



220Triathlon neovite trial

Neovite is first milk, rich in colostrum, collected in the 48 hours after calving. Studies show its nutrients, protective agents and repair factors stimulate healing. An entirely natural drink that can increase strength and stamina, Neovite can improve digestive health and speed repair and recovery. Colostrum is sanctioned by the IOC as a foodstuff and a legitimate training aid.

Triathlon is one of the toughest training regimes and we have found that these athletes can over train themselves to exhaustion with devastating effects on their health and well-being. First milk can be used to good effect for digestive disorders or fatigue. Through their experience of successful customer stories, neovite directors are so convinced of its efficacy they have invited athletes who suffer Chronic Fatigue or Irritable Bowel Syndrome, conditions which can be triggered by overtraining, to test Neovite. An appeal in 220 Triathlon in April 2005 asked athletes whose illness handicapped their training or prevented them from competing altogether, to try neovite colostrum for three months and participate in the evaluation of neovite for chronic health conditions among athletes. The participants' feedback would be reported to 220 Triathlon and at the end of the period, conclusions would be considered by Jo Beer and the editor of the magazine and the results made available to athletes with similar problems.

There was good response to the request with interesting stories. We have discovered that there are many athletes who suffer from chronic conditions related to overtraining, like Chronic Fatigue or Irritable Bowel Syndrome, and with little certainty of recovery. Not much is offered medically and there is a huge gap in the market to help alleviate these conditions.

12 people with a range of conditions were selected to take part in the trial. The participants were advised to introduce neovite slowly, starting with one teaspoonful per day, mixed with a full glass of either milk or 50/50 live yoghurt and water, according to preference. The amount was slowly increased every day until they were taking a rounded dessertspoonful. After the first week they could take this drink twice a day.

Conclusions will be drawn once reports are approved by the trialists and finalised. But first impressions of the results are very positive:

1 participant - no change at all

1 participant - no results yet

4 participants have had good results with varying degrees of change in their health or performance

6 reported very impressive improvements in their health, energy levels and performance

Consistent threads through the reports: boosted immunity (reduced colds and illnesses), improved performance (more energy, stamina and speedy recovery), improved gut health (IBS, Chronic Fatigue, ME, Crohn's, stomach and bowel conditions).

The following are the participants personal account reports.

Karen Anderson

'I am 19 years. I attend Stirling University and have been competing in triathlons for two years. I am on the Scottish U23 squad at present. Unfortunately I have been unwell for

some months, the last five of which I have not been able to train. I have been tested for Ceeliac Disease and variety of other illnesses. However, the doctors are now considering a Post-viral type condition due to over training. I would be pleased if you could consider me for this trial and would be happy to provide you with further details if you require them.

From Birth I have had food and drink allergies, which I have had to incorporate into my daily diet. I have attached a list. Age 13/14 discovered I had asthma. Put on preventative inhalers (becotide) and fast acting inhalers (ventalin) and tablets (zarfilukast). From same time, I had intermittent ear infections and chest infections. I began triathlon in 2003 and became a member of the Scottish triathlon squad.

I moved to Stirling University on a sports scholarship and was coached by Darren Smith until November last year. In January 2004 I spent the whole month in Spain training full time on my holidays from university. Directly when I came back, I gained a chest infection, which floored me. I took two weeks off to recover but when I began training again I exceptionally fatigued. Sleeping 15/24 hours every day. Also, I began having asthma attacks when training and most embarrassingly, when competing! I carried on with my race calendar. It was my last year as a junior and wanted to try and make a statement, but found that increasingly hard, as I was just so tired. I competed at the GB national Triathlon/Duathlon/Aquahlon champs also, the Scottish Tri/Du champs. I made it into the Home nations team for the GB Duathlon, but my performances were sub standard! This followed me all year and by October I had met a Gastroenterologist to see what was wrong with my stomach as I was having severe nausea and diarrhoea since February.

In December I had to stop training altogether and have spent the last four months sleeping for 12 hours a night and have only just got to the point where I do not have to sleep during the day as well. I am embarking on a programme to break me into training again and working closely with my doctor at the Scottish Central Institute of sport. I had an endoscopy to test for ceeliac disease and any kind of ulcers in March, and this came back negative. The doctors' possible diagnosis is Unexplained Under Performance Syndrome, which is similar to an overtraining effect.'

