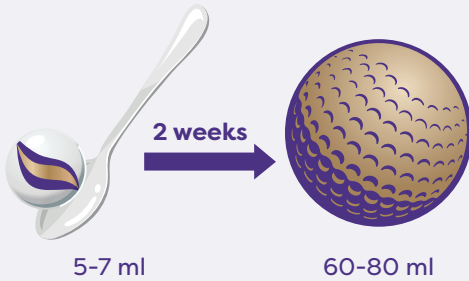


GUT HEALTH MATTERS

7 facts about the impact of gut health in infancy

1 A newborn has a **STOMACH CAPACITY** of 5 to 7 ml – about a **teaspoonful**, so it is important to feed a newborn little and often. The capacity increases 10-fold within just 2 weeks.^{1,2}



2 **70% of the immune system resides in the gut...**

...where it manages the immune response to antigens, maintains gut homeostasis, and supports the development of immunity from infection.^{3,4}

The gut microbiota (its microbial ecosystem) helps to 'educate' gut-associated lymphoid tissue, and supports its maturation.⁴

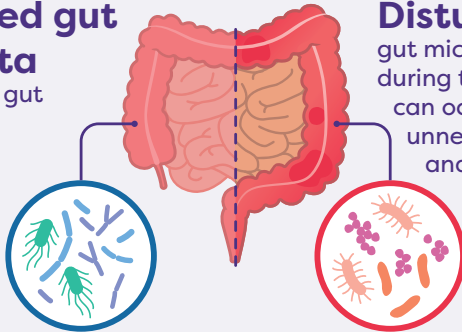


3 **An infant's gut microbiota takes 3 years to mature⁵**



Regular skin-skin contact, good feeding practices and avoiding unnecessary antibiotics can encourage the development of a healthy and balanced gut microbiota.^{5,6}

4 **A balanced gut microbiota is essential for gut health^{5,7}**



Disturbances in the gut microbiota (dysbiosis) during the first 1000 days can occur due to C-sections, unnecessary antibiotics and lack of non-digestible oligosaccharides (found in breast milk and some infant formulas).⁵

5 **Gut dysbiosis**

can raise the risk of both short- and long-term health issues such as allergies, obesity, metabolic disorders, and gastrointestinal diseases later in life.^{5,8}

Health issues

6 Breastmilk is a rich source of essential nutrients as well as:

- **bioactive substances**
- **beneficial bacteria**
- **human milk oligosaccharides.**

These help to establish and support a balanced and diverse gut microbiota in infants.⁹

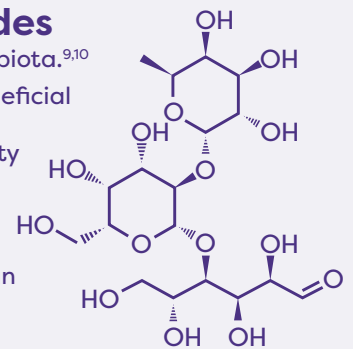


7 **Human milk oligosaccharides**

have a positive influence on the gut microbiota.^{9,10}

Breastfed infants have higher levels of beneficial bacteria in their gut, while formula-fed infants have a decreased microbial diversity and greater prevalence of potentially pathogenic bacteria.⁹

Supplementation of infant formula with fibre (e.g. human milk oligosaccharides) can help improve the gut microbiota of babies who are formula-fed.^{5,9}



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