colostrum
nature’s first food
supporting family health
Health or healing?

People think of their health in one of two ways: They will either invest their thoughts and money into creating great health or they will spend money to heal their body when they are sick.

Whatever your attitude, the simple fact is that you cannot enjoy life if you are sick, so it is wise to learn about anything that will help you achieve better health, or heal faster when you are sick. Most people can remember the last time they were sick, but can you remember the last time you felt really well.

The world is full of advice on how you can become or stay healthy. The basics of exercise, sound diet and reduced stress are obvious, yet most people have stressed lives, poor diets, live in polluted environments, take medication which has side-effects and most importantly, their bodies are under constant attack from pathogens which cause illness.

This booklet will provide you with the facts about nature’s most powerful health supplement; COLOSTRUM. This product is nature’s ULTIMATE food for great health and fast healing.

There is a lack of knowledge in the world about colostrum and this booklet has been designed to supply you with the latest and most highly researched information regarding this outstanding product.

“The healthy have many wishes, the sick have only one”
What is colostrum?

Colostrum is literally ‘nature’s first food’. It is the pre-milk fluid that all female mammals give their newborn baby in the first few days after birth. Colostrum is a highly complex cocktail of vital immune and growth factors that a baby needs to protect itself against the diseases it will be exposed to, and assists with the development of the newborn into a strong and healthy adult.

Human babies acquire their immunity in the womb prior to birth, receiving immune factors via the placenta. Breast feeding then provides the additional protection, which explains why breast-fed babies are generally healthier than those that are bottlefed.

Cows must provide all of the immune and growth factors to their calves in the colostrum as they do not receive any while in the womb. It is not surprising therefore that a cow’s colostrum contains up to twenty times more immune factors than does human colostrum.

Because colostrum is non-species specific, it can significantly benefit all other mammals, including humans.

For centuries the colostrum taken from animals has been consumed by children and adults.

People in India have used it as a traditional remedy for thousands of years. Research over the past two decades has proven that bovine (cow) colostrum is one of the most effective nutritional supplements available for supporting the immune system. It is also well renowned for aiding tissue repair.

A complex substance, colostrum has many components, all of which have specific purposes and actions. Together they create a new ‘super food’ which can be used by just about anyone.

New Image colostrum is obtained from pasture-fed cows, which only graze on pesticide, hormone, antibiotic, and BSE free farmland, in New Zealand.
Colostrum’s history

Early in the 20th century it was noted that antibody levels in the first milk produced after birth (colostrum) were much higher than were found in the milk produced after 72 hours. It was already known that these antibodies contained certain properties that enhanced protection. Prior to the development of sulphur drugs and antibiotics, colostrum was used for the natural antibiotic properties it contained. A physician, Albert Sabin who is credited with developing the first polio vaccine, was an advocate of colostrum use and had in fact originally isolated the first anti-polio antibodies from bovine colostrum. About forty years later Campbell and Peterson, using an orthodox vaccination protection theory, were to develop a programme whereby cows were immunised with a mixture of attenuated pathogens before the birth of their calf. The colostrum collected from these animals was referred to as immune or hyperimmunised colostrum.

Research which was conducted using the hyperimmune milks showed it to be prophylactically and therapeutically successful in preventing and treating pathogens capable of causing infections in the intestinal tract, ranging from E.coli, infant rotavirus, Cryptococcidiosis, diarrhoea in AIDS and other immunodeficient patients, dental carie formation and a variety of other conditions.

Then in 1992 Kummer was the first to demonstrate that colostrum from non-immunised cows can prevent gastrointestinal disease in infants. And in 1998 McConnell and her colleagues at Otago University, New Zealand, in conjunction with The New Zealand Dairy Group demonstrated that it was possible to produce a colostrum from pasture-fed, non-immunised cows which showed greater antibody volume and activity than that of the hyperimmunised equivalent.

The New Zealand Dairy Industry pioneered the first commercial colostrum collection system. Hundreds of dairy farmers with more than 400 cows invested in separate stainless steel tanks and the companies developed the means by which to collect, pasteurise, dry, and store colostrum in large quantities. New Image International pioneered the supply of colostrum with the creation of a product from the first batch by the name of LIFELINE™.
Once a cow has given birth, she produces approximately 30 litres of colostrum over the following 72 hours. The first five litres of the colostrum is given to the calf. This colostrum is not only vital to the calf’s health, but also contains high levels of blood, pus and other matter, and some consider it unfit for human consumption. These first five litres for the calf however, ensure that adequate nutrition is provided, and that ongoing herd quality and subsequent production of colostrum and milk for the future, is maintained.

