

# Human and Bovine Colostrum: Both Are Beneficial

Colostrum, the first food provided by a mammalian mother for her child, has strikingly similar effects across mammalian species. This means that for children, bovine colostrum has a role to play in supporting healthy growth and development.

Research shows that human and bovine colostrum contain the same biologically active components and exert the same beneficial effects on human infant growth, development, and health. This comparison chart summarizes much of the existing medical literature on human and bovine colostrum.



COLOSTRUM COMPONENT	HUMAN COLOSTRUM	BOVINE COLOSTRUM
<b>Whole Colostrum</b>		
Contributes to the health of the GI tract*	✓	✓
Improves diarrhea in GI tract infections in babies and children*	✓	✓
Inhibits proliferation of <i>H. pylori</i> and <i>E. coli</i> *	✓	✓
<b>Lactoferrin (Lf)</b>		
Anti-inflammatory and anti-allergenic effects*	✓	✓
Anti-bacterial, anti-viral, and anti-fungal effects*	✓	✓
Helps regulate immune system*	✓	✓
Inhibits colonization by pathogens (especially <i>H. pylori</i> )*	✓	✓
<b>Secretory Immunoglobulin A (S-IgA)</b>		
Anti-bacterial effects*	✓	✓
<b>Growth Factors (IGF, insulin-like growth factor)</b>		
Supports healthy muscle growth and formation*	✓	✓
Contributes to the healing process*	✓	✓
<b>PRP (Proline-rich Peptide)</b>		
Regulates thymus gland, balances immune system*	✓	✓

\*p 3,4,5, Colostrum *Biological Activities: A Review* by Tom Gardiner, PhD