



Cycling Weekly neovite competition report

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. It can improve digestive health and speed both repair and recovery. A daily drink can increase strength and stamina. Colostrum is sanctioned by the IOC as a foodstuff and a legitimate training aid.

First milk is entirely natural and used to good effect for digestive disorder or fatigue. Neovite directors are so convinced of its efficacy they have searched for athletes who suffer Chronic Fatigue or Irritable Bowel Syndrome, conditions which can be triggered by overtraining.

One of the toughest training regimes is cycling and we have found that these athletes can over train themselves to exhaustion with devastating effects on their health and well-being. A competition advertised in Cycling Weekly in October 2004 invited cyclists 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 Cycling Weekly and at the end of the period, conclusions would be considered by Hannah Reynolds coaching editor of the magazine.

There was a large response to our request for case studies with many interesting stories. Unfortunately we discovered that there are cyclists who suffer for many years from chronic conditions related to overtraining, like Chronic Fatigue or Irritable Bowel Syndrome, and with little hope of recovery. To our surprise, not much can be offered medically and there is a huge gap in the market to help alleviate these symptoms.

33 people were selected to take part in the trial, six of them with the worst conditions received free supply for three months and 27 runners-up received a month supply sample pack, with the opportunity to buy neovite at half price for a further six months.

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.

The results of the neovite testing in brief:

- out of the 33 selected only 18 sent feedback on their progress
- reports varied in detail
- on average benefits were noticeable from the first few weeks
- benefits ranged from improved immunity and performance to alleviated original symptoms
- 10 had good results with varying degrees of change in their health and performance
- 8 reported very impressive improvements in their health, energy levels and performance.

The individual reports are in alphabetical order. Following are the names of the participants with key results after 1, 2 or 3 months taking neovite:

Jill Beswick had chronic fatigue syndrome. Noticed some improvement in her health and she is feeling a bit stronger.

Andrew Booth suffered from over exhaustion. Reported great progress with his health and improved results in training.

Mike Brampton had post-training diarrhoea. Discovered neovite controlled his condition and made him feel stronger.

Robin Dix had low energy. In the first month of neovite, he had no illness and his legs are stronger.

Stuart Durrant is diabetic and has Multiple Sclerosis. He noticed more energy and motivation to train.

Mark Fidler was in a state of fatigue. After a month on neovite he became less lethargic and he noticed improvement in recovery after training.

Christopher Goode suffered from fatigue. He was very impressed with improvement in his energy and healing of his gut permeability.

Michael Gray had stomach and bowel problems with some bleeding. He feels neovite has improved his condition in the first month.

Catherine Hack had diarrhoea and bloated stomach. She found neovite helped reduce her symptoms, and helped her achieved PB in her training.

Andy Hope suffered from viral meningitis, tinnitus, headaches, sight problems, depression and lethargy. He reported no noticeable change after taking neovite for one month.

Nick Hutchings had a post viral fatigue syndrome. He reported he stayed well in the first month of neovite.

Mark Jervis suffered from viral infections and chronic fatigue. He found his health significantly improved with his previous problems subsiding, and had no illness since starting neovite.

Wayne Keet was diagnosed with chronic fatigue syndrome. He had very impressive results, felt stronger, reported remarkable recovery from training and had no illness.

Tim Kelly was experiencing extreme tiredness, diagnosed with Coeliac Disease. He reported a significant improvement in handling training sessions with no ill effect and started to notice improvement with Coeliac Disease.

Kieran Leahy suffered from fatigue and weak immunity. After one month on neovite he recovered between training sessions without ill effect, his immunity was boosted and felt much fitter.

Scott Merrilees had bad digestive health and experienced tiredness during daily training. He reported no noticeable change in his digestive system but improved muscle growth and athletic performance, feeling stronger, fitter and able to recover quicker.

Don Tamplin suffered from ulcerative colitis. Neovite kept him free of infections, but there were no conclusive results about his colitis.

Darren Taylor had degenerative bowel disease and extreme IBS. He reported amazing results, almost alleviated IBS, less muscle aches, improved performance, boosted immunity, felt fitter and healthier.

Gary Wright was diagnosed with haemolytic anaemia and ulcerated colitis, and suffered with weak immunity. He tried to take neovite for a month but disliked the taste. No noticeable changes apart from feeling stronger.

Competition case studies

Jill Beswick

Summary

Jill is a 43 year old triathlete who is suffering from chronic fatigue syndrome. She trained very hard and in 2001 she had a chest infection that didn't seem to go away. She was tired all the time, her neck was always aching, her glands were swollen, her legs were weak, stiff and sore, and had a rash on her arms and legs. Jill had to stop training.

After months of tests the only 'remedy' offered was a course of antidepressant tablets which she refused to take. She decided instead to follow an anti-Candida diet, eliminating all sugar, yeast, salt, alcohol, tea, coffee and refined carbs. This seemed to work and she was soon able to start training again. It took quite a while to get back to full fitness but eventually she did.

Jill says 'Last year and the early part of this year were my best so far. I qualified for the World Age Group Triathlon Championships in Madeira in May. This was my sporting high point so far. I've also managed a place in the top 3 either overall or age group in every triathlon I've entered this year. However from about the middle of the season things started to go wrong. I was getting a lot of colds again and never seemed to be competing feeling 100% fit and ready. I remember feeling under the weather before my last event in August but I decided to compete anyway.'

Although Jill did well she has been ill ever since with the same symptoms as before. She tried the diet again but this time without results. At this point Jill decided to take part in our competition. This is her report after a few weeks on neovite:

'I feel that there has been some progress this month. I am now training three days on and one day off. I'm still training at a very low level and I wouldn't exactly say I feel well, but I do think I feel a bit better and certainly no worse than before when I felt terrible even when I was doing nothing at all. I've had a bit of a cold this week but it doesn't seem to have really got hold of me like before. Usually if I get a cold it goes straight to my chest and I'm coughing for weeks! I'm going to carry on training at this level for the next few weeks to a month in the hope that I gradually get used to it and feel a bit stronger then I'll hopefully be able to up the effort a bit.'

During the 3rd month Jill became ill with some kind of virus and she thinks probably because of over training. She is concerned and depressed about this because she really did think she was making some good progress.

Before neovite

I am a cyclist/triathlete who is suffering from chronic fatigue syndrome and I am becoming increasingly desperate to get well. I should therefore like to be considered for your 3 month trial of Neovite. A friend from my triathlon club told me about the trial after I had told him that I had just ordered some Neovite to try. It has not arrived yet and I won't use it when it does until I know whether I have been accepted for the trial. Anyway I guess you need to know something about me. I am a 43 year old mother of 2 boys and I am an identical twin (might this be useful for comparative purposes? Yes I'll try anything to persuade you. My sister does cycle by the way). My background was originally in road running but I got injured and about 7 years ago I discovered the bike. I used to just enjoy going out for long rides at the weekend but then I found I was doing more cycling than anything else and I began to take part in triathlons. I then had 3 disciplines to train for and, as I am quite an obsessive person, I wanted to train hard in all of them. Every session I did I thought had to be a quality session. I never had enough rest and I would also insist on training when I was under the weather. Needless to say I started getting ill

more frequently, mostly bad colds, chest infections, tonsillitis etc and my performance dropped alarmingly.

Eventually in early spring 2001 I got a chest infection that just never seemed to go away. I was tired all the time, my neck was always aching as if my glands were swollen, my legs were weak, stiff and sore, and I had a rash on my arms and legs. Basically I was a mess. Needless to say then I finally realised that I couldn't train any more, something was drastically wrong.

I went to the doctor and after months of tests was told that I was Chronic Fatigue Syndrome and the only 'remedy' offered was a course of antidepressant tablets which I did not take. This was about 9 or 10 months into my illness. I then decided to make radical changes to my diet and followed the anti-Candida diet recommended by Erica White as she claimed to have had some success with CFS sufferers. Basically the diet eliminates all sugar including fructose and lactose, yeast, salt, alcohol, tea, coffee and refined carbs. This seemed to work for me. I'm not sure if it was the diet or the fact that I had now rested for about a year, but I was soon able to start training again. It took quite a while to get back to full fitness but eventually I did and in fact I seemed to have improved quite a bit, probably due to quite significant weight loss! I decided to stay on the diet but gradually reintroduced fruit and some energy products.

Last year and the early part of this year were my best so far. I qualified for the World Age Group Triathlon Championships in Madeira in May. This was fantastic, my sporting high point so far. I did quite well too. I've also managed to place in the top 3 either overall or age group in every triathlon I've entered this year. I've managed to get my 10 mile TT time down to 26.06. Not great I know but it was early in the season and I felt that I could go a lot faster. I was even thinking about having a go at vets road racing. However from about the middle of the season things started to go wrong. I seemed to be getting a lot of colds again. I never seemed to be competing feeling 100% fit and ready. I didn't seem to be making the improvements I should have been and everything began to feel like harder work than it should. I remember feeling under the weather before my last event in August but I decided to compete anyway. Well it was the NW sprint triathlon championships and I'd paid my entry fee! Although I did well (1st Vet, 5th overall) I wasn't happy with my performance and I felt terrible afterwards. Basically I've been ill ever since. I know the symptoms all too well. I wake up feeling like I've competed the day before, my legs are aching and tired, I fall asleep when I sit down to watch TV. The glands in my neck are up all the time and the joints in my right hand feel sore. My resting HR is constantly elevated. When I'm fit it's around 40-42 but at the moment it's 55+. The skin rash seems to be coming back too. I have tried the odd 10 minute turbo session in the easiest gear, easiest setting keeping my HR down below 120 but I always feel terrible after, particularly the day after.

