

Sam Hatfield

Age: 19

Hometown: Taunton

Occupation: Student (Durham University)

Goals for 2010: Break 2hrs 10mins in an Olympic-distance race

Qualify for 2010 ITU World Age Group Championships

After just two weeks of taking Neovite Colostrum I haven't really noticed any difference in my health or recovery from training. September represented a break in my training schedule so I started these past two weeks well-rested and healthy. My training has been really low intensity in preparation for the base phase with a gradual build up of weekly hours. The product itself is easy to stomach although doesn't mix well unless you use a blender or protein shaker.

Unfortunately, I picked up an illness over the past week. I hope it isn't too serious and that I'll be back training in the next few days. Hopefully the Neovite will help me recover quickly and allow me to start increasing my weekly training workload.

Analysis of training diary

	Week 1 (before colostrum)	Weeks 2 (before colostrum)	Week 3 (1 st week with colostrum)	Weeks 4 (2 nd week with colostrum)
Training Hours (approx)	Missing	8.2	13	10.3
Training Load	Missing	28	46	61

Comments on above by Glen Davison:

Health/illness logs

You missed one of the first two weeks so we only have information for one week before colostrum for you. During this time you reported no upper respiratory tract illness (URTI) symptoms.

For students going back to university, mixing with people from all over the country (and even the world) means there's a further increased risk for contracting such infections. Given the current epidemic/pandemic flu 'going around' this is a time when you should be particularly careful.

Gut

Mild gut problems reported one day. Although it is common for endurance athletes to experience 'gut problems' it is likely that this isolated incident was due to your 'non-normal' food intake, as mentioned in the diary.

Health/illness logs

In the next two weeks (weeks three and four) you reported upper respiratory tract illness (URTI) symptoms for a total of eight days. This isn't surprising for an endurance athlete (and student) at this time of year.

It's interesting that you continued to train and it would be interesting to know whether you experienced any other symptoms as a result of training whilst ill?

It's also worth knowing that excessive training, especially when run down or ill, can lead to a depression of natural defences and a reactivation of 'latent' viruses which reside in the upper respiratory tract of about 50% of people. This could be a particular problem for some athletes and there's a possibility that this type of occurrence could explain the additional symptoms experienced at the end of week four (although this is my speculation).

Overall report

It's unfortunate that you've not been able to take the recommended dose of colostrum and it would be good to get more information about this in future diaries. Do you have any intolerance to lactose or dairy produce? Also, given your reported illness and health problems above, I wonder whether you find it more beneficial to take colostrum at a different time of day (i.e. not near the time when you'll train).

Alternatively, if you really can't tolerate it for whatever reason - I wonder whether the smaller doses (i.e. just for immune and gut benefits) would be better for you (this is just a thought/suggestion of course). If you're able to do this in the future it would be interesting to see whether you perceive any health and/or immune benefits from regular daily consumption?