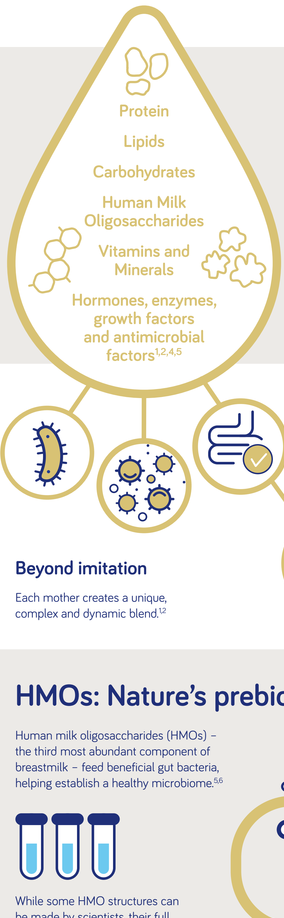
This information is intended for healthcare professionals only



Breastmilk is complex and unique[1,2]

Evolved to support growth

Breastfeeding is best for all infants from birth to achieve optimal growth, development and health.[3]

A dynamic, bioactive fluid

More than food, it contains hormones, enzymes, antimicrobial agents, and prebiotics that protect immunity, develop the gut microbiome and support brain development.[1,2,4,5]

Beyond imitation

Each mother creates a unique, complex and dynamic blend.[1,2]

HMOs: Nature's prebiotics

Human milk oligosaccharides (HMOs) – the third most abundant component of breastmilk – feed beneficial gut bacteria, helping establish a healthy microbiome.[5,6]

While some HMO structures can be made by scientists, their full diversity can't be replicated.[7]

2'-FL – the most dominant HMO in breastmilk

2'-FL (2'Fucosyllactose) has been suggested to have a role in the development of the immune system in babies.[8]

GOS and FOS:
A prebiotic blend closely resembling the structure of HMOs found in breastmilk

Galacto-oligosaccharides (GOS) and fructo-oligosaccharides (FOS), when added to infant formula in a 9:1 short- to long-chain ratio, can support a healthy gut microbiota. By nourishing beneficial bacteria they suppress harmful microbes, and reduce infection risk.[8-11]

2'-FL combined with scGOS/lcFOS (9:1) shows promising immune benefits.[8]

Lipids

Breastmilk also contains fats that do more than fuel growth - they support brain and nervous system development.[4,12-15]

Beta-palmitate in breastmilk improves calcium and fatty acid absorption helping to produce softer stools in infants.[12,16]

Click here
to watch 3 short videos on breastmilk and its composition

Breastmilk also contains phospholipids - specialised fats essential for building cell membranes and linked to cognitive development.[13-15,17-19]

Understanding breastmilk is a journey that never truly ends.

And because science doesn't stand still, neither do we.

Your Care, Our Science

For over 50 years, we've gone further - publishing 90+ scientific papers and pioneering new discoveries to advance infant nutrition.

That commitment lives on in Aptamil, with ingredients like our 9:1 GOS/FOS prebiotic blend, beta-palmitate, and phospholipids.*

Because when it comes to nourishing babies, there's always more we can learn, and always more we can do.

Learn more
about the Aptamil range

*Aptamil Advanced contains beta-palmitate, phosopolipids and our most advanced oligosaccharide combination of 9:1 GOS/FOS and 2'FL. Aptamil contains our 9:1 GOS/FOS oligosaccharide blend.

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