

# Immune system development



During **pregnancy**, the baby is protected by the **mother's immune system**.



When babies are **born**, their immune system is **still immature**.



Baby's immune system starts to **develop** after exposure to viruses and bacteria.

## NUTRIENTS THAT BOOST YOUR BABY'S IMMUNITY

**Breast milk nutrients & bioactive components**



**Probiotics**



**Prebiotic fibers**



**Iron**



**Copper & Zinc**



**Selenium**



**Vitamin A**



**Vitamin C**



**Vitamin D**



## DID YOU KNOW...?



An **adequate level of beneficial bacteria** is required to defend the baby against potentially harmful bacteria.



**Probiotics** are beneficial live bacteria that have a positive impact on your baby's gut microbiota.



**Prebiotic fibers** support the growth of beneficial bacteria in your baby's gut.

# Healthy gut microbiota development

**A healthy microbiota is essential for a strong immune system.**  
The gut microbiota is the total of live microorganisms found in the gut.

70%

**70% of the immune system resides in the gut.**  
Microbiota changes over time depending on environment & nutrition.



## WHAT FACTORS INFLUENCE MY BABY'S MICROBIOTA DURING EARLY LIFE?



### In utero

- Placenta
- Amniotic fluid



### Birth

- Gestational age
- Mode of delivery



### Infancy

- Feeding mode
- Family lifestyle
- Location
- Host genetics
- Use of antibiotics

## HOW CAN I IMPROVE MY BABY'S MICROBIOTA?

Monitoring the introduction to weaning foods as they are an important driver of changes in your baby's microbiota.



Dietary fiber & foods rich in pro- and prebiotics.



Strengthen gut bacteria



Increase your baby's immunity