This time I feel quite desperate because I'm already on the diet that I used last time and it doesn't seem to be helping. I'm getting quite crabby at the moment and my poor family is bearing the brunt of it! I can't believe I've let myself get into this state again. One thing is for sure, when I do get well again I'm never going to compete when I'm not 100% fit. The only good thing about this is that I can always be around for time keeping and marshalling duties now!

If you can possibly put me on the trial I'd be so grateful. I know I'm not an elite athlete or even a particularly talented one but my sport means so much to me. I really miss getting out on long rides with the club and I can't get out running or riding with my kids any more. I feel like I've lost a large chunk of my life

1st month on neovite

In my first week on neovite I've gradually increased the amount taken as instructed and am now on one dessertspoonful twice a day. I haven't found it unpleasant at all and it mixes well with yogurt and water. As for how I'm feeling its early days yet I guess although I have felt slightly

better this weekend but that is more than likely down to the fact that I have finally managed to shift a long running cold.

I've had an up and down time the last couple of weeks. At the end of the first week or so I was feeling quite a bit better and I even went out on my bike for a very slow 20mins bike. I felt extremely lethargic and like somebody had swapped my heart and legs for those of an 80 year old, but at least I felt like getting out there and trying! However I then came down with yet another cold. I work with young children so it's an occupational hazard. My whole family has come down with it really badly but I don't think I'm suffering quite like they are. I'm going to give it another few days and then maybe I'll try a very short (10mins) turbo session and see how I feel. Changes I have noticed are that my skin rashes seem to be clearing up and my hair is really shiny! My legs still seem tired most of the time and quite often ache like I've been training but maybe not quite as badly as before.

I've managed to go for a short bike ride and an even shorter run in the last few days so am feeling quite positive about things at the moment. I'm not reading too much in to this though because in my experience I can go for a few days feeling a bit better and then for no reason I seem to go back down again. Still maybe a few positive signs!

2nd month on neovite

I feel that there has been some progress this month. I am now training three days on and one day off. I'm still training at a very low level and I wouldn't exactly say I feel well, but I do think I feel a bit better and certainly no worse than before when I felt terrible even when I was doing nothing at all. I've had a bit of a cold this week but it doesn't seem to have really got hold of me like before. Usually if I get a cold it goes straight to my chest and I'm coughing for weeks! I'm going to carry on training at this level for the next few weeks to a month in the hope that I gradually get used to it and feel a bit stronger then I'll hopefully be able to up the effort a bit.

I'm taking my Neovite with a mixture of 50/50 yoghurt and water at the moment.

3rd month on neovite

I haven't got such good news this month I'm afraid. I seem to have come down with some kind of virus that won't let go (my husband has had the same thing). I did train over Christmas and even managed a two and a half hour bike ride as well as quite a few runs. I guess I might have overdone it a bit (will never learn?). I came down with this at New Year and I can't seem to shake it off. The worrying thing for me is that a lot of the symptoms seem to be the same as when I was at the beginning of my post viral period. I am still taking neovite at 1 dessertspoon twice a day. Do you think it would help if I increased the dose? I'm rather depressed about this because I really did think I was making some good progress.

Andrew Booth

Summary

Andrew is a 40 year old Physical Education Instructor in the Prison Service. He used to cover between 3000-4000 miles per year on his road bike/mountain bike combined. As well as this he was involved in a number of sports at work, doing some kind of physical activity for around 3-4hrs per day. Around the middle of the year he suddenly ran out of energy whilst half way through a rowing programme. He stopped training in the following months went through periods of feeling totally exhausted and sleeping up to 15 hrs per day. Each time he attempted to train, he ended up very tired the next day. The doctor didn't know what was wrong and although Andrew trawled the Web, his symptoms didn't appear to point to any one thing.

After six weeks of using Neovite he reports: 'I have begun some light training, eg, 20 minutes low intensity on an x-trainer. I cannot begin to tell you how pleased I am with my progress. Even though I have obviously got a long way to go to reach my previous fitness level, I have no doubt I will eventually return there. When I first started taking Neovite, I was rather sceptical that anything could help, as the doctors were saying they could find nothing and could do nothing further to help me. However, I am definitely back on the road to recovery now and am convinced that Neovite has helped tremendously with this. I aim to increase my training intensity and length of sessions slowly over the next few weeks and hope to begin some steady cycling again next month.'

Andy's final report is equally impressive. He has brought his cycling training up to 30 minutes and also increased the intensity, with no problems, and also started swimming. In fact he was so impressed, he got two more people trying neovite. He says: 'One of these is my sister, who for many years has had digestive problems (it is thought that she has Diverticulosis) and has tried many remedies including Acupuncture and Herbal medicines. After approximately 1 months' use of Neovite, she has stated that she has not felt so good for years. The other person is a daughter of my wife's friend, and has been taking it for about 1 1/2 months for similar reasons to myself, but I have not as yet had feedback. I would like to take this opportunity to thank you for giving me the chance of trying Neovite.'

Before neovite

I am a 40 yr old Physical Education Instructor in the Prison Service. I usually cover around between 3-4000 miles per year on my road bike/mountain bike combined. As well as this I am involved in a number of sports at work, doing some kind of physical activity for around 3-4hrs per day. Around the middle of July I suddenly ran out of energy whilst half way through a rowing programme. I immediately stopped training. Since then I have been through periods of feeling totally exhausted sleeping up to 15 hrs per day. I visited my Doctor in August and was immediately put on the sick for 2 weeks and given blood tests for, Glandular fever, Hep A, TFT, Iron deficiency and 4 other conditions which escape my memory at the moment. These all returned negative results. This was after having to return from a holiday in France through feeling totally worn out. I realised I was getting no better when I was out cycling with my 7yr old son and my wife. We were at Honfleur and cycling back to the campsite up a 1 mile hill (about 10%). My son had to stop half way up and I was relieved that he did, as I wasn't sure I was going to make it either! This was somewhat a fall from grace after completing the Raid Pyrenean the year before.

I am still not back training now and each time I have attempted to do so (very tentatively might I add), I end up very tired the next day. I am obviously rather concerned about all of this, as I have never had anything of the like before. I have tried taking Actimel, Vitamin tablets, eating Blueberries and loads of fruit and veg to try and combat my condition. The Doctor doesn't have a clue what is wrong and although I have trawled the Web, my symptoms don't appear to point

to any one thing. I do have good days when I think I may be on the road to recovery, but then I will have a bad day to follow. I am no longer tired all day every day, but usually have 2 bouts of fatigue per day, one in mid afternoon and one in the evening. Both these last a couple of hours, but there are also days when I wake up and am tired and don't seem to get any energy levels all day.

1st month on neovite

I have been putting my weekly thoughts down in rough and they are as follows:

Week 1

Began taking on 23/10/04. At the time, not only was I still suffering from the effects of my original condition, I had also caught a Sickness and Diarrhoea bug from my son. He had this for about 2 days, but due to immune system already being low, I ended up with it for about 1 week. I started taking Neovite as prescribed. Whether it is a Placebo effect or not, I don't know, but I am beginning to feel a slight improvement. I am still nowhere near to getting back to a normal training regime, but I firmly believe the signs are promising.

Week 2

Have been feeling quite a lot better this week. Saturday was particularly good. Was tempted to try a bit of cycling but thought better of it as I don't want to regress. Did have one bad day when I felt quite tired, but on the whole things are looking up.

Week 3

Sunday was not a good day. Felt quite fatigued all day even though I had done nothing out of the ordinary. Likewise Wednesday morning. However, since then I have generally been in better health. I really believe my energy levels are on the rise. If things stay the same, I may try some light exercise next week.

2nd month on neovite

I am now on week 6 of using Neovite. I have begun some light training, eg, 20 minutes low intensity on an x-trainer. I cannot begin to tell you how pleased I am with my progress. Even though I have obviously got a long way to go to reach my previous fitness level, I have no doubt I will eventually return there. When I first started taking Neovite, I was rather sceptical that anything could help, as the Doctors were saying they could find nothing and could do nothing further to help me. However, I am definitely back on the road to recovery now and am convinced that Neovite has helped tremendously with this. I aim to increase my training intensity and length of sessions slowly over the next few weeks and hope to begin some steady cycling again around the end of January.

3rd month on neovite

The last time I wrote, I was suggesting that I may try a little cycling in the New Year. Well, I began some light cycling around Christmas time (on a turbo trainer) for about 15 minutes at a time. I soon brought this up to 30 minutes and also increased the intensity, with no problems. I also began swimming and once again seemed to be coping alright. Just when things started to look as though they were really picking up, I have caught a really bad cold (but then again, so has everyone else I know)! This has knocked me back somewhat, because obviously, I cannot train until it clears up. However, I do not think this is in any way related to a low immune system or anything of that sort, just simply unlucky. Before this, I was very impressed with how

I was feeling and it was only a bit of apprehension on my part that stopped me improving further with my fitness. Indeed, I have been so impressed, I have got 2 more people trying your product. One of these is my sister, who for many years has had digestive problems (it is thought that she has Diverticulosis) and has tried many remedies including Acupuncture and Herbal medicines. After approximately 1 months' use of Neovite, she has stated that she has not felt so good for years. The other person is a daughter of my Wife's friend, and has been taking it for about

1 1/2 months for similar reasons to myself, but I have not as yet had feedback. I would like to take this opportunity to thank you for giving me the chance of trying Neovite in your test...I really feel that I have benefited from its' use.

Mike Brampton

Summary

Mike, 44, recovered from a dislocated left kneecap and the chipped right ankle bone while racing, to ride again the Duo Normand. A passionate cyclist, he trains hard but suffers from post training diarrhea.

