

# The Flu-fighting Properties of First-milking Colostrum

Although traditionally used as a longevity medicine the world over, particularly in ayurvedic medicine, colostrum is also recognized by modern researchers for its multitude of immune factors that protect children and adults. Several recent independent studies have proven first-milking colostrum to be an important immune-system supplement to protect against the flu. The April 2007 issue of *Clinical and Applied Thrombosis/Hemostasis* reported amazing results of a two-month long study comparing patients who took either colostrum or an anti-influenza vaccination. After a three-month follow-up, "The number of days with the flu was three times higher in the non-colostrum subjects."

## CHILDREN'S IMMUNE HEALTH

Colostrum is the perfect children's immune-health supplement since colostrum, the golden milky fluid that precedes mother's milk, is filled with immunoglobulins and growth factors that all mammalian neonates require for healthy growth and resistance—and this most certainly includes infants, babies and children.

If your child has recurrent respiratory illnesses, middle-ear infections or too many other common infectious maladies such as colds or flu, you can fortify his or her immune system with Anovite's Colostrum6 Moo-Chews for Kids. The tablets are a simple and delicious way to introduce colostrum into your child's daily diet, particularly if he or she was not breastfed as a baby.



## COLOSTRUM FOR ADULTS TOO— HELP FIGHT THE FLU

Whether you choose for you and your child to receive a flu vaccine or abstain this winter, it is important to consider the power of colostrum and probiotics to deal with the influenza virus. The aim of a recent study, published in the December 2010 issue of *Panminerva Medica*, was to evaluate the efficacy of colostrum in association with probiotics in the prevention of flu episodes compared with antiviral vaccination. The conclusion was remarkably positive for the natural alternative, as the study found the number of flu episodes registered with colostrum and probiotics (immunomodulators) was significantly lower than those observed with patients using vaccination or no prevention. The researchers explain that "The number of days of disease was higher in untreated controls compared to the groups treated with immunomodulators and two times higher in the vaccination group compared to the same groups." They also found that the average regulators groups in comparison with other groups.

### REFERENCES

Belcaro G, Cesarone MR, Cornelli U, et al. Prevention of flu episodes with colostrum and Bifivir compared with vaccination: an epidemiological, registry study. *Panminerva Med*. 2010 Dec;52(4):269-75.  
Ng WC, Wong V, Muller B, et al. Prevention and treatment of influenza with hyperimmune bovine colostrum antibody. *PLoS One*. 2010 Oct 26;5(10):e13622.  
Cesarone MR, Belcaro G, Di Renzo A, et al. Prevention of influenza episodes with colostrum compared with vaccination in healthy and high-risk cardiovascular subjects: the epidemiologic study in San Valentino. *Clin Appl Thromb Hemost*. 2007 Apr;13(2):130-6.



The results show "the administration of immunomodulators is very cost effective and appears to be more effective than vaccination to prevent flu."

Only a few months earlier, similar independent research was published showing the same results. In this study, published in the October 26, 2010, issue of *PLoS One*, researchers note that despite the availability of specific vaccines and antiviral drugs, "influenza continues to impose a heavy toll on human health worldwide."

The researchers investigated bovine colostrum as a source of antibodies for avoidance of flu symptoms. They say, "These data suggest that a novel and commercially scalable technique for preparing [antibodies] from hyperimmune bovine colostrum could allow production of a valuable substitute for antiviral drugs to control influenza with the advantage of eliminating the need for daily administration." However, there is already a high-quality alternative, colostrum supplements available from Anovite.

## ANOVITE

Anovite is the world's foremost producer of colostrum and colostrum-based products. All Anovite products, formulated for nearly 18 years by Anthony Kleinsmith, PhD, are manufactured under strict FDA guidelines. All ingredients are derived from natural sources; there are no artificial colors, no artificial flavors, no preservatives and no added fillers. Whether you want help simply becoming healthier or building the strongest immune system possible, select a first-milking colostrum supplement from Anovite. ■

### Compliments Of:

