

# **Clinical Tests: Preventing Colds with APS45-10 Colostrum**

## **Test periods**

1. Child Nov.14,2006-Mar.23,2007
2. Adult Jan.28,2009-Feb.26,2009

## **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**

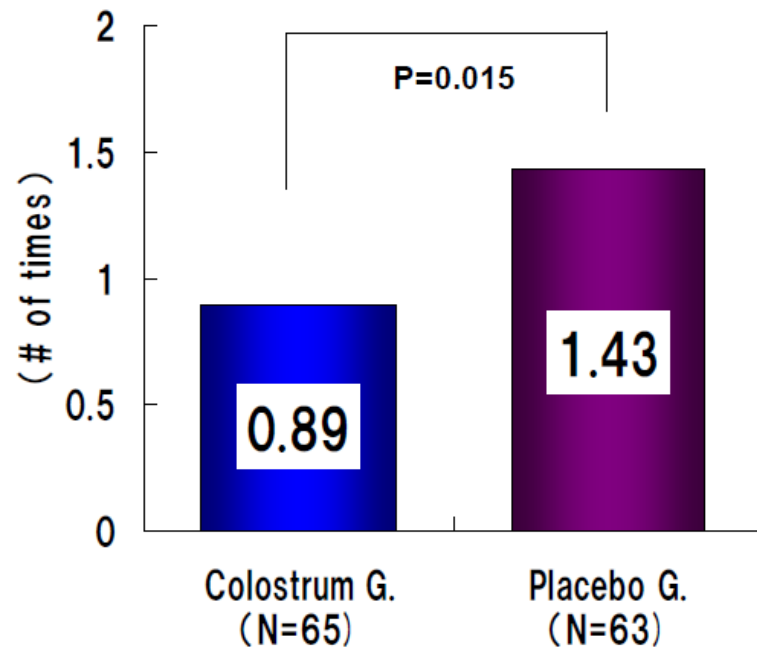
1. Child 500 mg Skim milk powder/day
2. Adult 1000 mg Skim milk powder/day

Paper presented at Annual Meeting of Japanese Society of Clinical Nutrition 2007, The 13th Symposium of Adult Disease Countermeasure Society 2008, The 14th Symposium of Adult Disease Countermeasure Society 2009 and Annual Meeting of Japanese Dairy Science Association 2009.

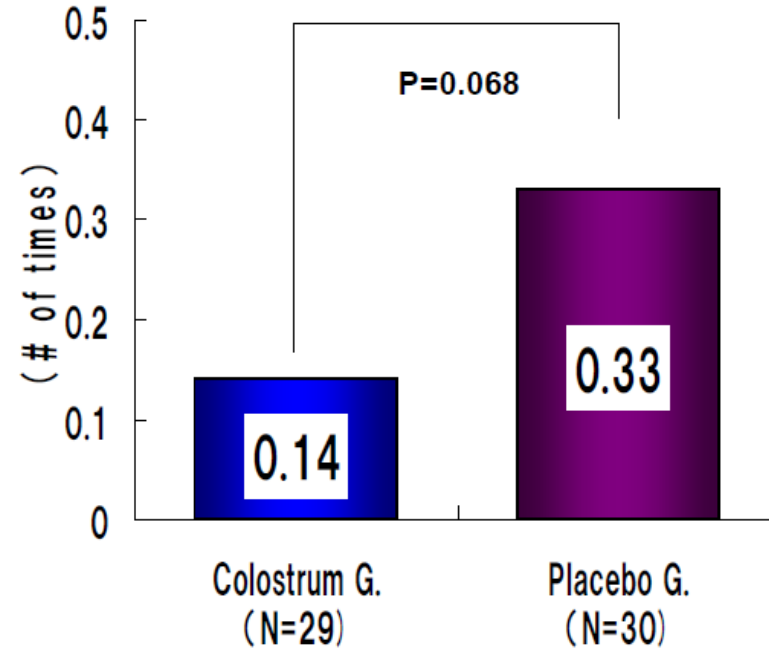
# Clinical tests: Preventing colds

## Number of incidence

### Child (Age 3~6)



### Adult (Age 30~65)



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## 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).**

\* $((1.43-0.89)/1.43) \times 100=38\%$

**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).**

\* $((0.33-0.14)/0.33) \times 100=57.6\%$

## 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.**

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