He was hoping Neovite would help him through a tough winters training and racing both out on the road and in the gym. He says: 'I have a lot of work to do and I hope Colostrum really is as good as it is claimed, can settle my stomach and help me recover from training, it will make my difficult task not easier but a little more tolerable. I am now taking my Neovite every day, first thing in the morning and last thing at night, and I am beginning to feel stronger.'

A few weeks later he is much more definite about the benefits: '...I am slowly becoming a convert to Neovite. Perhaps not as quickly or as dramatically as we both might have hoped... It wasn't actually until I had been off the Neovite for two weeks whilst away travelling and not getting straight back into it that I realized its effectiveness at controlling the tummy. In short a broken routine with Neovite a return to hard training and bingo tummy problems again!

Probably the most difficult aspect and responsibility I have had is taking Neovite first thing in the morning before coffee, but once into the habit, I actually feel much better for it. In short I didn't really notice the benefit of Neovite until I stopped, and now I'd like some more please.'

Before neovite

This was to be The Year, right up to the ruptured cartilage, partially dislocated left kneecap and the chipped right ankle bone, the result of a pedal clip out under pressure in the dying stages of a third Cat race at Chertsey.

The winter training had gone well, the team was coming together nicely, and everything was set, until the accident and the unplanned visit to the operating theatres.

12 weeks later, after the operation I consider myself lucky to be able to ride the Duo Normand time trial in France even if I finished 9 minutes slower than before, at least I had made it. The knee seemingly had responded to the timely intervention of the surgeon's knife and I'd been able to slowly increase the training load, in the couple of weeks before the race.

Since the Duo, working hard with a very patient and supportive set of team mates, the training load and intensity has since been systematically increased 3 times a week and so far I have been able to respond, until last week, when the intensity reached "tough" (race pace) and I started back into the predictable rhythm of train hard, stretch and next day strain harder, as the post training diarrhea kicks in.

I can almost set my clock by it because the day after training the legs and body ache but the bowel aches more, the flatulence is bad, but the diarrhea worse. If I can settle the stomach and keep the intensity up I intend now to race through the winter at places like Hillingdon, and make 2005 my year, with a quiet ambition being to break the hour on a 25, a new PB at the Duo and get my second Cat license. The second Cat will take a lot of work but with the correct preparation through the winter (health permitting) and we've started already, it should be just achievable.

As a 44 year old average club cyclist, I will never break any records, but I always get a thrill when the sprint goes at the end of a race. I would love to be part of the Neovite team as I progress through a tough winters training and racing both out on the road and in the gym as I aim to loose

the 5kg I gained after the op and not just recapture the missed season but eclipse it. I have a lot of work to do and I hope Colostrum really is as good as it is claimed, can settle my stomach and help me recover from training, it will make my difficult task not easier but a little more tolerable and you will get a loyal customer for life.

1st month on neovite

Well after several false starts, the winter training and racing has started, and I rolled out semi prepared at Hillingdon two weeks ago. Well what an experience, and what a contrast not only in terms of the pace and intensity but also in the irony of the situation. Within two weeks of resigning from Worthing Excelsior and starting TMRacing (our own team), I feature on the front of the British Cycling website. Whilst I agree it was a good shot it was a shame I was well off the back at the time! And wearing Worthing Excelsior kit of course, oh well to next season. The mileage has increased and initially the tummy problems that put us together were there, but slowly they seem to have settled.

I am now taking my Neovite every day, first thing in the morning and last thing at night, and I am beginning to feel stronger. The second week at Hillingdon was faster, but I was only dropped when I dropped off to make sure a lad who had crashed was OK. The most difficult thing I have found about taking my Neovite is taking it first thing in the morning before anything else and especially before my life giving coffee, but with perseverance I am getting into the habit of letting the dogs out, mixing my neovite and then having coffee after I have got up.

2nd/3rd month on neovite

As you can tell by the desire to have some more I am slowly becoming a convert to Neovite. Perhaps not as quickly or as dramatically as we both might have hoped, but the season has got off to several false starts, compliments of long business trips away and family commitments.

The training has been going reasonably well even if my turnouts at Hillingdon have been marked by poor performances. It wasn't actually until I had been off the Neovite for two weeks whilst away traveling and not getting straight back into it that I realized its effectiveness at controlling the tummy. In short a broken routine with Neovite a return to hard training and bingo tummy problems again!

Probably the most difficult aspect and responsibility I have had is taking the Neovite first thing in the morning before the dreaded coffee, but once into the habit, (so long as I get up before the wife!) I actually feel much better for it and when I finally do get my daily cup of coffee it tastes so much better.

In short I didn't really notice the benefit of Neovite until I stopped, and now I'd like some more please

Robin Dix

Summary

Robin, 44, is finding that his energy levels are so low that he has been finding it difficult to race with a descent chance of a result. His energy stores are virtually empty after 50 mile ride and very interested to try neovite to improve this situation. 'I never knew that skimmed milk could go so much like an extra thick milk shake!!' he said when he first prepared neovite.

'Since starting the product I have had no hint of illness even though colds have been rife all around me. I will have no hesitation in continuing using the product. I can feel my legs getting stronger just on short training rides at present' he reported after just a few weeks on neovite.

Before neovite

I read with interest your article / competition in this weeks cycling weekly. I was a mid aged vet riding and racing as a second cat until last season. I am 44 and work full time and through a change of job last year I am struggling to recover after a weeks work and training. I now find that my energy levels are so low that I have been finding it difficult to race at weekends and be in with a descent chance of a result. I may add I have managed only 1 BCF point in the last 2 years, not something I am very proud of.

I watch my food intake and have kept to the same diet that I would normally eat. I found that 2 years ago when using Whey Protein my form was at a peak and have always been a firm believer in this type of supplement.

I now hit a wall around 50 miles and find my energy stores virtually empty after this distance. I had read with interest a few articles on your product and would be very keen to try it, to try and justify my place in my current team.

1st month on neovite

Many thanks for my trial pack following on from the cycling weekly competition; I have had my first dose today. I never knew that skimmed milk could go so much like an extra thick milk shake!! As per your offer to me could you please let me have the 50% price for my 6 months supply.

Just some feedback on my trial pack from cycling weekly, since starting the product I have had no hint of illness even though colds have been rife all around me. I will have no hesitation in continuing using the product. I can feel my legs getting stronger just on short training rides at present.

Stuart Durrant

Summary

Stuart has been training since 1962. In 1994 he became diabetic and insulin dependant but he manages to remain active on the bike. Later on in 2003, he was also diagnosed with MS, which, after the first attack left him weak on the left side.

In the first month of his trial, Stuart found neovite to be a very beneficial supplement. He trains three times a week for 2 1/2 hours per session on the road, also I do two sessions at the gym each week for all round strength. By taking Neovite daily he discovered 'that I have much more energy and motivation to maintain this schedule during the winter months'.

After a further 6 weeks of taking Neovite on a daily basis he noticed a higher level of energy on the bike. He reports 'I must say the more I discover about neovite I'm beginning to think it is the ultimate supplement'.

Before neovite

I started training at club level in 1962, progressed into track and road through into the late 80's, although still very active on the bike in 1994 I became diabetic and for the last four years insulin dependant. But with good control remain active on the bike.

In February 2003 I had what they thought was a stroke and has left me permanently weak on the left. Determined to get back on the bike, I started training and bought a new bike for inspiration although still weak on the left side and despite a bit of pain. After scan, the verdict was I have MS.

1st month on neovite

Thank you very much for the trial pack on neovite, which I now take regularly. I am feeling the benefits already and intend to take neovite on a regular basis as I train on a daily basis. I find neovite to be a very beneficial supplement.

I train three times a week for approx. 2 1/2 hours per session on the road; also I do two sessions at the Gym each week for all round strength. I also use my turbo trainer twice a week.

I have found by taking Neovite daily that I have much more energy and motivation to maintain this schedule during the winter months.

2nd month on neovite

After a further 6 weeks of taking Neovite on a daily basis I can honestly say that I have noticed a higher level of energy on the bike.

I am very keen to train as often as possible during the winter months and would very much like to continue taking Neovite.

After a further 6 weeks of taking Neovite daily, I can honestly say that I have noticed a higher level of energy on the bike. As a result of this I am keener than ever to get out as much as possible. I would very much like to continue taking Neovite.

3rd month on neovite

I must first thank you for my complimentary pack of neovite. I must say the more I discover about neovite I'm beginning to think it is the ultimate supplement. I'm starting to feel confident in my training and have a desire to train harder. I would certainly like to receive more for six months.

Mark Fidler

Summary

Mark is looking for a solution to the state of fatigue which has prevented him from training and competing. Before he contracted a series of viral infections for about four months, he always was in the top 5% in the all the races he competed in.

'From training about 15 hours per week I am now lucky to complete 7 without feeling lethargy on the bike and my ability to recover from even the most basic of training rides is about three times the length of what it was' he says.

But two weeks into neovite he claims 'a notable improvement in recovery after each days training since taking it and I feel less lethargic the following day. I don't feel any stronger yet because all my training is at level 1or 2 at the moment and I have only increased the dosage this week. The initial signs are encouraging. I have been using it with great results'.

Before neovite

I read with great interest your claims that Colostrum can aid recovery and stamina, but more importantly for me a solution to my current state of fatigue which has prevented me from training and competing this year.

I have been racing mountain bikes for 7 years and competed in endurance events to a reasonably successful level. I have rarely been out of the top 5% in the all the races I compete in. I was placed 2nd in the Kona 100k mountain marathon event in Wales last year, 25th place British finisher in the Etape Du Tour and first place Masters Rider in these years Slaisbury Plain Challenge.

However, in March this year I contracted a severe throat infection, which lasted about 3 weeks, which prevented me from training, and each time I resumed contracted another virus each month thereafter for about four months. This decimated my fitness and has prevented me from competing in most of my races this year.

