

Galacto-Oligosaccharides (GOS) Benefits



Vitality Through Nutrition™





What is GOS?

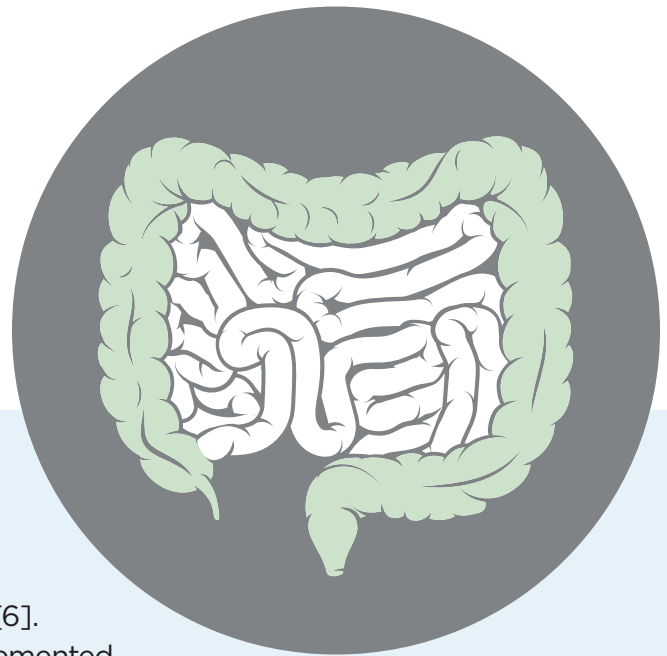
Galacto-oligosaccharides (GOS) are non-digestible carbohydrates produced from lactose, the sugar naturally found in milk. They are considered dietary fibers and/or prebiotics in many countries.

Gut Bacteria and Health

Gut bacteria play a key role in human health by exercising several functions, such as contributing to the gut defense system and helping to maintain normal intestinal function [1]. *Bifidobacterium* species are among the first to colonize the intestine and play an essential role in the maturation of the immune system and use of dietary components in infants [2]. A number of members of the gut microbiota, especially bifidobacteria, are able to ferment GOS resulting in the stimulation of their growth and/or activity [3].

Bifidogenic Bacteria

Infants fed formula enriched with GOS have been shown to have increased bifidobacteria levels compared to those that received formula without GOS [4]. In adults, the consumption of GOS has also been found to have an impact on gut microbiota [5].



Gut Transit

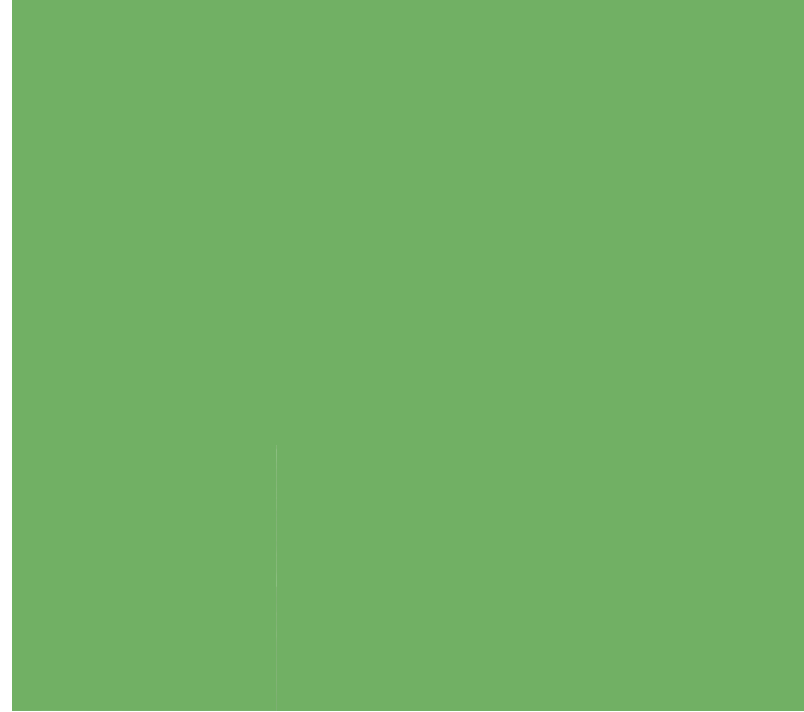
Constipation is a common problem in childhood [6]. In infants, the consumption of infant formula supplemented with GOS has been shown to help with stool frequency and consistency [4]. The positive impact of GOS on bowel movement is primarily attributed to their action as soluble fibers [7].



Immune Function

The immune system is a complex interconnected network of cells, lymphoid organs, humoral factors and cytokines that play a role in protecting the host [8].

GOS have been suggested to have an impact on the immune system by positively affecting some markers of immune function [9].



Calcium Absorption

The consumption of GOS has been suggested to help increase calcium absorption, which may be mediated by the gut microbiota, specifically bifidobacteria [10].



GOS Applications

	Infant Formula	Growing Up Milk	RTD	Yogurt	Bakery	Snack	Bar
HEALTHY AGING				•	•	•	•
INFANT/ GROWING UP	•	•		•		•	
LIFESTYLE BALANCE				•	•		•

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