



Frequently Asked Questions

What Is Colostrum?

Colostrum is the pre-milk fluid produced from the mother's mammary glands during the first few hours after birth (72 hours after birth for human mothers, 0-6 hours for Bovine (Cow) Mothers). It provides over 700 life-supporting immune, essential and growth factors that insure the health and vitality of the newborn.

Why Do I Need Colostrum As An Adult?

Research has shown that once we pass puberty, our bodies gradually produce less of the immune and growth factors that help our bodies fight off disease and heal damaged body tissue. With the loss of these vital components, we age and die. We become more vulnerable to disease, our energy level and enthusiasm lessens, our skin loses its elasticity, and we gain unwanted weight and lose muscle tone.

This health problem is further compounded because we live in a toxic environment, with pollutants and allergens all around us. Colostrum is the only source of these life giving components ...the actual immune factors and all of our body's growth factors (anti-aging factors) in perfect combination as nature intended.

* Studies have revealed the importance of Colostrum in our society. During the fifties and sixties, many doctors recommended against breastfeeding. Thus, many babies during this period never got the natural initial boost to immune and digestive systems that Colostrum provides.



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Why Do I Need Colostrum As An Adult?

The studies show adults that were not breast fed as children experienced some of the following difficulties, high blood pressure, high cholesterol levels, immune deficiencies, and a higher propensity to disease; moreover, adults that were breast fed as children, had a lower susceptibility to many autoimmune related diseases.

Research has shown that Colostrum has powerful natural growth and immune factors that bring the body to a state of homeostasis (the body's powerful, vital natural state of health and well being). Colostrum helps support a healthy immune system; it also enables us to resist the harmful effects of pollutants, contaminants and allergens.

In addition, the growth factors in Colostrum help create many of the positive "side-effects" of a healthy organism such as an enhanced ability to metabolize or "burn" fat, greater ease in building lean muscle mass, and enhanced rejuvenation of skin, muscle and organs. Colostrum offers the broadest possible spectrum of biologically active substances that promotes the development of a sound body.

It supports an effective and efficient metabolism and supports the activation and maintenance of a fully functional immune system capable of combating potential insults from microorganisms and other harmful sources.



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How Safe Is Colostrum?

Colostrum is a food. It can be consumed in any quantity without side effects or drug interactions.

Why Bovine (Cow) Colostrum?

Scientific research, conducted in the last decade in major medical research centers and universities, throughout the world, has shown that the molecular combinations of the immune and growth factors in cow's Colostrum are identical to human. Research has also shown Colostrum from a bovine (cow) is not species specific, and it's up to 100 to 1000 times more potent than our mother's Colostrum. This means that every mammal on earth can benefit from bovine Colostrum.

What is Chymosin and what does it do?

Chymosin is a natural coating which is also known as rennin. Its role in digestion is to help create a curd-like structure that forms a protective barrier against stomach acids. This is of considerable importance that the breakdown of proteins doesn't occur within the stomach due to acids.

If you have ever held a small baby and they have burped up on you, you have seen a cheese-like curd. This is the protective coating that allows the bioactive proteins and other constituents to bypass the stomach acids.



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Why not use Colostrum from the Goat?

We don't promote the use of goat colostrum because it is species specific and doesn't provide all the beneficial components necessary to help balance the entire system (Body).

Are Calves Harmed By Taking Colostrum From Them?

The calves' needs are always met first. Extra Colostrum remains after the calves' needs are satisfied. Studies show that most calves would simply die if they didn't get at least 2 quarts of Colostrum, we ensure they do, we take the remaining 4-8 quarts.

Why Can't I Get Raw Colostrum From My Local Farmer?

Raw Colostrum differs from processed Colostrum because it contains immune factors from just one parent. Processed Colostrum is beneficial because it is pooled from hundreds and sometimes thousands of cows that provide broad based immune factors.

What About MAD COW Disease?

Testing is done to ensure the safety of the colostrum. Every batch is tested and comes with an Animal Health Certificate from the USDA. No transmission of this disease has ever been connected with the dairy industry, either here or abroad. US dairy foods are considered a model of consumer safety and nutrition.



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I'm A Vegetarian; Can I Eat Colostrum?

The "Rishis" (India's spiritual leaders) vegan diet has included Colostrum for thousands of years. Today, in India, the milkman delivers Colostrum to the wealthy. Colostrum is really neither animal nor vegetable but is a unique substance in a class of its' own.

I Am Lactose Intolerant; Can I Use Colostrum?

Colostrum is the Pre-milk fluid produced by mammalian mothers prior to birth. It is not milk. Colostrum contains almost no lactose, so those that are lactose intolerant should have no problems with high quality Colostrum but always speak with your physician.

If concerned, you might consider taking a lactose digestive aid for the first while until the benefits of the Colostrum are achieved at which time some have reported no longer having any further lactose intolerance issues. Consumers should also make sure that products labeled Colostrum are 100% Colostrum (not Colostrum-whey or concentrates of milk-whey or Transitional-milk).

When Is Colostrum Collected And Processed?

Colostrum should be collected during the first 0-6 hours after birth when it contains its highest concentration of immune and growth factors and digestive inhibitors. Optimum processing of Colostrum requires refrigeration but most producers freeze the Colostrum for ease in transportation.



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Does The Form I Take Colostrum In Make A Difference?

