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PEX COLOSTRUM
SPORT PERFORMANCE and HEALTH



The effects of bovine colostrum supplementation on body composition and exercise performance in active men and women

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The purpose of this study was to determine the effect of 8 wk of bovine colostrum supplementation on body composition and exercise performance in active men and women. Subjects were randomly assigned to a placebo (whey protein) and colostrum group (20 g/d in powder form). Each subject participated in aerobic and heavy-resistance training at least three times per wk. Body composition was assessed via dual x-ray absorptiometry analysis.

Treadmill time to exhaustion, one repetition maximum strength (bench press), and the total number of repetitions performed during one set to exhaustion at a submaximal load for the bench press (50% and 100% of body weight for women and men, respectively) were ascertained. The whey protein group experienced a significant increase ($P < 0.05$) in body weight (mean increase of 2.11 kg), whereas the colostrum group experienced a significant ($P < 0.05$) increase in bone-free lean body mass (mean increase of 1.49 kg).

There were no changes in any of the other parameters measured. Thus, supplementation with bovine colostrum (20 g/d) in combination with exercise training for 8 wk may increase bone-free lean body mass in active men and women.

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