BIOMIXA · buyer's guide

How to Choose a Bovine Colostrum Supplement

Six questions that separate one jar from another — with the research behind them.

biomixa.com · biomixa.com/blogs/news/reading-a-colostrum-label



The six questions

Before you buy, ask:

1

When was it collected?

2

Where do the cows come from?

3

How was it processed?

4

What is on the label?

5

Who checks it?

6

What does a serving cost?

What it is

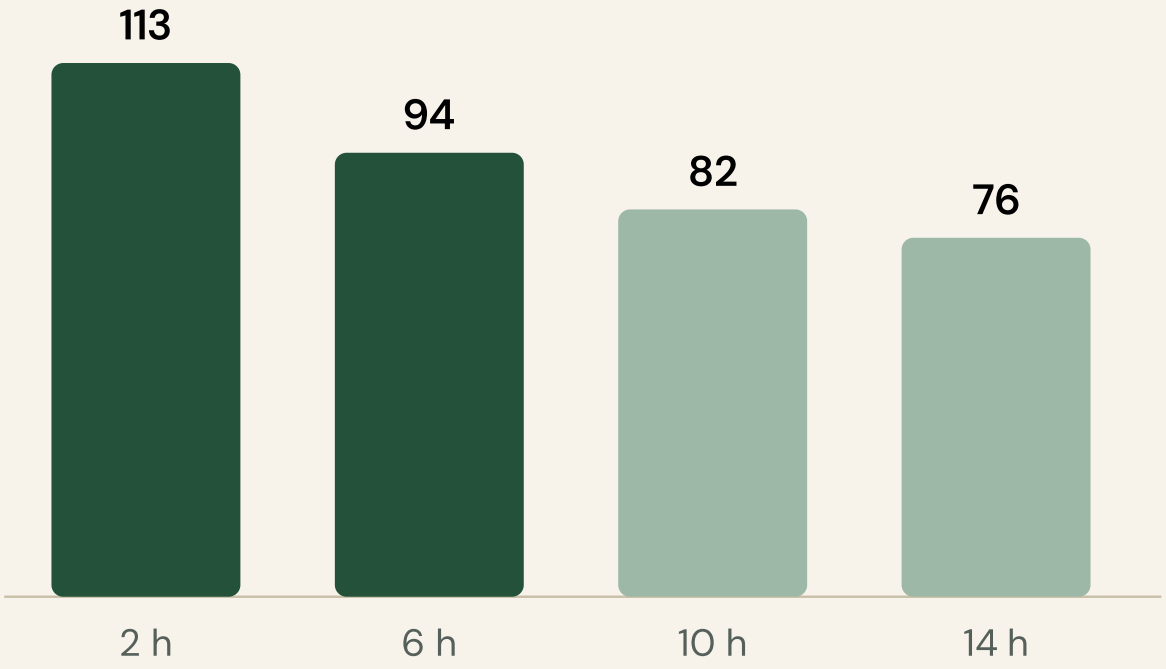
Colostrum is the first milk after calving

- Rich in immunoglobulins (IgG), lactoferrin, lysozyme and growth factors.
- Dried into a pale yellow-white powder or put in capsules.
- Human research is mostly small trials; sport studies used about 20 g/day for 2–12 weeks.
- Bioactivity varies between products — so choosing matters.

Playford & Weiser, Nutrients 2021 (PMID 33477653) · Davison, Nutrients 2021 (PMID 34073917)

Question 1

IgG falls in the hours after calving



Mean colostral IgG (g/L) when collected 2, 6, 10 and 14 hours after calving, 13 Holstein cows.

Look for: first milking and a stated time window.

Moore et al., JAVMA 2005 (PMID 15844432)

Question 2

Where do the cows come from?

- Country of origin on the label.
- Grass-fed: a farming claim — ask how it is checked.
- No added hormones or antibiotics, verified.
- Calf first: newborn calves need colostrum soon after birth.

Godden et al., Vet Clin North Am 2019 (PMID 31590901) · Is colostrum ethical?



Question 3

Heat matters: 60 °C vs 63 °C

0%

change in IgG after 120 min at 60 °C (140 °F)

≈34%

estimated IgG decrease at 63 °C (145 °F)

Ask for real pasteurization temperatures and the IgG measured in the finished powder.

McMartin et al., J Dairy Sci 2006 (PMID 16702277) · Low-heat processing, explained

Question 4

Read the Supplement Facts panel

1. Grams per serving — not just "1 scoop".
2. IgG in mg or %, and how it was tested.
3. Other ingredients: ideally none.
4. Country of origin.
5. Lot number and best-by date.

Red flags: "proprietary blend", sweeteners in a "pure" product, no grams. Full label walk-through

Questions 5 and 6

Testing and true cost

- FDA does not pre-approve supplements.
- All US makers must follow CGMP (21 CFR 111).
- Third-party testing + certificate of analysis.

Third-party testing, explained

fda.gov/food/dietary-supplements · ecfr.gov 21 CFR Part 111

Price ÷ servings, then check grams per serving.

Example: $79.99 ÷ 60 = $1.33 per 2 g serving.

Colostrum price per serving

Be careful

Talk to your doctor first if you…

- are allergic to cow's milk — colostrum is dairy;
- are pregnant or nursing;
- are buying for a child;
- take prescription medicines.

Start with the label serving, in a cool or warm drink, and give it a few weeks.

How to mix 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.

Take it with you

Get the free 10-page guide and checklist

The full guide, a printable checklist and all sources are at biomixa.com and in our article How to read a colostrum label.

BIOMIXA Bluegrass Colostrum — 100% bovine colostrum from grass-fed US cows, collected in the first six hours after calving, unflavored, no additives, made in the USA in a GMP facility, third-party tested. Irvine, California.