

# β-palmitate or OPO

The effects of β-palmitate have been studied thoroughly.

Studies show positive effects on gut health, growth and stool consistency. The naturally most abundant saturated fatty acid in human milk is palmitic acid.

Approximately **70%** of palmitic acid in human milk is attached to the middle position of the glycerol backbone of triglycerides.

This unique structure is named

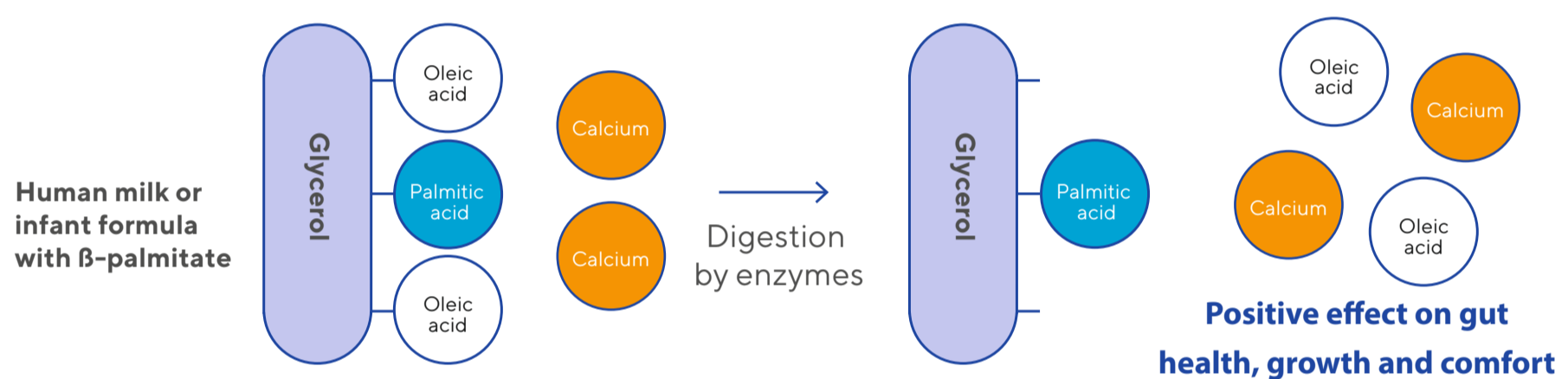
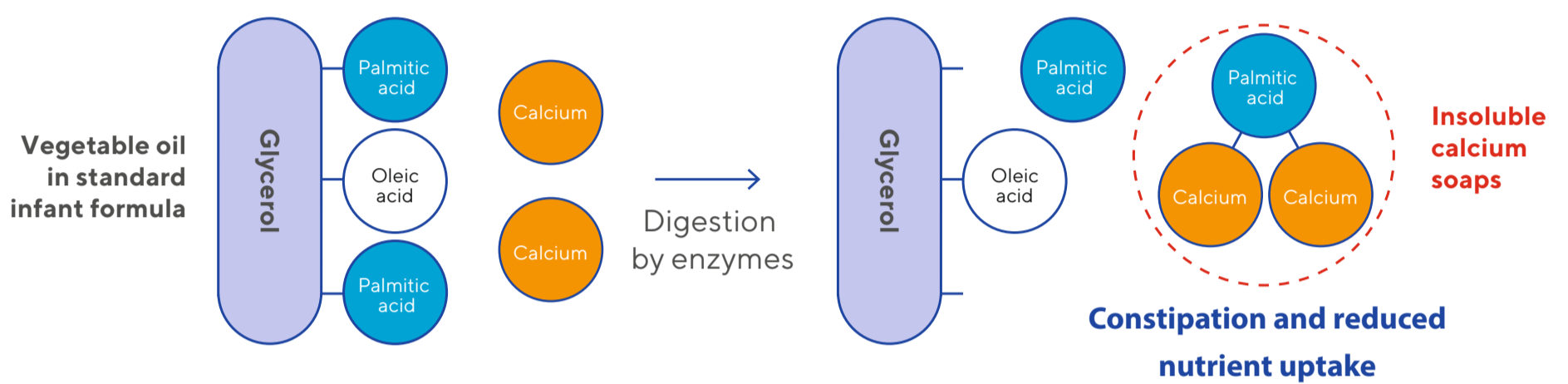
**β-palmitate**

