



A Coalition of New Zealand Manufacturers and Marketers

FACT SHEET

16 July 2013

NEW ZEALAND COLOSTRUM: THE CLOSEST TO NATURE

New Zealand 's colostrum industry is leading the way in delivering the highest quality colostrum sourced from premium grade cows fed on its lush green pastures.

Backed by solid scientific evidence, colostrum has been used for many years to improve immunity in children and adults. Breast milk contains colostrum which provides vital nutrients for tissue development, growth, energy and essential protection to new born babies against infection and a low immune system.

Cows are an ideal source of colostrum and in fact, bovine colostrum is more potent than human colostrum.¹

Colostrum is collected from cows' milk over the first three days after calving and processed to maintain nature's perfect balance and highest levels of immunological and body regulating biologically active proteins.

New Zealand colostrum is freshly processed to preserve the active ingredients' function and quality. The New Zealand industry first pioneered the spray drying process in 1970 and has since developed the technology for "low heat" spray drying which is gentle on the sensitive bioactives.

This is a preferred method of delivery. After all, colostrum is never frozen in nature and the New Zealand industry is focussed on delivering only the most natural and effective colostrum products of the highest quality.

A need was identified many years ago in young children to provide colostrum through supplementation in order to lay the foundation and strengthen children's natural immune systems.

Colostrum is also used extensively in adults to guard against a low immune system which can be caused through physical illness and mental and physical stress.

Colostrum is highly effective in maintaining good gut health in children and adults. Whether post antibiotic treatment, fighting gastrointestinal tract infections or chronic diarrhoea, multiple studies

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have shown an improvement in symptoms and length of condition with colostrum supplementation.ⁱⁱ

Top performing athletes have used colostrum to improve their performance, decrease recovery time, prevent sickness during peak performance levels and assist with the healing of muscle injuries.

A study published in the British Journal of Nutrition in 2010, showed that four weeks of bovine colostrum supplementation improved the speed of recovery after prolonged exercise which can compromise the immune system.ⁱⁱⁱ

The production and processing of colostrum in New Zealand is strongly regulated by the NZ Ministry of Primary Industries and New Zealand colostrum has been classified and accepted by the Ministry as a food for general consumption.

New Zealand colostrum products have been exported with Official Government Assurances since at least the year 2000.

Summary

Colostrum is a safe, natural product with strong scientific evidence showing many beneficial properties:

1. Rich in proteins, anti-viral and anti-bacterial cytokines to help boost our immune systems
2. Contains antibodies to fight infection
3. Delivers proteins for tissue development, growth and energy
4. High in immunoglobulin (IgA and IgG)) and anti-inflammatory properties to protect the gastrointestinal tract from infection in newborns
5. Contains important antioxidants and a natural combination of minerals and vitamins

There are more than 7000 citations of Colostrum in the scientific literature (PubMed search May 2013) and it is now being shown to be beneficial in many different capacities that were until now, unknown including immunity, gastro-intestinal health, anti-aging, sports nutrition, weight management, wound and injury repair and stem cell nutrition.^{iv v vi}

Tripathi and Vashishta stated that “Recent research has proven that colostrum exerts beneficial physiological effects in infants, children and adults.”^{vii}

The full potential of what has been called ‘the single most important food in the world’ is yet to be fully realised.

-ENDS-

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ⁱ B R Thapa's article: Bovine colostrum contains 8%-25% IgG whereas human colostrum contains 2% IgG. These are protein molecules, saline soluble amino acids which have an important role in the body to fight against infection; Davidson G, Whyte P, Daniels E et al. Passive immunisation of children with bovine colostrum containing antibodies to human rotavirus. Lancet 1989; 2 : 709-712

ⁱⁱ Passive immunity against human pathogens using bovine antibodies; Clinical and Experimental Immunology, (1999), 116:193-205; Authors: C Weiner, Q Pan, M Hurtig, T Boren, E Bostwick and L Hammarstrom

ⁱⁱⁱ Bovine colostrum supplementation and recovery after prolonged exercise; British Journal of Nutrition (2010); 103, 1425-1432; Authors: Glen Davison and Bethany C Diment

^{iv} Colostrum and its benefits: A review. Uruakpa F O, Ismond M, Nutrition Research, 2002, 22 p755-767.

^v Bovine Colostrum: A review of clinical uses. Kelly G S, Alternative Medicine, 2003, 8(4)0 378-393.

^{vi} Bovine Colostrum as a biologic in clinical medicine: A Review. Struff W G Sprotte G. International Journal of clinical Pharmacology and Therapeutics, 2007, 45 (4) p193-202.

^{vii} Tripathi V and Vashishta B, Food Reviews International, 2006, 22:225-244