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The Effects of Bovine Colostrum Consumption on Women's Health: A Systematic Review

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ABSTRACT

Bovine Colostrum is the first milk secreted after giving birth of a cow, providing nourishment and immunity-boosting components. Bovine colostrum contains higher concentrations of biologically active substances compared to mature milk, exhibiting anti-inflammatory, immune-modulatory, and antimicrobial effects that positively impact human health. This study aimed to determine the effects of Bovine colostrum consumption on women's health.

In this systematic review study, resources were searched in the databases of PubMed, Science Direct, Scopus, Web of Science, Ovid, Magiran, IranMedex and SID. The search was conducted using English keywords such as "bovine colostrum", "female", "women", "girl", as well as equivalent Persian keywords. The resources without time limitation were reviewed.

A total of 658 studies were identified from various resources. By respecting inclusion criteria, six interventional studies were selected to be included in this systematic review. Outcomes showed that Bovine colostrum supplementation is beneficial for health of female athletes. Also, Bovine colostrum had a positive impact on vaginal dryness, vaginal health, and sexual function in reproductive age women, and improved vaginal dryness, sexual wellbeing, sexual life, quality of life, and urinary symptoms of postmenopausal women.

Consumption of Bovine colostrum has beneficial effects on the health of female athletes, vaginal and sexual health of women, and urinary symptoms of postmenopausal women. Bovine colostrum consumption is recommended for women, especially athletes and postmenopausal women. There are few interventional studies on Bovine colostrum and women's health; so, conducting the researches especially in postmenopausal and pregnant women is recommended.

Key words: women's health, bovine colostrum, menopause, female athletes, systematic review

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