



## **The Saskatoon Colostrum Company Ltd.**

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### **References for Colostrum Use in People**

The Saskatoon Colostrum Company Ltd. is proud of our strong research and academic background. If you are interested in bovine colostrum use in humans and want to learn more, here are some journal articles that we have referenced on our website.

1. **Antonio, J, Sanders MS, and Van Gammeren D 2001** The Effects of Bovine Colostrum Supplementation on Body Composition and Exercise Performance in Active Men and Women. *Nutrition* 17(3) 243-247
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3. **Buckley JD, Abbott MJ, Brinkworth GD and Whyte PB 2002** Bovine Colostrum Supplementation During Endurance Running Improves Recovery, But Not Performance. *Journal of Science and Medicing in Sport* 5(2) 65-79
4. **Coombes JS, Conacher M, Austen SK, Marshall PA 2002** Dose Effects of Oral Bovine Colostrum on Physical Work Capacity in Cyclists. *Medicine and Science in Sports and Exercise* 34(7) 1184-1188
5. **Hofman Z, Smeets R, Verlaan G, Lugt R, Verstappen PA 2002** The Effect of Bovine Colostrum Supplementation on Exercise Performance in Elite Field Hockey Players. *International Journal of Sport Nutrition and Exercise Metabolism* 12(4) 461-469
6. **Cesarone MR, Belcaro G, Di Renzo A, Dugall M, Cacchio M, Ruffini I, Pellegrini L, Del Boccio G, Fano F, Ledda A, Bottari A, Ricci A, Stuard S, Vinciguerra G 2007** Prevention of Influenza Episodes with Colostrum Compared with Vaccinations in Health and High-Risk Cardiovascular Subjects: The Epidemiological Study in San Valentino. *Clinical and Applied Thrombosis/Hemostasis* 13:130-136
7. **He F, Tuomela E, Arvilommi H, Salminen S 2001** Modulation of Human Humoral Immune Response Through Orally Administered Bovine Colostrum. *FEMS Immunology and Medical Microbiology* 31:93-96
8. **Mero A, Kähkönen J, Nykänen T, Parviainen T, Jokinen I, Takala T, Nikula T, Rasi S, Leppäluoto J 2002** IGF-1, IgA and IgG Responses to Bovine Colostrum Supplementation During Training. *Journal of Applied Physiology* 93:732-739
9. **Marchbank T, Davison G, Oakes JR, Ghatei MA, Patterson M, Moyer MP, Playford RJ 2010** The Nutraceutical Bovine Colostrum Truncates the Increase in Gut Permeability Caused by Heavy Exercise in Athletes. *American Journal of Physiology – Gastrointestinal and Liver Physiology* 300:G477-G484