Version:

Date:

Information for participants

Project topic: The long-term bovine colostrum supplementation in football players.

Physical exertion, especially high-intensity exercise, is a significant burden on the athlete's body. It should be emphasized that achieving high results in professional sports requires the use of significant, sometimes extreme, exercise loads during training, which may result in homeostasis disorders, adversely affecting the physical fitness of athletes. Supplementation with bovine colostrum did not have a significant effect on iron metabolism and hormonal response. The use of bovine colostrum, which is characterized by a high content of immunologically active compounds, may be an element of a relatively mild and safe intervention in reducing inflammation caused by intense physical exercise.

Each participant will receive a detailed test report.

Test Protocol:

The current study is a randomized clinical trial designed to compare the effects of 6 months of bovine colostrum supplementation on the functioning of the immune system of soccer players. A standardized stress test will be performed at the beginning of the trial and after 3 and 6 months of supplementation. Blood samples were taken before and after the stress test and after 3 hours of rest. Blood will be taken from each athlete from the ulnar vein in the amount of 2x4ml (clot test tube and EDTAK2 tube): on an empty stomach, immediately after exercise and 3 hours after exercise The level of: IGF-1, testosterone, cortisol, IL-10, IL-6, TNF-α, IgG, lactoferrin, iron, hepcidin, TIBC, UIBC will be determined. A significant increase in IgG levels was seen, accompanied by a decrease in inflammatory markers (TNF-α).

Each of the participants (competitors) may resign from the research at any stage of the project. Participants of the study will be covered by an insurance contract during the study on the general terms of the insurer. The personal data of the players will remain confidential.

For safety reasons, samples will be taken under the care of a doctor, and eligibility for the test will be decided by a doctor.

City.....
Date: .....

Version:

Date:

.....
Name and surname

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Address

.....
PESEL (Personal Identity Number)

.....
E-mail address

.....
Phone number

Informed Consent Form

1. I voluntarily agree to take part in the study,
2. After reviewing the information for the patient, I agree to collect venous blood,
3. I am aware of the possibility of asking questions and receiving answers to the researchers,
4. I am aware of the possibility of resigning from the study at any stage of the study without incurring consequences,
5. I consent to the processing of my data related to participation in a medical experiment by the person or entity conducting this experiment.

Signature:

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