1st report

'The neovite is coming along just fine. A few days after first starting the drink I started to feel different, with slightly more energy and a bit more alert. After one week I felt great I was still sleeping 11-12 hours at night but felt 'normal' with much more apparent energy. This was brilliant and although the drink does not taste the best (I'm taking it with fruit juice) the effects are certainly worth it. However, after that first week I got tonsillitis and an ear infection, which completely floored me! The recovery on this lasted about two weeks to get back to average level with the help of some penicillin and ibuprophen. Now my tonsils have swollen up again...not as bad but I can feel them there, where I wouldn't normally and is still bothering me. The first bout of illness caused me to not be able to eat or drink very much for about four days where I had to stop taking the neovite but have been taking it everyday since. Therefore, I would say it is working but my situation has just been unfortunate and hopefully the drink will aid my recovery.'

2nd report

I have been continuously ill with bugs colds and glandular fever pretty much since I started the neovite (not long after I started it). I still have mild glandular fever now, therefore, I have been knocked off my feet for quite a while. I am sorry to say that I felt the neovite done nothing for me in terms of improving my health but that's not to say I wouldn't recommend it to others. I have read some really positive info on the subject. Just a pity I didn't seem to follow the trend. However, it would be fair to say that I was bogged down with fatigue and gut problems before I started the trial so I may have been too low down on the immune scale to absorb anything but infections.'

Paul Williams

'I am 26. I was reading about your product in the latest edition of 220 Triathlon that you are looking for athletes with Post Viral conditions.

Sadly for the last 12 months reading 220 is the closest that I have come to participating in my favourite sport. Last Feb I was contentedly training away looking forward to the new season but caught a nasty virus which I just couldn't shake, which left me permanently exhausted and fatigued. It was later diagnosed as post viral fatigue (Chronic Fatigue Syndrome). Sadly 12 months on I have lost my job and am still only able to do small amounts of exercise and frequently have remissions that always set me back. I have tried almost everything and nothing else has worked.

I would be more than willing to take part in your trial having looked at your website, it seems like a great product plus with the backing of the IOC. I would really love to get active and get back into my sport.'

1st report

'My condition before taking Neovite:

I have been ill with ME for 14 months having seen symptoms get worse and then plateau. I was extremely exhausted almost all the time. The only exercise I could do was walking for approximately 10-15 minutes a day, after which I felt dizzy and beyond naturally tired and needed to lie down to recover. I have difficulty concentrating on mental tasks and find it especially draining holding a conversation and reading/typing/cooking etc. I was constantly pale looking and drained with glazed eyes. My sleep was severely affected adding to my symptoms.

Changes in the 4 weeks I've been taking Neovite:

In the beginning I found it made me go to the toilet less, almost constipated but that seemed to clear up after the first week. Nothing dramatic happened in the first 4 weeks but just recently I have felt like I need slightly less time to recover after my 15 minute walk each day. However I still get quite exhausted from both physical and mental tasks. One change I have noticed is that my complexion is slightly better with a slightly healthier pinky colouring to my cheeks, which I take as a good sign. I also have felt a bit more rested when I wake up in the mornings. I do feel like it has had some affect so far, although small, so I look forward to taking it for longer to see if there are any more changes.'

2nd report

'I have been taking Neovite for 3 months, 1 tbsp a day.

For 16 months of having not been able to walk more than about 50m with ME and with constant fatigue over the last few months I have seen an improvement in my digestive disorder, been able to walk slightly further then considerably further and I feel I am recovering from my walks much faster not needing to lie down for as long afterwards. I have also slept better over the last few months. An old wrist injury, which clicked and snapped for the last 10 years means that I can do press ups for the first time in ages. I have felt more energetic although I still have some way to go before being 'well'. Unfortunately I still find mental activity almost more demanding than physical activity, eg typing, having conversations, phone calls but my endurance for these has increased slightly on Neovite.

I am able to do 25-40 minutes walking now daily and feel like I have started to have more energy. Although I still have ME my level of activity has increased many times and my recovery is faster. I went swimming and out on my bike for the first time in over a year (albeit only swam 12 lengths and only cycled 3 miles but it is real progress for me and gives me hope for the future).

I think Neovite has begun to show me signs of recovery after having suffered from ME for the last 16 months. Although I still have the condition my levels of activity are much higher and so I have a better quality of life although I do still have bad patches and take enforced rest at regular intervals. Overall I think it will help me beat ME in time.

I already have recommended it to friends and family and I will be continuing to take it myself even once I am well.'

Dr Iain Chalmers

'I am a GP in Grimsby (43) who was sceptical of supplements but I'm already firmly convinced re "Glucosamine" - I encourage its use by my patients. I have had 2 years of triathlon after doing 2 marathons and 9 1/2 marathons in 4 years. This winter particularly having increased training from x1 daily to attempting x2 daily my times have remained broadly the same. I also have had a winter of 4 colds despite a flu jab.'

