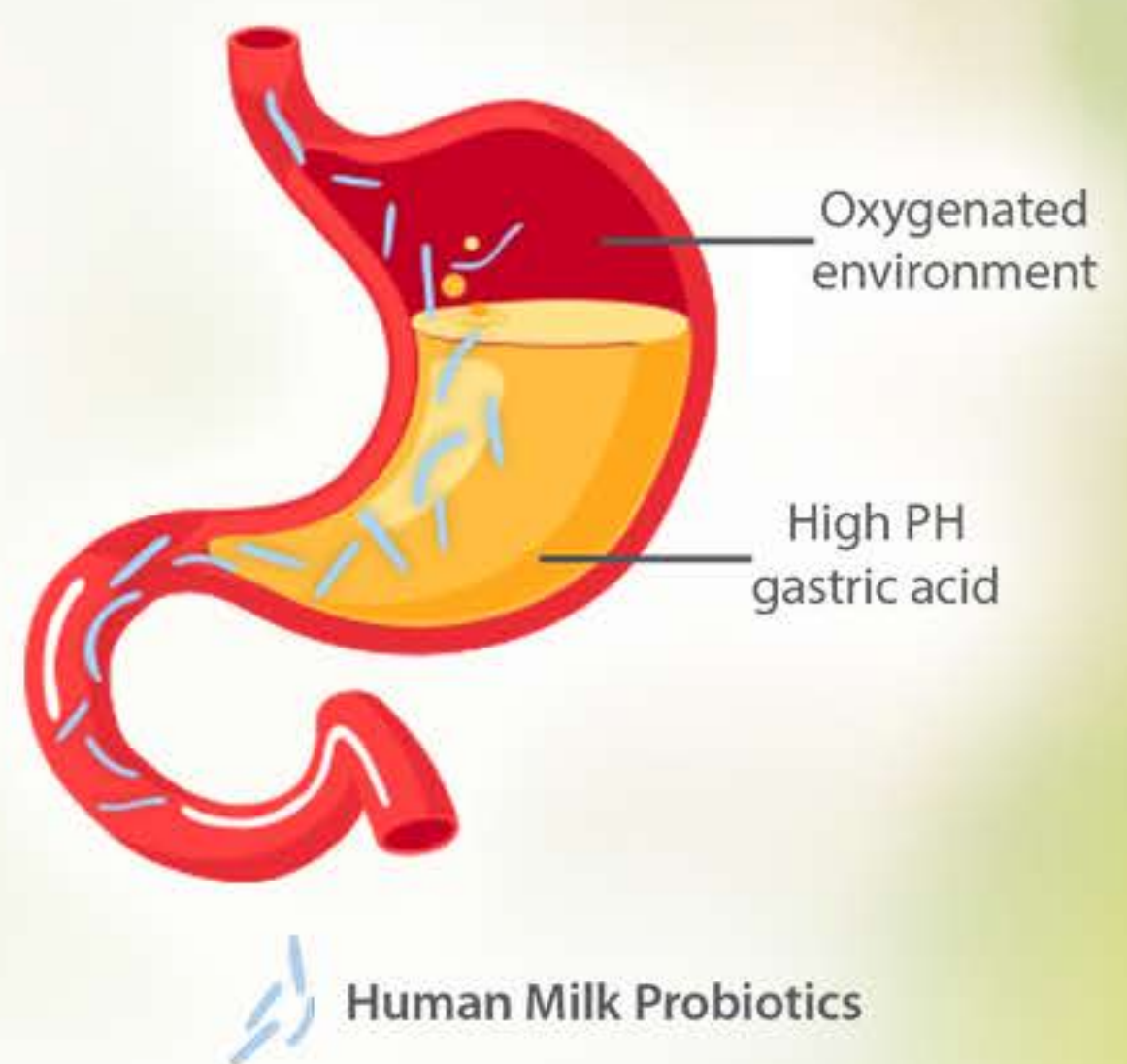


Quick Guide to Human Milk Probiotics

- **Human Milk Probiotics** are a significant component in early child development. Also known as “friendly bacteria,” they are naturally found in breast milk and aid in establishing the immune system, digestive health, and cognitive function. These probiotics reside in a child’s gut, where it forms protective barriers that help fight against pathogens.

- **Not all probiotics are the same.** Studies show that Human Milk Probiotics have high survivability because of their ability to surpass the gastric acid and oxygen-rich environment of the stomach.



- At birth, children inherit essential probiotics from their mother’s birth canal that help establish their early immune response. Human Milk Probiotics are clinically proven to help **reduce the risk of gastrointestinal infections** and **help increase probiotic levels** in a child’s gut.

+78% SIGNIFICANT INCREASE OF GUT PROBIOTIC LEVELS



Sources: Blanco-Rojo, R et al. *Front Pediatr.* 2022;10. Maldonado J, et al. *JPGN.* 2012;54:55-61. Gil-Campos M, et al. *Pharmacol Res.* 2012;65(2): 231-238. Tooley KL, et al. *Nutrients.* 2020;12,3009

Breastmilk is best for babies up to two years of age and beyond.