COLOSTRUM
NATURE’S PERFECT FOOD

Colostrum is nature’s first food, the pre-milk fluid a breast-feeding mother provides her newborn, to assist the baby’s healthy development. It contains a number of immune components, including antibodies, growth factors, proteins, vitamins and minerals.

It has been discovered that because colostrum is non-species specific, humans may benefit from taking bovine colostrum long after birth – throughout childhood, adulthood and into their senior years.

But why should we take colostrum?

DIGESTIVE HEALTH – Studies have highlighted the benefit of bovine colostrums to help support a healthy digestive system. Optimising absorption of vitamins and minerals from food and offering natural resistance against various pathogens that enter through the gut.

HEALTHY IMMUNITY – Support for a healthy immune system is one of colostrums biggest benefits. Ensuring the body is primed to resist a wide variety of bugs, ills and chills that we are often exposed to. Among the immune components in colostrum are antibodies called Immunoglobulins, Lactoferrin, Proline-rich Polypeptides (PRP’s), Cytokines and growth factors as well as proteins, vitamins and minerals.
HEART HEALTH - Colostrum can help lower LDL cholesterol and reduce the risk of cardiovascular disease. Research has also shown that heart disease can involve immune sensitisation to cardiac antigens, i.e. the immune system may play a part in heart disease. The PRP’s found in colostrum may have a role in reversing heart disease.

BONE HEALTH - Lactoferrin is a protein found in colostrum. A number of in-vitro and animal studies have found that lactoferrin from both human and cow supports healthy osteoblasts and normal bone formation. It is also thought that lactoferrin may maintain healthy oestrogenic activity which has a protective effect on bone mass especially in women.

HEALTHY AGING - Colostrum supports gut health, healthy immunity and influences the health of our stem cells – all things that will contribute to healthy ageing and longevity.

HEALING & REPAIR - Colostrum can support your body’s healing and repair processes: mucosal cell lining, heart tissue, blood vessels. It is great for sports people of all levels. Often during intense exercise muscles suffer micro tears as part of the muscle building process. More serious tears or strains can occur to the muscles, tendons and ligaments with overuse or incorrect training. Colostrum supports the natural, healthy repair of tissues.

Colostrum is nature’s perfect food, packed with nourishment – immune tonics, growth factors and a unique balance of vitamins and minerals.

Taken daily it is one of the best things you can do to improve and support you and your family’s health.