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Colostrum Transfer Factor

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A First Food Rediscovered

By Dr. Paul Barney

When a baby is born, placing it at its mother's breast is the most favorable thing to do. This gesture not only helps bond the mother to the baby, but it also offers the baby its first important food, colostrum. Thin and yellowish in color, this first fluid can give a baby the healthiest start in life by providing a rich supply of nutrients, support for its developing immune system and growth factors necessary for rapid cell development.¹

All mammals, the family in which humans and cows belong, produce colostrum the first one to two days after birth. Although it contains more than two hundred compounds, the most important components of colostrum can be classified into two major categories: immune system factors and growth factors.

The immune enhancing effects of colostrum are not fully understood. However, we do know some of the components of colostrum and how they work. Immuno-globulins are present in colostrum, the most abundant being IgG. IgG is a Y-shaped molecule called a monomer glycoprotein which contains a receptor site that attaches to specific antigens or pathogens allowing them to be neutralized and destroyed.

Colostrum also contains lactofemns that have anti-bacterial, anti-inflammatory and anti

viral properties. These iron-binding proteins withhold needed iron from bacteria and fungi that find their way into the intestines thereby inhibiting their proliferation. Bovine colostrum, given to children at risk of contracting diarrhea caused by rotavirus, was shown to offer protection from the disease?

All types of colostrum also contain what is known as a transfer factor. The transfer factor is a ribonucleic acid (RNA) that can transfer cell-mediated immunity from an animal that has acquired immunity to an animal that was previously not immune, as in a newborn.³ This ability — thought only to occur in newborns — has now been demonstrated to also occur in adults and from one species to another, such as from bovine colostrum to adult humans. This opens up vast possibilities with colostrum from a bovine source.

Colostrum also contains growth stimulators such as the insulin-like growth factors (IGF). IGF promotes protein synthesis that plays an important role in tissue growth and repair, important to newborns, but that could also play a role in adults. Some possible areas of use are in immune mediated conditions, poorly functioning immune system, infections, diarrhea and difficulty in healing. Colostrum can also be used topically to improve healing.

Protein digestion normally occurs in the stomach through the action of acid and enzymes. When you use a protein-based supplement such as colostrum, you hope the stomach acids will not

destroy it so you can draw a health benefit from it. Fortunately, colostrum contains glycoproteins, protease and trypsin inhibitors that protect its immuno-globulin components from degradation.

If a baby is breast fed, colostrum is its first food. Bovine colostrum has been used in Scandinavia, India and other countries as a supplement for human consumption for many centuries; however, it has only recently gained popularity in the U.S. Rediscovering this first food and its nutritional benefits can provide a unique approach to better health.

Dr. Paul Barney is a licensed, practicing, medical doctor with substantial expertise in nutritional therapy, acupuncture, and other forms of traditional and alternative medicine. The views expressed in this article are his own and have not been independently reviewed or confirmed by Nutraceutical Corporation or any of its subsidiaries or affiliates.

1 Playford, R.J. et al, "Bovine colostrum is a health food supplement which prevents NSAID induced gut damage." *Gut*, 1999; 44. Pages 653-658.

2 Walker, Morton DPM. "Medical Journalist Report of Innovative Biologics" *Townsend Letter for Doctors & Patients* — April, 1999. Pages 74-80.

3 Holt, Stephen, M.D. 'Colostrum as a Dietary Supplement: Focus on Transfer Factor,' *Alternative & Complementary Therapies* — August 1998. Pages 276-283.



What is Transfer Factor?

"Transfer factors are the most exciting discovery in immunology. As the 21st Century unfolds, Transfer Factor will be one of our greatest keys to health and well being."

- Dr. William Hennen

"I'm suffering from a little hit of neuralgia that is probably associated with the herpes virus. Some of you get it on your face or lips from time to time. What our immune system is trying to do is find it and make some antibodies to it. I'm going to take some 'Transfer Factor. That information from the cow will come hack into my immune system and reeducate some of the T cell lymphocytes and say, 'hey wake up, pay attention!' It recognizes the herpes virus and eliminates it. Transfer Factor has the ability to educate out T-cell lymphocyte system quickly and efficiently so we don't have serious disease."

- Dr. Bennett



Transfer Factor is the immunity-boosting "super vaccine" exclusive to 4Life Research. It is derived from colostrum, the first milk provided by a mother to her newborn child. Newborn infants are weak and vulnerable to the millions of microorganisms that exist in our atmosphere. Without colostrum, to the disease-forming agents in the environment. Contained in colostrum are viral immune-system messengers known as immunoglobins. These proteins are unique to each species and only lend their benefits to the offspring of the mother's species. Another type of immune-system messenger found in colostrum is not species-specific, and will not cause



allergic reactions in humans. This viral immunity booster are known as Transfer Factor.

Simply put, Transfer Factor is able to convey immunity from one species to another, thereby helping us and those we care about to stay healthy and strong.

Transfer Factor Results

"I have a granddaughter that's fifteen months old. She's been sick for about three months with a cough, a lot of congestion. She has had stomach flu off and on, We've tried everything, We've taken her to the doctors without success. We finally gave her Transfer Factor, and within a week she was better."

- Patricia Tavish

"I came down with a very bad case of influenza a couple months ago. I had swollen glands, a high fever, a very bad sore throat, the cough—and I had to give a lecture the next day. I doubled up my dose of Transfer Factor that day and the next day. Within 48 hours from the start of the infection it had resolved itself and I was up and around—which is absolutely amazing for me, and not at all my pattern."

- Rita Elkins

"I'm very, very excited about Transfer Factor. My family has been using it every day for over two months and I can tell you we feel a difference in our immune system. My son who's only two years old gets colds which usually go right to his ears. Since I began giving him Transfer Factor over two months ago, he hasn't had an ear-ache!"