1st report

'Regret to say I have no objective evidence of a difference but will say this much. Recently did Southwell Tri in 1h 14mins not exceptional but I would have estimated around 1h 15mins to 1h 20mins normally. I have never previously done this event so have nothing to compare against. Also having finished on the Sunday I was able to get a run and a swim both in on the next Tuesday (ie less than 48 hours later). This is also not exceptional for real Tri athletes but is for me. I have felt heavy legged but still OK to train to the extent of 30m bike/7m run and 2000m swim on 3 of last 4 days. So subjectively there does appear to be a difference to the benefit of the taker. There is always a down side and I find this stuff dreadful which ever way you "cut it" and initially despite following your advice it did play havoc with my bowels. This I'm glad to say has resolved with persistence. Baseline bloods were all normal and I will re-check later in the study. Thanks for letting an average mortal tri athlete take part. Will look forward to completing the study.'

2nd report

'Getting well down second bag of Neovite and may have solved the problem of my guts with this product. I must say this problem was bad enough to make think of stopping taking it as I had "jogger's trots" for the first time ever!

It does work as I have managed increased volume of training including some x2 sessions on certain days. Also it also appears to affect performance to a reasonable degree. As a chap who does "tri" for fun I opted for the Dambuster this year. Using accepted race predictors I estimated 3h 15m for my first Olympic distance. This was not even allowing for the toughness of the route/unpleasant weather (I never knew of such hills!). I came home 2h 54m which delighted me. Being a sceptic I could accept a few minutes improvement but 20 minutes certainly confirms the benefits. Thanks for letting me be a guinea pig and a firm order will be in the post soon. Off to Spalding next week so will see how this product stacks up on shorter distances.'

'I can train longer and more frequently doing distances/volumes I never thought possible. Even when feeling tired/heavy legged can still get up and train with no ill effects suggesting I'm over doing it. Many patients and friends have commented on how fit and well I look even compared to the last 6/12.

I have not done same event as last year till Clumber Sprint in 8/05 so I can't directly compare times. I have to say so far this year I wanted to break 1h 15m for sprint and sub 3h for Olympic and these we have already done so all the training appears to have had a benefit as the only equipment change as been a set of race wheels.

Increased confidence at tackling the distances at Olympic. If I can train race distance then I will have no problems on the day. Also after a long hilly ride in the Lincolnshire Worlds (40m) I was ok to do days gardening and then a hilly 7m run the next day.

My family won't thank you as now I'm off biking 6am and swimming lunchtime as an example. With me working long hours (I finish 7pm) I occasionally meet up with the family! Also one triathlete per family is quite enough according to my wife. I would however mention Neovite to my triathlete mate who is head of the PE department at our local college. I feel a further study coming on? Thanks once again from a convert to this product.'

Toby Jefferson

'Having been training-around 5 to 10 times per week, I because numerous blood tests and doctors consultations) as suffering from a virus. As this left me dizzy, nauseous and with vision affected, I have unsurprisingly been unable to train at all during this period. Doctors have been unable to recommend any treatment or cure beyond continued rest and can offer no other suggestions for how to boost my immune system to avoid such viruses in the future.

I am very conscious of the impacts of over-training and hence monitor my progress carefully, but appear to have unknowingly pushed things too far and picked up this viral condition anyway. Hence, I have been looking to other solutions, including herbals remedies, both to overcome this virus and boost my immune system in the future, but to little effect thus far. However, I noticed your appeal in 220's April edition and wonder if Neovite can provide the answer.

I am entered in triathlons in May and August and hence need to recommence my training as soon as all signs of the virus are finally clear. Having become thoroughly frustrated with all the training I've lost, I am extremely keen to find any product that might speed my recovery and reduce my chances of picking up such conditions in future.'

1st report

'I started taking Neovite in the recommended quantities over 3 weeks ago. However, after 5 days I suffered an upset stomach, which improved as soon as I stopped taking it. I therefore waited a few days before starting again and very gradually built up to a heaped teaspoon twice per day, over the course of 2 weeks. I have suffered no ill effects since doing this and intend to continue to build up the daily amount.

In training terms, despite still feeling some occasional lingering effects of my illness, with medical advice, I have recommenced training and have completed a number of runs and swims over the last 2 weeks. It's probably too early to suggest whether Neovite has had any effect due to a combination of slowly building the training up (having had over 3 months resting) and with the very gradual build up of Neovite that I have been taking. However, I'm hoping to get back to previous training intensities and durations soon and should therefore have a baseline against which to assess the hoped for increase in fitness and performance.'

