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**WHAT ARE HMOs?**

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**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.

**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.

**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.