

SUPPORTING INFORMATION

Table S1. Proportions (% by number) of AMPs from individual proteins released by simulated infant digestion, of absorbing (≤ 10 AAs) and non-absorbing (>10 AAs) fractions.

Protein type	Total AMPs per total peptides (%)	Absorbing AMPs per total peptides (%)	Non-absorbing AMPs per total peptides (%)
Human			
α -S1-casein	11.54	7.69	3.85
β -casein	13.04	8.70	4.35
κ -casein	9.09	4.55	4.55
α -lactalbumin	17.39	13.04	4.35
Albumin	9.01	8.11	0.90
Lactoferrin	2.65	1.77	0.88
Bovine			
α -S1-casein	15.38	11.54	3.85
β -casein	19.05	14.29	4.76
α -S2-casein	4.88	4.88	0.00
κ -casein	9.09	4.55	4.55
β -lactoglobulin	14.29	9.52	4.76
α -lactalbumin	9.09	4.55	4.55
Albumin	7.14	7.14	0.00
Lactoferrin	6.25	5.36	0.89

Table S2. Estimated concentrations of total absorbing (≤ 10 AAs) and total non-absorbing (> 10 AAs) AMPs in human, cow and 'humanised' cow milk.

Milk type	Total absorbing AMPs (g/L)	Total non-absorbing AMPs (g/L)	Total AMPs (g/L)
human milk	0.53	0.52	1.05
cow milk	2.18	1.82	4.00
'humanised' cow milk	0.69	0.75	1.44