From training about 15 hours per week I am now lucky to complete 7 without feeling lethargy on the bike and my ability to recover from even the most basic of training rides is about three times the length of what it was.

If your product could provide a solution to my problems I would like to take part in you testing program.

1st month on neovite

I'm now two weeks into neovite's use and I have begun my winter training regime to coincide with it. There is a notable improvement in recovery after each days training since taking it and I feel less lethargic the following day. I don't feel any stronger yet because all my training is at level 1or 2 at the moment and I have only increased the dosage this week. The initial signs are encouraging. I have been using it with great results.

Christopher Goode

Summary

Christopher had to stop training and racing due to increasing tiredness and was off work for a year. During the past three years he had acupuncture, improved his diet, regularly seen a homeopath and re-started doing yoga. These methods helped in his gradual improvement. He managed his energy levels carefully and had a rest in the middle of the day. This winter he intends to do more steady riding and hopefully get rid of the fatigue that he has been experiencing.

Christopher's detailed report after a month on neovite is very impressive. He says:

'I think it is quite early in my use of the neovite product, however I am impressed so far and will be putting a new order in. I have felt that:

1. my gut is less permeable
2. my fatigue and energy levels have improved
3. I am eating slightly less than I would have done before
4. my weight has reduced, but the taking of neovite has coincided with the start of my winter training programme so I am doing about 60% more miles.'

Christopher's summary below may give some evidence to support the findings above.

'I had incomplete figures for the average speed before using the neovite, but the second best ride (before neovite) was 12.6 mph for 36 miles and the second best ride (after neovite) was 13mph for 34 miles. Whether some of this improvement is a result of doing more steady miles is possible. As you can see I am starting from a relatively low base.

Before I was ill with chronic fatigue, from April 2001 my base fitness was quite good. I have very detailed training diaries for this period. For example in early November 2000, I did 3 hours and 20 minutes at an average heart rate of 141 beats per minute for 60 miles (av. Speed 15.9mph excluding ten minutes warm up and down). The corresponding ride today was 3 hours 7 minutes for 44.5 miles but the average heart rate was 132 bpm.

In the winter of 2000/2001 I increased the Sunday ride by 15 minutes per week so by January I was doing 80+miles in 4 hours 40 minutes (avs.17.5mph).

I estimate that I am doing 5.85 miles more per ride after using neovite (28% better) with an estimated improvement in average speed of 7%.'

In the second month on neovite Christopher reports further improvements: 'In the first ten rides having started taking neovite my average speed was 12.2mph over 204.8 miles; in the following ten rides the average has risen to 14.2mph, over 295.2 miles.' And in the third month he says '...the length of my rides before I started taking neovite (before 23/10/04) was 20 and a half miles. It is now averaging over 30 miles - an improvement that I am delighted with.'

Before neovite

Towards the end of April 2001 my racing form dipped. I had no idea of the cause. Whilst warming up for a club event I noticed that there was not much power there. I had a go at the race and performed well below my usual level. I decided not to race for a month and carried on doing some steady riding.

I'd had a good winter and achieved some personals the previous year. I was confident of doing well in the new season. By early April, I had achieved one of my main aims to go under the hour for the first time. I also rode my first road race since I was in my early twenties, some 14 years before.

Having sensibly taken a break I got back into racing and by July was riding strongly, taking part in more road races and beating my best times at ten and 50 miles. I did have a crash in mid-July but it was not a bad one and I had a soft landing on a grass verge. In early August I rode a 30 miles event and did a good ride but I could sense that I had some fatigue. This was more than apparent in September when the same lack of power appeared again. I eased up on the training and gradually got back to some good form. The last race of the season finished into a strong headwind and it took it out of me. The season was over and I had achieved a lot of my aims.

I rested for three weeks and then attempted to start my winter programme. On the first Sunday in November I did a fifty miles ride in three hours and again something did not feel right. The crunch came on the Tuesday, in my first turbo session, and I could only do ten minutes of a 50-minute session. I was having odd days off work due to increasing tiredness and by April the doctor signed me off. I was off work for a year, until May 2003, and was then gradually phased back into work. I am working part-time now and can manage steady rides of 35-40 miles, with breaks.

During the past three years I have had acupuncture, improved my diet, regularly seen a homeopath and re-started doing yoga. These methods have helped in my gradual improvement.

The good news is that this summer I took part in three two-up time trials, which I have enjoyed. I manage my energy levels carefully and have a rest in the middle of the day. This winter I intend to do more steady riding and hopefully get rid of the fatigue that I have been experiencing. From reading the accounts of the riders and looking at the web pages, I think that Neovite will aid my recovery.

1st month on neovite

I have felt that:

1. my gut is less permeable
2. my fatigue and energy levels have improved
3. I am eating slightly less than I would have done before 23-10-04
4. my weight has reduced; but the taking of colostrum has coincided with the start of my winter training programme so I am doing about 60% more miles.

This summary may give some evidence to support the findings above. I think it is quite early in my use of the neovite product, however I am impressed so far and will be putting a new order in.

Before Neovite (my ten rides before 23-10-04)	mileage total 204.8 miles	av.speed -	best 13
Using Neovite from 23-10-04 (ten rides)	263.5 miles	12.2mph	14.4 Mph

I had incomplete figures for the average speed before using the product, but the second best ride (before neovite) was 12.6 mph for 36 miles and the second best ride (after neovite) was 13mph for 34 miles. Whether some of this improvement is a result of doing more steady miles is possible. As you can see I am starting from a relatively low base.

Before I was ill with chronic fatigue, from April 2001 my base fitness was quite good. I have very detailed training diaries for this period. For example in early November 2000, I did 3 hours and 20 minutes at an average heart rate of 141 beats per minute for 60 miles (av. Speed 15.9mph

excluding ten minutes warm up and down). The corresponding ride today was 3 hours 7 minutes for 44.5 miles but the average heart rate was 132 bpm.

In the winter of 2000/2001 I increased the Sunday ride by 15 minutes per week so by January I was doing 80+miles in 4 hours 40 minutes (avs.17.5mph). I estimate that I am doing 5.85 miles more per ride after using neovite (28% better) with an estimated improvement in average speed of 7%.

2nd month on neovite

I have just finished my second packet of neovite. I started using it on 23 October and feel much better in terms of my stamina. The summary below will give some idea of my progress:

Week of the year	Mileage	Typical av. Speeds
39	85 miles	12.5mph on 19 September
40	68	
41	68	
42	68	
43	70	12-13mph
44	80	first week of neovite
45	112	11-12mph
46	118	
47	154	14mph
48	146	14mph
49	115	15mph, 14.5mph and 16mph
50	49	Chest infection on antibiotics/ no cycling as from Tuesday 7 December.

My fitness has improved since early November, partly as I have been going out more but also because I have been taking neovite (which has lessened the fatigue).

I am a teacher and prone to sore throats so I get them from time to time so hopefully this and the chest infection is a blip. In the first ten rides having started taking neovite my average speed was 12.2mph; in the following ten rides the average has risen to 14.2mph.

Before neovite (ten rides)	mileage total	av.speed	best av. Speed
	204.8 miles	-	13mph
1st batch of neo.	263.5	12.2	14.4
2nd batch	295.2	14.2	16mph

3rd-4th month on neovite

Please see the last report dated 10Dec. for comment on illness which lasted two weeks from 7 December. High winds and a visit to the velodrome have also meant that the steady rides have been disrupted. I have taken a step back in some respects although the length of my rides before I started taking neovite (before 23/10/04) was 20 and a half miles. It is now averaging over 30 miles - an improvement that I am delighted with.

Since late November I have seen my nutritionist and I have been taking some additional supplements (A-tyl, L-Carnitine, Res-id and a multivitamin drink plus extra vitamin d). Today's ride was 27 miles in 1 hour 55 min - average speed 14mph.

	mileage total	av speed	best av speed
Before neovite 10 rides	205 miles	-	
1 st batch of neovite 10 rides	263.5 miles	12.2 mph	14.4mph
2nd batch of neovite 10 rides	295 miles	14.2 mph	16 mph
3rd batch of neovite 10 rides	303.5 miles	12.7 mph	14.2mph
4th batch of neovite 10 rides	339.5 miles	13.28 mph	15.5mph
4th batch of neovite 5 rides	217 miles	14 mph	15.6mph

I can now comfortably ride 50 miles ie today our club had a 50 in 4hours which we did in 3 hours 33 minutes. Two weeks ago I did my first 50 miles ride since last summer.

Conclusion: Last ten weeks of 2004 average miles per week was 97, and first weeks of 2005 118.6, an increase of 22.3%! And the best average speed increased from 13mph to 15.5mph.

Michael Gray

Summary

'I have suffered a serious down turn in results, trying to maintain my original training and racing levels has resulted in over training as I have got older' Michael says. He was prescribed anabolic steroids by his GP, but without great results. He still has stomach and bowel problems and some bowel bleeding due to stress. The change of jobs and work load of family life with young children does not help the stress levels.

In his first month of trial Michael cycled around 300miles a week and thought neovite is helping him cope with a fairly heavy programme. 'My stomach and bowel problems seem to be getting better. Overall I would like to continue with the colostrum for the whole winter, to help me through a busy time of year' he reports.

Before neovite

I am a qualified BCF coach. I raced as a GB international rider in the late 1970's and have continued riding, winning the National Veteran's RR Series in 1998 and the LVRC national rr champs the same year. I have a full time job and a young family.

Since then I have suffered a serious down turn in results, trying to maintain my original training and racing levels has resulted in over training as I have got older.

At one point in 2001 I was prescribed anabolic steroids by my GP, but still my body weight fell by 12kg to a body fat of 3%. I had no strength and suffered stomach problems.

