ABSTRACT

Methods and compositions improve immune health. A method for improving immune health includes administering to an individual in need thereof a composition comprising milk protein, preferably 20-40 % by dry weight of the composition; and a mixture of lactose, glucose, galactose and galactooligosaccharide, preferably 32-55% by dry weight of the composition. The mixture of lactose, glucose, galactose, and galactooligosacchride can contain 0.1-30% by weight of the lactose, 8-40% by weight or 32-55% by dry weight of the glucose, 0.1-20% by weight of the galactose and 40-90% by weight of the galactooligosaccharide.