The remaining colostrum is then collected, skimmed and flash-pasteurised at 72°C for 15 seconds. This is long enough to kill any microbes, but not long enough to damage the delicate bioactive elements. The product is then low heat dried maintaining the bioactivity and leaving a white powder. This low heat drying process which was pioneered in New Zealand has a loss of bioactivity of less than 3 percent. From this stage it is manufactured into capsules, tablets and powdered drinks.

In New Zealand, the cows all calve at the same time of year, so the colostrum is collected fresh and processed immediately. In most other countries calving occurs all year round and the colostrum must be frozen prior to processing. Colostrum processed from fresh is believed to be far more effective.

New Zealand colostrum reigns supreme
100% Pure New Zealand

The colostrum produced in New Zealand has earned world wide respect and recognition for its purity and quality. Those who have researched and used this unequalled health supplement have long been convinced that New Zealand dairy farmers produce the world’s best. Even farmers from the United States of America have agreed that New Zealand has some of the best dairy farming practices seen on the planet.

The New Zealand climate allows pastures to grow readily, enabling the cows to be pasture-fed all year round. Because of their daily exposure to soil bacteria these cattle have a more developed immune system. The healthy green grass as well provides beneficial enzymes, some of which are found in the colostrum aiding in its assimilation. The intensely managed, year-round pasturelands in New Zealand result in the cows requiring little or no supplemental grains.

Quality control

In New Zealand, the Ministry of Agriculture (MAF) Dairy and Plant Products Group twice yearly convenes to review standards relating to colostrum. Production, storage and transportation of the product must all be in accordance with the New Zealand Food Safety Authority (NZFSA) code of practice which regulates the complete process from cow to consumer.

All dairy farms and milk production facilities must be certified by MAF which has strict guidelines as to how the colostrum is harvested, transported, processed and stored for maximum potency and safety. All factories are also required to be compliant with International standard (ISO).

The purity and safety are not the only reasons for colostrum to be from dairy farms where there is no use of hormones, antibiotics, harmful herbicides or pesticides and no residue of radioactive or toxic contamination. Research has shown that to be fully effective colostrum should be prepared without freezing or excessive heat.
The centre of your health

The gastrointestinal tract (GI tract) is considered the centre of your health, the major parts of which are your intestine (gut) and bowel. It is said that 80% of ill health begins in the gut and that this is where most of the pathogens that cause illness begin to attack the body.

If you want to be, and stay healthy you must have an effective balanced gut. Some key points are:

- How healthy is the gut wall? Are there holes, cell damage, or is it inflamed? Many people suffer from gut wall damage often referred to as ‘leaky bowel syndrome’ which can cause a varying range of problems from poor energy to bloating and other conditions which are even more severe.

- Are there sufficient immunoglobulin and other immune factors? These are the body’s natural antibiotics which neutralise the pathogens that cause illness.

- Are there sufficient supportive digestive aids such as friendly bacteria and digestive enzymes.

Your health is constantly under attack. Disease-causing pathogens are found everywhere you go. They are the countless bacteria, viruses, fungi and moulds that cause ill health. The body is exposed to millions of them everyday, and our modern, stressful life-style often weakens our defences causing continual illness.

Immune factors fight pathogens!

Once a pathogen enters the gut, these antibodies surround it and bind onto its surface so as to prevent it adhering to the gut wall causing illness. Instead, it merely passes through the system and is expelled. The more of these natural antibodies you have, the stronger your immune system will be.

COLOSTRUM
nature’s immunity provider

1. Germs enter the body and make their way to the gut wall.

2. Once attached to the gut wall, germs begin to multiply freely, causing illness and disease.

3. The antibodies in colostrum remain in the gut, increasing your natural antibody levels. When a germ invades they attach themselves to it.

4. Once the antibodies are attached, the germ cannot stick to the gut wall, and passes harmlessly through your system.
Natural immunisation

One of the most incredible facets of the immune system is that it remembers all the pathogens that it is exposed to, so that the next time a similar pathogen enters the body the immune system recalls it and quickly produces antibodies to fight it off. This is the concept behind vaccination against key pathogens enabling the body to form antibodies prior to disease exposure.

