



While it's long been known that colostrum is essential for a newborn, research has shown that bovine (cow) colostrum can play an important role in supporting the health of people of all ages. The compositional makeup of cow colostrum is comprised of many of the same functional components found in human colostrum. Some of the key classes of bioactive components include: immune factors, growth and repair factors, immune modulators, oligosaccharides, and antibodies. This nourishing superfood has been the subject of significant clinical study, and has been demonstrated to support digestive health in adults. Below, we highlight a trial which demonstrates how cow colostrum can help support gut lining integrity.



Colostrum consumption was safe and effective in decreasing intestinal permeability | Halasa et al, 2017

In this double-blind, placebo controlled, randomized study conducted with healthy men from 20-43 years of age, the researchers compared a whey powder as a placebo to a 500mg dose of bovine colostrum taken twice a day. During the 20 days of consumption, the investigators showed that hypersensitivity-related health problems can be alleviated by colostrum supplementation and that this effect might be attributed to normalization (decrease) of intestinal permeability, also commonly referenced as “leaky gut.”

This study opens up the options for consumers to try bovine colostrum as an alternative solution to help maintain intestinal barrier permeability without having to completely avoid factors that typically cause this condition like gluten, nonsteroidal anti-inflammatory drugs, and intense physical activity.

SUMMARY OF OUTCOMES

Compared to placebo controls:

Reduced previously elevated intestinal permeability

Reduced “leaky gut”

Population Characteristics

- Males aged 20 year to 43 years
- 16 total subjects
- Healthy athletes during peak training for competition

Treatment Protocol & Details

- Double-blind, placebo controlled, randomized trial
- Treatment group: twice daily dose of 500 mg of bovine colostrum for 20 days
- Placebo group: twice daily dose 500 mg of whey protein for 20 days
- 2 clinic visits: Day 0, Day 22 - tested (stool and urine collection).
- Collected self-reporting questionnaire

