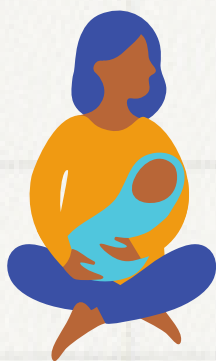


# Got [Breast] Milk?

A mother's milk provides infants with nutrition, immunity, and a healthy microbiome. Here's a look at some of the crazy cool aspects of breast milk!

## HMO'S

- Breastmilk provides for over 220 milk oligosaccharides (HMO) or **small sugars** that are solely for feeding good gut bacteria!

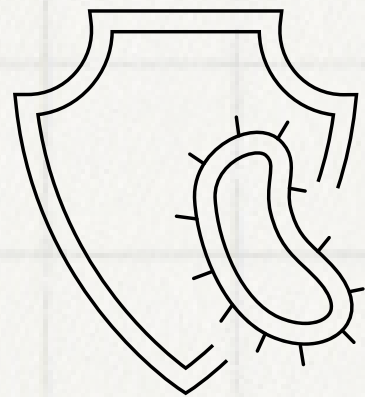


## Adaptation

- The composition of breast milk varies based on mom's environment, giving babies a "heads up" about the world they are born into!

## Protection

- Maternal IgA antibodies inhibit bacterial growth inside the mucous layer of the gut.
- This induces tolerance to normal proteins in food and the environment which prevents allergic and autoimmune types of disease



## Infant and Childhood Disease Reduction Stats for Breast Milk

- Reduces the risk of illness from most forms of bacterial and viral disease in infancy
- Reduced rates of sudden infant death syndrome by 30%
- 50% reduction in necrotizing enterocolitis, a life-threatening intestinal disease of preterm infants
- Reduces hospital readmission rates for preterm infants during their first year of life
- Better neurodevelopmental outcomes
- Infant mortality rates are reduced by 21%
- Provides protection against the development of allergies, especially with a strong family history of allergic disease
- Reductions in inflammatory bowel disease and celiac disease
- Reductions in autoimmune diabetes and some forms of cancer
- Reduced metabolic disease and excess weight gain

50%

↑  
Necrotizing  
Enterocolitis  
Reduction

21%

↑  
Reduction in  
Infant  
Mortality