**Colostrum**

Nature’s Harmony® Colostrum supports immune function and helps with gastrointestinal repair. This colostrum is obtained from the Dairy Group, a herd of pasture-fed dairy cows. Colostrum is also collected fresh at one time and never frozen before processing, ensuring the most potent bio-activity available—20% IgG.

**PRODUCT CODE: 400100**

**HEALTH SOLUTIONS:**

<table>
<thead>
<tr>
<th>RECOMMENDED USE</th>
<th>DOSAGE FORM</th>
<th>RECOMMENDATIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Supports immune function.</td>
<td>Capsule</td>
<td>Adults take 6 capsules daily.</td>
</tr>
</tbody>
</table>

**DESCRIPTION:**

Colostrum is a pre-milk nutrient provided by mammals to their newborns in the first few days of life to help ensure optimum health. Called “life’s first food,” colostrum provides over 90 beneficial nutrients, including protein, carbohydrates, vitamins and minerals, amino acids and enzymes. Some of the active nutrients in colostrum include, vitamins A, B1, B2, B6, B12, C, E, folic acid and biotin as well as calcium, magnesium, potassium and phosphorous. In addition, colostrum is the only natural source of important growth and antimicrobial factors and antibodies (immunoglobulins), including lactoferrin and PRP, which is known to help regulate immune system function.

**Recommended Daily Allowance:**

| Food Sources: | N/A
| Causes of Deficiency: | N/A
| Symptoms of Deficiency: | N/A
| Complementary Nutrients: | To maintain daily immune system health, take plant sterols and sterolins such as Nature’s Harmony® Moducare®. A daily multi-vitamin is also recommended. |

**HOW IT WORKS:**

Growth factors are natural substances that help promote normal, healthy development of various types of tissues and cells in the body, and they also help accelerate wound healing. They are known to help increase T cells, balance blood sugar levels and increase muscle growth and fat burning, as well as boost stamina and strength.

Immunoglobulins are needed to support various immune responses, and they have an essential role because they help form antibodies. These specialized bioactive molecules are found in the circulatory and lymphatic systems, where they stand ready to defend against incoming bacteria, viruses or other pathogens.

**DID YOU KNOW...**

New Zealand Colostrum is considered the finest in the world. This is because of the country’s strictly regulated dairy farming techniques, year-round ideal grazing climate and unique collection and manufacturing processes.
There have been several clinical studies on the unique benefits of colostrum, particularly as a supplement for adults. These studies show that colostrum contains significant levels of both growth and immune factors, and that it can help destroy viruses, toxins, bacteria, yeast and parasites. Scientific research reports that colostrum may benefit athletic performance, pain management, fat burning, lean muscle growth, cognitive disorders, fatigue and even inflammatory and joint conditions.

Nature’s Harmony® Colostrum has no known toxicity or serious side effects.

Do not use if you are pregnant or breastfeeding. Use with caution if you are allergic to milk products.

New Zealand Colostrum is free from antibodies, synthetic hormones and pesticides. Because it contains a very limited amount of lactose, New Zealand Colostrum is safe even for those with lactose intolerance.