

HEALTHY CHOICES

Latest tips on the art of living well.

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Bovine colostrum: Naturally healthy resistance to ills and chills



Bovine colostrum has been shown to support digestive health, healthy immunity and natural resistance to bugs, germs and viruses.

Many of us are looking for natural ways to remain healthy this winter. Colostrum offers support for a healthy immune system, primed to resist the variety of bugs, ills and chills we may be exposed to.

Colostrum is nature's first food – the pre-milk fluid a breastfeeding 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.

Now, science has 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. Bovine colostrum has been shown to support digestive health, healthy immunity and natural resistance to bugs, germs and viruses that may come our way.

Digestive health

A healthy digestive system supports optimum absorption of vitamins and minerals from food and natural resistance against various pathogens that enter

through the gut. Colostrum encourages a healthy immune response to these pathogens, supports healthy gut flora (a natural balance between good and bad bacteria) and helps maintain healthy gut tissue.

Healthy immunity

Colostrum contains a number of components of a healthy immune system. Because it is non-species specific, humans can safely take bovine colostrum for healthy immunity. Among the immune components in colostrum are antibodies called immunoglobulins, lactoferrin, Proline-rich Polypeptides (PRPs), cytokines and growth factors. Colostrum also contains proteins, vitamins and minerals.

Natural resistance

Our complex immune system provides natural resistance to the many bugs, germs and viruses we encounter in our busy lives. Colostrum's naturally occurring immune components support a naturally healthy and responsive immune system, as it does its job to keep us well.