CLAIMS

1. A method of improving the cognitive function of a human not suffering from a neurological disorder by ingesting a composition containing bovine beta-casein or by providing to the human a composition for consumption containing bovine beta-casein, wherein at least 75% by weight of the beta-casein is A2 beta-casein.

2. A method as claimed in claim 1, wherein the beta-casein comprises at least 90% by weight A2 beta-casein.

3. A method as claimed in claim 1 or claim 2, wherein the beta-casein comprises 100% A2 beta-casein.

4. A method as claimed in any one of claims 1 to 3, wherein cognitive function is assessed using any one or more of Subtle Cognitive Impairment Test (SCIT), Automated Cognitive Test (ACT), Automated Neuropsychological Assessment Metrics (ANAM), Cognitive Drug Research Computerised Assessment System for Dementia (COGDRAS-D), Community Screening Instrument for Dementia (CSI-D), Computer-Administered Neuropsychological Screen for Mild Cognitive Impairment (CANS-MCI), Computer Assessment of Mild Cognitive Impairment (CAMCI), Computerised Self-Test (CST), Florida Brief Memory Scale (FBMS), Mild Cognitive Impairment (MCI), Neuropsychological Test Battery (NTB), Brief Assessment of Cognition in Schizophrenia (BACS), Cambridge Mental Disorders of the Elderly Examination—Revised (CAMDEX-R), Cambridge Neuropsychological Test Automated Battery (CANTAB), Computerised Multiphasic Interactive Neurocognitive Dual Display System (CMINDS), Computerised Neuropsychological Test Battery (CNTB), Memory Capacity Test (MCT), Neuropsychological Assessment Battery (NAB), Alzheimer’s Disease Cooperative Study (ADCS), Executive, Linguistic, Spatial and Memory

Abilities Battery (ELSMEM), Mini Mental State Examination (MMSE), and Hamilton D cognitive test (HAM-D).

5. A method as claimed in any one of claims 1 to 4, wherein the composition is bovine milk or a bovine milk product.

6. A method as claimed in claim 5, wherein the bovine milk is fresh milk, milk powder, liquid milk reconstituted from powder, skim milk, homogenised milk, condensed milk, evaporated milk, pasteurised milk, or non-pasteurised milk.

7. A method as claimed in claim 5, wherein the bovine milk product is cream, yoghurt, quark, cheese, butter, or ice cream.

8. Use of bovine beta-casein for improving cognitive function in a human not suffering from a neurological disorder, wherein at least 75% by weight of the beta-casein is A2 beta-casein.