combined with oleic acids

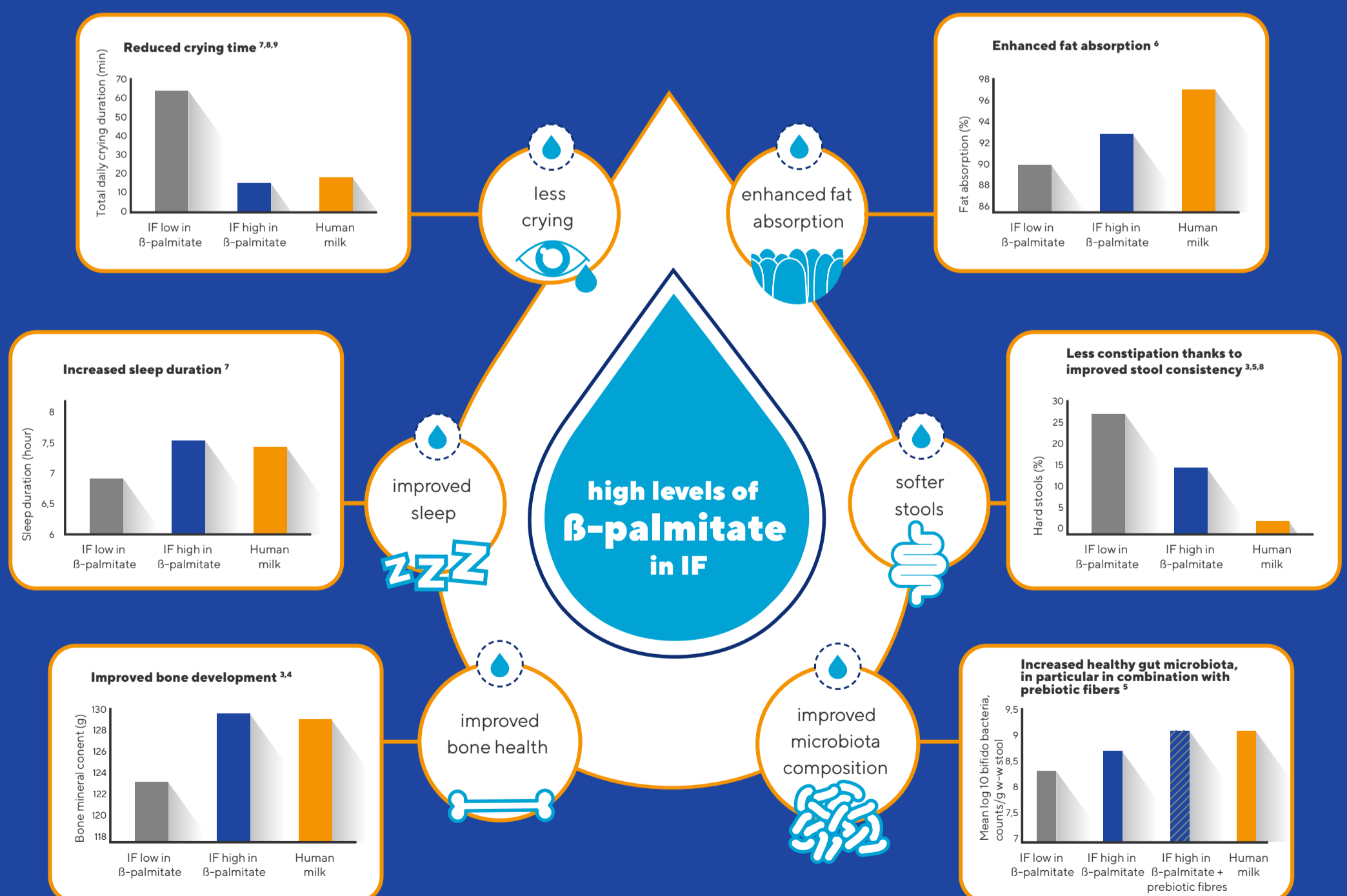
the **OPO structure**

is formed

## How does a different triglyceride structure relate to processes in the intestinal tract?



High levels of β-palmitate in infant formula have been studied thoroughly. These studies show clinically proven benefits on gut health, growth and comfort<sup>[3-9]</sup>.



**References:** 1: Bar-Yoseph, Lifshitz et al. 2013. 2: Innis, 2011. 3: Kennedy, Fewtrell et al. 1999. 4: Litmanovitz, Davidson et al. 2013. 5: Yao et al. 2014. 6: Carnielli et al. 1996. 7: Bar-Yoseph, 2017. 8: Litmanovitz et al. 2014. 9: Savino, Ceratto et al. 2014.

**Disclaimers:**

- For health care professionals only.

- Ausnutria underlines that breastfeeding is the best food for infants from 0-6 months and supports prolonging breastfeeding to two years of age.