I have recovered a great deal since then, and have a first category licence again, but I have still got stomach and bowel problems that barium x-rays cannot identify. I have some bleeding from my bowel which the gastroenterologists say is due to stress

1st month on neovite

I have been taking neovite for three weeks.

This coincided with my last race of the season, so the stress of racing has gone away.

At the same time I have changed jobs at work, and this has caused a considerable increase in stress levels off the bike. I am now travelling more and will be in Chicago next week. The workload of family life with young children continues...

I am continuing to train, without the top end efforts from racing. I commute by bike, a regular one hour ride each way, conducted at various intensities from 'easy' to 'tempo'. This is monitored using heart rate and power output. I also do some intervals on the indoor trainer once or twice a week. One long ride (say 4-6 hours) with the club at weekends. Total around 300miles a week.

My impression is that the supplement is helping me cope with a fairly heavy programme. My stomach and bowel problems seem to be getting better. Overall I would like to continue with the colostrum for the whole winter, to help me through a busy time of year. (In some ways summer is easier, having races to prepare for forces more rest time and there are more breaks in routine with holidays etc).

Dr Catherine Hack

Summary

After having four children Catherine has just returned to competitive cycling achieving some reasonable results in various events.

However, she often suffers from diarrhoea and bloated stomach and she is eager to find a solution as her main goal for next season is to complete the Etape du Tour.

'It difficult to race and train, and I am concerned that the diarrhoea affects my nutritional uptake, which will be critical for completing an endurance event such as the Etape' she says.

At the end of the first month of taking neovite she reports 'I have had some reduction in stomach cramps and diarrhoea that plague my running training, particularly in the last two running sessions.'

By the end of the second months' supply, Catherine reported feeling very fit and well, despite the rest of the family going down with colds. She says 'Since taking neovite I have only had one episode of stomach cramp during running training. I had a PB for a 10k run last Saturday, which I was delighted with. I have no doubt that the ability to train consistently over the last 6 weeks has led to the PB.'

Before neovite

I was very interested to read the article about neovite in cycling weekly. I have just returned to competitive cycling this season, after having 4 kids. I have achieved some reasonable results:

- 2nd and 3rd in Ulster Championship 10 and 25mile time trials
- 3rd in NICF road race championships and 4th in the women's league.

I represented Ulster in two International three stage races (Danny Boy and TQ Papers) and finished in the top half of the field in both events. I plan to consolidate this season's work with steady winter training. My main goal for next season is to complete the Etape du tour.

However, I often suffer from diarrhoea and bloated stomach. This makes it difficult to race and train, and I am concerned that the diarrhoea, affects my nutritional uptake, which will be critical for completing an endurance event such as the Etape. I would love to participate in your study, as I think, from reading the case studies on your website; neovite could provide a solution to some of these problems

1st month on neovite

I am coming close to the end of my first pack of neovite. I started, as suggested with one teaspoon per day, and gradually increased the dose. I now take one dessertspoon twice a day.

During the initial period of taking neovite I was in my 'end of season rest period' from serious training, and have now started winter training. Although my main focus is for the Etape next July, I have been doing some running, and will be competing in some cross country and other 5K and 10K races during the winter.

At the end of the first month of taking neovite I feel very fit and well,(despite the rest of the family going down with colds) and have had some reduction in stomach cramps and diarrhoea that plague my running training, particularly in the last two running sessions.

I hope this continues during the second month, and as I pick up my training levels for cycling.

2nd month on neovite

I am almost at the end of the second months' supply, feeling very good on it. I take 1 desert spoon twice per day blended with about 200ml of water.

I had a PB for a 10k run last Saturday, which I was delighted with (I think I mentioned I am primarily a cyclist, who does a bit of triathlon - Running is my weakest discipline) Since the second month of taking neovite I have only had one episode of stomach cramp during running training. I have no doubt that the ability to train consistently over the last 6 weeks has led to the PB.

Over the next 3 months I will be undergoing some ergo tests on the bike, primarily measuring power output at given heart rates. This could provide some real data to support the subjective information I have provided so far.

Andy Hope

Summary

Last year Andy was diagnosed with a severe attack of viral meningitis after collapsing and spending two days in a coma in intensive care. Since then, he has suffered tinnitus, recurring headaches, slight sight problems, depression and lethargy - one of the most debilitating effects. Prior to his illness he was cycling on a regular basis, and after three and a half months of rest he started cycling 25-40 miles per week.

Andy noticed no improvement in the first three weeks of taking neovite. He reports: 'There are probably a whole host of reasons why this may have been the case. My job as a teacher is very stressful and I am feeling the stress at the present time. My health has not been great though I was hoping that Neovite would boost my immune system. My training is regular but lacks structure even though I keep meticulous records.'

However, when Andy moved onto the second pack of neovite his performances improved.

Before neovite

Following a week of severe headaches in late March of this year, I collapsed on April 3rd and was rushed to hospital suffering from almost complete paralysis. I was eventually (after a number of tests) diagnosed as having contracted viral meningitis. It was a very severe attack and I spent nearly two days in a coma in intensive care followed by a further fourteen days in hospital on a range of anti viral medications. Naturally, it was a horrendous event and one from which, I am still making a recovery.

The after effects of the illness have been varied and often severe. I have tinnitus, recurring headaches, slight sight problems and lethargy has been one of the most debilitating effects. Fortunately as I write this letter I continue to improve but am aware that full recovery may take months or even years. Some effects such as tinnitus may last for life.

1st month on neovite

Prior to my illness I was cycling my road bike on a regular basis. Following my illness I did not set foot on pedal until mid-July some three and a half months after I was initially taken ill. My cycling fitness is recovering albeit slowly and I am now back to 25-40 miles per week including time on my trainer. Not a lot I agree but I have been to hell and back and thus I am reasonably happy with my progress. My own ten-mile time trial is now back under forty minutes but obviously I am looking for further improvement. I do still suffer bouts of chronic fatigue and depression is a serious after effect of my illness. However, with the support of my family I do feel that I am making progress all the time.

I have now been taking neovite for three weeks. I take one dessertspoon every morning with 300ml semi-skimmed milk. This is followed by a light breakfast about half to three quarters of an hour later. I also take 1g vit C, 400 iu vit E, 1 cod liver oil capsule and 2 multivitamins. I have been on a diet for the past three months and have lost approx 31lbs in weight to reach my current weight of 11st 12lbs. My general diet is both healthy and balanced.

I have for a number of months been undertaking what I call my fitness test. I set my bike on the turbo trainer and averaging a heart rate of 125bpm (70% of my max) see how long it takes me to cover 3 miles. Prior to starting the neovite I recorded a best time of 15m 17s. This had improved from 18mins + only a few months earlier. I was pleased with this progress. However, since starting the neovite I have recorded times of 17m 3s and most recently (30/11/04) 16m 45s.

During the week I regularly do a 30 min stint on the turbo trainer after work. My average heart rate for these rides is usually around the 135bpm mark (75% of max). Prior to starting the neovite, I usually managed about 5.9 to 6 miles per session. My recent figures have slumped to 5.47m to 5.67m. Again not what I was hoping for.

On longer weekend rides my average speed has dropped from 13.5 to 14.4mph to 12.7mph. I was expecting an improvement. The most disappointing aspect of my recent cycling is not the loss of speed. My average heart rate for rides is creeping up when I was expecting a reduction whilst maintaining my previous speeds.

In essence, I have seen no improvement in the three weeks since I started taking Neovite on a daily basis. There are probably a whole host of reasons why this may have been the case. My job as a teacher is very stressful and I am feeling the stress at the present time. My health has not been great though I was hoping that Neovite would boost my immune system. My training is regular but lacks structure even though I keep meticulous records.

As things stand I would be reluctant to purchase more Neovite. However, I am open to suggestions that may make a further purchase a worthwhile proposition. I would even be happy to provide spreadsheet details of my performance for analysis and feedback.

2nd month on neovite

When I started the trial back in November I used a packet of Neovite that I had purchased prior to entering the competition. This was the pack I was using when I originally started the trial and reported no obvious benefits. However, when I moved onto the second pack that you had provided my performances improved.

Nick Hutchings

Summary

Nick has been riding for four years but a severe cough has left him with post viral fatigue syndrome, which lasted for many frustrating months without being able to train. Gradually he started to recover and he is back to a reasonable level of fitness, but he is anxious that illness during the winter could badly derail his preparation for competitions.

In the first month on neovite he reports '...at the moment I am not able to say what benefit I am receiving. I have stayed quite well, although I have a bit of a cold at the moment. The test will be if I am able to shrug it off quite quickly which is what I would like'.

Before neovite

I hope you might consider me for trialling your product.

I am a 48-year-old male.

I returned to cycling about 4 years ago. I have only ridden occasionally during my adult life (mostly commuting) although I did use to race as a schoolboy.

I ride for fitness and for fun. I can only usually ride at the weekends, as my time is limited.

Over the last four years I have gradually improved my fitness and stamina, so much so that last year I decided to target myself to ride the etape du tour in 2004.

I had intended to ride throughout the winter to maintain my base fitness. Due to work commitments I decided to take a short break from riding during November. Unfortunately I became ill in early December with a severe viral cough. This persisted into the early part of 2004.

Eventually (in early January) I recovered from the cough but then developed what the doctor diagnosed as post viral fatigue syndrome.

It took me many months to recover from this, during which time I was physically unable to ride my bike or indulge in any form of exercise. It was extremely frustrating. I kept going back to the doctor, but all he could say was that I would eventually get better. In late April I consulted another doctor in the practice, and explained my frustration at not being able to do the exercise I was used to. He advised me to start doing short rides and see how I got on. I followed his advice and gradually over the next few months gradually started to recover my physical well-being. I am now thankfully back to a reasonable level of fitness. However it was all too late for my plans for the etape.

