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 Age: 42  
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 Occupation: Postman  
 Goals for 2010: Sub 11hrs at IM Lanzarote.

My training is all geared around long distance events (IM Lanzarote especially) so any supplement that improves recovery and allows you to train harder is bound to be of interest.

After two weeks of taking Neovite I definitely noticed increased power output (about 30 watts) on time trials and hill climbing on the bike. Also faster run times over 10 miles plus distances. However, swimming seems to be less affected.

I've noticed no adverse health problems from taking Neovite, and have found it does satisfy your appetite post-training when taken with a recovery drink (handy if you're watching the calories). Recovery from training has shown some improvement especially with twice a day sessions leaving you more refreshed to train again the following day!

Analysis of training diary by GD

|                         | <b>Week 1</b><br>(before colostrum) | <b>Weeks 2</b><br>(before colostrum) | <b>Week 3</b><br>(1 <sup>st</sup> week with colostrum) | <b>Weeks 4</b><br>(2 <sup>nd</sup> week with colostrum) |
|-------------------------|-------------------------------------|--------------------------------------|--------------------------------------------------------|---------------------------------------------------------|
| Training Hours (approx) | 4.5                                 | 7.5                                  | 10.3                                                   | 14                                                      |
| Training Load           | 40                                  | 47.5                                 | 79                                                     | 92                                                      |

Training Load is a product of effort/intensity of training and the duration of training. It, therefore, takes account of two of the most important components of training (intensity and duration) to give a better 'overall' indication of the training stimulus. It's worth remembering, however, that the method used here is subjective and relies on self reported "Ratings of Perceived Exertion" from the athletes. Nevertheless, it's a useful, simple and non-invasive tool that can provide vital information on actual training.

### Health/illness logs

In the first two weeks you reported no upper respiratory tract illness (URTI) symptoms. Endurance athletes do have an increased risk of experiencing such symptoms. Taking other supplements may have beneficial effects on your immune system and there's a possibility that even if you were exposed to a virus or URTI

causing pathogen, your immune system was more than capable of preventing it from causing an infection in you. But you've steadily increased your training hours and total training load over the four-week period, so it'll be even more important to minimise your risk of infection and enhance your natural defences as much as possible.

## **Gut**

It's also common for endurance athletes to experience 'gut problems' and this does tend to be more common with running.

In week three you didn't report any illness symptoms despite continued increases in training. In week four you reported one day with URTI symptoms. However, because it was isolated to a single day it is not considered as an actual URTI episode.

A possibility is that this was the start of a 'real' infection that your body was able to deal with and eliminate before it took a foothold, either because of your natural immune defence or possibly as a result of the colostrum supplementation.

## **2-week report**

You continued to increase your training hours and load. Despite this, you reported better recovery between sessions and better perceptions of wellbeing in week three and week four. I think your comment that this may be psychological is a definite possibility (this is known as an 'expectancy effect' or 'the placebo effect'). Having said that, there is some evidence that colostrum does have more immediate effects.

Most research in athletes has only investigated periods of at least 2 weeks but there is some '*in vitro*' evidence of immediate benefits to the immune system and gut. However, we need to determine this out of the test tube, with people actually taking colostrum for these short periods, before we can make any definite conclusions about this. The greatest effects usually take at least a couple of weeks of supplementation. If this is the case, the continued improvements in week four may possibly be related to your supplementation.