

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 breastmilk. 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

THERE ARE OVER 150 DIFFERENT HMOs IN BREASTMILK

2'-FL

There are many different types of HMOs found in breastmilk and they differ in structure and purpose. The HMO 2'-fucosyllactose (2'-FL) is the most common HMO and it is produced by 75-85% of lactating women.

MORE NEWS ABOUT HMOs

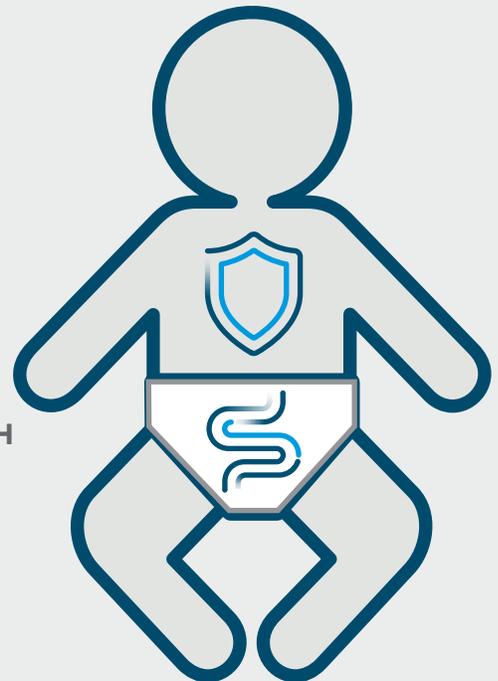


More than 50 studies have been published over the last 25 years, and research is ongoing.

POTENTIAL ROLES OF HMOs

IMMUNE SUPPORT

GUT HEALTH



Previously only found in breastmilk, some HMOs are now added to some infant formulas.



Visit anhi.org or scan the QR code for more HMO resources