



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 immune health in adults. Below, we highlight a trial which demonstrates how cow colostrum can prime the body's immune system and support the effectiveness of the flu vaccine.



Colostrum consumption, both in healthy subjects and high risk cardiovascular patients, showed beneficial effects in preventing flu episodes and flu-like symptoms | Cesarone et al, 2007

In this trial the researchers looked at the ability of bovine colostrum to help reduce influenza infections. The study was conducted with a healthy adult population between the ages of 30-80 and placed them into one of four groups:

- Group 1: participants did not receive the flu vaccine nor consumed bovine colostrum
- Group 2: participants did not receive the flu vaccine and were given 400mg per day bovine colostrum
- Group 3: participants received the flu vaccine but did not consume bovine colostrum
- Group 4: participants received both the flu vaccine and 400mg per day bovine colostrum

The participants who consumed bovine colostrum took 400mg per day for two months. At the end of two months they looked at average number of flu episodes per person and the relative cost per each participant due to any flu episodes. What they found was an impressive ability for bovine colostrum to reduce the number of flu episodes and the overall relative costs (primarily loss of workdays) associated with the flu. Interestingly, bovine colostrum was more effective than the vaccine in this trial, highlighting the multi-faceted approach of colostrum's immune health benefit.

SUMMARY OF OUTCOMES

Reduced number of flu episodes
More effective than the influenza vaccine
Reduced relative cost

Population Characteristics

- Adults 30 to 80 years old
- 144 participants
- Normal healthy adults

Treatment Protocol & Details

- Participants placed into four groups: no vaccine and no colostrum, no vaccine plus colostrum, vaccine but no colostrum, vaccine plus colostrum
- The colostrum groups consumed 400mg of bovine colostrum per day for 2 months