Chemical antibiotics

The medical solution to destroying pathogens is usually pharmaceutical antibiotics. Since the introduction of penicillin in 1940 antibiotics have been hailed as the answer to all our health worries, but this is not entirely true.

- Antibiotics only kill certain types of bacteria. They do not work on viruses or many other forms of pathogens.
- Antibiotics generally will destroy the good bacteria in your gut as well as the bad.
- Bacteria are developing an immunity to antibiotics at an alarming speed. So much so that the Centre for Disease Control has stated ‘antibiotic resistance is one of the leading problems facing the human race today’.

Increasing numbers of people are looking for natural, but effective ways to remain healthy and like the majority you may also need an immune boost. Where do you find that safe, natural immune boost? There is only one solution and that is colostrum - nature’s ultimate source of natural antibodies.

Why you should take colostrum every day

If you wish to have a healthy body then there is no better, nor more natural supplement for you than colostrum.

Colostrum is the best natural source of antibodies to destroy or neutralise the pathogens that cause illness.

Colostrum contains the best natural source of growth factors to heal and protect the gut wall.

Colostrum is a natural source of other valuable immune factors.

Colostrum works symbiotically with other products to boost your immune system and give greater health.

To date colostrum use has not exhibited any known significant negative side effects
How colostrum works

Colostrum is a complex substance containing varying components that have specific or nonspecific therapeutic and nutritional benefits. There are two main ways in which colostrum supports the human organism. Firstly, multiple immune factors and natural antibiotic properties provide strong support for overall immunity and secondly, the many growth factors in colostrum offer a broad-spectrum boost to the body encouraging optimum health and healing.

The stronger your body’s immune system becomes, the more resilient it is to invading pathogens.

The Immune Factors

Immunoglobulins

The principal immunoglobulins that function as antibodies are IgG, IgA and IgM. All these immunoglobulins function synergistically so as to complement each other in their purpose to hunt down and destroy invading pathogenic microbes.

IgG  Primary function is to identify and assist in the destruction of invading pathogenic microbes. IgG is the predominate immunoglobulin in bovine milk colostrum

IgA  Primary role is as the first line of defence then protecting mucosal surfaces and preventing pathogen attacks

IgM  Primary role is to fight while also enhancing phagocytosis (engulfment and digestion of bacteria) thereby destroying invading pathogens

IgE  Primarily involved with the allergic reaction and with histamine associated allergic reaction as well as active defence against enteric parasites

IgD  Stimulates lymphocytes to produce antibodies

An important consideration is the stability of antibodies in the digestive tract. In a study conducted to ascertain the stability of bovine immunoglobulins to proteolytic digestion, it was revealed that the specific action of antibodies in the gastrointestinal tract is not adversely affected and that biological activity is retained.

Lactoferrin  An iron-binding protein with potent broad spectrum antiviral, antibacterial, anti-inflammatory and free radical reducing effects. Lactoferrin also helps protect tissues from pathogenic, inflammatory and oxidative damage.

Cytokines  A group of substances that assist with regulation of immunity and inflammatory responses in the body. Two common forms of cytokines in colostrum are interleukins 1 and 6. They help to regulate the intensity and duration of the immune response and control
the communication between the immune system cells while at the same time boosting T lymphocyte activity.

**Proline Rich Polypeptides (PRP’s)**
These have been shown to enhance immunity by stimulating a weak immune system and/or balancing an overactive one. This can be done partly by the action of regulating the activity of the thymus gland which is often described as the ‘command centre’ for the immune system.

**Antibacterial Enzymes** These work synergistically with each other and increase antibacterial activity in the presence of lactoferrin, forming a deadly combination for invading bacteria.

**Lactalbumin** This substance research has indicated may have possibilities for enhancement of the immune response against numerous forms of viruses and cancers including breast and liver. Lactalbumin has also been shown in vulnerable subjects to raise brain serotonin activity, reduce cortisol concentration and improve moods when under stress.

**Growth Factors**
Growth factors found in colostrum include Epidermal Growth Factor (EGF), Trophoblast Growth Factor (TGF), Insulin-like Growth Factor (IGF) and Fibroplast Growth Factor (FGF). Their function primarily is in the growth, development, and maturation of cells, organs, nerves, muscle and tissues. Growth factors also play a part in the body’s healing and recovery processes.