No, as long as you get the bioactivity into the system that colostrum provides; it becomes a matter of convenience and taste. It is very important to take Colostrum capsules on an empty stomach with water to aid its transit into the upper intestine.

How Does Colostrum Interact With Supplements Or Prescription Medications?

Colostrum has no drug interactions, but you may experience side effects from other supplements, herbs or medications you take. Colostrum helps the bowel. You may want to cut back or even rethink other herbal and nutritional supplements. Medications may need to be re-evaluated for dose and need by your medical professional.

How Do I Take Colostrum In Capsule Form?

Colostrum has a half-life of 8 hours, so for maximum benefit it is important to take it two to three times a day. Each person's body assimilates and uses Colostrum differently, so you may need to adjust to determine what dosage is best for you.

Capsules should be taken on an empty stomach without any food or other supplements (at least 30 minutes before you eat or at least 45 minutes after you eat) with 8-12 oz. of water. We might recommend before breakfast, and then again several hours after lunch, and an hour before dinner. Try to get into a regular routine so you always remember.



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How Much Should I Take And When?

It has been suggested that for best results, Colostrum should be front-loaded (taken in larger doses initially and then lowered after desired results are obtained).

Some people may experience “a healing incident” as the body releases toxins (digestive problems, skin eruptions, rashes or flu-like symptoms). These symptoms usually disappear in a couple of days. Colostrums’ growth factors may create initial pain in areas of old wounds or injuries as the body begins to balance. If this becomes uncomfortable, you may want to cut back increasing your intake slowly as you reach optimum levels. Generally, for best results, begin with 2-3 capsules (1,000 to 1,500 mg.) taken three times a day. You could take Colostrum when you wake in the morning and your stomach is empty and then again in the early afternoon.

How Do I Take Colostrum In Powder Form?

The powder may also be taken in a form mixed with other foods, such as in our Shake products. It may even be used on the skin, just mix it with a aloe or coconut oil and apply. The most economical way to purchase the powder is in the Kilo tub.

For quicker absorption, the Colostrum may be placed on the sides of the mouth around the gums and allow it to absorb. The powder may also be mixed and taken with any liquid drink or food (we have found putting it on top of applesauce, yogurt, or cottage cheese works well).



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Is Colostrum For Athletes?

To increase fitness and performance, add 10-20 grams of Colostrum powder to a protein drink or juice and drink 30 - 45 minutes before working out.

What If I'm Pregnant Or Nursing?

Ask your Doctor or medical professional prior to taking any prescription drugs, over the counter medicines, herbal and nutritional supplements. Offer him/her the 29 page article written for the health practitioner.

Can I Give My Children Colostrum?

There are no contra-indications with colostrum. However, we suggest that you consult with your health care provider. Offer him/her the 29 page article written for health practitioners.

What About Pets?

Bovine Colostrum is not species specific and works wonderfully with cats and dogs and other mammals. For every 10 pounds (1) one gram or open two capsules and sprinkle the powder in a pet dish...most pets love the taste of Colostrum.

I Can't Swallow The Capsule. How Can I Take Colostrum?

If you cannot swallow capsules, open the capsule and mix it with a few tablespoons of yogurt, applesauce or other food. Try not to take any food with the Colostrum or wait at least thirty minutes before you eat.



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How Can Colostrum Help Me Lose Weight?

Colostrum contains different factors that help to balance the metabolism and work on getting those different areas within the body functioning normally, so that your body looks to burn the best energy source we have, FAT.

I Need To Gain Weight, Can Colostrum Help?

Within about two hours of eating, our body's blood glucose levels are depleted and we utilize sources of stored fuel (fat and muscle protein) for energy. It is easier for our bodies to burn muscle tissue rather than fat. By increasing food intake along with exercise and Colostrum, weight gain will come through increased muscle mass (muscle tissue weighs more than fat per volume).

How Is Colostrum Helpful Against Anti-Aging?

After puberty our body begins slowing down the production of our body's Growth Factors. These factors are necessary for the reproduction of virtually all of our body cellular tissue. It has been shown that by age 80 we are producing virtually no growth factors, and so we age and die. Colostrums' growth factors are the actual ALL NATURAL factors that stimulate the normal reproduction of body cellular tissue. Normal reproduction means just that (normal) not aged, cancerous, wrinkled or weakened. The New England Journal of Medicine (a few years back) stated that the most effective anti-aging process would be simply the replacement of growth factors at proper levels to slow, possibly stop and even reverse the aging process.



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Can Colostrum Help With My Depression?

Most of us are in search of a means to increase the brain's feel-good chemicals, serotonin and dopamine. Colostrum is a natural and healthy means of balancing the body (brain included) stimulating the brain to release serotonin and dopamine and prolong their re-uptake. Colostrum also activates the release of other chemicals in the brain that affect alertness and concentration.

Does Colostrum Help With The Healing Process From: Cuts, Burns, Accidents Or Post-Surgery?

Colostrums' immune and growth factors are highly effective agents to help the body with external issues (cuts, burns, abrasions and surgical wounds). Colostrum also contains epithelial (skin) growth factor that stimulates the body's own healing processes; it may be helpful with inflammatory issues.

Does Colostrum Help With Gingivitis?

Research has shown Colostrum may be very beneficial with issues found within the mouth. Application is made by applying Colostrum directly to the gum area just before retiring.