



Thank you for joining!
We'll begin shortly

What's Under the Lid of
Your Hypoallergenic
Formula?

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Medical Science Liaison
September 9, 2025



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Disclosures

Liz Bacon, MS, RD, LD is an employee of Nutricia North America.

Host/Moderator:
Ellen Avery, MS, RD, LD is an employee of Nutricia North America.

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Objectives

- 1

List beneficial bioactive components in human milk
- 2

Review clinical relevance of prebiotics, nucleotides, and whey in formula
- 3

Describe the importance of lactose in infant formula and benefits to the gut microbiota
- 4

Summarize the benefits of these components in formula for infants with food allergies

3

Nutricia North America
supports the use of
human milk wherever
possible.

4

Alphabet Soup



5

Alphabet Soup



Breast Milk/Human Milk

Milk produced by the human mammary glands to feed infants and young children

Breastfeeding

The practice of feeding an infant or young child breastmilk directly from the breast

CDC. Infant and Young Children Feeding in Emergencies Toolkit: Glossary | Infant and Child Feeding in Emergencies | CDC Updated April 4, 2024. Accessed August 5, 2025.

6

Benefits of Breastfeeding



Victora CG, Bahl R, Barros AJ, et al. Breastfeeding in the 21st century: epidemiology, mechanisms, and lifelong effect. Lancet. 2016;387:475-90.

Risk Reduction

- Sudden infant death: 36%
- Necrotizing enterocolitis: 58%
- Otitis media: 43%
- Asthma: 9%
- Malocclusions: 68%
- Overweight/Obesity: 26%
- Type 2 Diabetes: 35%

Higher Performance

- Intelligence tests: 3.4 IQ

Victora, et al. Lancet. 2016;387:475-90.

7

Stages of Human Milk Consumption





Colostrum

Days <1-4

- Rich in protein, fat-soluble vitamins, minerals, and immunoglobulins
- Passive immunity



Transitional Milk

Days 5-20

- Rich in fat, lactose, water-soluble vitamins
- Higher in kcals than colostrum



Mature Milk

Days 20+

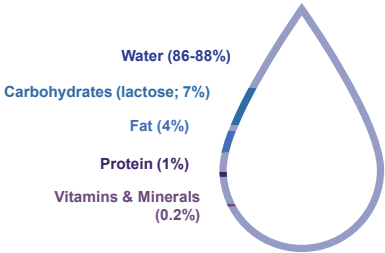
- Fore milk: start of feed
- Hind milk: as breast empties

1. Gidycz DA, et al. BMC Pediatr. 2014;14:216. 2. Italianer MF, et al. Nutrients. 2020;12.

8

Human Milk Composition

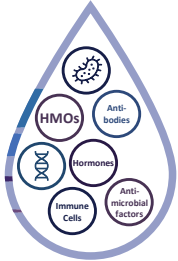




Gidycz DA, et al. BMC Pediatr. 2014;14:216.

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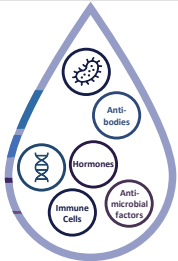
Human Milk Composition



1. Thai JD, et al. Nutrients. 2020;12(2):581. 2. Carr, et al. Front Immunol. 2021;12:604080.

10

Human Milk Composition



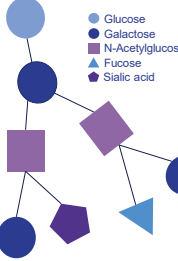
HMOs

Human Milk Oligosaccharides
Non-digestible carbohydrate

1.1. Thai JD, et al. Nutrients. 2020;12(2):581. 2. Carr, et al. Front Immunol. 2021;12:604080. 3. Wicinski M, et al. Human milk oligosaccharides: health benefits, potential applications in infant formulas, and pharmacology. Nutrients. 2020;12:266.