2nd report

'By the end of the period using Neovite, I was taking one rounded desert spoonful in both the morning and evening on an empty stomach, half an hour or more before any other food. This was taken in a glass of milk, having taken around 3 - 4 weeks to build up to this amount. I started taking it around 3 months ago when Doctors stated I was recovering from a virus and hence also at a time when I was starting to train again (running, cycling and swimming).

However, my return to training has suffered in that I am still feeling the effects of the virus (even after 5 months) which it's fair to say has Doctors bemused. As a result it is difficult to say whether Neovite improved my performance at all as I have never really had the opportunity to test it thoroughly through any sustained high intensity training. Similarly, it is not possible to comment on any effects to my overall health as any benefits are likely to have been overshadowed by ongoing illness.

That said, during the limited training I have completed, I did notice two positive effects. Despite returning to training after a number of months of relative inactivity I felt very little muscle soreness or aching in the days following training. I would normally have expected some soreness in the first few days of returning to any training, particularly when starting each new discipline again, but overall I experienced noticeably very little. Additionally, during the period of using Neovite I put on some weight. This in itself may seem unsurprising, but I have always been one of those people who remains at the same weight, almost regardless of diet, or fitness regime and even on previous occasions (such as prior to endurance events) have tried hard to put on weight and failed! Although it is impossible to say definitively whether Neovite is directly responsible for these 2 effects, both were noticeable during the period I was taking Neovite and I would certainly have expected more muscle soreness on returning to any training after so much time off.

In terms of whether I would recommend Neovite to friends or family, I think I would; certainly once this current illness is cured and I return to a full training schedule I definitely intend to give it a further go and hopefully realise all the potential benefits when training hard and consistently. It is easy to take, having personally not required any additional flavouring if added to milk and I remain keen to take any supplement that can potentially boost my immune system, particularly during the winter months, whilst also remaining keen to gain any potential performance benefits. It also leaves the stomach feeling 'lined' but not full, which is useful when training in the early morning, prior to any breakfast and prevents that 'empty feeling' during such exercise.'

Victoria Thorneton-Field

'Last July I was well into training for the London Triathlon and apart from being frustrated spending some 16-20 hours training and 'gaining' weight whilst eating sensible, I thought I was doing quite well. My usual routine was a cycle to the gym (very steep hill at the end), about an hour training then cycle on to work - after which another cycle with a long hill to the allotment, 2 hours there and then twice a week with the running club, long bike roads most weekend days ... I suddenly 'stopped' - I felt terrible, visual disturbances, pounding heart, sick, lump in throat, lethargic beyond belief, no appetite... 3 visits to A&E, a weekend in hospital undergoing tests, and the only thing found were the possible legacy of a virus and a borderline low thyroid.

Some 8 months later I feel as if I am emerging from a battle - I would love to start running on a regular basis and have even bought a stonking running machine, but if I do not much (and impossible measure!) some of the feelings return, it's almost impossible to describe but is debilitating - indeed frightening! Many people I know seem to have something similar but recovered in a few weeks. I have never been ill before and usually attend the doctors for broken / sprained 'bits' - I want my fitness back - I want to be able to do a weekend duty (I am a Special Constable) and not spend the whole of the next week and beyond recovering. - on the GOOD side, I am a cheerful bod and know that the most important thing in life is one's health! Can you help!'

1st report

I am feeling okay - it's quite hard to tell at the moment as my thyroxine is still being adjusted and I have only just started taking the neovite lest one interfered with the other. I am also beginning training again on Monday with a new trainer - please do ring if you need any more info but at the moment is a tad sparse. As I think I explained in my original email I was training very hard up to about June last and then possibly a virus triggered the thyroid problem BUT I had spent the previous couple of years feeling very run down and kept a rough diary so my comparison will be, in part, an interesting journey compared to this.'

2nd report

'I did indeed take neovite - apart from one week when we went on holiday.

Results - the doctor reckons I am suffering from chronic fatigue syndrome - also I don't think it's that bad - however, it's strange how when symptoms lessen / disappear you don't tend to notice them going. BUT we went away for a week last week and I forgot to take neovite with me. The symptoms began to reappear - mine tend to be some lethargy and a muggy feeling in the head. I started again today and am actually looking forward to these 'horrible symptoms disappearing.

I have joined reading Rowing Club and it is quite intensive as I am sure you are aware yet overall I feel much better than I did before I began taking your 'elixir'!

Cathy Green

'I am currently in training for the UK Iron man (August) and obviously stepping up my volume of training quite considerably for this event (I have only done Olympic distance before). However, I also have IBS, which can often prove a hindrance to training and competing - last year I collapsed after a triathlon last year with stomach pains and ended up in casualty but they only diagnosed IBS eventually and I haven't really got a clue how to deal with it in respect to my training which is why your article in 22 interested me and I am concerned as to how my body will cope with the demands of firstly all the training for Iron man and secondly the event itself. I am also finding myself very susceptible to cold, coughs and other infections since starting up my increased volume of training.'

