What Is 2’-FL?

by Rachael H. Buck, PhD
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2’-FL Overview

Human Milk Oligosaccharides (HMOs) are important immune supporting ingredients. There are about 20 major human milk oligosaccharides in breast milk. 1 2’-Fucosyllactose (2’-FL) is by far the most prevalent HMO in most mothers’ milk. 2

2’-FL has been extensively studied and emerging research suggests it is the most bioactive and multi-functional HMO. 1,4,5,6 It’s called a trisaccharide and is comprised of 3 units: glucose, galactose and fucose. 1

2’-FL Is a Trisaccharide

2’-FL is the most abundant HMO in breast milk. 2

2’-FL closed 5 gaps or differences in circulating immune markers between breast fed and formula fed infants, and is the only HMO that has been clinically proven to strengthen the developing immune system of formula fed babies to be more like breast fed babies. 11

2’-FL has been extensively studied for more than 15 years resulting in scientific advances that make it possible for 2’-FL HMO to be added to infant formula. 9

2’-FL may exert positive health benefits on the gut microbiome, infection and inflammation (infectious disease, immunity and allergy), brain development and Necrotizing Enterocolitis (NEC). 10

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Key Takeaway

1. 2’-FL is the most abundant HMO in breast milk. 2

2. 2’-FL closed 5 gaps or differences in circulating immune markers between breast fed and formula fed infants. 11

3. 2’-FL is the only HMO that has been clinically proven to strengthen the developing immune system of formula fed babies to be more like breast fed babies. 11

4. A 15-year scientific breakthrough now makes it possible to add the HMO found in most mothers’ milk, 2’-FL HMO, to infant formula. 9 Not all infant formulas contain HMOs—ensure your patients are receiving an infant formula containing HMOs.

References: