Bovine Colostrum Is Having a Moment. Should Midlife Women Care?

Experts break down the potential benefits — and whether the hype is justified.

BY CHERYL FENTON

AUGUST 17, 2026 7:00 AM

ADD US AS A GOOGLE PREFERRED SOURCE



Hubei territory Network Technology Co., Ltd/Getty Images

Aging can bring a lot of unexpected bodily shifts. Just ask Sophia Paliov. Overnight, this 54-year-old Southern Californian began dealing with acid reflux, random bloating, constipation, and a rebelling digestive system that suddenly despised her favorite foods.

The eyeroll of usual suspects was to blame — hormones. Since the digestive tract relies heavily on estrogen, fluctuations during perimenopause and menopause can send both the gut and immune systems into chaos.

Recently, a wellness remedy has made some noise as a potential solution for middle-aged women struggling with good digestion and immunity — bovine colostrum, the nutrient-dense milk produced by cows after giving birth. Known to build and protect a newborn's gut lining and support its developing immune system, experts believe colostrum could do the same for

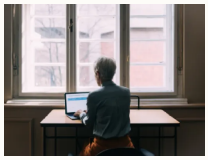
middle aged women.

The gut lining and immune system “are the same two areas that may become more vulnerable for women in midlife,” explains Dr. Sarah Secor-Jones, an integrative and longevity physician, certified women’s hormone health expert, and founder of Lesh Lifestyle in Sarasota, Fla.

“Estrogen helps support this barrier,” she explains of the vital protective barrier that decides what nutrients your body absorbs and what toxins it keeps out. “As [estrogen] fluctuates and declines during perimenopause, the gut lining may become less resilient.” This would explain why many midlife women suddenly experience uncomfortable bloating, unpredictable bowel habits, reflux, or new food sensitivities.

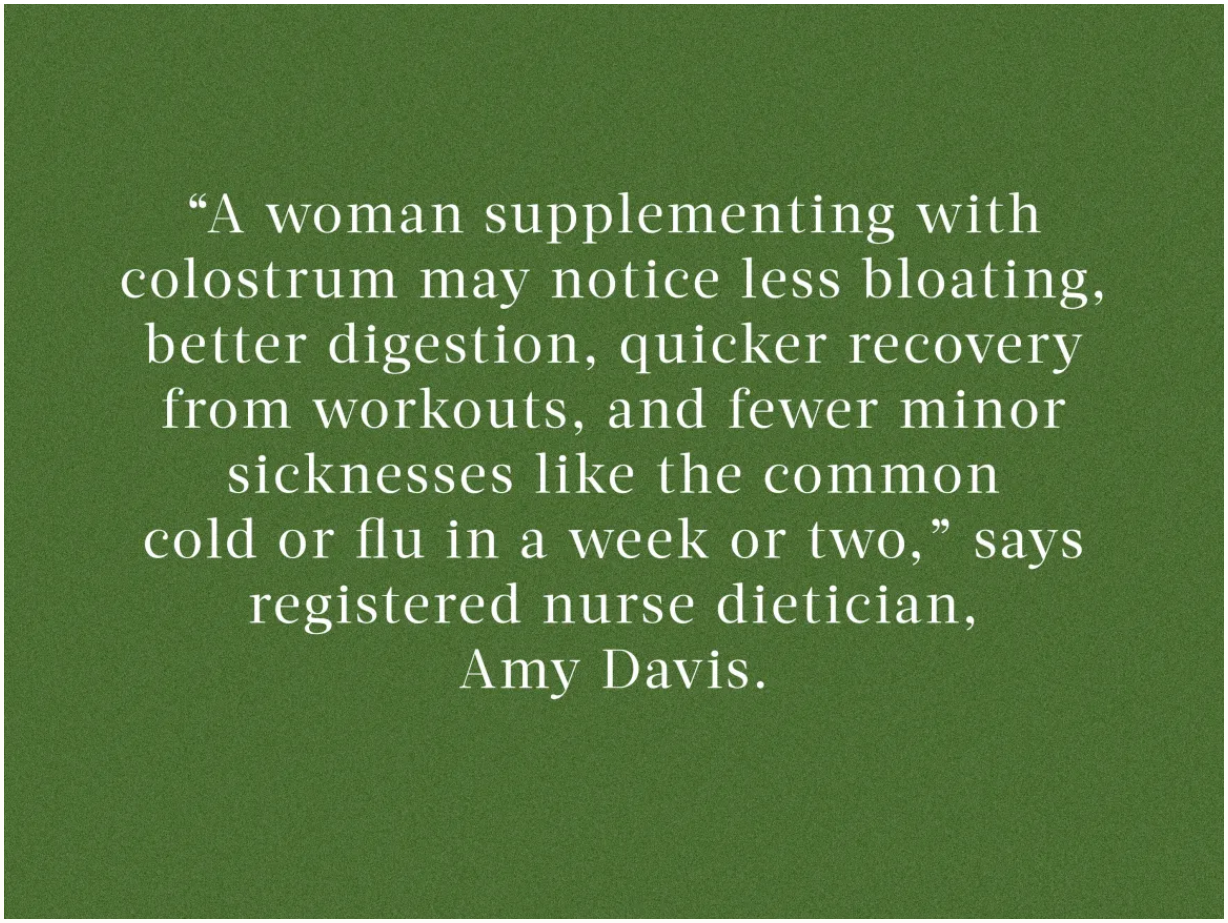
According to a Bloomberg report, U.S. colostrum supplement sales have reached past $22 million, marking a 3,000 percent increase the past two years. Physicians and women’s health experts, along with celebrities such as Jennifer Aniston, Gwyneth Paltrow, and Dua Lipa, have all sung its praise.

