

These Are The 6 Components That Make Colostrum So Good For Your Gut & Immunity



Bovine colostrum has become one of the most talked-about superfoods in gut and immune health over the past several years, raising a lot of eyebrows along the way.

When any supplement enters the zeitgeist, it's natural to question if it's worth a spot in your well-being lineup. Sure, it's buzzy—but does it have the science to back up its use?

As research emerges about the powder, it's becoming increasingly clear why so many people swear by it so fervently.

To understand *why* colostrum works, we simply have to take a look inside. Here, the bioactive compounds that make bovine colostrum so powerful.

6 key components in bovine colostrum & their benefits for adults

Emerging research shows that bovine collagen can support adult gut integrity, immune resilience, and systemic health. What makes it so promising?

“I think of colostrum as a *functional matrix* of immune factors, growth factors, antibodies, and peptides that work synergistically. “

1. Immunoglobulins

Immunoglobulin antibodies are one of the main immune components of the acquired immune system, or the body’s “learned” defense. Immunoglobulin, particularly IgG, is notably present in colostrum in high concentrations.

IgG helps support healthy immune function. In the gut, they act as a first line of defense, supporting normal gut barrier integrity.

What does that mean for you? For adults, this may translate to better immune function in the gut and less immune overreaction, especially during times of digestive imbalance.

2. Lactoferrin

Lactoferrin is one of the most impactful components of colostrum—it’s even called a “miracle molecule” in research. It’s an iron-binding protein known for supporting immune function, a healthy inflammatory response and shows promise for gut and bone health.

“Lactoferrin is a key bioactive protein known for its role in immune support. Although dairy is the primary dietary source, the amounts we get from food alone are quite limited, which is why supplementation can be beneficial.

One way it supports the body’s immune response is by strengthening the defenses against oxidative stress, noted a study published in the journal *Molecules*. It’s been shown to help balance the body’s production and accumulation of reactive oxygen species (ROS) in cells and tissues, thereby promoting overall health and longevity.

Another study published in the journal *Advances in Nutrition* suggests it also supports the body’s immune cells, such as natural killer cells and T cells, by helping regulate healthy activation and signaling.* This helps support a more responsive immune defense without disrupting the balance.

What does that mean for you? A healthy inflammatory response is the cornerstone of longevity. Lactoferrin has shown to balance the body’s inflammatory response, promote healthy immune signaling, and help deal with oxidative stress. It also contributes to colostrum’s gut health benefits.

3. Tissue growth-factors

Colostrum naturally contains growth factors—such as EGF, IGF-1, IGF-2, and TGF- β —which play roles in tissue health, muscle building, gut lining support, and cellular regeneration.

“Tissue growth factors play an important role in cellular repair and renewal. In colostrum, these compounds help support gut lining integrity and healthy recovery.

Research notes that the reason for using bovine collagen as a source of growth factors is "its high bioavailability and synergistic activity.”

The benefits of these growth factors reverberate across the body. A 2024 study in the journal *Nutrients* suggested these may support musculoskeletal health, cognitive function, and digestion.

A clinical trial on active men and women linked supplementation with increased athletic performance as well as increased lean muscle mass after just eight weeks, with growth factors being a key component to improved body composition.

In the gut, these compounds help support the integrity of the intestinal lining and promote healing of the epithelial barrier. This naturally supports digestive regularity, helps manage a healthy inflammatory response, and enhances your immune functions. In fact, one study found that adults who to

What does that mean for you? Because growth factors act as biological signaling molecules, they support the body’s own repair mechanisms. That means your body becomes more resilient from the inside out.

4. Oligosaccharides

Oligosaccharides are prebiotic compounds that selectively feed beneficial gut bacteria. Rather than acting as probiotics themselves, they help shape a healthier microbiome by encouraging the growth of microbes associated with metabolic and immune balance.

Colostrum is a good source of functional oligosaccharides. And research suggests that the oligosaccharides present in bovine colostrum are actually very similar to those present in human milk and colostrum.

What does that mean for you? What does that mean for you? The microbiome is a critical part of overall health, and especially important for immunity and digestion. Thanks to modern diets and lifestyle, sometimes our microbiomes are thrown out of whack. Prebiotics can help support balance. And a more balanced microbiome supports smoother digestion, stronger immune signaling, and better metabolic health—starting with the compounds that help good bacteria thrive

5. Proline-rich polypeptides (PRP)

PRPs are immune-modulating peptides that help the immune system respond appropriately—ramping up when defenses while also balancing the immune response as needed. This bidirectional signaling is key. Rather than simply “boosting” immunity, PRPs help promote balance.

What does that mean for you? PRPs help your immune system stay adaptable. In modern life, this balance is even more critical, as everyday stress, poor sleep, and environmental stressors can throw the body’s immune and inflammatory response off kilter.

6. Vitamins, minerals, amino acids

Colostrum contains a naturally occurring blend of essential nutrients, including vitamins A, D, E, B-complex vitamins, zinc, magnesium, and amino acids. These nutrients support everything from immunity to energy metabolism and tissue repair.

While colostrum isn’t meant to replace a multivitamin, its nutrients are delivered in a highly bioavailable, food-based matrix that complements its immune and gut-supportive compounds

What does that mean for you? Of course, it’s important to eat a variety of nutrient-dense whole foods to make sure you’re getting a wide assortment of vitamins, minerals, and amino acids. But knowing that your daily colostrum supplement can bolster your nutrient intake is a meaningful added benefit.

What to look for in a colostrum

Quality and sourcing matter—colostrum is only as effective as the integrity of its bioactive compounds. Here are some things to pay attention to,

- **Pasture-raised, grass-fed cows:** Sourced from clean environments with no antibiotics, added hormones, or pesticides to protect both nutrient quality and long-term sustainability.
- **Calf-first feeding:** The colostrum is only collected after the calf has received its required share to ensure health and well-being. These sourcing practices follow strict ethical standards to prioritize the nutritional needs of the calf first.
- **Third-party tested:** Look for supplements third-party tested for purity and potency by ISO-certified labs.
- **Processing:** For it to be true pure colostrum, the colostrum must be taken during First Milking - Within 6hrs of Calf’s Birth!

The takeaway

Colostrum truly supports full body health because it supports our most essential systems. Gut integrity, immune balance, and cellular renewal are deeply interconnected, and colostrum's unique composition reflects that biology.

For adults looking to strengthen their gut barrier, support immune resilience, and build a more resilient foundation for long-term health, certified 6 Hour Colostrum offers a rare combination of nourishment—rooted in how the body evolved to protect itself from the very beginning.

Today there is only ONE Verified Certified 6-hour Colostrum on The Market and that is Colostrum6. Learn More At www.shapeupforlife.com

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