

Milk proteins show promise in prevention and treatment of cancer

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In a review of existing research, a team of Australian researchers found that milk proteins, consisting of short sequences called peptides, are potential candidates for the development of anticancer agents and can be generated by enzymatic action, such as those experienced during digestion or food processing, including fermentation. Their findings are in the recent issue of *Comprehensive Reviews in Food Science and Food Safety* published by the Institute of Food Technologists.

These peptides may specifically destroy cancer cells, without damaging healthy cells, thus eliminating some of the common side effects of chemotherapy. Conventional anticancer therapies, including chemotherapy and radiotherapy, are expensive and often induce side effects, reducing the quality of life for cancer sufferers. The discovery of natural anticancer compounds may be a better alternative for the treatment of cancer.

Cancer is the most widely recognized cause for human mortality. While more research needs to be done, this innovation will contribute toward the advancement of various functional foods as well as a "new wave" of more efficient and effective antitumor medications

More information: "Identification of Anticancer Peptides from Bovine Milk Proteins and Their Potential Roles in Management of Cancer: A Critical Review" [DOI: 10.1111/1541-4337.12126](https://doi.org/10.1111/1541-4337.12126)

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