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Human Milk Composition



HMOs

Human Milk Oligosaccharides
Non-digestible carbohydrate

Volume Decreases over Lactation

- Colostrum: 20-25 g/L
- Mature milk: 5-15 g/L

Benefits

- Prebiotic effect
- Antiahesive antimicrobials
- Immune modulators
- Modulators of intestinal cell response
- Neurodevelopment and cognition

● Glucose

● Galactose

■ N-Acetylglucosamine

▲ Fucose

◆ Sialic acid

1. Thai JD, et al. Nutrients. 2020;12(2):581. 2. Carr LE, et al. Role of human milk bioactives on infants' gut and immune health. Front Immunol. 2021;12:604080. 3. Wicinski M, et al. Human milk oligosaccharides: health benefits, potential applications in infant formulas, and pharmacology. Nutrients. 2020;12:266.

12

Human Milk Composition

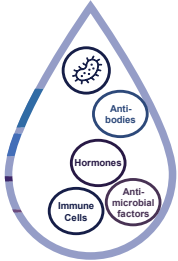




Human Milk
Oligosaccharides
Non-digestible carbohydrate



Nucleotides
Non-protein nitrogen



1. Thai JD, et al. Bioactive factors in human breast milk attenuate intestinal inflammation during early life. *Nutrients*. 2020;12(2):581. 2. Carr LE, et al. Role of human milk bioactives on infants' gut and immune health. *Front Immunol*. 2021;12:604080.

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Human Milk Composition



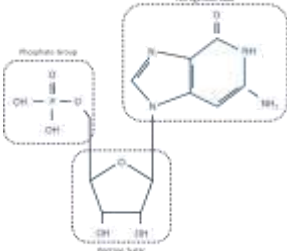


Nucleotides
Non-protein nitrogen

Provide 2-5% of NPN

Biological Effects

- Intestinal growth and differentiation
- Intestinal repair
- Somatic growth
- Iron absorption
- Intestinal flora
- Lipid metabolism
- Immune function



Hodgkinson A, et al. Nucleotides: an updated review of their concentration in breastmilk. *Nutr Res*. 2022;99:13-24.

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KEEP IN MIND:

The majority of infants will receive some formula in the first 6 months of life.

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U.S. Breastfeeding Statistics - 2022

Ever breastfed	85.7%
Breastfed infants receiving formula before 2 days of age	22.9%
Exclusive breastfeeding through 3 months	47.6%
Breastfeeding at 6 months	62.1%
Exclusive breastfeeding through 6 months	27.9%
Breastfeeding at 12 months	40.8%

Breastfeeding Data from the National Immunization Survey-Child (NIS-Child) for U.S. households with children aged 19 through 35 months. NIS-Child Data Results. <https://www.cdc.gov/breastfeeding-data/survey/results.html> Published July 29, 2025. Accessed Aug 5, 2025

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U.S. Breastfeeding Statistics - 2022

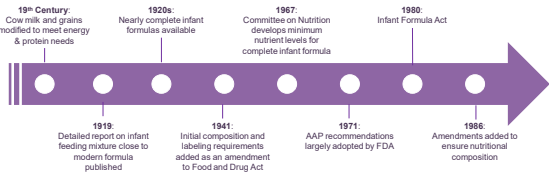
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Breastfeeding at 12 months	40.8%

~72% of infants receive SOME formula within the first 6 months of life

Breastfeeding Data from the National Immunization Survey-Child (NIS-Child) for U.S. households with children aged 19 through 35 months. NIS-Child Data Results. <https://www.cdc.gov/breastfeeding-data/survey/results.html> Published July 29, 2025. Accessed Aug 5, 2025

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History of Infant Formula



Kleinman RE, Greer FR. Pediatric Nutrition. 8th ed. Itasca, IL: American Academy of Pediatrics; 2000.