1st report

I started quite slowly on the neovite from about a teaspoon in soya milk a day but then built up to about a tablespoon. Am happy to report that since taking it I have not suffered from any colds or the like which is surprising given many people around me have been affected recently including my husband which usually means I come down with a cold too. Also with regard to my IBS, although not completely gone, I have not had any stomach ache symptoms that occasionally made me miss work and training etc as before. Also seem to be having slightly more regular bowel movements rather than alternating constipation / diarrhoea as before although these symptoms have not gone completely by any means but I would say there is an improvement. I am training hard for my first ironman in august and given the large amount of stress I have been under recently (as I just got married! plus organised our club's first triathlon and high work pressures) then my body appears to be coping with the additional training load although am hoping to step it up further still now the wedding is out of the way and ironman is fast approaching.

Although not initially keen on the taste, a drop of vanilla essence with the neovite and soya made it quite palatable and I have it every morning before breakfast.

2nd report

'I have been taking neovite for the last 3 months and take approx 1 tablespoon per day (first thing in the morning). I had a break from taking it for a week whilst I was in France on holiday. Two days after I returned (and I had recommenced taking it), I was admitted to hospital for 4 days with stomach pains which still hasn't been diagnosed other than potential flare up of IBS. I didn't take the colostrum while I was in hospital but started it again when I was discharged and have been fine since, with the exception of 1 minor flare up.

I have significantly increased my training load over the last 6 months and the last 3 months in particular (ironman training) and have at times inadvertently trained to the point of 'overtraining at which point I would normally have succumbed to a cold, sore throat etc. Whilst I have been taking the neovite I have not had any of such illnesses despite pushing my body harder than previously. Colds etc were something I was always prone to.

With regard to the health benefits to my digestive system I'm not so sure about (see above). Whether stopping taking the neovite for one week and then having a sudden and dramatic deterioration is a coincidence or not, I'm not sure. I have however, been hospitalised

with similar stomach problems last year and don't think they are significantly affected (beneficially or otherwise) by the neovite but the jury is still out on that one.

My triathlon performance has significantly improved this year and particularly my endurance capability for the longer races having completed a very successful half Ironman distance race in June. Having come from a sprinting background, endurance has always been a weakness of mine. Obviously, I have been doing a lot more training than previously though! The Ironman event itself is at the end of August so have yet to see how I get on with that.

Neovite has allowed me to train at new and intense levels without deteriorating my immune system so that I have been able to train uninterrupted by illness since I have been taking it. I have recommended it to others.'

Colette O'Neil

'Having read the article in the April edition of 220, I would like to propose my girlfriend, Colette O'Neill, as a suitable candidate for your offer of the supply of **neovite**. Colette meets all of your requirements in terms of health conditions, and would be a perfect representative for your company.

Colette is a very talented athlete. Despite not starting in the sport of Triathlon until 2001 (at the age of 32), Colette quickly achieved success, winning many local events in her first 2 seasons, in both Triathlon and Road Running. Many of these were won in course record times.

Post Viral Chronic Fatigue has prevented Colette training and racing since the end of 2003, and she has also suffered intermittently with IBS for a number of years.

However, in July 2002, Colette was diagnosed with a brain tumour at the National Neurological Hospital. It was ironic that on returning from hospital, the first message on the answer phone was "congratulations Colette, you've qualified for the GB Age Group Team for the World Triathlon Championships in Cancun"! Despite this, and the doubts of the British Triathlon Doctor, Colette decided to start training again, and did indeed race in Cancun. Her position (42nd) was not a fair representation of her talent, but after the summer of 2002, it was a miracle even being able to race.

Further brain scans oddly showed no irregularities and a second opinion suggested the possibility that encephalitis had occurred, rather than a tumour. The lack of a solid medical diagnosis created a certain level of stress, as Colette still did not feel 100%. However, she was told to carry on as normal and the winter of 2002/2003 saw Colette train very hard for the 2003 season. After a strong winter, which included many cross country and road running races, the triathlon season started extremely well, with overall wins and course records set in consecutive weeks at the Morden Aquathlon, and Triathlons at Hatch End (3rd win), Furzefield (Potters Bar) and Hillingdon.

The Windsor Triathlon, arguably the most competitive race in the country, proved to be successful, with an Age Group second, and 6th overall. After Windsor, Colette had further success, winning the Sunrise Aquathlon (course record), setting a PB for 10km at the Datchet Dash (37:57) and winning the Gold Cup Triathlon in Bermuda.

