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(54) Title: NUTRITIONAL COMPOSITION

(57) Abstract: The present invention relates to a combination of galacto-oligosaccharides (GOS) and a mix of human oligosaccharides (HMOs), or nutritional compositions comprising the combination, for use in promoting sleep and/or treating and/or preventing sleep disorders in a subject, wherein the mix consists of 2'-fucosyllactose (2'FL) and difucosyllactose (DFL) or lacto-N-tetraose (LNT) and 6'-sialyllactose (6'SL). The present invention also relates to the use of a combination of galacto-oligosaccharides (GOS) and a mix of human oligosaccharides (HMOs), or nutritional compositions comprising the combination, for use in promoting sleep and/or treating and/or preventing sleep disorders in a subject, wherein the mix consists of 2'-fucosyllactose (2'FL) and difucosyllactose (DFL) or lacto-N-tetraose (LNT) and 6'-sialyllactose (6'SL). Furthermore, the present invention relates to a method for in promoting sleep and/or in treating and/or preventing sleep disorders in a subject, the method comprising administering to the subject a combination or a nutritional composition according to the invention.



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