

# colostrum

Colostrum is a first food and immunisation that is tailored to help babies of all gestations adjust to life outside of the womb



Colostrum has over 130 carbohydrates, prebiotics (a type of fiber that acts as a fertiliser for good bacteria in the gut) and probiotics (a live bacteria that patrol the intestines to help the digestive system run smoothly by helping to digest, destroying harmful pathogens and produce vitamins) that are specific to human milk.

These good bacteria help establish control of friendly, healthy live cells and antibodies in the bowel. The antibodies help the growth of good bacteria and help to protect against NEC.

Colostrum can usually be measured between a few drops and a few mls rather than large quantities.

Colostrum volumes vary from mother to mother and from expression to expression and tiniest amount can be beneficial.

