ColostrumOne®
Nature's Superfood

SPORTS NUTRITION

While it's long been known that colostrum is essential for newborn health, research has shown that bovine (cow) colostrum can also play an important role in supporting the health of people of all ages. The nutrient profile of bovine colostrum is comprised of many of the same functional and bioactive 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 scientific research and has been shown to support sports performance/active lifestyles through numerous clinical studies conducted among different types of athletes. Below, we highlight a study that demonstrates how bovine colostrum can help support muscle strength and recovery.

A low-dose 6-week bovine colostrum supplementation maintains performance and attenuates inflammatory indices following a Loughborough Intermittent Shuttle Test in soccer players | *Kotsis et al, 2018*

In this double-blind, placebo-controlled, randomized study conducted with healthy male elite-level soccer players aged 19-23 years, the researchers compared 3.2 g/day of whey protein (as a placebo) to a 3.2 g/day of bovine colostrum.

Over the 6-week study period, amongst study participants, there was a reduction in exercise-induced muscle damage as well as performance improvement in soccer players following the Loughborough Intermittent Shuttle Test (LIST) during the competitive season period. Athletes who consumed bovine colostrum exhibited less of a reduction in squat jump height, countermovement height and less elevation of blood levels of markers related to muscle damage compared to whey protein placebo group. This study provides evidence that suggests bovine colostrum can improve physical performance and reduce measures associated with muscle damage.

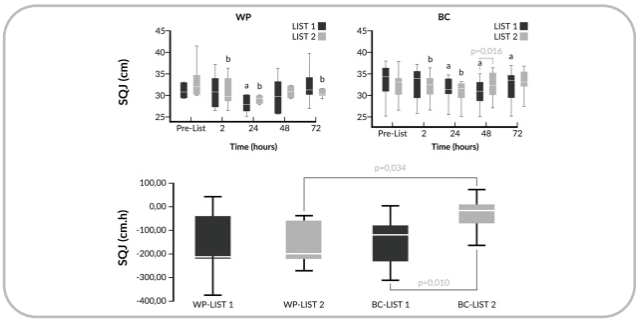
SUMMARY OF OUTCOMES*

Comparison of bovine colostrum to placebo (whey protein)

Bovine colostrum group exhibited less of a reduction in squat jump height and countermovement height

Bovine colostrum group showed less elevation of blood level markers related to muscles damage (CRP, IL-6)

No statistical differences were observed between the two groups on creatine kinase (non-significant trend), perceived muscle soreness, VO2mak, hematologic marketers



Population Characteristics

- *Males aged 19 year to 23 years*
- *22 total subjects*
- *Healthy, elite-level soccer players from Greek National League*

Treatment Protocol & Details

- *Double-blind, placebo controlled, randomized trial*
- *Treatment group: 3.2 g/day bovine colostrum; 4 capsules 2x/day 30 minutes before meals*
- *Placebo group: 3.2 g/day whey protein; 4 capsules 2x/day 30 minutes before meals*
- *Participants underwent baseline performance test, followed by a 90 min controlled aerobic challenge, followed by performance test before and after supplementation for 6 weeks*
- *Pre and post 6-week supplementation assessment using Loughborough Intermittent Shuttle Test (LIST). Monitored 2, 24, 48, 72 h post-LIST.*

Kotsis Y, et al. European Journal of Nutrition. 2018 Apr 1; 57 (3):1181-1195

PANTHERYX