**Probiotics**
The main function of the digestive system is the preparation of food, making it available to the body for energy, growth and structural maintenance. Final digestion occurs in the intestine assisted by billions of microorganisms (probiotic bacteria). Food is metabolised and absorbed through the gut wall into the body and it has been recommended that even a healthy diet should be supplemented with the leading form of good bacteria - Lactobacillus Acidophilus. This probiotic is included in ALPHA LIPID™ LIFELINE™ and should be taken every day.

A critical balance of both good and bad bacteria within the intestine is vital and this balance can be affected by changes in diet, health or immune status, age, stress, and even during the use of medications. An imbalance of these bacteria can cause effects ranging from mild discomfort to far more serious conditions such as Irritable Bowel Syndrome, and even cancers.

**Intestinal Health** - Significant research has shown that probiotics are beneficial in the treatment of many types of diarrhoea associated with antibiotic treatment, traveller’s diarrhoea, and childhood rotavirus associated diarrhoea. Probiotics have been proven to preserve intestinal integrity and mediate the effects of inflammatory bowel diseases such as colitis. In addition lactic acid can improve intestinal mobility and relieve constipation, particularly for those in their senior years.
Immune system - Research suggests that probiotics can enhance both the specific and non-specific immune response by increasing local levels of cytokines and natural killer cell activity as well as having a positive effect on the immunoglobulins.

Lactose intolerance - Evidence has shown that lactic acid bacteria alleviates symptoms of lactose intolerance by providing bacterial lactase to the stomach and intestine, thereby improving lactose digestion function.

Allergy - Probiotics have a beneficial effect on the mucosal barrier function thus reducing the allergic reaction. Probiotics have also exhibited a positive influence on the treatment and management of other conditions including eczema, asthma and hayfever.

Cancer - Extensive research has shown that probiotic consumption may reduce the risk of colon cancer by reducing the incidence and number of tumors.

Multi-vitamins/minerals

Even with a good diet not all necessary vitamins and minerals are obtained for good health. Soils have been exhausted through intensive farming and food is not as nutrient rich as it previously was. Vitamin and mineral deficiencies are commonly associated with many illnesses and the need for a complete range is the reason that they are included in ALPHA LIPDTM LIFELINETM.

Prebiotics

Prebiotics or dietary fibre serve the body in several ways. They not only encourage the growth of beneficial probiotic bacteria but also stimulate the action of the gut promoting good digestion and a healthy metabolism.
Colostrum versus Immune Milk

A recent comparative study was conducted in collaboration with the Otago University Department of Microbiology. In this study the antibody specificity of a hyperimmune milk product was compared with that of a colostrum product derived from non-immunised, pasture-fed New Zealand cows. Specific antibody titres (concentration) to a panel of 19 of the same 22 pathogenic bacteria and yeast that were used as immunising antigens were determined by enzyme-linked immunoassay (ELISA). Three of the pathogens used as immunising antigens were not available due to regulatory import restraints, Ministry of Agriculture and Fisheries (MAF). The early milk concentrate demonstrated a significantly higher IgG and IgG1 antibody titre against all of the antigens tested than the hyperimmune milk. In addition, the early milk concentrate was shown to stimulate the accumulation of immune cells in the peritoneum of Balb/c mice. The following specific antibodies to the following microbes were identified.

