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(54) Title: NUTRITIONAL COMPOSITIONS HAVING EXOGENOUS MILK FAT GLOBULE MEMBRANE COMPONENTS

(57) Abstract: Nutritional compositions including milk fat globule membrane components ("MFGM") and at least one nutrient are provided. The milk-derived, bioactive lipids help to modulate conditions typically found in the elderly including, for example, low-grade inflammation, loss of lean body mass, skeletal muscle cell membrane instability, and joint inflammation. The nutrients may include, but are not limited to, whey protein micelles, citrulline, branched chain fatty acids, and α -hydroxycaproic acid (" α -HICA"). Methods for treating an individual having, or at risk of having, a medical condition are also provided.



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