Motherhood is a big responsibility that entails a lot of hard work, sleepless nights, and important decisions about breastfeeding. The Center for Nutritional Research advocates that all infants breastfeed for the first two years of life. We’ve taken this strong position on the length of time that an infant should be breastfed with good reason. A mother’s colostrum and milk provide critical nutrition for infant development. Bovine (cow) colostrum is an alternative for this critical nutrition, especially when breastfeeding is discontinued.

Colostrum Benefits for Newborns

- Maternal colostrum and milk offer passive protection to a newborn infant against pathogens, primarily via the transfer of immunoglobulins and growth factors from mother to infant.
- Breastfeeding helps prevent childhood illnesses, such as colic, respiratory and ear infections, infectious diarrhea, food and airborne allergies.
- Breastfeeding may also help prevent leaky gut syndrome which has been linked to autism, type 1 diabetes and other autoimmune conditions.
- Research shows that longer breastfeeding is associated with better mental health through childhood and into adolescence and higher I.Q.

The Center for Nutritional Research recognizes that exclusive or extended breastfeeding is not always an option for all women, especially working mothers who have career demands. Additionally, some infants do not thrive on their mother’s milk (“failure to thrive” or “weight faltering”). In these situations, we encourage new mothers to consider bovine colostrum supplementation.

Reasons to Choose Colostrum

- Infant formula contains none of the living components of either breast milk or bovine colostrum. Infant formula is a product of modern manufacturing and marketing, and is essentially “junk food” for babies.
- Bovine colostrum has had a role in human nutrition for over 4,000 years of recorded history.
- Breast milk sharing or purchasing human milk over the internet is fraught with health risks. Proper handling and storage, temperature issues, and questions about a milk donor’s prescription or illicit drug use, are definitely NOT an issue with bovine colostrum supplementation.

What is Colostrum?

Colostrum is the “first food of life” that all mammals receive from their mothers. It contains a plethora of pathogen-fighting substances and growth factors which help the infant establish a healthy immune system and develop optimally. Bovine colostrum is ideal because its “living components” are nearly bio-identical to that found in human colostrum. It has only been in the last 10 to 15 years that colostrum processing has been perfected to retain its effectiveness in powdered form.

The Center for Nutritional Research is very clear on this point: bovine colostrum is not a substitute for breast milk. It is, however, a viable alternative when breastfeeding is not possible. We encourage you to speak with your pediatrician about colostrum, but know that he or she may be hearing about colostrum for the first time. Show them the research. Insist they do their homework.
Colostrum Supplementation Benefits New Mothers

The simple fact is that pregnancy takes an enormous toll on a woman’s body, and returning to pre-pregnancy fitness levels takes a lot of work. Exclusive breastfeeding (EBF) is associated with greater postpartum maternal weight loss, yet not every new mother is able to or chooses to practice EBF.

In addition to regular exercise and good nutrition, supplementation with bovine colostrum can:

- Help metabolize residual fat deposits from pregnancy and revive the pre-pregnancy physique. Colostrum is not a “magic pill” for weight loss, nor are the results immediate, but the results are physiologically sound.

With pregnancy, women experience a decrease in bone density because their calcium is transferred to the developing fetus, and if they breastfeed, additional calcium is shuttled away from their own bodies to their infants. EBF is wonderful for the growth and development of the child, but it does take a toll on mom’s bones. And multiple pregnancies drain the mother’s calcium reserves. Calcium supplementation has only a modest effect, but colostrum supplementation can provide the greatest benefit. Just as the baby needs mother’s colostrum and milk to grow strong bones, mom can utilize bovine colostrum to re-strengthen her bones.

- The Transforming Growth Factor-Beta (TGF-β) in colostrum helps regenerate and grow stronger bones.

- Other components, including osteopontin, lactoferrin, Epithelial Growth Factor, and Insulin-like Growth Factor, help increase bone density.

In a two-pronged approach, colostrum optimizes the immune system to help prevent respiratory infections and re-establishes robust bowel health.

- Colostrum contains antibodies against various pathogens, including some that can have serious health consequences: E. coli, salmonella, candida, streptococcus, staphylococcus, H. pylori, cryptosporidium, and rotavirus. These antibodies attack and destroy bacteria, viruses, and fungi when encountered.

- Proline-Rich Polypeptides (PRPs) in colostrum modulate the immune system by stimulating a weakened immune system and/or toning down an overactive immune system, as is the case of many allergies and autoimmune conditions.

- Colostrum helps heal and prevent leaky gut syndrome, thereby preventing any toxins (created by pathogens) or undigested food particles from entering the bloodstream.

In addition to regular exercise, good nutrition and a strong support system, colostrum helps new mothers get back on their feet so they can take care of life’s busy demands. For more information, visit CenterForNutritionalResearch.org/women.

Efficacy & Quality Colostrum

Bovine colostrum for human consumption is essentially worthless if the active components have been destroyed during processing. The quality and thus, effectiveness of colostrum depends on four factors – the colostrum source, processing methods, testing and verification of active components, and Liposomal Enhanced Delivery (LD). The Center for Nutritional Research recommends Colostrum-LD® because of its superior quality and effectiveness.

- Colostrum-LD® is obtained from pasture-fed dairy cows that are certified to be healthy, BST, BSE, and antibiotic-free.
- Colostrum-LD® is flash pasteurized and dried with low heat, as opposed to the high heat of milk pasteurization, which preserves rather than destroys any of the bioactivity.
- Every batch of Colostrum-LD® is tested for quality, efficacy and safety in an FDA licensed facility.
- Liposomal Enhanced Delivery (microcoating of every colostrum particle) is applied to ensure that Colostrum-LD® will bypass digestion and its healing components remain bioavailable at the cellular level.

These statements have not been evaluated by the Food and Drug Administration (FDA). These products are not intended to diagnose, treat, cure or prevent any disease.