

COLOSTRUMHEALTH™



Colostrum pushes the winning edge!

In today's competitive sports world the margin between achieving gold and missing it, is smaller than 1%. Athletes worldwide are searching for a legal supplement that will give them this marginal edge and help enhance their performance, protect their bodies from overtraining and assist in recovery.

What is Colostrum?

Colostrum is 'nature's first food for mammals,' providing the first source of proteins, carbohydrates, minerals and vitamins and immune building properties. The valuable immune factors balance and support a healthy immune system. The growth factors present in

Colostrum could assist the body with recovery after strenuous exercise, surgery and aging. High in IgG, Lactoferrin and Transferrin it may provide antibacterial, antiviral, antifungal, anti inflammatory and anti oxidant support. Colostrum has been used for centuries as an antiviral and anti-bacterial supplement to support the body's immunity. Today it is regaining recognition for its ability to help the body balance its immune system. Research carried out over the past two decades has shown that Colostrum is also one of the most important nutritional supplements available for enhancing and helping in tissue repair and cell renewal.

How does it work?

The insulin-like growth hormones and growth factors in Colostrum support athletic performance. Unlike the peptides in banned anabolic steroids, the anabolic peptide IGF1 (Insulin-like Growth Factor) is bio-available in Colostrum. Research shows that IGF1 is far more anabolic than synthetic compounds, even steroids. Colostrum increases the uptake of nutrition by the cells and signals to the muscle to manufacture more muscle cells and muscle protein. This helps athletes to increase muscle power and performance. IGF 1 is not the only growth factors present in Colostrum with anabolic properties, for example, Interleukin 1 (IL1) is a modulator, but it also produces basic fibroblast growth factors that help with repair in muscle and tendon injury. Other growth factors like EGF and TGF A&B, coupled with IGF1, have been found



Don't miss out on this great product, give it a try!
Go to www.colostrum.gen.nz and order online. If you would like to talk to us call us toll- free NZ wide on 0800 111 548.
We look forward to hearing from you!

COLOSTRUMHEALTH™

biochemically unsurpassed in their role in cartilage and muscle repair, shortening recovering times after strenuous training and competitions.



The proof!

At the Centre for Research in Education and Sports Science, at the University of South Australia, a double-blind, placebo controlled study found a group of endurance athletes receiving Colostrum continued to improve their performance capacity after four weeks, while the performance of the placebo group reached a plateau. By the eighth week, the Colostrum group was running further and doing more work than the placebo group.*¹

During strenuous exercise we can cause tiny tears in our muscles. Studies have proven that when testing groups took Colostrum they significantly reduced their time for recovery and repair. The IGF 1 is the best known compound for repair of cartilage and muscle. In the same way, people going for surgery or recovering from illness and injury can benefit by taking Colostrum. It helps speed up recovery and wound healing while strengthening their immune system to assist in warding off infection.

**1 Effect of bovine colostrum on anaerobic exercise performance and plasma insulin-like growth factor. Int.al Journal of Sports Sciences. 21: 588-677.*

Making sure that you get the best source of this wonder food



There is certainly enough evidence to prove the benefits of Colostrum. However, finding unadulterated and pure Colostrum can be challenging. The greatest benefit is offered by pure 100% Colostrum powder with no milk powder additives and flavouring. New Zealand produced Colostrum is considered the best in the world. It is collected from year-round pasture-fed cows that are hormone-, antibiotic-, Foot & mouth- and BSE- free. New Zealand Colostrum is never frozen and is processed at low heat, preserving the sensitive bio-enzymes

offering optimum nutrition.

'Colostrum is so safe, it has been prepared by nature as the first food for infants. It would be hard to imagine any nutritional substance more natural or beneficial.'

Dr Robert Preston, International Institute of Nutritional Research

Don't miss out on this great product, give it a try!
Go to www.colostrum.gen.nz and order online. If you would like to talk to us call us toll- free NZ wide on 0800 111 548.
We look forward to hearing from you!