Claims

1. A composition comprising

   1. at least 95.00 wt.-% of L-fucose;

   2. at most 1.00 wt.-% organic solvent; and

   3. at most 1.00 wt.-% salts

   wherein, L-fucose is present in amorphous form or in crystalline form, preferably in granulate form or in crystalline form.

2. The composition according to claim 1, wherein the composition comprises

   a) 95.50 to 100 wt.-% of L-fucose, preferably 98.00 to 100.00 wt.-% of L-fucose, more preferably 98.50 to 100.00 wt.-% of L-fucose, optionally 98.70 to 99.90 wt.-% of L-fucose; and/or

   b) 0.00 to 1.00 wt.-% organic solvent, preferably 0.00 to 0.50 wt.-% organic solvent, more preferably 0.00 to 0.40 wt.-% organic solvent, optionally 0.10 to 0.200 wt.-% organic solvent; and/or

   c) 0.00 to 1.00 wt.-% salts, preferably 0.00 to 0.50 wt.-% salts, more preferably 0.00 to 0.40 wt.-% salts, optionally 0.10 to 0.20 wt.-% salts.

3. Pharmaceutical composition, preferably a pharmaceutical composition for use in preventing or treating at least one of a viral infection, a bacterial infection, a memory loss and dysbiosis, comprising a composition according to one of claims 1 to 3 and optionally comprising at least one sugar different to a L-fucose and/or at least one probiotic bacterial strain, wherein the at least one sugar is preferably at least one sugar selected from the group consisting of lactose, lactulose, inulin and sucrose.

4. Use of the composition according to one of claims 1 to 3 in the manufacture of a food composition and/or pharmaceutical composition.