

## ON-DEMAND VIEWING

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# Bioactive Components of Human Milk Including HMOs and Other Prebiotics

## Presented by Lars Bode, PhD

Human breast milk is comprised of several bioactive components, including human milk oligosaccharides (HMOs), which are non-nutritive carbohydrates unique to human milk. In this course, Lars Bode, PhD, introduces HMOs and describes the structure, composition, and infant health benefits of these compounds. Topics include the prebiotic effects of HMOs, particularly related to the gastrointestinal and immune systems, but also growth and development and allergies. Also reviewed are the oligosaccharides found in infant formulas, with a focus on clinically relevant information that may help to guide counseling and decision making for parents.

## About the Presenter

Lars Bode, PhD, is Professor of Pediatrics, and Director and Endowed Chair of Collaborative Human Milk Research for the Larsson-Rosenquist Foundation Mother-Milk-Infant Center of Research Excellence (LRF MOMI CORE), University of California, San Diego.

## Learning Objectives

- Summarize ongoing research into the bioactive components of human milk
- Describe the evidence for use of prebiotics in infant feeding



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