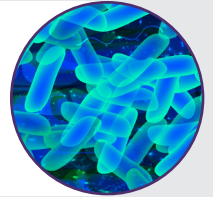


# Human Milk Oligosaccharides (HMOs)

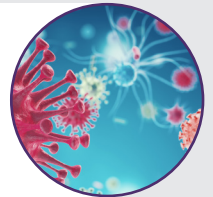
Human breast milk is vital to the early and long-term health of your preterm baby. Human milk contains approximately 200 varieties of complex sugars known as human milk oligosaccharides (HMOs).<sup>1</sup> These small sugars are the third-most-abundant component in breast milk, after fat and carbohydrates.<sup>2</sup> HMOs may be the “secret ingredient” that gives human milk its many health advantages beyond simply nutrition.



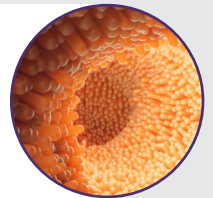
**HMOs** are prebiotics, which means they promote a healthy gut by feeding good bacteria and limiting the growth of harmful bacteria that can cause infections.<sup>3</sup>



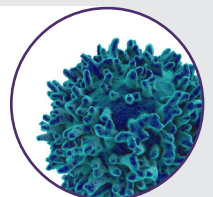
**HMOs** protect babies against infections of the gut by preventing viruses or bacteria from binding to the intestinal cells of the gut.<sup>4</sup>



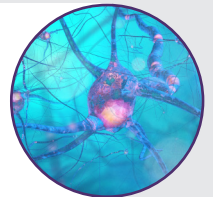
**HMOs** contribute to the growth and maturation of the intestinal cells lining the gut, thereby strengthening the gut barrier and protecting babies from external pathogens.<sup>4</sup>



**HMOs** promote the development and maturation of the immune system in the gut and beyond.<sup>4</sup>



**HMOs** may have positive effects outside of the gut and immune system, such as promoting brain development.<sup>5</sup>



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