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Infant Formula Act of 1980



Amended the Federal Food, Drug & Cosmetic Act

Permits the Secretary of Health and Human Services to revise such requirements, establish quality control procedures, and establish requirements respecting the retention of records of required procedures.

Establishes minimum nutrient requirements

Defines adulteration

Establishes nutrient and quality control procedures

Prescribes recall procedures

Specifies inspection requirements

Newberry RE. The Infant Formula Act of 1980. J Assoc Off Anal Chem. 1982;65(6):1472-1473.

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Formula Ingredients



GRAS or FDA-approved safe food additives

"Label claim" of an ingredient is the minimum among present at the end of shelf life

Structure function label claims for infant formula ingredients

- "Truthful and not misleading"
- "Competent and reliable scientific evidence"

Examples:
Taurine
DHA/ARA
Prebiotics/Probiotics
Lutein/Lycopene
Lactoferrin

GRAS = generally recognized as safe; FDA = Food and Drug Administration.
Kleinman RE, Greer FR. Pediatric

20

Infant formula is intended as an effective substitute for infant feeding.

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Formula: Beyond Macro- and Micronutrients



1. Thai JD, et al. Nutrients. 2020;12(2):581;Car LE, et al. Role of human milk bioactives on infant's gut and immune health. Front Immunol. 2021;12:604080.

22

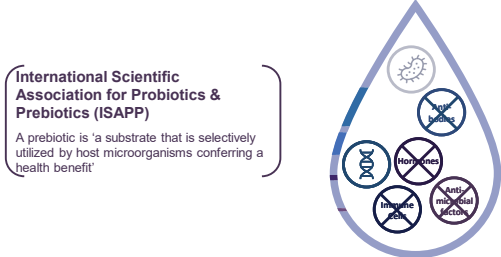
Formula: Beyond Macro- and Micronutrients



1. McKee S, et al. Infant complementary feeding of prebiotics for the microbiome and immunity. Nutrients. 2019;11:354.
2. Wlonski M, et al. Human milk oligosaccharides: health benefits, potential applications in infant formulas, and pharmacology. Nutrients. 2020;12:206.

23

Formula: Prebiotics



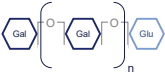
Gibson GR, et al. Expert consensus document: The International Scientific Association for Probiotics and Prebiotics (ISAPP) consensus statement on the definition and scope of prebiotics. Nat Rev Gastroenterol Hepatol. 2017;14(5).

24

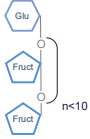
Formula: Prebiotics



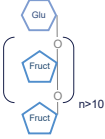
Galacto-oligosaccharides (GOSs)



Fructooligosaccharides (FOSs)



Inulin



1. McKee S, et al. Nutrients. 2019;11:364. 2. 1. Gibson, et al. Nat Rev Gastroenterol Hepatol. 2017;14:491-502. 3. Del Favero, et al. Proc Nutr Soc. 2020;1-11. 4. Espinosa RM, et al. Br J Nutr. 2007;98(3):574-579.

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Formula: Prebiotics



Veererman-Wauters, et al. Physiological and bifidogenic effects of prebiotic supplements in infant formulae. *JPGN*. 2011;52(6):763-771.

Randomized, Double-Blinded, 2-Center Clinical Trial

Intervention Groups

- SYN1 at 0.4 g/dL: n=21
- SYN1 at 0.8 g/dL: n=20
- GOS/FOS (90:10) 0.8g/dL: n=19

Control Groups

- Standard infant formula (without prebiotics): n=21
- Breastfed infants: n=29

Veererman-Wauters, et al. J Pediatr Gastroenterol Nutr. 2011;52:763-71.

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Formula: Prebiotics



Veererman-Wauters, et al. Physiological and bifidogenic effects of prebiotic supplements in infant formulae. *JPGN*. 2011;52(6):763-771.

