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How to Choose a Bovine Colostrum Supplement

A plain-language buyer's guide: when the colostrum was collected, where the cows live, how it was processed, how to read the label, testing, and price per serving.

10 pages · US Letter · 2026 edition · with sources

Made by BIOMIXA, Irvine, California. Related reading: How to read a colostrum label.

The short version

Six questions to ask before you buy

Colostrum products look alike on a shelf and can be very different inside. These questions sort them quickly.

1	**When was it collected?**	IgG in colostrum falls in the hours after calving. Look for first-milking colostrum and a stated time window.
2	**Where do the cows come from?**	Country of origin, grass-fed or not, and how the brand makes sure calves are fed first.
3	**How was it processed?**	Low-temperature pasteurization and gentle drying protect heat-sensitive proteins.
4	**What is on the label?**	Grams per serving, IgG in mg or %, and a short (ideally empty) list of other ingredients.
5	**Who checks it?**	A GMP facility and third-party testing; ask for a certificate of analysis.
6	**What does a serving really cost?**	Divide the price by the number of servings, then compare grams per serving.

What this guide is not. It is not medical advice and does not tell you colostrum will treat anything. It explains what research has studied and how to compare products honestly. Talk to your doctor before starting any supplement.

Background

What bovine colostrum is

Colostrum is the first milk a cow makes in the days after giving birth. Compared with regular milk it is rich in immunoglobulins (mainly IgG), antimicrobial proteins such as lactoferrin and lysozyme, growth factors such as IGF-1 and TGF-β, and oligosaccharides[1]. Supplements dry it into a pale, slightly yellow powder that is sold loose or in capsules.

Main components

- **Immunoglobulins (IgG)** — antibodies; the number most labels report.
- **Lactoferrin, lysozyme** — iron-binding and antimicrobial proteins.
- **Growth factors** — IGF-1, TGF-β and others.
- **Protein, fat, lactose** — colostrum is a dairy food.

More detail: what's in colostrum and what are growth factors?

What research looks at

Most human studies are small. A 2021 review of sport research found limited evidence for effects on body composition and performance, stronger evidence for gut-permeability markers and illness risk during heavy training, and no consistent rise in blood IGF-1[5]. Trials have used about 20 g a day for 2–12 weeks[6,7].

The same review notes that bioactivity varies between products[5] — which is exactly why choosing carefully matters.

Bovine vs. "colostrum" in general

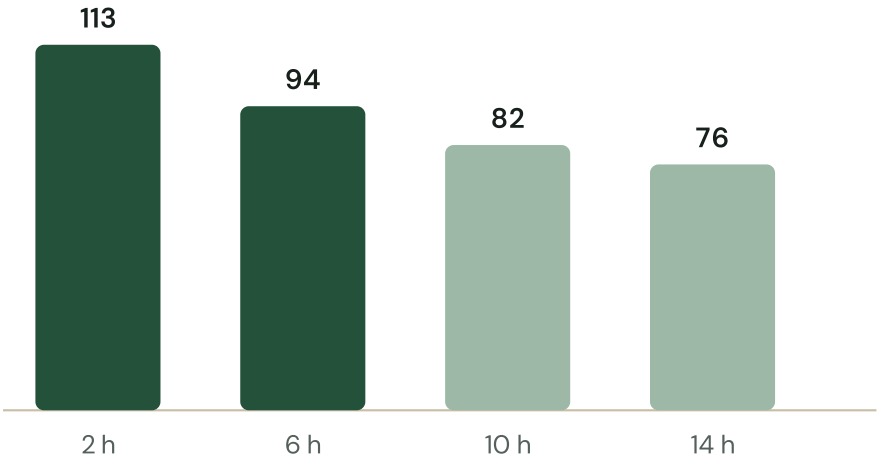
Human colostrum is for human babies. Supplements are made from cow (bovine) colostrum, sometimes goat. This guide covers bovine colostrum only. New to the topic? Start with what is bovine colostrum.

> These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Not medical advice — talk to your doctor, especially if pregnant, nursing, or allergic to dairy.

Question 1

When was it collected?

The first milking after calving is the richest. In a University of Missouri study of 13 Holstein cows, colostrum IgG averaged 113 g/L when collected 2 hours after calving and dropped steadily after that[2]:



Mean colostral IgG, g/L. Data: Moore et al., 2005[2].

