

An observational study of the effect of *Colostrum Immune* by Genoscope for improving the quality of life of patients after COVID-19 infection.

INTRODUCTION

Colostrum Immune by Genoscope, called bovine colostrum, is a product that strengthens the body and regulates the immune system. Colostrum is the first food that humans receive, as it is found in breast milk. Its main purpose, as an active biological food supplement, is to strengthen the vital forces and regulate the immune response.

STUDY DESCRIPTION

In order to assess patients' quality of life, we conducted a survey whose aim was to evaluate the following aspects:

- **gradual increase in patients' activity and exercise tolerance;**
- **reducing anxiety and preventing depression;**
- **improving subjective control of perceived stress;**
- **relief of headaches;**
- **reducing fatigue and improving perceived energy levels;**
- **improving the quality and quantity of sleep;**
- **restoration of the patients' function to the levels before falling ill;**
- **improvement in patients' quality of life.**

STUDY OBJECTIVES

Determining the effectiveness of COLOSTRUM IMMUNE by Genoscope and its effect on improving patients' well-being as well as increasing their motivation to be physically active by performing daily activities.

MATERIALS AND METHODS

The study covered 25 patients aged 39-50 who have had COVID-19 infection. In the course of this infection, the patients experienced the loss of weight, the lack of appetite, rapid fatigue, insomnia, headaches, anxiety, general weakness and a general decrease in physical and mental performance.

Patients took *COLOSTRUM IMMUNE* dietary supplement by Genoscope orally as recommended by their physician, 2 tablets three times a day for 30 days.

In order to achieve the objectives of the study, primary research was carried out using a survey technique.

CONCLUSIONS

In more than 85% of the study participants the first effects were observed after only 7 days of taking the product. The most positive effects of *Colostrum Immune* by Genoscope were observed after the day 15 of taking the supplement.

In patients taking part in the study we observed a significant improvement in the following aspects:

- performance,
- a significant reduction in fatigue,
- better quality of sleep,
- more energy during the day,
- definitely greater resistance to stressful situations,
- reduced anxiety levels.

At the end of the study, the well-being of study participants was maintained at satisfactory good level.

30% of the study participants observed reduced hair loss.

The study was conducted by:

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