

# Colostrum

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Answering your questions about the cows and the  
colostrum Anovité gets from them

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## Where are the cows from?

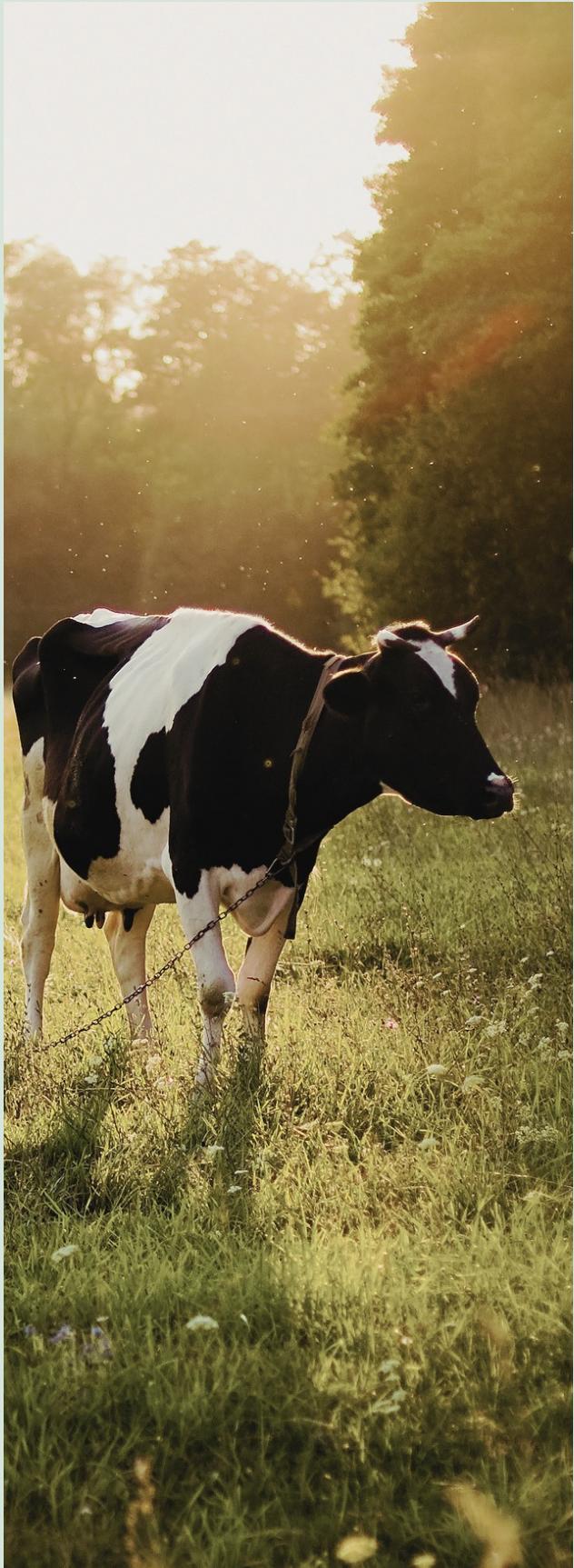
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Anovité is very selective with the cows they choose to work with, where these cows live, and where they are from. The cows must be Grade A and exceed organic standards, ensuring that you are getting the best colostrum possible. In order to ensure that the cows are in the best health and receive the best care possible, they are fed a well-defined diet full of proper nutrition. Their diet is an all-grass diet that includes a fermented forage blend of hay. These grasses include millet, sorghum, and straw...no corn or soy, just a high-quality blend of grass. Their cows get their grass directly from the pasture, and they are also line fed (especially during winter months).

Being grass-fed is critical to Anovité's colostrum. Grass-fed cows are significantly healthier than grain-fed, and this is reflected in their milk and colostrum. Another noteworthy factor about these cows is what they are not fed: antibiotics. Anovité gets a third party to test the milk to make sure the cows they work with are free from antibiotics. Many people don't realize that the vast majority of antibiotics in the USA go to farm animals; antibiotic-resistant superbugs start on the farm, not in a doctor's office! With Anovité, you can be sure that you are getting the best and purest form of colostrum on the market, and that it comes from the healthiest grass-fed cows.

