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(54) **Title:** NUTRITIONAL COMPOSITIONS CONTAINING CERAMIDE

(57) **Abstract:** The present disclosure relates to nutritional compositions that include at least one ceramide. The nutritional compositions may further include galactose, sialic acid, or cholesterol. Ceramide and galactose may be provided by a plant-based source. The nutritional composition including ceramide and galactose from a plant base source may reduce the risk of cross-contaminating the nutritional composition with animal-based protein allergens. These plant-based ceramides and galactose may exhibit additive or synergistic beneficial health effects when consumed. The disclosure further relates to methods of reducing the incidence of skin rash caused by an allergy or promoting brain and eye health in a target subject by providing a nutritional composition comprising ceramides, galactose, sialic acid, and cholesterol to targeted subjects.