Enrollment

- DOB
- Sex
- Gestational age
- APGAR scores (1-10 minutes)
- Mother antibiotic intake
- Perinatal data
- Mode of delivery
- Anthropometrics at birth
- Fecal microbiota (day 3)

Day 14

- Anthropometrics
- Fecal microbiota
- Parental records
 - Formula intake
 - Stool characteristics
 - Crying behavior
 - Occurrence of regurgitation
 - Occurrence of vomiting

Day 28

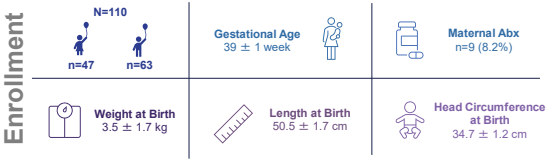
- Anthropometrics
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Veererman-Wauters, et al. J Pediatr Gastroenterol Nutr. 2011;52:763-71.

27

Formula: Prebiotics

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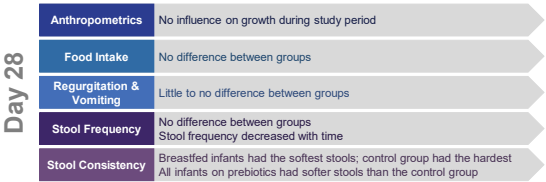


Veereman-Wauters, et al. J Pediatr Gastroenterol Nutr. 2011;52:763-71.

28

Formula: Prebiotics

Veereman-Wauters, et al. Physiological and bifidogenic effects of prebiotic supplements in infant formulae. *JPGN*. 2011;52(6):763-771.

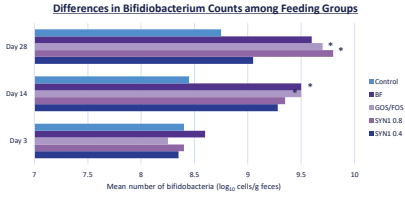


Veereman-Wauters, et al. J Pediatr Gastroenterol Nutr. 2011;52:763-71.

29

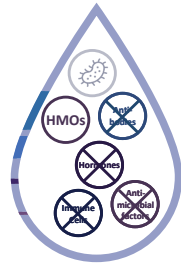
Formula: Prebiotics

Veereman-Wauters, et al. Physiological and bifidogenic effects of prebiotic supplements in infant formulae. *JPGN*. 2011;52(6):763-771.



Veereman-Wauters, et al. J Pediatr Gastroenterol Nutr. 2011;52:763-71.

30



31

[illegible]

A diagram of a drop representing the gut microbiome. Inside the drop are icons for HMOs, Antibiotics, Hormones, Immune cells, and Anti-microbial factors. A bacterium icon is at the top.

32

[illegible]

- Jadad and CONSORT guidelines

33

[illegible]

Formula: Nucleotides



Gutierrez-Castrellon P, et al. Immune response to nucleotide-supplemented infant formulae: systematic review and meta-analysis. *Br J Nutr.* 2007;98(Supp1):S64-S67.

9 Studies

Outcomes of Interest	Findings
1 Antibody titers	Better antibody response to immunizations
2 Episodes of diarrhea	Fewer episodes of diarrhea
3 Acute respiratory infections	No difference in risk for URI

Benefits begin at 1.9 mg/100 kcal and are maintained/increased with 10.8 mg/100 kcal

URI = upper respiratory infection
Gutierrez-Castrellon, et al. *Br J Nutr.* 2007.

34

Formula: Nucleotides



Wang L, et al. Effects of dietary nucleotide supplementation on growth in infants: a meta-analysis of randomized controlled trials. *Eur J Nutr.* 2019;58(3):1213-1221.

Databases

- PubMed, Web of Science, Cochrane Library, China National Knowledge Infrastructure Database

Inclusion Criteria

- RCT focusing on effect of nucleotide supplementation on growth
- Healthy infants; no congenital or hereditary conditions
- Nucleotide supplementation was initiated within 1-month post-birth

Publication Quality

- PRISMA Guidelines
- Cochrane Collaboration Risk of Bias Tool

Wang, et al. *Eur J Nutr.* 2019.