The focus for the end of 2003 was the World Duathlon Championships in Switzerland. Prior to this, Colette took part in the first event of the British Rowathlon (Rowing Triathlon) Series at Castle Coombe, an event she won, relegating former 3rd Place Hawaii Ironman Finisher Sarah Coope into second place. Despite this win, Colette's health was still not good. On top of this, Colette had also been assaulted by a local youth, had been the victim of a theft at work, and was suffering with knee pains. Nonetheless, make it to Switzerland we did, for possibly the worst conditions you can imagine for a Duathlon, as it was exceptionally cold with driving rain and hailstones. Despite all of the stress of the summer,

conditions on race day, and indeed being unwell immediately prior to the event, Colette raced strongly and was able to win the World Championship Silver Medal in Age Group 35-59.

From this point, Colette's health deteriorated further - her knee pain became more chronic, and she was suffering from constant pain in all of her muscles, despite the many consultants and therapists we sought advice from. By this point, Colette had done her own research and in December 2003, we finally met Dr Richard Budgett OBE, Director of Medical Services of the Olympic Medical Institute. After a thorough review of Colette's Health background, training and symptoms, he diagnosed Colette as suffering from Post Viral Chronic Fatigue Syndrome, CFS (also referred to a 'Unexplained Under Performance Syndrome').

Since December 2003, Colette has been on a rehabilitation programme to get her health back to a point where she is able to get back to training, and ultimately, winning events. We have had regular consultations with Dr Budgett, as well as spending literally thousands of pounds on chiropractors, physiotherapists and other therapists to assist with her rehabilitation. Significant progress has been made since, and Colette is currently training consistently, but at a moderate intensity. All being well, this will continue over the summer, allowing Colette to begin a full winter of training and then race in 2006.

Through all of the setbacks, Colette has never lost her desire to get back, and I have no doubts at all that she can. If neovite can assist or even speed up this process, then I believe that would represent an excellent partnership with your company'

1st report

'Began with half a teaspoon in mornings, which resulted in tummy problems (bloating, etc) - carried on for a while anyway for week or so. On training camp, decided to stop till I had returned home, as tummy still not coping well. Did then pick up bug going round on camp but cannot say was directly related.

At home, as of last Friday-ish, began to take at night instead, to try and get used to - will need a week or two to check that this is manageable - will then report back again.

Also, when I started taking it I got a sore throat, dull headache, tiredness (the usual 'relapse symptoms'- which I put down to some sort of adjustment / die-off of bad stuff). Well, It's happened again (but following cycling Sunday, swim and cycle yesterday), a few days after I started taking it again. I'm expecting it to go away in a day or so will be interesting to see if it is more controlled with the neovite.'

2nd report

'I have been taking Neovite since about the beginning of May. I had a hesitant start due to an initial inability to adjust to neovite (it caused tummy problems). I went on a training camp within the first 2 weeks, and had to stop taking it for about another 2 weeks. Once back, I gradually built up to about 1 tablespoon most mornings. I am probably about 1 month behind other reportees due to this.

It is difficult to ascertain that Neovite has been the cause of improvement of my health, as a number of other changes have occurred in conjunction. Basically, when I first started taking Neovite, my symptoms were very frequent, and actually slightly increased with the first doses. Eventually I increased to the current dose, which is about a tablespoon a day. I take this mixed into porridge - I don't like the taste of Neovite much, and this is the most practical way to intake for me. I haven't yet tried taking it twice a day (I simply forgot!), but may try that soon. I am still on my second pack, so am probably some way behind other reportees.

I have had additional physio problems holding me back, but am now being treated at the OMI (Olympic Medical Institute) and am able to train regularly, albeit at a reduced rate of training. I was set a progressive rehab programme by a top sports doc and resumed this

about 5 weeks ago. I am some way away from racing, but the improvement since taking Neovite regularly has been that I have had no symptoms for about 6 weeks. This is compared to getting symptoms at least every fortnight. Just to reiterate, I am unsure as to whether this is a change in circumstances / stress levels or directly attributable to the Neovite.

However, one thing that is somewhat surprising is that I have not caught a cold or bug for about 2 months - very unusual for me since I am currently working in an air-conditioned office and usually pick up anything going.

Neovite possibly improved my underlying health, possibly prevented me picking up colds and bugs that I normally would (exercising or not). When I am back racing again (next season) I feel I will be able to truly judge the effects - then, I would recommend neovite, particularly if they were not breast-fed (I come from a big family, some of whom were BF, others not, those that weren't seem to pick up more colds/bugs).'

