Claim concerning raw milk consumption	Current science
Eliminates lactose intolerance	There are no proven benefits related to lactose intolerance as milk (whether pasteurized or not) does not contain the lactase enzyme required to help during digestion of lactose.
Enhances nutritional quality of milk	Pasteurization has no significant negative impact on the nutritional quality of milk. No change in bioavailability of protein, fat, and minerals. Minor impacts on a couple of vitamins but these impacts are less than the level of inactivation that can occur with poor packaging (e.g., glass) and none of the vitamins impacted are present in milk at high enough levels to be important dietary sources for humans.
Provides beneficial bacteria	Any potential beneficial bacteria present in raw milk are found at such low levels that they are not a significant factor for human health. No evidence that these bacteria play a significant role in our (human) gut microbiome.
Raw milk contains antimicrobial compounds that prevent growth of pathogens	This is a confusion between the properties of human milk (which contains high levels of lactoferrin and other antimicrobial compounds) and bovine milk. Unfortunately, the levels of antimicrobial compounds in bovine milk are very low and insufficient to destroy pathogens if they contaminate this product.
Raw milk is rich in bioactives like immunoglobulins that are destroyed by pasteurization	Pasteurization reduces the activity of immunoglobulin type IgG that is found in bovine milk. But the levels of immunoglobulins are much lower in bovine milk compared with human milk and are not considered to be significant source of bioactivity. The type of immunoglobulin found in human milk is not IgG but IgA.
Raw milk contains proteases and lipases that help with human digestion	The indigenous proteinase in milk is plasmin, which is thermally stable and thus not significantly impacted by pasteurization. The main lipase in bovine milk is lipoprotein lipase, which is thermally stable (which is the reason cream for butter making is given a much higher heat treatment than regular fluid milk pasteurization, as this is necessary to reduce its activity). No evidence that bovine enzymes play a significant role in human digestion of milk.
Raw milk consumption reduces or prevents allergy and asthma	This claim came from several European studies and surveys that reported a statistically significant reduction of risk for immune disorders (like asthma and allergy) in individuals that were consuming raw milk. Despite intensive research, no protective factor has been demonstrated in raw milk. These European studies should be cautiously re-examined as in some cases they found a statistical reduction in risk only when comparing data between raw to sterilized (UHT) milk but not when comparing raw and pasteurized milk. Recent research indicates that there is a significantly lower risk of allergic disorders in children living in very traditional farming environments like the Amish communities. Higher incidences of allergic disorders were reported in Mennonite children although they also had very high rates of raw milk consumption (Tantoco et al., 2018 LINK HERE https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7744242/). Mennonite children likely have less early childhood contact with animals and barns due to their community's use of electricity (more centralized milking and less women involvement with milking/animals). It seems that raw milk consumption is likely to be more of a biomarker of a very traditional farming environment than a direct source of a protective factor.