 (1.39) | 0.80 (0.85) |  | 2.70 (1.64) | 0.88 (0.64) |
|  | *Day 2* | 2.53 (1.52) | 0.93 (0.78) |  | 2.70 (1.95) | 1.03 (0.76) |
| *Day 3* | 2.68 (1.34) | 1.03 (0.89) |  | 2.57 (1.68) | 1.03 (1.00) |
| *Day 4* | 2.76 (1.23) | 0.90 (0.80) |  | 2.63 (1.83) | 1.03 (0.76) |
| *Day 5* | 2.82 (1.85) | 0.93 (1.08) |  | 2.63 (1.79) | 0.94 (0.69) |
| **Lactose Tolerant**  (n=11) |  | n=6 | n=5 |  | n=5 | n=6 |
| *Baseline* | 0.50 (0.84) | 0.80 (0.84) |  | 1.00 (1.00) | 0.83 (0.41) |
| *Day 1* | 2.50 (1.52) | 1.20 (1.10) |  | 2.00 (2.00) | 1.50 (1.05) |
| *Day 2* | 2.17 (1.60) | 0.80 (0.84) |  | 1.80 (0.84) | 1.17 (0.75) |
|  | *Day 3* | 1.83 (1.47) | 1.00 (1.00) |  | 2.00 (1.22) | 1.17 (0.75) |
| *Day 4* | 1.33 (0.82) | 0.80 (0.84) |  | 1.40 (1.52) | 0.83 (0.75) |
| *Day 5* | 1.33 (1.03) | 0.60 (0.55) |  | 1.20 (1.10) | 0.83 (0.41) |