35

Formula: Nucleotides



Wang L, et al. Effects of dietary nucleotide supplementation on growth in infants: a meta-analysis of randomized controlled trials. *Eur J Nutr.* 2019;58(3):1213-1221.

8 Studies

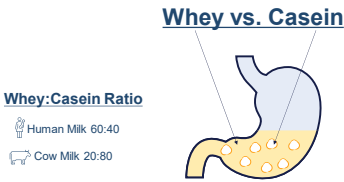
Outcomes of Interest	Findings
1 Weight & z-score	No effect of nucleotide supplementation
2 Rate of weight gain	Sig. increased rate [0.26 (95%CI: 0.06-0.47)]
3 Length & z-score	No effect of nucleotide supplementation
4 Rate of linear growth	Only 1 article identified
5 Head circumference & z-score	Sig. differences at 7-8 weeks [0.30 (95%CI: 0.10-0.50)]
6 Rate of head circumference gain	Sig. increased rate [0.34 (95%CI: 0.09-0.58)]

*No effect on head circumference at week 16 and 20-28

Wang, et al. *Eur J Nutr.* 2019.

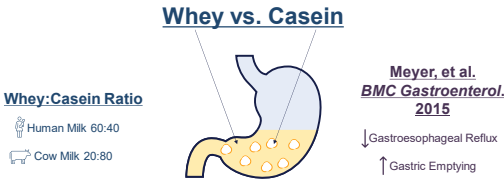
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Formula: Macronutrient Composition - Protein



37

Formula: Macronutrient Composition - Protein



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Formula: Macronutrient Composition - Carbohydrate

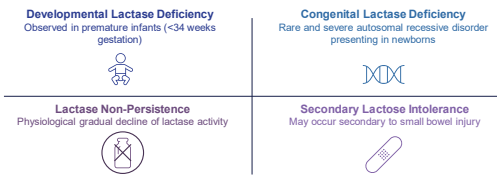
- Lactose**
- 1) Human milk contains ~7% carbohydrates
 - 2) Primary carbohydrate in huma milk
 - 3) Lactose is a disaccharide



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Formula: Lactose

What about lactose intolerance?

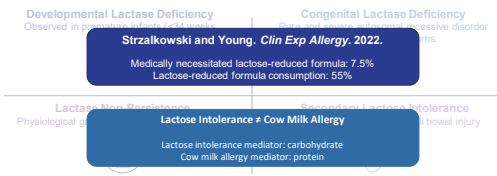


Heine RG, et al. Lactose intolerance and gastrointestinal cow's milk allergy in infants and children – common misconceptions revisited. World Allergy Organ J. 2017;10(1):41

40

Formula: Lactose

What about lactose intolerance?

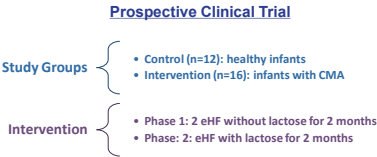


Heine RG, et al. Lactose intolerance and gastrointestinal cow's milk allergy in infants and children – common misconceptions revisited. World Allergy Organ J. 2017;10(1):41

41

Formula: Lactose

Francavilla, et al. Effect of lactose on gut microbiota and metabolome of infants with cow milk allergy. *Pediatr Allergy Immunol.* 2012;23(5):420-427.

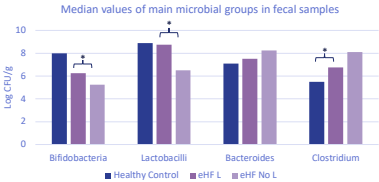


Francavilla, et al. *Pediatr Allergy Immunol.* 2012.

