

Largest Selection of Nutritional Supplements in Northern Michigan 1459 S. Otsego Avenue Gaylord, MI 49735 989-705-8500 www.jojosnaturalmarket.com



## What is Colostum and what are the benefits.

Colostrum is the first form of milk produced by mammals, including humans, immediately following the birth of a newborn. It is a thick, yellowish fluid that is rich in nutrients and antibodies, making it an essential part of early nutrition for infants. Produced in the first few days after delivery, colostrum is often referred to as "liquid gold" due to its immense health benefits.

Beyond infancy, Bovine colostrum contains high levels of proteins, growth factors, and antibodies (like IgG), which support immune function, gut health, and tissue repair. Many people take colostrum supplements to help strengthen their immune system, improve digestion, reduce inflammation in the gut, and promote muscle recovery after exercise. It's especially popular among athletes, people with gastrointestinal issues (like leaky gut or IBS), and those looking to boost overall immunity.

Research suggests colostrum may help reduce the risk of respiratory infections, speed up recovery from intense physical activity, and support a healthy gut microbiome. While generally considered safe, it's best to consult with a healthcare provider before adding it to your routine, especially if you have dairy allergies or underlying health conditions.

In summary, colostrum supplements offer a concentrated source of immuneboosting and gut-supportive nutrients that may benefit overall wellness when used appropriately.

This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Good Thru May 7, 2025

## Vital Planet 15% off

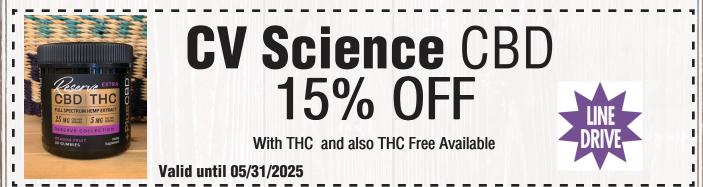


Valid until 05/31/2025

## Why Take a Probiotic

Probiotic supplements help restore and maintain a healthy balance of gut bacteria. They support digestion, boost immunity, reduce bloating and gas, and may improve mood and skin health. They're especially useful after antibiotics or for people with digestive issues like IBS.

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## Why might you want THC in your CBD?

You might want THC (tetrahydrocannabinol) in your CBD (cannabidiol) products because the combination of the two can create what is known as the "entourage effect." This is a theory suggesting that cannabinoids like CBD and THC work better together than they do alone, enhancing their therapeutic effects.

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