Gwynne Murkin

'I am 43, I have just read your article in 220 magazine, well I am off to do the Lanzarote iron man, I train usually twice a day but suffer with IBS for the last 2 years, I get loads of colds, sore throats and mouth ulcers, they say the ulcers are from being knackered all the time. The IBS was diagnosed about a year ago after loads of tests, its a real pain because it has so many symptoms always am looking for the missing vitamin or supplements that I am lacking in. I would like to take part in your research studies and I will be leaving for Lanzarote on may 12th, hope to hear from you soon as I am an ideal candidate, ask the wife.'

1st report

'I have been using the neovite for just over 3 weeks now and training hard, when I first started I had a cold and cough, I came out to Lanzarote on the 12th of May to compete in the iron man on the 21st, since I had been unable to train for 2 week before I was glad to be a finisher and get a medal, I am hoping to see results where I don't keep getting coughs and colds etc, but the one thing that seems to be improved is the IBS, I haven't had any of the stomach problems cramps and bloating which I can get really bad, I hope this is down to neovite.'

2nd report

'My health since taking neovite - second month now - has seemed to improved. In fact my stomach is performing a lot better, my IBS has hardly troubled me at all, I have not had the usual colds and sore throat, touchwood. So things seem to be looking-up. I hope it carries on like this.'

Jon Mclane

'I am a keen triathlete but also suffer from a chronic bowel condition. I am 24, and am studying in my final year of a human bioscience degree at uni. I have been training and competing in triathlon for 5 years and am a level 2 coach. I am the chairman and coach of my uni tri and coach to the city club.

I started getting ill at the beginning of last summer and after competing in Bournemouth tri was admitted to hospital, I was diagnosed with severe ulcerative colitis shortly afterwards and put on a course of immunosuppressant. After resting for the rest of the year I did a short aquathlon in December but again was admitted for a week. I started training in Feb. (but much more carefully this time) and last Monday competed in the tames turbo tri. I came 30th overall in 1hr 8min which I was very happy with but cant help thinking I could do better with less restrictions on my training.

My plan for the first part of this year, health permitting, is the student champs on the 1st May, Weymouth middle dist tri on the 5th June (which I'm raising money for the national association of colitis and crohns disease through sponsorship) then the ACE adventure race as part of a team of three.

I have come across colostrum several times when researching the disorder and would be very interested to see if it could help my condition.'

1st report

'I started taking neovite on the 6th so I'm only just into my 4th week. Things are going well so far and I haven't had a single stomach complaint for two weeks (which is a first in about 11 months). I am racing the Weymouth middle distance triathlon soon so I will let you know how I get on and give a more detailed report then.

I'm now ending my 5th week taking neovite and things are going well. On Sunday I completed Weymouth middle distance tri in 5:17 with a good swim and bike, 40min and 2:35 respectively, and a slow run, but that was due to a loose cleat giving me painful knees and nothing to do with my stomach! Considering I was in hospital over Christmas was severely anaemic and had complete rest from Aug to Feb I was very pleased. The most dramatic difference I have noticed (apart from not being ill) is the speed of my recovery after hard training efforts. I have replaced my old recovery drink with a neovite shake, which seems to work really well (this is as well as taking it once every morning):

1 desert spoon of Neovite, 1/2 pint soymilk, 1 1/2 bananas, 2 teaspoons of nesquik

Things seem to be going very well and my training is the most consistent its been since I became ill! I am racing the ACE adventure race in Bracknell. I'll let you know how I get on.'

2nd report

'I have been taking neovite for 3 months and in that time I have had no problems with my digestive system at all. I have been taking 1 scoop before breakfast every day and 1 scoop after training. My recovery is improved and I am fitter than I have been for some time due to the fact that I can train consistently with no time off due to illness. I would certainly recommend neovite to anyone and will continue to use it after the trial (as long as finances allow).'

Abbie Reid

'I am a full time Professional Tennis Coach who spends about 30 hours a week running around a tennis court, hitting tennis balls and teaching all my pupils a top backhand. I can often clock up over 20 miles a week on court (according to my pedometer).

As well as all this physical exercise I am also a dedicated "sports freak". I go swimming 5 times a week, ride my trail bike on every possible occasion, go walking with rescue dogs from the local Dogs Home, go horse riding on the weekends and basically am up for any sporting activity that comes around!

I also suffer from IBS and especially when I am over tired my body seems to stop and I get a major pain in my abdomen area and I have to lie down and rest. Maybe your product could help me out and mean that these breaks in training become a thing of the past. Doing a triathlon in July so a healthy digestive system would be fab.'