<table>
<thead>
<tr>
<th>PATHOGEN</th>
<th>DISEASE CONDITION</th>
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<tbody>
<tr>
<td>Bacillus cereus</td>
<td>Food poisoning, Mastitis</td>
</tr>
<tr>
<td>Campylobacter jejuni</td>
<td>Food poisoning</td>
</tr>
<tr>
<td>Candida albicans</td>
<td>Thrush - Yeast infection</td>
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<tr>
<td>Clostridium difficile</td>
<td>Food poisoning</td>
</tr>
<tr>
<td>Escherichia coli</td>
<td>Commensal Bacteria</td>
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<tr>
<td>Escherichia coli 0157:H7</td>
<td>Food poisoning</td>
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<tr>
<td>Haemophilus influenzae</td>
<td>Bacterial Meningitis - can be fatal</td>
</tr>
<tr>
<td>Heliobacter pylori</td>
<td>Stomach Ulcers</td>
</tr>
<tr>
<td>Klebsiella pneumoniae</td>
<td>Pneumonia, Urinary tract infection</td>
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<tr>
<td>Listeria monocytogenes</td>
<td>Food poisoning - can be fatal</td>
</tr>
<tr>
<td>Propionibacterium acnes</td>
<td>Acne</td>
</tr>
<tr>
<td>Salmonella enteritidis</td>
<td>Food poisoning - can be fatal</td>
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<tr>
<td>Staphylococcus aureus</td>
<td>Pneumonia, Osteomyelitis, Carditis, Meningitis, Arthritis,</td>
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<tr>
<td></td>
<td>Toxic Shock Syndrome, Antibiotic Resistant - MRSA</td>
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<tr>
<td>Staphylococcus epidermis</td>
<td>Multiple Antibiotic Resistance (MAR)</td>
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<tr>
<td>Streptococcus agalactiae</td>
<td>Mastitis, Bacteremia, Meningitis, Pneumonia - can be fatal</td>
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<tr>
<td>Steptococcus mutans</td>
<td>Periodontal disease, Tooth decay, Arteriosclerosis, Endocarditis</td>
</tr>
<tr>
<td>Streptococcus pyogenes</td>
<td>Strep Throat, Flesh-eating Bacteria, Myositis, Rheumatic Fever, Kidney disease</td>
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<tr>
<td>Strep Shock syndrome,</td>
<td></td>
</tr>
<tr>
<td>Yersinia enterocolitica</td>
<td>Food poisoning, Scepticemia - can be fatal</td>
</tr>
</tbody>
</table>
Through continued research and product development, New Image International has developed ALPHA LIPID™, a patented exclusive lipid formula which enhances the solubility of colostrum. More solubility equals more effective action. ALPHA LIPID™ is made from a dairy product derived from milk lipids (a type of milk fat), both of which are already natural to colostrum, and therefore do not cause damage to its delicate active ingredients.

Phospholipids and sphingomyelin help dissolve the colostrum in the gut and have been shown to improve solubility by 100%. In addition to assisting colostrum’s effectiveness, these specialist dairy ingredients have a positive effect on the liver, gut and brain function.

Phospholipids are found almost exclusively in cellular membranes and in the lipoprotein fraction of plasma. They function primarily as structural elements and are essential for the growth, maturation and correct functioning of the cells in your body. 80 percent of the brain is comprised of sphingomyelin.
Colostrum and children

Every child should take colostrum everyday. Growing children are constantly exposed to illness at school, kindergarten and playgroups. The immunoglobulins and immune factors in colostrum can help to strengthen the child’s immune system and aid in the prevention of disease. This leaves the child free to grow strong and healthy.

The growth factors contained in colostrum will assist children during their formative years to grow into a healthy adult.

The teenage years can be difficult as rapidly changing bodies adjust. Testimonial evidence from parents reports that the growth factors and hormones appear to have a stabilising effect on their children and that using colostrum has helped with conditions ranging from acne to emotional distress.

NOTE: Colostrum has a calming peptide taken as a treatment for anxiety in some countries.

Colostrum and sport

Around the world professional sports people and committed amateurs are discovering the benefits of colostrum for increased performance. Colostrum is becoming one of the few natural supplements they are prepared to take and which has been cleared by the International Olympic Drug Committee.

Top sports people train to such a high level that they deplete their immune systems very quickly and are therefore more susceptible to illnesses. The immune factors in colostrum are extremely beneficial in both protection and speed of recovery from illness.

IGF-1, one of the growth factors present in colostrum, can promote an increase of up to 15% in lean muscle mass and an increase of 14% in strength. The regenerative effects of the growth factors in colostrum can also assist muscle damage to be repaired faster.

Angela McMillan - World No 4 Aerobic Champion states “Colostrum not only gives me heaps of extra energy, it makes me perform better in every respect. I can jump higher, I recover quicker and I’ve got more energy.”
Colostrum gives competitive edge

In trials completed on elite level athletes, colostrum has exhibited a positive influence on exercise characterised by short bursts of activity such as in sprinters, short distance runners and gymnasts.

In a double-blind randomised placebo-controlled study, the effect of supplementation with bovine colostrum on body composition and exercise performance was investigated. Over a period of eight weeks, seventeen female and eighteen male field hockey players received either 60g of colostrum or whey protein (placebo) daily. The athletes sprint test and vertical jump performance improved significantly more in the colostrum group when compared to the whey group.

Many sports people today are aware of the importance of protein supplementation for strength performance and reduction of muscle wasting with long term exercise. One aspect often overlooked is the individual’s ability to digest these supplemental proteins as well as the ability to break them down into small building blocks the body can actually utilise for muscle tissue building.

