Clinical Tests: Preventing Colds with APS45-10 Colostrum

Test periods

Test subjects
1. Child Age 3-9 male and female N=196
2. Adult Age 30-65 female N=59

Test item
Double-blind placebo-controlled trial
Daily record of health condition by test subjects

Test product
Tablets contain Colostrum (APS45-10) or Skim milk powder (placebo)

Colostrum group
1. Child 500 mg APS45-10/day
2. Adult 1000 mg APS45-10/day

Placebo group
1. Child 500 mg Skim milk powder/day
2. Adult 1000 mg Skim milk powder/day

Clinical tests: Preventing colds

Number of incidence

Child (Age 3～6)

- Colostrum G. (N=65) - 0.89
- Placebo G. (N=63) - 1.43

P = 0.015

Adult (Age 30～65)

- Colostrum G. (N=29) - 0.14
- Placebo G. (N=30) - 0.33

P = 0.068

Results

Taking APS45-10 colostrum during a 4 month winter period reduced the incidence of colds in children aged 3-6 by 38%* compared to placebo group (N=196, P=0.015).

* ((1.43-0.89)/1.43) x100 = 38%

Taking APS45-10 colostrum during a 4 month winter period reduced the incidence of colds in adults aged 30-65 by 57.6%* compared to placebo group (N=59, P=0.068).

* ((0.33-0.14)/0.33) x100 = 57.6%

Conclusions

Both in children and adults taking APS45-10 colostrum reduces the number of incidences of colds by 38% and 57.6% respectively in the test period.
