



NATURE'S SUNSHINE

Colostrum

GOOD FOR

Immune System

Lymphatic System

Digestive System

SIZE **90 Capsules**

ITEM # **1828**

SERVING **1**

SUPPLY **22 days**

DIRECTIONS FOR USE Take 1 capsule, four times daily.

— How the Key Ingredients Work

Bovine colostrum is the nutrient-rich 'first milk' produced by cows in the first 72 hours after birth — packed with natural antibodies, growth factors, and protective proteins that work together to support your gut, your immune system, and your overall wellness. Think of it as nature's original head-start formula, now available in supplement form.

Colostrum — Gut Comfort & Digestive Support — Colostrum contains natural growth factors and antibodies that help maintain the lining of the digestive tract. Research in people with gut discomfort found that colostrum helped support healthier bowel function and reduced abdominal pain, making it a gentle ally for everyday digestive wellness.

Colostrum — Intestinal Lining Integrity — One of colostrum's most celebrated roles is helping keep the gut lining strong and intact. Its natural growth factors and immunoglobulins support the tight junctions between intestinal cells, helping the gut wall do its job of keeping unwanted particles where they belong — inside the digestive tract, not leaking through.

Colostrum — Immune System Modulation — Colostrum is naturally rich in immunoglobulins — IgG, IgA, and IgM — which are the same types of protective proteins your own immune system makes. These help support a balanced immune response at the mucosal surfaces of the gut and throughout the body, giving your natural defenses an extra layer of everyday support.

Colostrum — Lactoferrin for Immune & Antioxidant Defense — Lactoferrin is one of colostrum's standout proteins. It supports immune health and also acts as a natural antioxidant by binding to free iron in the body, which helps reduce the kind of oxidative stress that can wear cells down over time. It's a multitasking protein that earns its place in this formula.

Colostrum — Antioxidant Protection — Beyond lactoferrin, colostrum naturally contains vitamins A, C, and E alongside other protective compounds that help the body neutralize free radicals. These built-in antioxidants work together to support your cells against everyday oxidative wear and tear, contributing to long-term vitality and resilience.

Colostrum — Athletic Performance & Lean Muscle — Multiple clinical studies have looked at colostrum and exercise, and the results are encouraging. The natural growth factors in colostrum — particularly IGF-1 — are linked to supporting lean body mass, muscle strength, and faster recovery after workouts. It's a popular choice among active individuals looking for natural performance support.

Colostrum — Muscle Recovery After Exercise — Hard training takes a toll on the body, and colostrum's bioactive peptides and growth factors may help the body bounce back more efficiently. Research suggests colostrum supports the recovery process after physical exertion, helping muscles repair and adapt so you can stay consistent with your active lifestyle.

Colostrum — Cytokines & Balanced Inflammatory Response — Colostrum naturally contains cytokines — small signaling proteins that help the immune system communicate and stay balanced. This helps the body mount an appropriate response to everyday challenges without tipping into overdrive, supporting the kind of steady, well-regulated immune function that underlies good health.

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