

## What is Colostrum?

Colostrum is the 'first food' for all mammals, in Bovine Colostrum it contains the full immunity program to protect the calves. Which includes immunoglobulins for strengthening the immunity and growth factors to promote cell renewal and healing. Before antibiotics were discovered, Colostrum was used to assist in the healing of infections and recovery of patients. Bovine Colostrum is found to be totally compatible with humans and have no known side effects.

## Why take Colostrum?

- The benefits of Colostrum is well known studies have indicated its ability to reduce the effects of gastrointestinal infection, especially in individuals who are immuno-compromised, and the ability to boost the general well being of adults.
- Athletes can benefit greatly by the use of Colostrum to speed up recovery after strenuous exercise or people recovering from surgery and illness.
- It can also aid with anti-aging due to the cell renewal properties present in Colostrum.
- Colostrum is great for 'gut health' and a health gut promotes general well being.

You can use Colostrum as a preventative medication on a daily basis and you increase your dosage when you experience infections or illness. There is no known side effects, but should you experience any discomfort please discontinue use



## Why New Zealand Colostrum?

- Colostrum produced in New Zealand is a pure and natural bovine colostrum powder - no additives. Compare!
- Pure colostrum collected from New Zealand pasture fed cows is free of artificial hormones, antibiotics and pesticides
- Just natural & healthy cow colostrum high in immunoglobulin, lactoferrin and growth factors providing full immuno health benefits
- No freezing of the freshly collected bovine colostrum which can destroy valuable enzymes



# Colostrum health™

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## Boosting the immune system

The essential compounds in Colostrum are potent anti-inflammatories and combined with the above function and the strengthening of the bodies natural immunity, athletes and active people can benefit greatly from taking Colostrum. As they put their bodies at risk through strenuous exercise causing some cell and tissue damage, supplementation will increase their recovery time, strengthen their muscle and connective tissue improve their general immunity and gut health which will ultimately improve their



performance and general health. Hundreds of studies by some of the world's best researcher and scientists have shown that the components in Colostrum can assist in increasing vitality and stamina

## Evidence of the anti-aging effect of colostrum

In The American Journal of Natural Medicine (March 1998), Dr. Zoltan Rona, referring to the growth factors in colostrum, cites a study which was published in the New England Journal of Medicine (323:1-6, 1990). In the study, Dr. Daniel Rudman treated 26 men

between the ages of 61 and 80 with GH. Dr. Rudman found a decrease in body fat, an increase in bone density and lean muscle mass, and thicker,

more elastic skin, changes Dr. Rudman said were equivalent to those incurred over a 10 to 20 year period of ageing.

The Insulin-like growth Hormone (IGF-1) in Colostrum increases energy, health and longevity. It rejuvenates the declining Human growth hormone which results in smoother skin with more elasticity, more stamina and lean muscle, improved nutritional uptake by the body, elevated mood and outlook and mental clarity, combined with a stronger immunity and improved general health it improves your general lifestyle and energy levels.

## Benefits for Athletes

*“Colostrum benefits the athlete in so many ways that it is rapidly gaining in popularity, especially among those who prefer to stay with natural substances.” -Winthrop Graham, Two-time Olympic Silver Medalist*



endurance and the reduced recovery time. IGF1 is on the Olympic Committee banned drug list but all studies have shown taking Colostrum as a supplement showed a negative doping test,

making Colostrum one of the safest and effective supplements for Athletes.

Colostrum contains Transforming Growth factors, Insulin-like growth factors and Epithelial growth factors. The transforming growth factors (TgF) has



shown to repair and heal connective tissue, especially in joints, while the insulin-like (IgF) growth factors supports the growth of lean muscle mass and Epithelial Growth factor(EgF), which

stimulates normal skin growth.. These growth factors occur naturally in our bodies but as we age we can benefit of supplementing these factors as the bodies ability to produce these factors declines.

**Disclaimer:** The health information presented here has been written for the Supplement consumer. It is of a general nature and is only intended to provide a summary of the subjects covered. The information is not intended to be comprehensive or to provide medical advice to you. While all care has been taken to ensure the accuracy of the information, no responsibility or liability is accepted, and no person should act in reliance on any statement contained in the information provided. All health ailments should be treated by a qualified health professional.