

HUMAN MILK OLIGOSACCHARIDES

Pronounced *all-e-go-sac-kha-rides*, but you can call them HMOs.

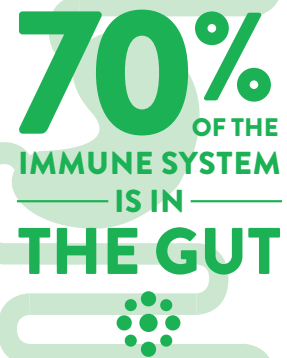
WHAT ARE HMOs?

HMOs are unique prebiotics found in breast milk. They are selectively used by the body to support digestive health and the immune system.

UNDERSTANDING PREBIOTICS

There are both good and bad bacteria in the body. Prebiotics support immune system development by helping to feed good bacteria in the gut, where 70% of the immune system is found.

70% OF THE IMMUNE SYSTEM IS IN THE GUT



150 DIFFERENT HMOs IN BREAST MILK



There are many HMOs found in breast milk, and 2'-fucosyllactose (pronounced two-prime-few-co-syl-lack-tose)—or 2'-FL—is the most common HMO and is produced by 75%-85% of lactating women.

MORE GOOD NEWS ABOUT HMOs

50 research studies over 24 years support the role of HMOs in infant health and development. Research is ongoing.



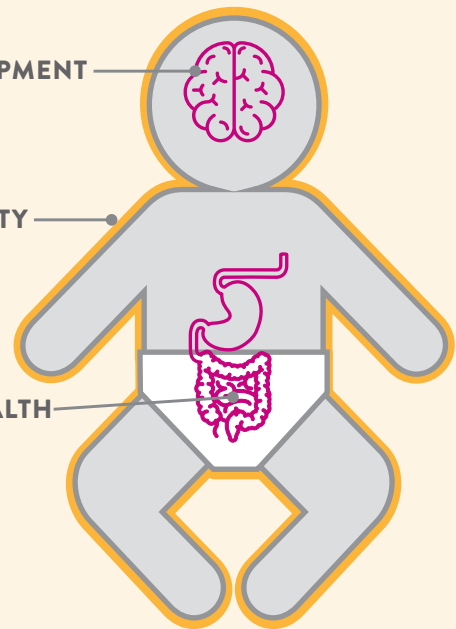
POTENTIAL ROLES OF HMOs

BRAIN DEVELOPMENT



IMMUNITY

GUT HEALTH



HMOs CAN ALSO BE FOUND IN SOME INFANT FORMULAS

The HMO, 2'-FL, which is found in breast milk, is now added to some infant formulas and supports an infant's immune system more like that of a breastfed infant.