Clinical test: *Stimulating own immunity (S-IgA)*

**Test periods**

Jan. 24, 2009 - May 16, 2009

**Test subjects**

Adult Age 30-59 male and female (N=26)

**Test item**

Double-blind placebo-controlled trial
Measurement of S-IgA in saliva

**Test product**

Tablets contain Colostrum (APS45-10) or Skim milk powder
Colostrum group: 1000 mg APS45-10/day
Placebo group: 1000 mg Skim milk powder/day

Clinical test: **Stimulating own immunity (S-IgA)**

### All subjects

<table>
<thead>
<tr>
<th>Time (w)</th>
<th>Placebo G. (N=14)</th>
<th>Colostrum G. (N=12)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>86.3</td>
<td>92.7</td>
</tr>
<tr>
<td>8</td>
<td>83.5</td>
<td>104.4</td>
</tr>
</tbody>
</table>

### Low S-IgA subjects*

<table>
<thead>
<tr>
<th>Time (w)</th>
<th>Placebo G. (N=14)</th>
<th>Colostrum G. (N=12)</th>
</tr>
</thead>
<tbody>
<tr>
<td>0</td>
<td>67.3</td>
<td>76.5</td>
</tr>
<tr>
<td>8</td>
<td>69.3</td>
<td>75.7</td>
</tr>
<tr>
<td>12</td>
<td>75.7</td>
<td>109.6</td>
</tr>
</tbody>
</table>

*P<0.05*

*: Low S-IgA subjects

At 0W, the level of S-IgA was lower than 84.7 μg/ml

(84.7 μg/ml is average of all subject at 0W)

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Results

Graph 1 – adults with initial average levels of S-IgA of 84.7 mcg/ml

Taking 1000 mg of APS 45-10 colostrum daily the S-IgA levels in adults increased by 25.6%*. (N=12)

*((104.4-83.3)/83.1) x100=25.6%

Taking placebo the S-IgA levels in adults only increased by 7.4%*. (N=14)

*((92.7-86.3)/86.3) x100=7.4%

Graph 2 – adults with initial S-IgA levels lower than 84.7 mcg/ml

Taking 1000 mg of APS 45-10 colostrum daily the S-IgA levels in adults increased by 84.8%*. (N=12)

*((109.6-59.3)/59.3) x100=84.8%

Taking placebo the S-IgA levels in adults increased by 13.7%*. (N=14)

*((76.5-67.3)/67.3) x100=13.7%

Conclusions

Taking APS45-10 colostrum has been more effective in elevating S-IgA levels in adults compared to placebo.

Taking APS45-10 colostrum the S-IgA levels were significantly higher in adults with a compromised immune system (with initial S-IgA levels lower than 84.7 mcg/ml) compared to adults with an average levels of S-IgA of 84.7 mcg/ml.

The active ingredient in Colostrum are Proline-rich Polypeptides (PRPs), these work as an immune-modulator, bringing the immune system in a homeostatic balance.