



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 children 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 immune health in children. Below, we highlight a trial which demonstrates how cow colostrum can help support a child's immune response to common upper respiratory illnesses.



Colostrum consumption in normal healthy young children was effective in preventing URTI episodes and reducing the duration of URTIs | Uchida et al, 2010

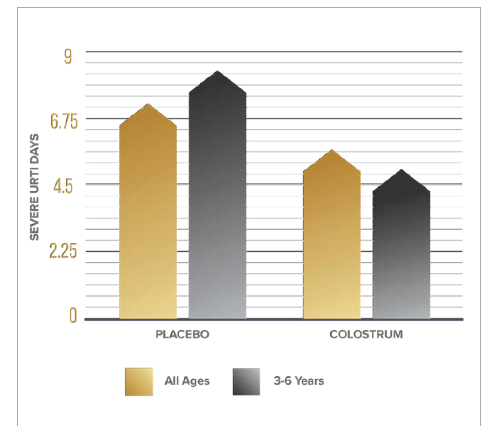
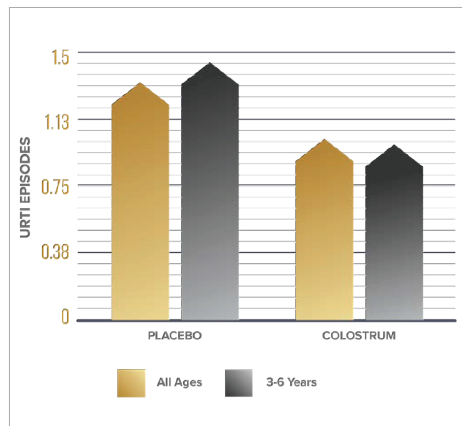
In this double-blind, placebo controlled, randomized study conducted with healthy children from 3-9 years of age, the researchers compared milk powder as a placebo to a 500mg dose of bovine colostrum. During the eight weeks of consumption, the investigators quantified the average number of episodes of upper respiratory tract infection (URTI) and the number of days of severe symptoms of URTI. They found that the children who consumed bovine colostrum had significantly fewer URTI episodes and significantly fewer days with severe symptoms as compared to the children who had plain (non-colostrum) milk powder.

SUMMARY OF OUTCOMES

Compared to placebo controls / after 8 weeks consuming bovine colostrum

Lower average URTI episodes

Fewer average days with severe URTI symptoms



Population Characteristics

- Children age 3 year to 9 years
- 195 total subjects, equal sex ratio and age distribution
 - Normal healthy population
- Excluded if compliance under 80%

Treatment Protocol & Details

- Double-blind, placebo controlled, randomized trial
- Treatment group: 500 mg per day of bovine colostrum for 8 weeks
 - Placebo group: 500 mg milk powder per day for 8 weeks
- 3 clinic visits: -1 week, +4 weeks, and +8 weeks after start of trial