(We have not had feedback from Abbie. Her report will be included when received)

Anna Rennie

'I have just read with interest your article in 220-triathlon magazine and thought I would email a brief outline of my story to see if you would be interested. I have a digestive disorder called Crohn's disease which has been extremely painful and life-threatening, it got so bad I was hospitalised and ultimately ended in me having an operation to form an ileostomy which means I now must wear a 'bag' at all times. The Crohns disease stopped me completely from competing in my first triathlon and also had an adverse affect on my training.

Although I am still classed as having this disease I do feel enormously better, I have now been able to compete in triathlons alongside healthy 'normal' women, I still face health problems at times, energy levels are the biggest crisis as I often have to curtail my training or forgo it altogether and so was very interested to read that Neovite can increase strength and stamina. Before I had my ileostomy I could not take any dairy products but now fortunately I am able to. My first tri this year is in Stratford-on-Avon in May in which I am hoping to beat my position of 26th out of 90 'normal' women. I am also hoping this year to help promote these serious illnesses and to let people know that just because you may have to wear a 'bag', be it ileostomy, colostomy or urostomy life goes on!'

1st report

'I'm getting on really well using the neovite; I've been having a large spoonful with almost a pint of milk everyday since I received it (5th May). My first tri was the 8th May and recovery was excellent, hardly any aches the next day! Not sure if it would have got to work that quickly. Have also just taken part in a bikeathon and again no achy legs the next day. Hoping to compete again early July, which will be another good test. Will obviously be continuing with training so I'll be able to monitor it closely here also. A digestion has been fine, have felt no ill effects from the neovite and am continuing to feel strong and healthy.'

2nd report

'I have been taking neovite for approx 3 months, taking it once a day with a pint of milk. Benefits: having major tiredness problems and have found that this has really helped - tiredness not gone but has been lessened - feels like it gives me a boost. Tolerance to milk first thing in the morning has improved, no problems with tolerance through day though. It has meant that I have been having at least one pint of milk per day which has helped for my bone density as I have reduced density in my lumbar spine, am hoping on next scan it will have improved no end.

Recovery seemed to be quicker after competition, initially and over next few days, fewer aches and pains (!) and energy back sooner than before. After training it has really helped as an excellent pick-me-up and energy / recovery provider almost as a small meal in a glass.

Neovite has been an excellent addition to my training and in my diet and a great energy boost in my levels of tiredness, hoping I'll have some left when I compete in the London duathlon in September! Also I'd recommend it to other people I know with digestive problems as it is a fantastic addition to your diet.

Thank you for enabling me to be part of your neovite trial, I have really enjoyed using this product and will be really interested in the other findings and hope my answers have been and will be useful, keep me in mind for any other interesting products such as this!'

Simon Stewart

'For many years I have competed for my country at national level in the sport of triathlon and cross country and have achieved a fair amount of success, but have always been troubled with my stomach and general recovery after hard events of triathlon - one of which has led to me spending time in hospital with chronic stomach pain due to having been told to my extreme training and punishing training schedules. When I saw your article

in this months 220 magazine, it really made me feel excited as I have been plagued throughout my career with stomach and digestive problems after competing in many events, which have led to long periods of reduced performance and a feeling of frustration due to my digestive problems and exhaustion after hard events.

I am going on a triathlon training camp and have always given 100 percent in races, but feel despair sometimes when I feel so tired after events, and would love to be given the opportunity to try your product, and think it could make a vast difference to me recovery after events, I am hoping to go to the world champs in October in (Honolulu) America and represent my country for my age group in triathlon. The last time I was admitted to hospital with stomach problems the consulted said I had a touch of irritable bowel syndrome and this is why I was so optimistic about your product, please give me the opportunity to try this and I feel it could make a vast difference to my digestive problems and general recovery after events.'

1st and 2nd report

'I have been taking Neovite every morning for the last four months and blend it with half a pint of skimmed milk and cinnamon and banana.

I am sure it helped my digestion especially when training hard, and I don't get stomach cramps with endurance events when taking it. It always makes me feel better after my early dose every morning, and although it is hard to compare the effects, I'm sure it improves my recovery after intense interval sessions.

I am not sure I have noticed any real improvements in my performance, but perhaps it is enabling me to compete in races on a regular basis throughout the summer, and helps with the recovery and giving me the nutrients I need after the intense sessions.

Neovite has enabled me to compete at high intensity and recover in time to compete in events fortnightly. Has improved my digestion, making me feel better, and prevented stomach cramps during training in endurance phase. I always felt good after taking it.

I would recommend the product to any athlete as a recovery product - not sure about performance as it is hard to evaluate - and I would certainly recommend it as an endurance pre event drink to help with setting the system and preparing for events. I have definitely seen a difference in my ability to recover from interval sessions on the bike or run.
A great product!'