I should say that have suffered from "post viral fatigue" before (in about 2001). I have also previously had glandular fever and viral meningitis (both whilst in my twenties).

I really want try for the etape next year and have recently sent of my application (here's hoping!), but am anxious that illness again during the winter could badly derail my preparation.

I have been interested in your product for some time having first read about it in a cycling weekly magazine last year. I would very much like to give it a try and see if it can help me both to stay healthy and improve both my strength and stamina.

1st month on neovite

I have been using the Neovite for approximately one month now. I have to be honest and say that at the moment I am not able to say what benefit I am receiving. I have stayed quite well, although I have a bit of a cold at the moment. The test will be if I am able to shrug it off quite quickly which is what I would like.

As to cycling, at the moment I am only doing one ride per week of about fifty miles to keep my base fitness. I propose to stick to this regime over the next couple of months and then start to step things up towards the end on January.

My target next year is the e'tape du tour. The route has been published and looks quite tough. I know that by July I will need to be in peak form, but for the moment I am just hoping to keep well and reasonably fit, which will make it easier when I up the tempo next year.

I am now nearly out on Neovite. Can you send me some more please.

Mark Jervis

Summary

Mark has been a racing cyclist for 15 years but since his early twenties has suffered from recurring viral infections/ post viral fatigue / chronic fatigue. This year after racing a couple of times he began suffering with fatigue which has lasted the past 5 months requiring him to be signed off work for 2 weeks. During this period he also suffered severe abdominal pains, with blood appearing in his stools, and swollen joints. 'I have some medical knowledge having gained in a degree in human physiology' Mark says, 'and I was concerned that I might have some sort of autoimmune disease. The doctor agreed with me and referred me to a specialist who believes I have irritable bowel syndrome and suffered post viral fatigue, caused by an intestinal infection. This manifested itself as being exhausted for long periods of time, aching joints and stomach pains. Unfortunately the NHS has offered no treatments apart from rest and pain killers, which are of no consolation to someone desperate to begin racing again.' He decided to try neovite. Following is his report:

'My health seems much improved over the last couple of months, to the extent that I am doing two 60 mile training rides a week. I take my neovite first thing in the morning and after I have been training. I still worry I might return to the state I was in before, but so far I seem to have avoided any sickness.

The problems I had been experiencing before seem to have subsided, although I am still occasionally experiencing a bit of joint pain. I have been cycling for many years and kept a training diary in which I recorded the progress of recovery, which seemed to coincide with taking neovite and I am confident it is accelerating my recovery. In the time have been taking neovite I have suffered no other illness, despite coming into contact with people suffering colds and flu at work. I am hoping if my recovery continues into the New Year to increase my weekly mileage to 200 miles plus with the hope I will be able to race again. I will definitely be continuing taking neovite in this time.'

After taking Neovite for more than 4 months Mark says his health has significantly improved. He has suffered no colds or flu since he began taking it, and any tiredness only lasts for couple of days rather than weeks or months as before.

'My intestinal problems seem to have settled down as well, I am due to see a specialist at the end of the month (I will let you know how this went). My cycle training is also going well and I am now doing 2 or 3 seventy mile rides a week. After doing 70 miles I am getting home and still feel fairly fresh, unlike previously where I would be straight to sleep on the sofa! ...I feel confident neovite is helping' Mark concludes.

Before neovite

I have been a racing cyclist for 15 years but since my early twenties have suffered from recurring viral infections/ post viral fatigue / chronic fatigue. This year after racing a couple of times I began suffering with fatigue which has lasted the past 5 months even requiring me to be signed off work for 2 weeks, during this period I also suffered severe abdominal pains with blood appearing in my stools and swollen joints. I have some medical knowledge having gained in a degree in human physiology and I was concerned that I might have some sort of autoimmune disease. The doctor agreed with me and referred me to a specialist who believes I have irritable bowel syndrome and I am currently seeing a nutritionist.

Unfortunately the NHS has offered no treatments apart from rest and painkillers, which are of no consolation to someone desperate to begin racing again.

I read about neovite in cycling weekly some time ago and the problems it claims to benefit match my own. I began taking it about a month ago (I have a diary recording the date and also the severity of my symptoms). I am currently riding my bike again however I am some way off being well enough to race.

1st /2nd month on neovite

My health seems much improved over the last couple of months, to the extent that I am doing two 60 mile training rides a week. I take my neovite first thing in the morning and after I have been training mixed in with a recovery drink.

I still worry I might return to the state I was in before, but so far I seem to have avoided any sickness. I have even entered the Marmotte (a 100mile plus ride through the French alps) next July; this is giving me the incentive to get back into full training.

The problems I had been experiencing before seem to have subsided, although I am still occasionally experiencing a bit of joint pain. I am due to see a gastroenterologist in February, but so far the Doctors have been unable to come up with any answers.

I am definitely going to continue taking neovite.

3rd month on neovite

I have now being taking neovite regularly for over 3 months, once first thing in the morning and once in the afternoon (after training mixed with a recovery drink).

Prior to taking neovite I was suffering from what the Doctor described as post viral fatigue, caused by an intestinal infection. This manifested itself as being exhausted for long periods of time, aching joints and stomach pains. I have been cycling for many years and kept a training diary in which I recorded the progress of recovery, this seemed to coincide with taking neovite.

I am now able to cycle up to 60 miles a day and hope to be fit enough to ride the Marmotte (a 100 mile plus ride through the French alps) next July, this is giving me the incentive to get back in to full training.

Although I cannot say for sure I wouldn't have felt better without neovite, I am confident it is accelerating my recovery. In the time have been taking neovite I have suffered no other illness, despite coming into contact with people suffering colds and flu at work. I am hoping if my recovery continues into the New Year to increase my weekly mileage to 200 miles plus with the hope I will be able to race again. I will definitely be continuing taking neovite in this time.

4th month on neovite

After taking Neovite for more than 4 months I feel my health has significantly improved. I have suffered no colds or flu since I began taking it, I have had days where I feel more tired than usual, but these have only lasted 2 to 3 days rather than weeks or months as I was suffering before. My intestinal problems seem to have settled down as well, I am due to see a specialist At the end of the month (I will let you know how this went).

My cycle training is also going well and I am now doing 2 or 3 seventy mile rides a week. After doing 70 miles I am getting home and still feel fairly fresh, unlike previously where I would be straight to sleep on the sofa!

I would not say I am totally recovered or feel 100% and would like to eliminate the 2 or 3 odd days that I am feeling more tired than normal but I feel confident neovite is helping.

Wayne Keet

Summary

'I was diagnosed with Chronic Fatigue Syndrome in May this year. This was as a result of racing too many long distance triathlons and running ultra marathons in 2003. I ran a 60mile ultra marathon, then 4 weeks later, Ironman Switzerland and 4 weeks after that, UK Half-Ironman. PB's were set in all 3. My obsessive nature meant that I was on the verge of over-training/ burnout, and when I raced World Triathlon Champs in December that was the last straw.' Wayne tells us.

In January he noticed he was getting very slow, tired and not recovering. The most distinct symptoms were deficient immune system, chronic fatigue and weak muscles and no strength. Making the usual mistake of deciding he needed to train harder, he just pushed himself over the edge. What turned it from normal burnout to full blown fatigue syndrome was when he raced a 20mile race with swollen glands. He was bed-ridden for a week after that. That was his last bit of exercise until September.

With the help of Dr Paula Ansley, who had a similar diagnosis in 1996 when training for Olympic Rowing team, Wayne started a programme of rehabilitation in September. He would monitor his symptoms on a daily basis, and start incorporating 5mins of walking every second day. There would be gradual increase, but all depended on how he felt. 'This was a complete mind change for me, who pretty much trained everyday, and believed "more was better". Harsh lesson was learnt. I had seen an article on Neovite in 220 Triathlon magazine, and went onto the website. It looked very interesting, yet I never thought that it could help alleviate my symptoms,' Wayne admits. After four weeks on neovite this is what he says:

'I can honestly say that I have not felt this strong since July last year when training for Ironman Switzerland. I know it is still early on in my rehab, but I have managed a 21km run and a 3hr bike ride on the turbo trainer. My recovery from my sessions has been remarkable, considering I had not done any exercise since mid March. I have not set any goals for 2005, and will use the year to make sure I incorporate a better "mind" about training. I have also noticed that my immune system is a lot stronger, whereas before I would pickup any infection going around, I am the only one at work not to have been off ill yet (touch wood). I intend to make Neovite first on my grocery list every month.'

Before neovite

I read in the recent Cycling Weekly about how you may be looking for over-trained/ fatigued athletes to try out the Colostrum.

I had the misfortune to suffer chronic over-training/burnout from over-racing last year. I completed amongst other races, a 60 mile ultra marathon, Ironman Switzerland, World Triathlon champs and Ironman UK. When I started training again this year in February, it all went pear shaped. I couldn't finish training sessions, had to pull out of the World Long Distance Triathlon Champs, and the 60 mile ultra marathon. I took 4mnths off completely, just eating and trying to get a normal sleeping pattern again.

I am still on the slow road to recovery, managing now 30mins exercise per day. I have also read up on articles on "leaky gut", and think that I have pretty much all of these symptoms as well. Although this year has been a huge disappointment, I am determined to make a comeback and live my ultimate goal of racing Hawaii Ironman. I read with interest Joe Beer's article on Colostrum, and have visited your website on many occasions, but not sure whether I can afford the 3-6mnths supply that may be needed to kick start my body.

