

Based on the following paper:

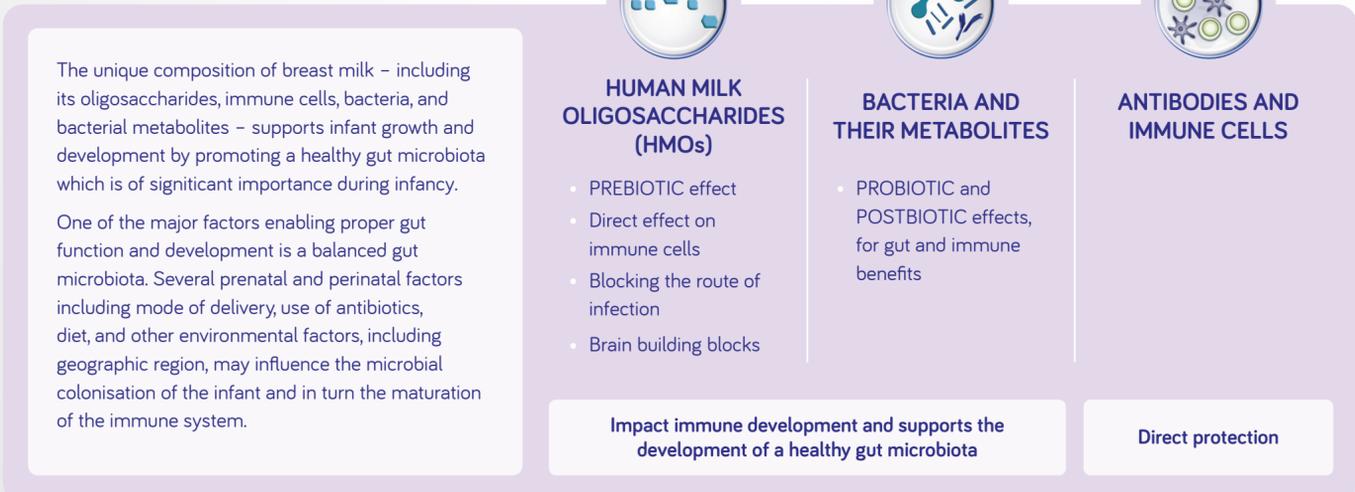
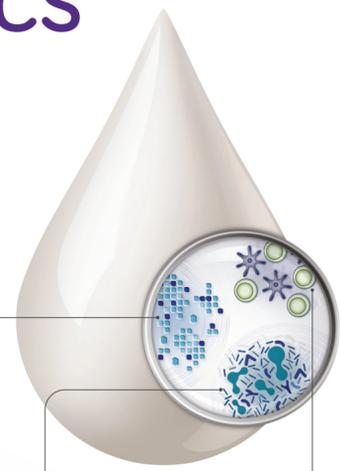
Salminen S et al. Infant Formula Supplemented with Biotics: Current Knowledge and Future Perspectives.

Nutrients 2020, 12, 1952; doi:10.3390/nu12071952

# THE IMPORTANCE OF BIOTICS IN INFANT NUTRITION

## BREAST MILK IS THE OPTIMAL FORM OF INFANT NUTRITION

Nutrition in the first 1,000 days (during pregnancy and first 2 years of life) is one of the most crucial factors in infant immune, gut and brain development. As an important step, the World Health Organisation guidelines recommend exclusive breastfeeding for the first 6 months of life and continue up to 2 years and beyond with gradual introduction of safe and suitable complementary feeding.



**Breast milk is best.** For those infants unable to receive breast milk, some formula containing biotics may be suitable.

Biotics are nutritionally active compounds that can, when consumed, confer a health benefit on the host.

