



Human Milk Oligosaccharides: Mom's Sweet Secret



What are Human Milk Oligosaccharides - HMOs - and why do they matter for newborn babies?

Learn how this nutritious, natural ingredient **could help set your baby up** for success in the real world.

What are HMOs?

HMOs are **natural sugars** from human milk that **feed the good bacteria** in the newborn gut and support healthy immune development.

A Triple Boost for Healthy Development



Healthy Guts

HMOs feed Bifidobacteria, establishing a healthy gut environment and microbiome.



Immunity

HMOs block harmful bacteria and viruses in the newborn gut, protecting babies from infection.



Brain Development

Some HMOs provide key nutrients for growing brains and support cognitive development.

Finding the Right HMO Source for Your Family

There will be several ways to incorporate HMOs into your baby's diet, if you choose to.



A Mother's Own Milk

This is the best and most complete source, containing hundreds of diverse HMOs that will be perfectly tailored for your baby.



HMO-Supplemented Infant Formula

If you choose to formula-feed your baby, you will find formula options fortified with some of the most common and important HMOs.



HMO Supplements

2'-FL, the most abundant HMO in human milk, is available as a powder to add to your own milk or chosen formula.



+ 200

Over 200 types of HMOs have been identified in human milk



1 to 5

HMO-supplemented formulas contain from 1 to 5 HMOs

How HMOs Can Help Babies Thrive



Promoting softer, more comfortable stools



Reducing the risk of infections



Reducing unplanned healthcare visits

HMOs Could Be Your Baby's First Line of Defense

Understanding HMOs can help you feel reassured and better prepared to support your baby after they arrive.



Talk to your pediatrician to learn more about how HMOs could support your baby's healthy development.

By Karina Tonon, PhD

Abbreviations: Human milk oligosaccharides (HMOs); 2'-fucosyllactose (2'-FL)

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