I would be very keen to be included in the 3mth trial, to see how this can boost my immune system and recovery from chronic fatigue.

1st month on neovite

I was diagnosed with Chronic Fatigue Syndrome in May this year. This was as a result of racing too many long distance triathlons and running ultra marathons in 2003. I ran a 60mile ultra marathon, then 4 weeks later, Ironman Switzerland and 4 weeks after that, UK Half-Ironman. PB's were set in all 3. My obsessive nature meant that I was on the verge of over-training/ burnout, and when I raced World Triathlon Champs in December that was the last straw.

In January I noticed I was getting very slow, tired and not recovering. Making the usual mistake of deciding I needed to train harder, I just pushed myself over the edge. What turned it from normal burnout to full blown fatigue syndrome was when I raced a 20mile race with swollen glands. I was bed-ridden for a week after that. That was my last bit of exercise until September.

The most distinct symptoms I had were:

- deficient immune system
- chronic fatigue
- weak muscles / strength

With the help of Dr Paula Ansley, who had a similar diagnosis in 1996 when training for Olympic Rowing team, I started a programme of rehabilitation in September. I would monitor my symptoms on a daily basis, and start incorporating 5mins of walking every second day. There would be gradual increase, but all depended on how I felt. This was a complete mind change for me, who pretty much trained, everyday, and believed "more was better". Harsh lesson was learnt.

I had seen an article on Neovite in 220 Triathlon magazine, and went onto the website. It looked very interesting, yet I never thought that it could help alleviate my symptoms

I started taking Neovite 4 weeks ago, and can honestly say that I have not felt this strong since July last year when training for Ironman Switzerland. I know it is still early on in my rehab, but I have managed a 21km run and a 3hr bike ride on the turbo trainer. My recovery from my sessions has been remarkable, considering I had not done any exercise since mid March. I have not set any goals for 2005, and will use the year to make sure I incorporate a better "mind" about training. I have also noticed that my immune system is a lot stronger, whereas before I would pickup any infection going around, I am the only one at work not to have been off ill yet (touch wood).

I will keep you updated on my progress, and I intend to make Neovite first on my grocery list every month.

Tim Kelly

Summary

Having had a closer look I wonder if you might add that I am a fellrunner as well as cyclist/triathlete and delete the contents of the last e-mail update from "...am very keen to continue." to the end

Tim, a 45 year-old keen cyclist, triathlete and fellrunner, has been experiencing significant periods of tiredness due to over-training and stress at work. A few years ago he began to be seriously affected by these periods of tiredness, to the point where he became de-motivated to race and very depressed. Despite this, Tim, made extreme effort to carry on training and racing until his condition deteriorated to the point he had to stop completely in 2001.

At last he was diagnosed with Coeliac Disease, an autoimmune condition. 'My symptoms included extreme inexplicable fatigue, poor skin condition, poor bowel movements and repeated problems with strains in my calf muscles', Tim says.

In the first weeks of taking neovite, Tim found it difficult to assess whether Neovite was having an effect, although he begun to train regularly and felt ok the next day 'sort of feeling strong underneath my lethargy' he noticed. 'I can tell that I am entering a brighter stage and wonder if Neovite is now beginning to facilitate an improved digestive function.'

After two months on neovite his report is indeed much brighter: 'I do seem to be experiencing a significant improvement in handling training sessions. As my last update indicated I am definitely working up to a high level of fitness again, especially with such a good run at the Calderdale Relay. However, rather than sliding towards tiredness, which tends to be the norm, I have had a number of hard sessions and experienced no ill effect. This week for instance, I did 30mins on the Turbo of which the middle 20min was stood up out of the saddle and it just seemed easy! The following day, I did a fast run with efforts on all the hills with my training partner Paul who is much stronger than me. Again, I felt great and feel absolutely fine the next day.'

Taking Neovite is now well established in Tim's routine and he can train, steadily, straight after taking it in the morning. Tim thinks that improvement with Coeliac Disease just begun to show, as he is able to train week in week out without breaking down. He is very keen to continue with neovite to see whether he really can recover the endurance through sustained training.

Before neovite

I'm 45, weighing about 70KG and just under 6'. I started cycling seriously when I was 22. I'd got a job in Preston and lasted 3 days on the train before buying a race bike (Road Ace) and commuting from Chorley to Preston (9m each way) each day and everyday. I have always done a lot of biking on the road and have a great love for hilly terrain. I've not a tremendous amount of competitive experience although I have done the 3 Peaks Cross, winter cyclocross and time-trialling through an interest in triathlon. Currently I've 5 bikes: 2 road, 2 cyclocross and 1 on the turbo trainer. I'm passionate about biking and Fell running.

I'm primarily a Fell runner and have raced on the fells since 1983. During this period I have had reasonable success (top 10's) over all sorts of distances from 1 1/4 mile blasts up to and including the 72 mile Bob Graham Round in which you must visit 42 mountains in less than 24 hours starting and finishing in Kewick. I also did triathlon for around 3 years, mainly local events, and rediscovered the joys of swimming enjoying coaching classes twice a week.

Over the years I have experienced significant periods of tiredness but despite numerous tests these were put down to over-training and stress at work. I have lost count of the times I have had to drag myself from the depths to put total effort into running and biking well. To be fair though, this has been interspersed with many periods of great strength and endurance as I have enjoyed many manic training sessions on both the fells and the bike, including multi-day affairs of adventure in the hills. A real rollercoaster ride.

However, I would say that in 1998 I began to become seriously affected by these periods of tiredness, to the point where I became de-motivated to race as I was feeling quite depressed by these feelings. Competition in 1999 was really desperate work. This period included triathlon and the 3 Peaks Cross - I have never felt so physically and mentally destroyed as I did at that time. Tests showed nothing - stress was again named the culprit. I stopped swim training at that time - I couldn't cope with it and work.

I never stopped training but in 2000 made a concerted effort to become what I saw as super fit, through racing and speed work with friends. I have never found 'coming back' so hard. It was inexplicable; I was way down the field. Despite this I summoned up enough strength to have a blinding run with a teammate in the Calderdale Way in December, coming 5th on our leg. After that I suffered a stress fracture in 2 metatarsals on my right foot and had to stop running/biking for 8 weeks.

In 2001 I trained for 10 weeks. It was foot and mouth year but I became fit enough on the bike to have a good run in the Borrowdale fell race (18 mile 6500' ascent) - should have got 1st V40 but suffered on the last peak. My condition deteriorated further and I hardly trained again that year.

In November 2000 I was diagnosed with Coeliac Disease - on my insistence at the doctors that I knew something was wrong with me, he tested me for auto immune conditions. They estimate that I'd suffered for 10 years. My symptoms included extreme inexplicable fatigue, poor skin condition, poor bowel movements and repeated problems with strains in my calf muscles. I now realise that only my high level of fitness and good diet kept me from developing the more serious complications that can prevail with this disease, trouble was they also masked its development to a marked degree.

As you'll be aware there is no treatment for this disease other than a strict gluten free diet, although I do take calcium due to the increased risk of osteoporosis (I'm ok on that score) and I had a serious iron deficiency, which required treatment.

I have had a difficult time mentally and physically over the 18 months since diagnosis, wondering if I would ever rediscover the level of fitness (and therefore enjoyment) in my chosen obsessions! It has been 1 step forward, 2 back on many occasions. Much experience of inexplicably poor performance on bike and run; continuing calf problems (now hopefully over - I think this is due to having reached a balance in my calcium levels); extremely hard training sessions with mates; an inability to enjoy long hard sessions on the mountains and in the hills on the bike. There's a concern too over effective intake of calories to maintain fitness levels - managing a strict coeliac diet can be frustrating at times. Talk about the Long Hard Road!

However, I am just beginning to see now that I can reach the high levels that I know are within me but my ability to sustain the effort required is an immense worry for me (notwithstanding the alterations to my training since I am a Vet40). I think Neovite could be the thing to complete my recovery both from a physical point of view - aiding complete recovery of small and large intestine, but also mentally in knowing that my immune system will operate to an acceptably robust level. I'm still some way off thinking/knowing that I can train and run/ride effectively over a long distance although up to 2 hours I am pulling my weight at much improved levels.

Anyway, that's my story. It's been such a struggle and hard to put into words. It's been hard when your mates think you're making excuses but you know something is wrong. Even now I don't

think people realise how difficult it has been. It has affected all of my life but my partner, Nicola, has been exceptionally supportive - especially with the ups and downs, the dreams - and nightmares, even with the dietary changes we have had to face!

1st month on neovite

I've been taking Neovite now for 28 days, always in the morning first thing, but as often as I can in the evening too although it isn't always possible.

It took a few days to get used to the mix as initially it tasted quite rich and heavy on the stomach but I have now found that a mix of skimmed milk and water is palatable for me. It took a few days for my digestive system to get used to it but it is fine now.

Unfortunately, after a period where I felt I was getting really fit (including 1st Vet40 at Dale head Fell Race in the Lakes - 8th overall) the trial has coincided with a downturn in my health - nothing dramatic but a typical and frustrating feature for me of being a Coeliac. I think this is where I am hoping Neovite can have an effect - evening out the ups and downs of my health so I can sustain the training I need in order to compete at my chosen level. During this period I feel lethargic and low, for no reason that I can put my finger on - so much so that I have had blood tests again at the Doctors (no results yet).

So, it is difficult to assess whether Neovite is having an effect as yet. However, I have been training regularly and in the training I have done (particularly on the Turbo Trainer) I have still managed to put in a hard session and felt ok the next day - sort of feeling strong underneath my lethargy. I realise this may not make a lot of sense!!

However, I can tell that I am entering a brighter stage and wonder if Neovite is now beginning to facilitate an improved digestive function.

