2'-FL HMO—Far More Than a Prebiotic

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Scientific Overview

Human milk oligosaccharides (HMOs) are important immune supporting ingredients that impact digestion and immune health in infants.2

HMOs act as selective prebiotics that resist digestion by human intestinal enzymes and promote growth of healthy microbiota in the gut to support baby’s developing immune system.3

Prevent Adhesion of Pathogens to Enterocytes

HMOs bind to infant gut pathogens to act as receptor decoys and prevent pathogens from adhering to cell surfaces. HMOs structurally resemble the sugars that bacteria use to cause infections, functioning as soluble decoys that block the attachment of potentially pathogenic bacteria.2

HMOs, like 2'-fucosyllactose (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).1

Applying to Your Practice

HMOs’ Important Roles in Protecting Baby’s Digestion and Immune Health

Emerging research indicates HMOs play multiple roles to help support baby’s digestion and immune health and are associated with reduced incidence of gastrointestinal and respiratory illness and less eczema.4,5

A 15-year scientific breakthrough now makes it possible to add 2'-FL HMO to infant formula.3 Studies have shown an immune response more like breastfed infants when feeding infant formulas with 2'-FL HMO.3

Key Takeaways

Recommend Formulas With 2'-FL HMO to Support Baby’s Digestion and Strengthen Immune Health Like Breastfed Infants

1. HMOs support the developing immune system3 and are associated with reduced incidence of gastrointestinal and respiratory illness4 and less eczema.5,6

2. Infant formulas containing 2'-FL HMO help strengthen the immune system to be more like breastfed infants.3