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(54) Title: COMPOSITIONS AND METHODS FOR IMPROVING METABOLIC HEALTH

(57) Abstract: Methods and compositions improve metabolic health. A method for improving metabolic 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 35-55% by dry weight of the composition. The mixture of lactose, glucose, galactose, and galactooligosaccharide can contain 0.1-30% by weight of the lactose, 8-40% by weight of 35-55% by dry weight of the glucose, 0.1-20% by weight of the galactose and 40-90% by weight of the galactooligosaccharide.

WO 2024/223940 A1