

10 Amazing benefits of *colostrum*

No wonder it's called 'liquid gold'



Colostrum is a mother's first breast milk. Tiny in quantity, it has significant health benefits.

1	Nourishing	Protein, vitamins, minerals, essential fats and growth factors promote healthy development of the baby's body and brain
2	Protective	Mother's antibodies defend her baby against bacterial, viral, and fungal infections
3	Defensive	White blood cells boost the infant's immature immune system
4	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
6	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