A recent study designed to determine the responses of muscle protein, serum amino acids and strength performance in physically active men concluded that two weeks supplementation with colostrum increases serum concentration of essential amino acids. The more circulating amino acids, the better the protein breakdown with more, and possibly faster muscle building than ever before.

Colostrum: the natural hormone replacer

Aging can slow you down, affect health, appearance and ultimately quality of life. Extensive research has shown that colostrum is unique because it is the only substance that offers anti-aging hormones in perfect balance, in the way that nature intended.

The aging process is linked to rapidly declining levels of hormones, especially Growth Hormone (GH). Production of GH in our bodies begins to decline from puberty onwards. By the time the body reaches the age of 61, the levels of GH are only 20% of what they were at 21. The majority of people are beginning to exhibit signs of aging by their forties.

Colostrum appears to work similarly to GH without the known, unsafe side effects. The biologically active growth factors in bovine
colostrum are able to assist with protection against disease and the following processes.

- Stimulation of cellular and tissue growth
- Repair and reversal of the damage done by disease and the natural aging process
- Increased metabolism
- Stimulation of protein synthesis - critical for the renewal of skin and bones

The regenerative effects of colostrum can extend to nearly all of the structural cells in the body making it invaluable as an aid in the quest of prevention of premature aging.

Colostrum and your pet

Even the health of your beloved pets can be enhanced by the addition of colostrum to their diet. If your kittens or puppies are failing to thrive, if one of your animals has a wound, abscess, stomach bug or coats are not gleaming with good health, they could well benefit from the goodness of colostrum powder. Diarrhoea can be a common problem in recently weaned puppies and studies have shown that supplementation with bovine colostrum can assist in the reduction of symptoms and improve faecal quality. It can be sprinkled on to their food or given in a more concentrated form mixed with water or honey to aid an upset stomach or to fight infection.

So whether your pet is a top show animal or simply a loved member of the family unit, be they young or old, just like their owners they can benefit from the addition of a daily dose of colostrum.
**Alpha Lipid™ kills corona virus**

Independent testing at the New Zealand Government’s Centre for Disease Investigation Laboratory has proven that New Image’s ALPHA LIPID™ and LIFELINE™ unique colostrum formulations react with, and potentially neutralise bovine coronavirus.

Human corona virus and bovine corona virus are ‘cousins’ (98% genetically similar) and scientists would expect a positive antibody effect on one strain to be replicated in the other.

Human coronavirus is a leading cause of the ‘common cold’. The specific danger of coronavirus is that it also invades the immune cells which are so important in fighting infection.

**Alpha Lipid™ and SARS**

Even more dramatically, a recent report in the prestigious British Lancet medical journal stated that a mutant strain of coronavirus was the causative pathogen behind the SARS epidemic. This has been substantiated by the World Health Organisation.

“It is not surprising that the ALPHA LIPID™ LIFELINE™ formulation would have a positive result with coronavirus”, comments Michail Borissenko, author of Microbe Apocalyse and chief scientist, Institute of Colostrum Research.

“The trials I conducted in collaboration with Otago University have demonstrated colostrum’s effectiveness against 19 of the pathogens that cause infections and make people sick”.

Borissenko restates his public concerns. “It is time to educate the public about the most effective ways of increasing immunity. Multivitamins, green foods, antioxidants and herbs do not give you any extra antibodies that are essential for neutralising the pathogens that make you sick. Colostrum does”.

**NEWS FLASH**
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Bovine milk antibodies for health
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There is a global war more devastating than the greatest armed conflict. This is the war between man’s health and the ever-increasing invasions of silent microbes. E. coli, Salmonella, Influenza, Meningitis, Pneumonia, Rotavirus, AIDS, Strep throat, they are all well known names that affect everyone. It is a war of survival, and man is losing.

Our defence is our immune system; over one trillion cells which remain on duty 24 hours per day, vigilantly eliminating viruses, yeast, bacteria, tumour cells and toxins.

Science does not fully understand the immune system so we must now turn to nature. There is only one product designed to boost the immune system. It is a broad spectrum, highly complex solution, yet simple to take.

**COLOSTRUM**

The immune and growth factors in colostrum, created at the dawn of time for illness protection in the young, benefits adults and the elderly alike. Colostrum also reduces the symptoms of aging and many Olympic athletes use colostrum to enhance performance and increase recovery.

Written by Dr Colin Holloway and Michail Borissenko, Chief Scientist, Institute of Colostrum Research, this book explains why you should take colostrum every day to be able to win the immunity war.
Colostrum
supporting family health

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