42

Formula: Lactose

Francavilla, et al. Effect of lactose on gut microbiota and metabolome of infants with cow milk allergy. *Pediatr Allergy Immunol.* 2012;23(5):420-427.



Francavilla, et al. *Pediatr Allergy Immunol* 2012.

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How might these components in formula benefit infants with food allergies?

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Palatability and acceptance of formula in CMA

Sensory experiences that infants experience in the first months of life may correlate with food preferences in both childhood and adulthood

- 1

Health professionals often observe selective/picky eating behaviors in children with a history of cow milk allergy
- 2

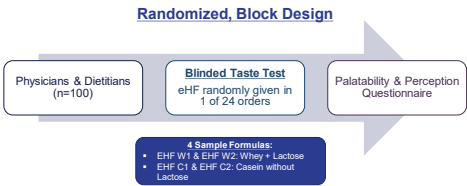
Hydrolysates and amino acid-based formulas are less palatable due to the hydrolysis process

Warren CM, et al. The US population-level burden of cow's milk allergy. *World Allergy Organ J.* 2022;15(4):100544.

45

Palatability and acceptance of eHF

Maslin, et al. Palatability of hypoallergenic formula for cow milk allergy and healthcare professional recommendation. *Pediatr Allergy Immunol.* 2018;29(8):857-862.



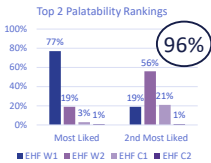
Maslin, et al. *Pediatr Allergy Immunol.* 2018.

46

Palatability and acceptance of eHF

Maslin, et al. Palatability of hypoallergenic formula for cow milk allergy and healthcare professional recommendation. *Pediatr Allergy Immunol.* 2018;29(8):857-862.

- Palatability Questionnaire
- Increase the chance of non-rejection
 - Results in more content families
 - Decreases wastage & healthcare costs
 - Increases compliance
 - Decreases switch to other formula
 - Results in more content infants



Maslin, et al. *Pediatr Allergy Immunol.* 2018.

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Prebiotic Fibers and Bifidogenic Gut Colonization

WE KNOW Supplementing Term Formula with GOS:FOS...

- 1 Stimulates the growth of bifidobacteria and lactobacilli in the intestine
- 2 Results in stool characteristics close to those found in human milk-fed infants

Veeraman-Wauters, et al. *J Pediatr Gastroenterol Nutr.* 2011;52:763-71.

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Prebiotic Fibers and Bifidogenic Gut Colonization

WE KNOW Supplementing Term Formula with GOS:FOS...

- 1

Stimulates the growth of bifidobacteria and lactobacilli in the intestine
- 2

Results in stool characteristics close to those found in human milk-fed infants



Arslanoglu, et al. Early supplementation of prebiotic oligosaccharides protects formula-fed infants against infections during the first 6 months of life. *J Nutr.* 2007;137(11):2420-2424.

1. Veerman-Wauters, et al. *J Pediatr Gastroenterol Nutr.* 2011;52:763-71. 2. Arslanoglu, et al. *J Nutr.* 2007.

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GOS/FOS: Developing infections and allergies

Arslanoglu, et al. Early supplementation of prebiotic oligosaccharides protects formula-fed infants against infections during the first 6 months of life. *J Nutr.* 2007;137(11):2420-2424.

Randomized, Double-Blinded, Controlled Study

- Inclusion Criteria

- Healthy, term infants
 - Parental history of atopic eczema, allergic rhinitis, or asthma
- Study Groups

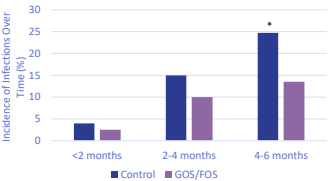
- Control (n=104): 0.0 g/100 mL GOS/FOS
 - Intervention (n=102): 0.8 g/100 mL GOS/FOS

Arslanoglu, et al. *J Nutr.* 2007.

