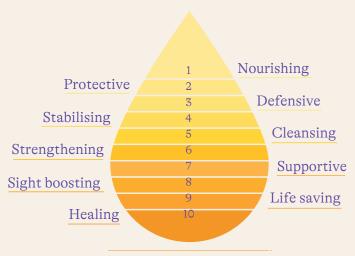
## 10 Amazing benefits of colostrum

No wonder it's called 'liquid gold'



1 Nourishing	Protein, vitamins, minerals, essential fats and growth factors promote healthy development of the baby's body and brain
Protective	Mother's antibodies defend her baby against bacterial, viral, and fungal infections
Defensive	White blood cells boost the infant's immature immune system
Stabilising	Hormones and amino acids regulate metabolism, blood-sugar, heart rate and lung function
5 Cleansing	Laxative effect stimulates bowel function, ridding the body of bilirubin and reducing the risk of jaundice
Strengthening	Immunoglobulin sigA strengthens mucus membranes protecting the respiratory system and digestive tract
7 Supportive	Beneficial bacteria and prebiotics build a healthy gut microbiome – for life. Colostrum, contains 4 times more lactoferrin than mature milk
8 Sight boosting	Carotenoids (which give colostrum its orange or gold colour) support visual and cognitive development
9 Life saving	Premature babies fed colostrum are less likely to suffer from life-threatening conditions including necrotising enterocolitis and sepsis
10 Healing	Antioxidants and anti-inflammatory agents promote healing and help the newborn recover from delivery Lansinoh.