RELATED STORY



How Can Employers Actually Provide Menopause Support?

What Exactly Is in Colostrum



This isn’t just standard milk. Dubbed “liquid gold,” it’s a complex bio-active powerhouse of proteins, natural growth factors, and antimicrobial peptides. Adding this beneficial supplement has helped some women gain better control over their ever-changing health and wellness.

According to Dr. Secor-Jones, commercial bovine colostrum contains higher levels of protein than human colostrum, and the all-important Immunoglobulins (IgG).

“IgG make up the largest share of protein in quality colostrum,” she says of these antibodies that trap and clear out harmful germs and toxins inside the gut. The strongest clinical research suggests bovine colostrum may help strengthen the gut barrier and reduce intestinal permeability (“leaky gut”).

But IgG aren’t working alone. “Bovine colostrum is naturally rich in vitamins, minerals, fats, carbohydrates, antibodies, lactoferrin, growth

factors, and other bioactive compounds," says Amy Davis, a registered nurse dietician and founder of The Balanced Diet. "Lactoferrin helps support the body's defense against bacteria and viruses, and growth factors such as IGF-1 and IGF-2 may help maintain a healthy gut lining and support tissue repair." This is a welcomed boost, as our gut lining is constantly rebuilding itself.

Colostrum also contains prebiotics and immune-supporting compounds, which help feed beneficial gut bacteria, prevent harmful germs from attaching to the gut wall, and support a more balanced immune response. Collectively, these bioactive compounds are thought to help strengthen the body's natural defenses and support digestive and immune health.

"I started taking colostrum about three years ago and I liked it immediately," says Paliov, who takes her daily dose in a glass of water or added to organic yogurt. "I was trying to heal my gut and get a better digestive system. My gut feels better, and the bloating and constipation are gone."

Consistency Is Key

If you decide to add colostrum to your routine, don't expect overnight miracles. Healing the gut takes time and consistency.

"A woman supplementing with colostrum may notice less bloating, better digestion, quicker recovery from workouts, and fewer minor sicknesses like the common cold or flu in a week or two," says Davis. Health benefits like energy, immunity, or recovery typically require more time — roughly eight to 12 weeks. "Just like any supplement, it usually takes at least three months to experience maximum benefits."

While you shouldn't lead your other gut health supplements like probiotics

out to pasture, colostrum holds immense promise. “Colostrum could be a game changer,” says Dr. Secor-Jones, noting experts agree that more large-scale research focused on midlife women is needed.

How to Shop for Colostrum

If you’re considering adding colostrum to your routine, quality matters. Worthwhile brands take pride in third-party testing, as well as first milking collection, which ensures the colostrum was collected within 24 hours after the calf nurses. You should also pay attention to the IgG percentage (Dr. Secor-Jones suggests a sweet spot of 20 to 40 percent), as well as low-temperature processing, which preserves the proteins’ bio-activity.

Dose also matters. “Recent studies have used anywhere from about 3 to 60 grams per day, and many of the stronger gut health results used 20 grams or more,” explains Dr. Secor-Jones. This is significantly more than the tiny scoop found in many standard retail brands.

Finally, check your allergies. If you have a true milk protein allergy, she issues a “full stop” warning to skip this supplement. If you’re simply lactose intolerant, you may still tolerate it well, as colostrum is lower in lactose than mature milk.

The irony behind supplementing with colostrum isn’t lost. To support our midlife journey, nature’s first food could balance the aging gut and keep the immune system strong.

Colostrum Supplements



Cowboy Colostrum Bovine Colostrum in Cookies & Cream

On Sale 25% off

$51.75 BUY NOW

Made from first-day milk colostrum, this formula comes in a variety of tasty flavors. The newest Cookies & Cream is a crowd favorite.



Dr. Stephanie's Purified Colostrum

$29.99 BUY NOW

Formulated by a doctor, the colostrum is filtered to remove bovine-only glycoproteins so sensitive stomachs find it super easy to tolerate.



Live Conscious Colostrum

$54.00 BUY NOW

This third-party tested colostrum disappears immediately into your coffee for a smooth and healthy morning wake-up.



Wonder Cow Colostrum

On Sale 14% off

$64.99 BUY NOW

Owned by 7th generation dairy farmers, this brand boasts “calf-first” ethical collection. Powders not your thing? Try their unique colostrum gummies.



Armra Colostrum

$49.99 BUY NOW

Yummy and limited-edition flavors (like Peach Persimmon, Sungold Apricot and Vine Watermelon) come in tub and travel-size pouches — perfect for staying healthy even while on-the-go.

READ MORE:

COLOSTRUM | GUT HEALTH | MENOPAUSE | SUPPLEMENTS