What to look for

- "First milking" or a stated window (for example, within 6 hours).
- A brand that can explain how it gets colostrum out of the cow quickly.
- Vague words like "early milk" with no time attached are a yellow flag.

Why it is hard

Fast collection takes planning on the farm. Calves also need the first colostrum themselves, so good farms balance speed with the calf's needs[4].

More: whole vs. defatted colostrum.

Question 2

Where do the cows come from?



Country of origin

Labels should name it. US-sourced colostrum comes under US dairy rules; imported colostrum may be fine too, but you should be told where it is from.

Grass-fed

"Grass-fed" describes how the cows are fed. It is a farming claim, not a potency claim. Ask whether the cows graze for much of the year and how the brand checks it.

Hormones and antibiotics

Look for a clear statement (for example "no added hormones, no antibiotics") and ask how it is verified, not just printed.

Calf first

A newborn calf needs good-quality colostrum soon after birth; veterinary guidance on colostrum management is built around that[4]. Ask brands how they make sure the calf is fed first. We discuss this in is colostrum ethical?

Vegetarian? Colostrum is an animal product, though no animal is harmed to collect it. See is colostrum vegetarian or vegan?

Question 3

How was it processed?

Raw colostrum has to be made safe and dried. The proteins people care about are sensitive to heat, so temperature matters.

What the data show. In a University of Minnesota study, heating colostrum to 60 °C (140 °F) for up to 120 minutes did not change its IgG level, while 63 °C (145 °F) lowered IgG by an estimated 34% and made it thicker[3]. Small differences in temperature can matter.

Pasteurization

Ask whether the brand uses low-temperature pasteurization and how long it holds the heat. "Low heat" with no numbers is a marketing phrase until explained.

Drying

Powders are usually spray-dried or freeze-dried. Both can work; what matters is temperature control and the IgG measured in the finished powder.

Whole or defatted

Some powders keep colostrum's natural fat; others remove it, which raises protein per gram. Neither is "wrong" — compare on the label. Read whole vs. defatted.

Powder, capsules or liquid

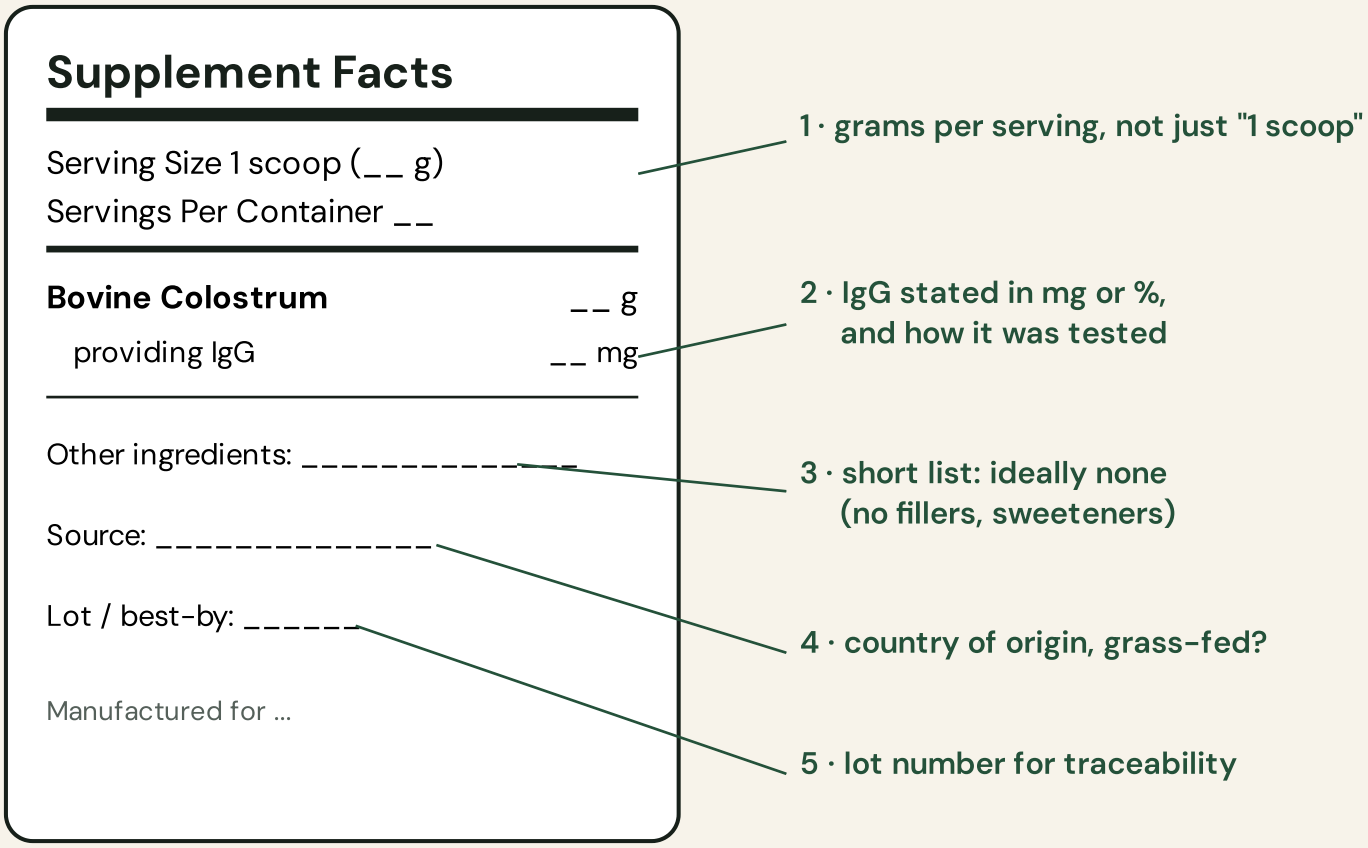
Same ingredient, different packaging. Capsules are convenient but you may need several for one serving. Compare in capsules vs. powder and liquid vs. powder.

