COLOSTRUM
bovine colostrum & maca

THE WELLNESS PROBLEM
Placing the body under repeated physical stress – particularly in fitness, strength or stamina training – creates special demands on the individual, their bodily systems and the nutritional requirements needed to ensure optimal functionality and recovery.

In these circumstances the body displays increased requirements for growth and maintenance.

Pushing the body’s physical and mental boundaries can also impact on the immune response, with the strength of your immune system determining your body’s ability to fight off simple infections and diseases.

THE MODERE SOLUTION
Ideally suited to complement the nutritional intake of the physically active, Colostrum is a synergistic blend of ingredients designed to enhance the body’s ability to undertake and recover from intense activity.

The primary ingredient is bovine colostrum, the fluid produced by a cow’s mammary glands immediately after giving birth and before lactation begins. Bovine colostrum contains high levels of immunoglobulins.

Complemented by maca, a plant originating in the Andes which is said to enhance strength and endurance, Colostrum is a dietary supplement designed to help give your body the nutrients it needs to perform at its best.
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WELLBEING BENEFITS OF COLOSTRUM
General wellbeing
• Nutritional support using bovine colostrum and maca
• Recovery after training
• Strength and endurance during physical training
• Strengthen the body against the physical effects of getting older

LIFESTYLE TIPS
• Aerobic and moderate resistance training is required to maintain lean muscle mass.
• Get plenty of rest, sleep is important for assisting the immune system.
• Consume a well-balanced and nutritious diet made up from quality proteins, low GI carbohydrates and beneficial fats. See Modere Healthy Lifestyle Diet.

COMPANION PRODUCTS
You may receive additional nutritional benefits from combining this product with:
Wellness – EFA Krill, Natural Mineral Drink, Green Qi, Adult Multivitamin
Detoxification Programs – Para Cleanse
Immunity – Endurance, Immune Health
Stamina/exercise – Endurance, Muscle and Bone Nutrition

FACTS
ACTIVE INGREDIENTS
Colostrum (bovine, 68%), stabilisers (hydroxypropyl methylcellulose, polyvinyl pyrrolidone), anti-caking agents (microcrystalline cellulose, silicon dioxide, magnesium silicate), Lepidium meyenii (maca) extract (1.4%), maltodextrin.

DIRECTIONS FOR USE
Take two capsules with water or fruit juice, twice daily or more often as desired. Pack size: 120 capsules.

PRECAUTIONS
Contains milk products.

FREE FROM
Preservatives, artificial colours and flavours, gluten, soy and yeast. Suitable for vegetarians.

NUTRITIONAL INFORMATION

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<tr>
<th></th>
<th>per serving</th>
<th>per 100g</th>
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<tbody>
<tr>
<td>Energy</td>
<td>18.5kJ</td>
<td>1270kJ</td>
</tr>
<tr>
<td>Protein</td>
<td>Less than 1g</td>
<td>43.6g</td>
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<tr>
<td>Fat, total</td>
<td>Less than 1g</td>
<td>1.68g</td>
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<tr>
<td>- Saturated</td>
<td>Less than 1g</td>
<td>1.34g</td>
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<tr>
<td>Carbohydrate</td>
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<td>25.2g</td>
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<tr>
<td>- sugars</td>
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<td>8.39g</td>
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<tr>
<td>Sodium</td>
<td>3.48mg</td>
<td>239mg</td>
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<tr>
<td>IgG</td>
<td>196mg</td>
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