



Holistic Health Refined with Research

True to our heritage, we provide solutions that sustain and advance natural health and wellness. We combine the best of nature with responsible, smart science to deliver exclusive products with effective results. With over 25 years of research experience, RBC Life understands and improves the strength of nature so we can deliver it to you.

item #1750 - 90 vegetable capsules

FROM RBC LIFE SCIENCES®

FirstFood™

Immune Defense*

Key benefits:

- Contains natural immune agents*
- Provides digestive support*
- Pure, safe support for all ages*

What is it?

FirstFood contains colostrum, a special pre-milk fluid that mammals produce in the first 48 hours after giving birth. Colostrum contains substances that protect the infant's health, stimulate growth and contribute to more than 50 other health-supportive processes.*

What is it formulated to do?

FirstFood is a supplement that contains a full range of immune supportive agents. It also contains natural substances that help improve digestive health.*

Who may benefit?

Anyone who desires natural immune and digestive health support can benefit from FirstFood.

How is it used?

Adults take 3 capsules daily for maintenance, increasing if desired. For children, capsules may be easily opened and the powder sprinkled into baby formula or into the child's food. FirstFood colostrum contains powerful nutrition that can benefit people of all ages. It contains a range of immune supportive agents called immunoglobulins. In addition, it has substances that help restore health to our digestive tract by encouraging the growth of beneficial bacteria and discouraging the growth of harmful bacteria. In this way, FirstFood can play a significant role in the overall improvement of our intestinal health. Its naturally occurring growth factors also help increase protein synthesis, build lean muscle tissue and burn fat for energy.*

Immune support

FirstFood contains a full range of immune supportive agents called immunoglobulins (also known as antibodies), including IgA, IgD, IgE, IgG and IgM. These antibodies naturally aid the body in its fight against foreign organisms. Pure colostrum has a 20-25% immunoglobulin content. One of the most important is called IgF-1. This immunoglobulin has been studied for its ability to promote muscle growth and aid in the production of immune cells. It may also help in the maintenance of healthy blood sugar levels, and it can increase fat burning. This substance is particularly beneficial during times of fasting or dieting to ensure that the body is first burning fat stores instead of muscle protein.*



- See Over -

Colostrum for children

Babies need IgF-1 to activate many basic metabolic processes necessary during their rapid growth and their entry into the world outside the protective immunity of the mother's womb. Infants, with their developing immune systems, are extremely vulnerable. Many babies today are not breast fed even in the first few critical days. They have NO source of colostrum unless they are given a supplement. Research shows that formula fed children tend to have compromised immunity and digestion. FirstFood can help to restore these systems to optimum function. It is never too early or too late to introduce colostrum into the diet.*

Colostrum for adults

As we age, we produce fewer immune and growth factors, which are needed to repair tissue damage and maintain health. Colostrum can provide many of these important factors, often included in anti-aging programs.

The growth factors found in FirstFood regenerate muscle, nerve, bone and cartilage. They promote cell growth, tissue repair and wound repair. Growth factors affect all the structural cells of the body, helping to increase protein synthesis, build lean muscle tissue, repair the gut lining and burn fat for energy.*

More benefits:

- Growth factors stimulate the repair of the digestive tract*
- Lactoferrin improves the absorption of iron into the cells and interferes with the growth of harmful bacteria in the intestine*
- Proline Rich Polypeptide (PRP) serves as a regulator of the immune system*
- Lysozyme helps destroy unwanted bacteria in the gastrointestinal tract*
- Cytokines enhance and regulate the immune system*
- Long-chain sugars keep bacteria from attaching to mucus membranes*
- Orotic Acid supports red blood cell integrity*

Life Sciences and safety of FirstFood

RBC Life's pure colostrum is harvested from healthy cows at a state-licensed, USDA-inspected dairy. The colostrum is closely monitored and shown by laboratory testing to be free of bacteria, herbicides, pesticides and antibiotics. It is collected in the first 24 hours after the birth of the cow's second calf, when the highest concentrations of immune and growth factors are present.

Bovine colostrum is the only animal form that can be utilized by humans. Fortunately, dairy cows produce more colostrum than is needed by the newborn calves and the excess can be processed for human consumption. Bovine colostrum actually contains even more health-supportive substances than human colostrum. It is safe for those with milk allergies, and it contains almost no lactose. Those with lactose intolerance should not have a problem consuming colostrum. Many people have achieved optimal health when supplementing their diet with colostrum.

Order from your RBC Life Independent Associate:

Supplement Facts

Serving Size: 3 Capsules

Servings Per Container: 30

Amount Per Serving	% Daily Value	
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Calories	5	
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Sodium	5 mg	<1%
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Protein	1 g	
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Bovine Colostrum	1.44 g	†
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† Daily Value not established.

Other Ingredients: Rice flour, magnesium stearate, vegetable capsule (hypromellose, water).

ALLERGEN INFORMATION: Contains milk

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent disease.