# What is colostrum & where are the cows from?

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Colostrum is the pre-milk fluid produced from the mother's mammary glands during the first few hours after birth (72 hours after birth for human mothers, 0-6 hours for bovine—cow—mothers). It provides over 700 life-supporting immune, essential, and growth factors that ensure the health and vitality of the newborn. Bovine colostrum is a universal donor to all mammals; this means that when any mammal (including humans) drinks cow colostrum, the antibodies in this "liquid gold" are donated to the animal drinking it. This means that the colostrum is very empowering to your immune system, being able to down-regulate an overactive immune system and up-regulate a depressed one.

Adding to the value of its colostrum, Anovité only works with cows in the United States. The reason for this is that it allows Anovité to ensure the health and quality of the cows and their milk. All Anovité cows are pastured, a technique that is beneficial not only because it allows the cows to be exposed to fresh grass, but because it allows them to have access to their natural environment and produce antibodies to pathogens they commonly come into contact with.

Anovité carefully manages the quality of their colostrum, down to the smallest detail. For example, the farmers that work with Anovité will separate the cows by how many lactation cycles they have experienced, better regulating the quality of the cow's milk and health. But not all cows are exposed to the same pathogens. To increase the variety of antibodies you get exposure to in Anovité's Colostrum6, Anovité intentionally mixes the colostrum of many cows together into larger batches. The result is that you get exposure to a diverse array of antibodies.



# What about the calves?

One thing to remember is that the calf is very valuable to the farmer. A farmer who doesn't invest in their calves doesn't have a farm; calves will become replacement or expansion members of the herd. For this reason, the farmer needs to take really good care of their calves so that the herd can continue to grow and remain healthy.

To keep the calf as healthy as possible, the farmers collect the colostrum from the mother six to eight hours after birth. The calf is then bottle-fed the colostrum. Of course, calves suckle their mother as much as they want and need, but it's important that farmers take it upon themselves to bottle feed the colostrum right away. Why? A calf needs to receive colostrum ideally within four hours of being born, or they will become sickly and eventually die. Mother cows (especially first-time heifers) sometimes have a hard time adjusting to their new role, making it harder for the calf to suckle. If the calf is able to suckle, it is still encouraged to do so. Bottle-feeding colostrum simply provides a more reliable outcome for the calf's health.

Farmers can't afford to lose these precious calves, and research has shown that the calf needs about 2 quarts of colostrum to minimize disease and support development. If the calf solely suckles, they will usually receive less than they actually need, and farmers can't take that

risk. By feeding the calf colostrum directly through a bottle, it keeps the calf and mother as healthy as possible. The farmer is able to collect an average of 10 liters, or 9.5 quarts, of colostrum in the first milking. The calf will then be fed at least 2 quarts (often more) and the rest is what will be used for Anovité's colostrum.

Years ago, farmers in the United States realized that there are more risks in unsupported breeding and birthing in the pasture. These risks included the higher chance of disease, lower production and quality of milk, and a negative impact on the health of the calf. There was no way to ensure the calf was getting all the colostrum it needed. Now it is standard practice to care for pregnant cows around the clock, usually in a maternity ward, and to assist in the birth only if needed. This way the calf is better taken care of and the colostrum can be collected earlier and in a more pure state before it mixes with the milk that the cow begins to produce.

With more experience comes better quality. So farmers that Anovité works with use the colostrum only from cows that have had at least two live births. This helps to identify those cows that are able to comfortably produce plenty of high-quality colostrum (cows tend to produce more milk after each live birth). Dairy farmers truly care for their cattle. They want to make sure that the calves are getting ample colostrum and are well taken care of.

**“** [The calves] are very valuable to us, both as living sentient creatures and as our future. **”**

