



# ASEAN NUTRITION DAY

Organised By:



## The Origin of Milk Fat Globule Membrane (MFGM)

Research interest in MFGM is increasing, with **1,026** publications in the 2000-2020 period, of which 472 were published between 2015 to 2020.

Improves immune projection, digestive health and cognitive development.



**Dietary MFGM as a source of bioactive components studied at 2 life stages:**



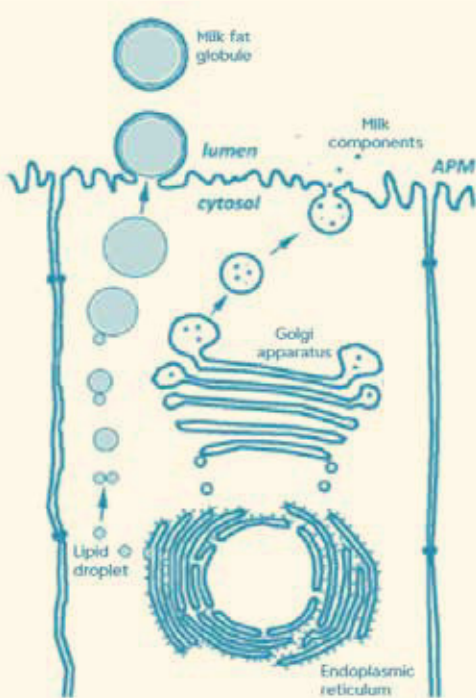
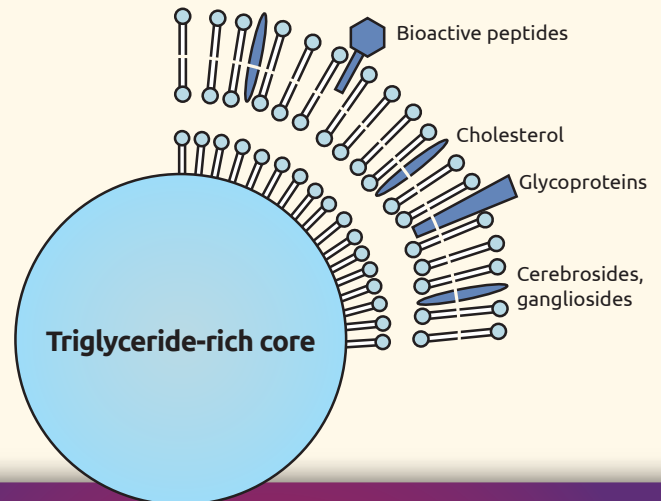
Prevents age-associated mild cognitive impairment.

### MFGM originates from human breastmilk

Milk fat globule comprises a triacylglycerol-rich core encapsulated by a tri-layer membrane.

### MFGM is a complex structure made up of bioactive lipids and proteins

- Lipid components include phospholipids and sphingolipids with functional effects on the brain, immunity and gut.
- Protein components are mainly **glycoproteins** with functional effects on **immunity**.



### MFGM components have demonstrated beneficial health effects:

- Cognitive development (infants)
  - Prevention of mild cognitive impairment (aged)
- Protection against infection
  - Powers immune system
- Gut development & maturation (infants)
  - Gut microbiota early development (infants)



### MFGM-enriched ingredients could provide dietary source of MFGM



\*All content has been provided by **Key Opinion Leaders** in the area **Milk Fat Globule Membrane** as a part of Mead Johnson (Asia Pacific) Pte Ltd's medical education initiatives



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