

Bovine Colostrum

Research References and Clinical Studies



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More than 2000 research papers have been written and clinical studies undertaken on bovine colostrum. Much of the excitement about bovine colostrum has been generated by testimonials, and the results of clinical studies.

A number of pubmed papers on bovine colostrum are provided via this link:

http://heartspring.net/colostrum_supplements.html

1. Scientific Studies Involving Colostrum

<http://www.vitabase.com/articles/allergy-immune/scientific-studies-involving-colostrum.aspx>

2. Colostrum of Research Papers

The Colostrum of Research website provides a vast amount of information on bovine colostrum and its benefits:

Website:

<http://www.colostrumresearch.org>

Research Papers:

http://www.colostrumresearch.org/Research/research_studyPapers.html

Sports References:

http://www.colostrumresearch.org/Research/research_sport.html

3. Center for Nutritional Research (CNR) Colostrum and Athletic Performance

Professional sports people are discovering the benefits of colostrum for increased performance. NZ Colostrum is one of the few natural supplements that is cleared by the International Olympic Drug Committee.

<http://www.icnr.org/home-page/colostrum-a-athletic-performance.html>

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4. Colostrum and Weight Loss

Lance Armstrong's Livestrong Website Article

<http://www.livestrong.com/article/304154-colostrum-weight-loss/>

5. Effects of Bovine Colostrum Supplementation on Serum IGF-1, IgG, Hormone and Saliva IgA During Training

Reference J. Appl. Physiol. 83(4): 1144-1151. (1997)

<http://www.uth.tmc.edu/apstracts/1997/jap/July/237a.html>

6. Bovine Colostrum Supplementation During Training Increases Vertical Jump Performance

Buckley, J.D., Abbott, M., Brinkworth, G.D., Whyte, P. 2000 Pre-Olympic Congress Sports Medicine and Physical Education International Congress on Sport Science. Brisbane, Australia. 7-13 September, 2000

<http://www.ausport.gov.au/fulltext/2000/preoly/abs274a.htm>

7. Other References

Health Factors in Colostrum is a special article written by Dr. B.R. Thapa, an Additional Professor, Pediatric Gastroenterology. This article outlines the many health benefits that bovine colostrum provides and explains how bovine colostrum is 20% richer in IgGs than human colostrum. The bovine colostrum that is used in Stem Cell Worx products is of the highest quality. It is extremely pure containing over 30% IgGs and over 54% protein.

<http://www.stemcellworx.com/blog/wp-content/uploads/2011/12/Health-Factors-in-Bovine-Colostrum.pdf>

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8. Other References

Effect of colostrum extract on immune status in guinea pigs and implications on ageing in humans. By John H. Maher, D.C.; F.A.A.I.M. Co-founder & V.P. of Education and Research BioPharma Scientific. This paper outlines the benefits of colostrum, in particular the growth factors within colostrum that stimulate cell activity.

Abstract from John H. Maher's Clinical Research Paper:

Colostrum

The richest of all zoonutrients is the "first meal" of all mammals, called colostrum. Colostrum provides a macro and micro nutrient dense "super food". This "first meal" for all mammals is also rich in antibodies (Ig), cell signaling messengers (cytokines) that modulate the immune system, and growth factors stimulating stem cell activity.² Colostrum is 50% or more protein, and rich in fat, vitamins and minerals. It is also the most zoonutrient rich of all foods providing immune protein sub-fractions and peptides, growth factors and other lesser known zoonutrients. The fats in colostrum provide essential fatty acids for cell development. Colostrum is also rich in sphingomyelin, cephalin, phosphatidyl choline and phosphatidyl serine that assist in development of the mucosal barrier, liver function, brain function, and/or immune function. The vitamins include thiamin, riboflavin, pantothenic acid, pyroxidine, folic acid, vitamins E, C, B12, beta carotene and retinoic acids. Riboflavin is by far in the richest concentration as pertains to percents of daily value (DV), followed by folic acid. The minerals include calcium, chromium, iron, magnesium, phosphorus, potassium, sodium and zinc, with calcium being the most abundant as pertains to percent of daily value (DV) provided.^{3,4}

Growth factors in colostrum help activate stem cells. The potential for growth factors in the adult to help signal growth, repair and regeneration of tissue, especially when combined with stem cell therapy, has garnered much interest recently.⁵ These growth factors include growth hormone (GH), insulin type growth factor (IGF-1), insulin type growth factor (IGF-2), transforming growth factor (TGF-alpha), transforming growth factor (TGF-beta), epidermal-GF, fibroblast-GF, and platelet-derived-GF. Colostrum is rich in *passive* immunity factors, the antibodies named immunoglobulin types G1 & 2, A, M, D, and E. These gamma globulin proteins are used by the immune system passively to identify and neutralize foreign objects, such as bacteria and viruses. Some of the lesser known zoonutrients include the lacto-oligosaccharides which promote the growth of good bacteria in the intestine; the sialyl-oligosaccharides and sialyl-glycoconjugates which also have an immune function in the intestine and are also involved in brain and nerve development, and in cell to cell recognition.⁶

This complete paper is available upon request from stemcellworx@bigpond.com

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Bovine colostrum is a health food supplement which prevents NSAID induced gut damage. Reference: University of Division of Gastroenterology Leicester General Hospital, Gwendolen Road, Leicester, LE5, 4PW, UK. Ref: Gut 1999;44:653-658

Combining growth factors, Stem Cells, and Gene Therapy for the Aging Brain - Behrstock, S., Svendsen CN. Ann. N.Y. Acad. Sci. 1019: 5-14 (2004)

Institute of Colostrum Research Newsletter – Issue 1 – May 2008. This complete paper is available upon request from stemcellworx@bigpond.com