50

GOS/FOS Decreases the incidence of infections during the first 6 months of life

Arslanoglu, et al. Early supplementation of prebiotic oligosaccharides protects formula-fed infants against infections during the first 6 months of life. *J Nutr.* 2007;137(11):2420-2424.

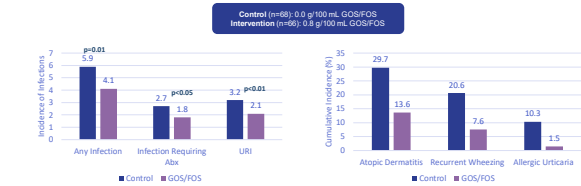


Arslanoglu, et al. *J Nutr.* 2007.

51

GOS/FOS Decreases the incidence of infections and allergic manifestations during the first 2 years of life

Arslanoglu, et al. Early dietary intervention with a mixture of prebiotic oligosaccharides reduces the incidence of allergic manifestations and infections during the first two years of life. *J Nutr.* 2008;138(6):1091-1095.

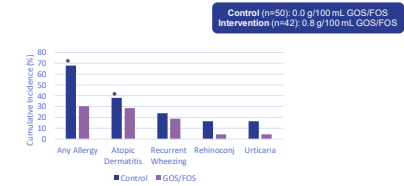


Arslanoglu, et al. J Nutr. 2008.

52

GOS/FOS Decreases the incidence of some allergic manifestations in the first 5 years

Arslanoglu, et al. Early neutral prebiotic oligosaccharide supplementation reduces the incidence of some allergic manifestations in the first 5 years of life. *J Biol Regul Homeost Agents.* 2013;26(3 Suppl):49-59.

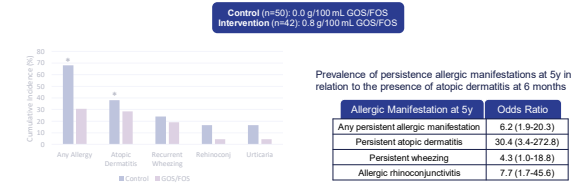


Arslanoglu, et al. J Biol Regul Homeost Agents. 2013.

53

GOS/FOS Decreases the incidence of some allergic manifestations in the first 5 years

Arslanoglu, et al. Early neutral prebiotic oligosaccharide supplementation reduces the incidence of some allergic manifestations in the first 5 years of life. *J Biol Regul Homeost Agents.* 2013;26(3 Suppl):49-59.



Arslanoglu, et al. J Biol Regul Homeost Agents. 2013.

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In Summary

Human milk provides infants with and without disease ideal nutrition and support growth and development.

Infant formulas are incorporating key elements of human milk - lactose, prebiotics, nucleotides, DHA/ARA – shown to support gut health and the immune system.

Supporting infants with cow milk allergy:

- Incorporating whey and lactose into eHF may improve palatability
- Efforts to support the gut microbiome by consuming prebiotics appear to be beneficial

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References

1. CDC. Infant and Young Children Feeding in Emergencies Toolkit: Glossary | Infant and Child Feeding in Emergencies | CDC Updated April 4, 2024. Accessed August 5, 2025.
2. Victora CG, Bahl R, Barros AL, et al. Breastfeeding in the 21st century: epidemiology, mechanisms, and lifelong effect. *Lancet*. 2016;387:475-90.
3. Gidrewicz DA, Fenlon TR. A systematic review and meta-analysis of the nutrient content of preterm and term breast milk. *BMC Pediatr*. 2014;14:216.
4. Italliner MF, et al. Circadian Variation in Human Milk Composition, a Systematic Review. *Nutrients*. 2020;12.
5. Thai JO, et al. Bioactive factors in human breast milk attenuate intestinal inflammation during early life. *Nutrients*. 2020;12(2):581.
6. Cierl LE, et al. Role of Human Milk Bioactives on Infant's Gut and Immune Health. *Front Immunol*. 2021;12:604860.
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