Further reading: low-heat colostrum processing, explained.

Question 4

Read the label in five steps

A Supplement Facts panel tells you more than the front of the jar. Here is a blank example — compare it with any product you are considering.



Red flags

- Only "proprietary blend" with no colostrum amount.
- Sweeteners and flavors in a product sold as pure.
- No serving size in grams.

Taste test

Pure colostrum tastes mildly milky. If it tastes like candy, something was added. See what does colostrum taste like? and unflavored vs. flavored.

The full walk-through is in our article How to read a colostrum label: IgG %, fillers, red flags.

Questions 5 and 6

Who checks it, and what it really costs

Manufacturing and testing

The FDA does not approve dietary supplements before they are sold; companies are responsible for safety and labels[8]. Every US supplement maker must follow current Good Manufacturing Practice rules (21 CFR Part 111)[9]. On top of that, look for:

- ☐ Third-party testing by an independent lab
- ☐ A certificate of analysis (COA) on request: IgG, microbes, heavy metals
- ☐ Lot number and best-by date on the container
- ☐ A real company name and a way to contact it

Price per serving

Divide the price by the servings, then check grams per serving — a cheap serving can just be a smaller one.

Product	Price	Servings	Price ÷ servings	Grams / serving	Price per gram
Example	$79.99	60	$1.33	2 g	$0.67

More in third-party testing, explained and colostrum price per serving. Wondering about shelf life? Does colostrum powder expire?

Before you buy

Checklist and a few cautions

- ☐ Collection window stated (first milking, hours)
- ☐ Country of origin named
- ☐ Grass-fed and calf-first explained
- ☐ Low-temperature processing explained
- ☐ Grams per serving listed
- ☐ IgG amount listed, with test method
- ☐ No fillers, sweeteners or flavors (if you want pure)
- ☐ GMP facility
- ☐ Third-party tested; COA available
- ☐ Lot number and best-by date
- ☐ Price per serving and per gram compared

Talk to your doctor first if you

- are allergic to cow's milk — colostrum is dairy (read more);
- are pregnant or nursing;
- are buying for a child (can kids take colostrum?);
- take prescription medicines or have a medical condition.

Starting out

Follow the label serving (how much colostrum per day?). Mix it into a cool or warm drink rather than a boiling one (colostrum in coffee), and give any routine a few weeks before you judge it (how long does it take?). Mixing ideas: how to mix colostrum.

How BIOMIXA answers these questions. BIOMIXA Bluegrass Colostrum is 100% bovine colostrum powder, collected in the first six hours after calving from grass-fed cows on US farms, with no added hormones, antibiotics or GMOs, unflavored and with no additives. 120 g = 60 servings. Made in the USA in a GMP facility and third-party tested. We wrote this guide so you can hold us — and everyone else — to the same list.

Sources

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Related BIOMIXA articles

How to read a colostrum label · Low-heat processing · Whole vs. defatted · Capsules vs. powder · Price per serving · Is colostrum safe long term?

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