

What Does Colostrum Contain and How Does it Work?

One benefit of colostrum is that it comes from milk so it is a natural health food. It contains a complete formula of essential vitamins, minerals, essential fatty acids, amino acids, immune factors and growth factors.

Colostrum was designed by nature as part of mother's milk so it helps the young grow up strong and healthy.

First milking bovine colostrum from cow's milk has been used by people all over the world and throughout history to support the immune system and as a natural, complete whole-food dietary supplement.

Another benefit of colostrum is its well documented reputation for helping the body fight off colds and infection and stimulating the immune system.

Many people also take it as an aid to dieting and bodybuilding, and to help in athletic and anti-aging health regimens.

Discovery of Colostrum Benefits

In the 1940s colostrum became popular for use by people suffering from rheumatoid arthritis and other age related problems.

In the 1950s colostrum was used as a source of natural antibodies which helped lead to the creation of the polio vaccine.

In the 1970s and 1980s colostrum grew in popular use against yeast infections, viruses and the flu, and autoimmune problems.

In the 1990s another benefit of colostrum was discovered. It was found to help fight stomach bacteria and help soothe stomach ulcers.

In the 2000s colostrum has been studied for its natural growth factors that may help bodybuilders turn fat and flab into firm muscle, and to assist in anti-aging efforts.

Precautions

There are no reported side effects, adverse reactions or toxicity reports in medical literature regarding the use of colostrum. However it is an ingredient in cow's milk so if you are allergic to milk you should consult your doctor. There are no published warnings or risks of taking this health food when used with common sense and following label directions. But, as always, consult your health care professional before taking any supplements, especially if you are on medication, are pregnant or nursing.

Colostrum Contains the Following Protecting, Regulating, and Support Factors

Protection

Immunoglobulins

Immunoglobulins fight against bacteria, viruses, and yeast.

Colostrum contains immunoglobulins IgA, IgD, IgE, IgG, and Ig M.

Leukocytes

Leukocytes stimulate the production of interferon which slows viral production.

Lactoferrin

Lactoferrin defends against infection and cancerous tumours. It is also anti-inflammatory.

Lysozyme

Lysozyme destroys bacteria and viruses.

Regulation

Proline-rich polypeptides

Proline-rich polypeptides both initiate and suppress the immune response. Suppressing the immune system is required to prevent the immune system from attacking the body itself, as occurs with autoimmune diseases. (Ley)

Cytokines

Cytokines are interleukins that regulate the intensity and duration of the immune responses. They are highly antiviral and anti-tumorous.

Interlukin-10

Interlukin-10 reduces inflammation caused by arthritis, infection or injury whether from surgery or trauma.

Lymphokines

Lymphokines regulate the immune response.

Support

Growth Factors:

insulin-like growth factor-1 (IGF-1);
prolactin;
epithelial growth;
transforming growth factors A and B;
fibroblast growth factor;
gonadotropin releasing hormone;
associated peptide and growth hormone.

While young, the human body produces maximum amounts of growth factors. With increasing age less and less of growth factors are produced. This is one of the reasons that the physical body and the mind age and why the supplementation of growth factors can slow or reverse ageing.

Function of Growth Factors:

promote wound healing and tissue repair;
stimulate growth and regeneration of cartilage, nerve, bone, and muscle;
balance blood sugars;
increase the breakdown of fat;
increased serotonin uptake.

It is believed that IgF-1 crosses the blood brain barrier with the result of increased mental acuity and increased serotonin uptake.

Neucleotides

Facilitate cellular energy transfer.

Amino Acids

Lysine, Arginine, Isoleucine, Threonine, Methionine, Tryptophan,
Leucine, Valine, Cysteine, Histidine, Phenylalanine

Vitamins

A, B1 (Thiamine), B2 (Riboflavin), B3 (Niacin), B5 (Pantothenic Acid), B6 (Pyridoxine),
B12 (Cobalamin), B13 (Orotic Acid), C, D, E, Biotin, Folic Acid

Minerals

Calcium, sodium, Iron, Manganese, Phosphorous, Potassium, Copper, Iodine
Magnesium, Choline, Cobalt, Chromium