

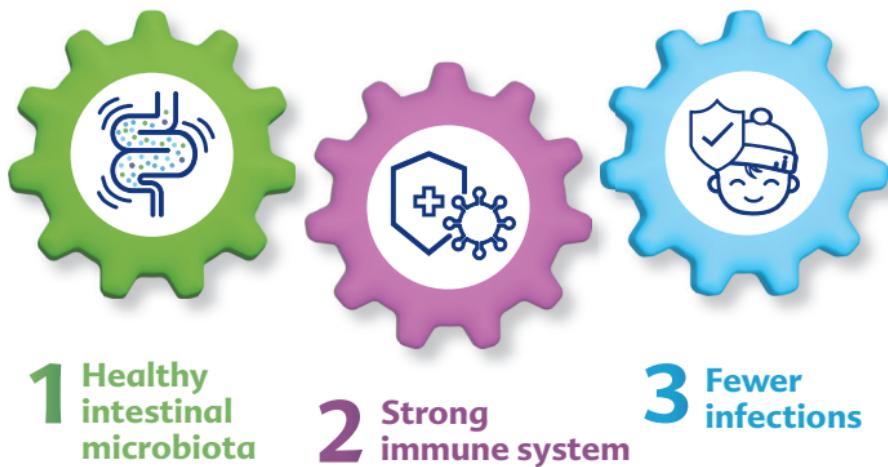
KNOWLEDGE on Tap

The Development of the Gut Microbiota

The bacterial colonization of the gastrointestinal tract plays a decisive role in shaping and maturing the immune system during infancy.¹

- Short-term effects: frequency of infections
- Long-term effects: allergic, metabolic, or inflammatory diseases

► **Early foundation for future health**



What influences the colonization of the gut?

It begins during birth² and can be affected by various factors:

Mode of delivery

Unlike **cesarean section**, infants **born vaginally** acquire beneficial bacteria from the mother's birth canal.

Medication

Especially the **administration of antibiotics** can disrupt natural colonization.

Nutrition

Human milk is the best nutrition. It contains **prebiotics and probiotics** and, as a synbiotic food, ensures optimal colonization of the gut.³

Prebiotics and Probiotics in Infant Formula

To support the development of gut microbiota in non-breastfed infants, many formulas contain prebiotics and probiotics. Experts demand that the effects of these products be demonstrated through clinical studies.⁴

Clinical Studies on GOS and *L. fermentum*

The combination of prebiotic galacto-oligosaccharides (GOS) and probiotic *Limosilactobacillus fermentum* CECT 5716 used in HiPP COMBIOTIC® has been investigated in several clinical studies:

2012 GOS and *L. fermentum* in infant and follow-on formulas are safe and reduce the risk of respiratory infections and diarrhea.^{5,6}

2015 Long-term study up to age 3 confirms: Synbiotic formulas with GOS and *L. fermentum* are also safe in the long term.⁷

2023 GOS and *L. fermentum* positively influence gut microbiota, making it similar to that of breastfed infants.⁸

2024 GOS and *L. fermentum* reduce the risk of lower respiratory tract infections.⁹



Conclusion

A healthy gut microbiota ensures good health development from the very beginning. Synbiotic infant formulas are safe and can positively influence gut microbiota and the immune system, thereby reducing the number of infections.

Scanning the QR-Code will take you to the references



Important information:

Breastfeeding is best for babies. Infant formula should only be given upon the advice of paediatricians, midwives or other independent experts.

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Science and nature
hand in hand