

Breast milk to improve memory thanks to a natural component that isn't found in animal milk

LOCATION: Seville

DURATION: 1'18"

SUMMARY: The consumption of breast milk improves memory and learning skills. It is the conclusion obtained from a study carried out by the Pablo de Olavide University and the University of Jaén, with the collaboration of the Abbott multinational company. According to this research, the key lies in an oligosaccharide called 2'-Fucosyllactose and that is found in breast milk but not in cow milk, for example, which is the base of infant formulas. This study could lead to the inclusion of this compound in infant formulas in the future.

VTR:

Researchers from the Pablo de Olavide University have participated in a study that has proved that breast milk improves the memory development and learning skills of babies. Thanks to a compound...

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"And that it isn't found in milk from other animal species that is used in baby feeding."

It is called 2'-Fucosyllactose and it is found in breast milk, but not in cow milk, which is the base of infant formulas. And, how could they demonstrate this improvement in memory and learning? Experimenting on lab rats.

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"The typical experiment in which the rat has to pull a lever to obtain a small piece of food. We have also studied the capacity of the brain to generate what is called long term potentiation, which is a mechanism that is supposed to be implied in learning and memory processes. Rats that ingest this oligosaccharide learn better and faster, let's say, than the control group, which receives a similar compound but not the same."

This study has counted on the collaboration of the University of Jaén and the Abbott multinational company, and could lead to the inclusion of this compound in infant formulas to improve the intellectual skills of future generations.

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