# Article information:

Nutrients | Free Full-Text | Lactation Activity and Mechanism of Milk-Protein Synthesis by Peptides from Oyster Hydrolysates  
<https://www.mdpi.com/2072-6643/14/9/1786>

# Article summary:

1. Low breast milk supply is a common cause of breastfeeding failure, and identifying safe and effective dairy products or drugs is important.

2. Oyster peptides have been found to promote lactation in rats and can be used as a dietary source of exogenous peptides to promote milk secretion.

3. The active peptide UEC4-1 from oysters has potential efficacy for improving postpartum hypogalactia in rats and can promote the proliferation of human mammary epithelial cells. Further research into the underlying mechanisms is needed.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

该文章主要探讨了牡蛎水解物中的多肽对乳汁分泌和乳蛋白合成的影响及其机制。然而，该文章存在一些潜在的偏见和不足之处。

首先，该文章没有提到可能存在的风险或副作用。虽然牡蛎是一种常见的食品和药材，但过量摄入可能会导致过敏反应或其他不良反应。此外，该文章也没有提到是否有必要进行更多的安全性研究。

其次，该文章只关注了牡蛎水解物对乳汁分泌和乳蛋白合成的影响，而忽略了其他因素对母乳供应的影响。例如，母亲自身营养状况、婴儿吸吮频率和力度等都可能影响母乳供应。

此外，该文章未能提供足够的证据来支持其主张。虽然已经有一些研究表明某些氨基酸可以促进乳汁分泌和乳蛋白合成，但这些结果并不能直接推广到人类母乳喂养中。因此，在进行任何干预措施之前需要进行更多的研究。

最后，该文章可能存在一些偏袒。虽然牡蛎水解物中的多肽可能对乳汁分泌和乳蛋白合成有益，但该文章未能探讨其他可能的干预措施或替代品。此外，该文章也没有平等地呈现双方的观点或考虑到其他因素对母乳供应的影响。

综上所述，尽管该文章提供了一些有趣的发现，但仍存在一些潜在的偏见和不足之处。为了更好地理解母乳供应和促进婴儿健康发展，需要进行更多的研究，并考虑到所有相关因素。

# Topics for further research:

* Potential risks or side effects of oyster hydrolysate
* Other factors affecting breast milk supply
* Need for more evidence to support claims
* Other interventions or alternatives for promoting breast milk supply
* Potential bias in the article
* Importance of considering all relevant factors in promoting infant health and development.

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