

# Efficacy of an MFGM-enriched complementary food in diarrhea, anemia, and micronutrient status in infants

Zavaleta N, Kvistgaard AS, Graverholt G, Respicio G, Guija H, Valencia N, Lönnerdal B. J Pediatr Gastroenterol Nutr. 2011 Nov;53(5):561-8.

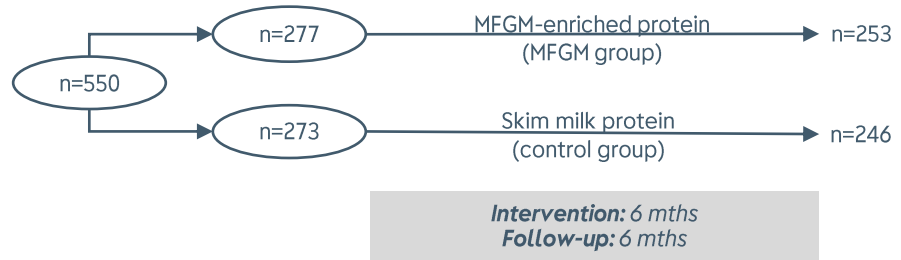
**Objective:** To evaluate the efficacy of MFGM on diarrhea, anemia, and micronutrient status

**Inclusion Criteria**

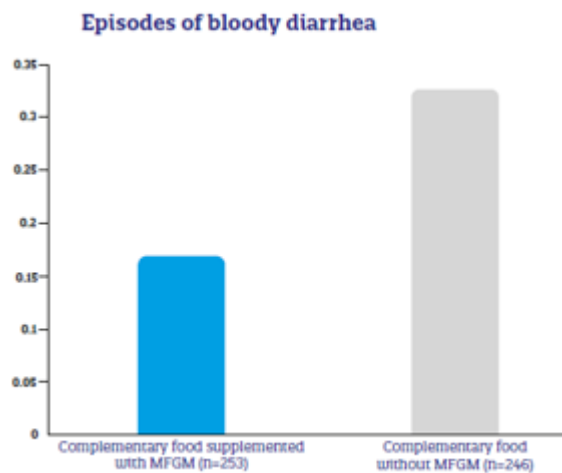
- 6-11 months old
- Born at term  $\geq 2500g$
- Primarily breastfed
- Living in study area

**Exclusion Criteria**

- Chronic disease
- Serious illness/congenital malformations
- Severe malnutrition
- Proven or probably milk allergy



ENDPOINTS	FINDINGS (MFGM group vs control group)
Gut Health	• Fewer <b>bloody diarrhoea</b> episodes
Nutrient Intake	• Higher <b>iron</b> and <b>retinol</b> intake
Biochemical	• Higher <b>haemoglobin</b> in 9-11 months only



**Conclusion:** Addition of an MFGM-enriched protein fraction to complementary food had beneficial effects on diarrhea in infants and may thus help to improve the health of vulnerable populations.