



ELITE

Personal Training and Fitness Solutions

# HEALTH TOPIC OF THE WEEK

## 10/24: Lactoferrin

Colostrum was the focus of our September 5, 2022, weekly health topic. Because of its importance, we are revisiting an aspect of colostrum in more detail.

With cold and flu season around the corner, it's a good time to remember who is in your corner. Your body's strongest defense rests at the immune barriers, where the protein peptide, lactoferrin, abundant in colostrum and mammalian breastmilk, patrols the gates of entry to guard against germs and other harmful particles.



Lactoferrin directly binds to these harmful particles to destroy them and recruits other immune cells when a threat is detected.

Lactoferrin also helps tighten the seals between cells of your intestinal barrier to ensure a strong wall of protection. Gut microbiota and intestinal permeability are crucial to your health because 70% of your immune system is regulated from the gut. Adding lactoferrin to your diet is a simple but powerfully effective way to bolster your immune system and improve your overall health.

Research studies compared flu vaccination versus colostrum supplementation and discovered that those who took colostrum were three times less likely to catch the flu, plus the duration of the symptoms were shorter and less intense than those who were vaccinated! Much of colostrum's immune system benefit is due to its lactoferrin content.



EPT can advise how to supplement your diet with lactoferrin in its most potent and bioavailable form. We want you to reap the maximum immune protection and health benefits.

As always, EPT is here for you to help with your health and wellness needs.



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at [Eliteptf.com](https://www.eliteptf.com) for more information and to schedule your evaluation.