



Effects of bovine colostrum on recurrent respiratory tract infections and diarrhea in children

Khaled Saad, MDa,¹, Mohamed Gamil M. Abo-Elela, MD^b, Khaled A. Abd El-Baseer, MD^b, Ahmed E. Ahmed, MD^b, Faisal-Alkhateeb Ahmad, MDa, Mostafa S. K. Tawfeek, MDa, Amira A. El-Houfey, PhD^c, Mohamed Diab Aboul_Khair, MD^d, Ahmad M. Abdel-Salam, MPharm^e, Amir Abo-elgheit, MDa, Heba Qubaisy, MD^b, Ahmed M. Ali, MDa, Eman Abdel-Mawgoud, MD^b

Abstract:

Background: Bovine colostrum (BC) has direct antimicrobial and endotoxin-neutralizing effects throughout the alimentary tract, as well as other bioactivities that suppress gut inflammation and promote mucosal integrity and tissue repair under various conditions related to tissue injury. The precise role of BC in respiratory and gastrointestinal (GI) infections in children is not well defined. The aim of this study was to evaluate the efficacy and tolerability of BC administration in preventing recurrent upper respiratory tract infections (URTI) and diarrhea in children. **Methods:** One hundred sixty children (aged 1-6 years) having recurrent episodes of URTI or diarrhea received BC for 4 weeks. The number of episodes of URTI, diarrhea, and frequency of hospitalization required for URTI and diarrhea occurring during the study period were assessed at weeks 8 and 24. **Results:** From a total number of 160 children, 81 patients (50.63%) were males. The mean age (\pm SD) was 3.65 (\pm 2.01) years. The mean (\pm SD) total number of infections was significantly decreased after BC therapy from 8.6 \pm 5.1 at baseline to 5.5 \pm 1.2 after 2 months (P

Keywords:

bovine colostrum, children, diarrhea, respiratory tract infection

Published In:

Saad et al. Medicine , NULL , NULL