In the next 5 weeks I will be training in a more focused way, racing at the Calderdale Relay mid-December, on the fells at Christmas and hope to finally fit a couple of cyclocross races in - but am keeping my fingers crossed at the moment.

2nd month on neovite

Been taking neovite for 48 days now so coming up to 2 months - regularly taking a heaped dessert spoon with milk & water, twice a day.

Since the last update I've definitely been on the up, which is a bit tricky given this time of year and all the bugs that are going around.

Last Saturday I ran leg 3 of the Calderdale relay and set the 4th fastest time with my partner Nick (93 teams) so was well pleased, as I had missed some training because of a cold and only felt about 85-90%. I waited until today to contact you because after two days off for recovery (we ran the leg back to the car too!) I had another hard fartlek hill session with a mate of mine Paul who is flying at the moment (9th English Fell champs and winner of a few races this year including the Manx Mountain Marathon and Tour of Pendle). Once I warmed up I felt good despite full on intervals, best of all I recovered well during and especially after the session.

Is this due to neovite? For me the test is really in sustained recovery over a long period - if I see an improvement in that ie. no gradual slippage to feeling under the weather, then I reckon it is

looking as though neovite is assisting me in digesting essential nutrients and, more importantly, restoring my immune system to more normal levels - obviously I'll ensure I balance training with sufficient recovery.

I realise I have commented about fell running rather than cycling but this is partly to do with the time of year and timing of cross races.

I do seem to be experiencing a significant improvement in handling training sessions. As my last update indicated I am definitely working up to a high level of fitness again, especially with such a good run at the Calderdale Relay. However, rather than sliding towards tiredness, which tends to be the norm, I have had a number of hard sessions and experienced no ill effect. This week for instance, I did 30mins on the Turbo of which the middle 20min was stood up out of the saddle and it just seemed easy! The following day, I did a fast run with efforts on all the hills with my training partner Paul who is much stronger than me. Again, I felt great and feel absolutely fine the next day.

3rd month on neovite

Now taken neovite for 76 days. Have to say that I am seeing a definite improvement in resilience to training. Disappointing race at Christmas but mainly because I went wrong in the mist. Late December not a good time to be assessing fitness given the celebrations etc... but I'm stringing more days together and my body is definitely able to handle it better than before.

Well, I'm coming to the end of my 3rd bag of Neovite, it will have lasted about 90 days.

Taking Neovite is now well established in my routine and I can train, steadily, straight after taking it in the morning. It is quite difficult, in a subjective trial like this and with all the things that can interfere with training at this time of year, to make a really objective assessment of the worth of Neovite. However, I would say that in the last 2 weeks I have experienced a marked improvement, although I am not doing any intensive work as I intend to work primarily on endurance for the next 2 months. Of late training has been mainly running on the fells.

One observation I have regarding Neovite: Coeliac Disease is that I've learnt the hard way that improvements in this particular digestive disease take significant time to achieve. I laughed when the consultant told me it would be at least 18 months before I was back to anything like normal – but it was true. As you know I've already outlined the challenges faced in training seriously and consistently again. For me, with this disease, proof that improvement has been achieved can only really be accepted when I have been able to train week in week out without breaking down with Coeliac symptoms and perhaps it is now that this is beginning to occur.

Kieran Leahy

Summary

Kieran is a 22 year track sprinter and have just returned from 9 months study and training in Russia. He used to train 5-6 times a week on the track or on the rollers. However, his training was often disrupted by fatigue and contracting colds, which would often lead to a chest infection, which he is very prone to. This sets his training back by 2 weeks at a time, with antibiotics often not being effective. The bad climate in Russia, with sub zero temperatures, snow and rain for 4 months of the year make it hard for an athlete to train and rest well, leaving you more susceptible to falling ill.

'I came through this hard training in the end,' Kieran says, 'but I believe the cumulative effect it had on my body left me drained this summer, where I have had to take a total of 6 weeks off the bike at various times through illness and fatigue. I have heard that colostrum helps to improve explosive power, something that is central to my training and racing. The climate in Russia would represent new testing ground for the powers of Neovite and I feel I would be an ideal person to test it.'

Back in Russia Kieran reports: 'I have definitely noticed a difference using neovite. I've been taking it for a few weeks and I've been doing some fairly intense training, all track work, with lots of sprints. It's been hard work but I feel that neovite has definitely helped me recover between training sessions. I came here after a complete break from track training and racing over the summer, but have got back into doing the same training I was doing in form 6 months ago within a couple of weeks.'

Despite the temperature dropping down to -14, Kieran has suffered no ill effects of training intensely 4+ times a week and feels fitter than he had done for a long time.

Before neovite

I am a 22 year track sprinter and have just returned from 9 months study and training in Moscow and St Petersburg, Russia. I used to train 5-6 times a week on the track or on the rollers. However, my training was often disrupted by fatigue and contracting colds, which would often lead to a chest infection. I am very prone to getting chest infections, and they set my training back by 2 weeks at a time, with antibiotics often not being effective. The bad climate in Russia, with sub zero temperatures, snow and rain for 4 months of the year make it hard for an athlete to train and rest well, leaving you more susceptible to falling ill. The lack of sunlight in the winter and a limited, and often unpredictable, diet used to affect my recovery and also my digestion.

I came through this hard training in the end, but I believe the cumulative effect it had on my body left me drained this summer, where I have had to take a total of 6 weeks off the bike at various times through illness and fatigue. It has been this illness which has prevented me from breaking through into higher level racing this summer.

I am returning to Moscow in four weeks time to work and to train once again on the track but am worried about getting fatigued in the long winter again. Thus I feel I would benefit from anything that would help me recovery better and increase my immune system, and Neovite sounds ideal for me. I have also heard that colostrum helps to improve explosive power, something that is central to my training and racing. The climate in Russia would represent new testing ground for the powers of Neovite and I feel I would be an ideal person to test it.

1st month on neovite

I have definitely noticed a difference using it. I started taking it after a week here, when I started training again and got used to it quickly, although finding good milk here to mix it with was tricky at first. I built up the dose gradually over a week and am now taking 2*2 dsp a day.

I've been doing some fairly intense training, all track work, with lots of sprints. It's been hard work but I feel that the neovite has definitely helped me recover between training sessions. I came here after a complete break from track training and racing over the summer, but have got back into doing the same training I was doing in form 6 months ago within a couple of weeks.

Despite the temperature dropping down to -14 here a couple of weeks ago and snow everywhere, I have suffered no ill effects of training intensely 4+ times a week and feel fitter than I have done for a long time.

Scott Merrilees

Summary

Scott is a keen cyclist 160+ miles and trains regularly, but suffers from mild cases of irritable bowel syndrome. He has also broken my wrist in a cycling accident and wants to benefit from Neovite with its healing process.

In the first month Scott started to feel good whilst training, and by the second month he reports 'Since starting taking neovite I can definitely say that the use has benefited me. I am still only in winter training for cycle racing but the difference in my style of training from a year ago is very noticeable...I will cycle the 21 miles to work. My ride is tough but I do not feel as though I am struggling or need extra energy boosts...I have been riding the Twickenham Winter Series at Hillingdon cycle circuit which began back in December and have been able to contest which I have not always been able to do. This I believe has been because of hard training and Neovite.'

Scott believes that since using neovite it has improved his athletic performance and improved his muscle growth therefore has given him extra confidence to keep on training and put in extra effort. He hasn't noticed any changes in his digestive system though.

'All in all I would recommend the use of Neovite if you are motivated and training to reach goals. It has made me stronger and fitter. I will defiantly be ordering more in the future' he concludes.

Before neovite

I am 20 years old. I am a keen cyclist and have been riding since I was 16 years old. After reading Cycling Weekly 02/10/2004 I was interested in your article on Neovite. I looked at your website and feel Neovite would benefit me.

I cycle to and from work four times a week, which adds up to 160+ miles. I will also do gym work on my legs four nights a week. I will then do group training rides at weekends which usually add up to 100+ miles and if I feel like it I will also do gym work.

My training programme is like this so I can feel good in seven months time when the racing begins. During the summer period I will not ride as much as I will be racing more often.

I have been training with this new programme for over 1 month and occasionally feel like it's too much but there will be other times when I feel really good. During work I will eat cereals in the morning and over the day 3 bananas, 1 apple, 1 sandwich and 2 small chocolate bars. After I have got home and done my gym work I will have dinner and a pudding, then sleep.

From time to time I will have mild cases of irritable bowel syndrome but put it down to the fact I eat a lot of fruit. Occasionally I will feel I need more food but I try to not eat too much. I also take multi vitamins and a probiotic drink in the morning and feel this benefits me.

I weigh 9.96st and would say am very fit and healthy but occasionally feel my body is saying I do too much.

I have recently broken my wrist in a cycling accident and would maybe benefit from Neovite with its healing process.

I would like to try Neovite and see if I can benefit from its use.

1st month on neovite

I have been using Neovite now for 12 days; I began slowly on November 15th. A small teaspoon twice daily for three days and am now taking two tablespoons twice daily.

I will mix Neovite with Half a pint of milk first thing in the morning, then cycle to work (22 miles) where I will then have breakfast. I will then cycle home and again mix Neovite with half a pint of milk when I get home. I will then do Gym work for an hour and have my dinner later on in the evening.

Although I am still in the early days of trying out Neovite I do feel that it is benefiting me. I feel good whilst training and although it is hard to fit my cycle training around my work I would like to carry on using Neovite.

2nd month on neovite

It's been over two months since I began using Neovite as an experiment to see the benefits it would give to my cycle training.

Since starting taking neovite I can definitely say that the use has benefited me. I am still only in winter training for cycle racing but the difference in my style of training from a year ago is very noticeable.

I am making two Neovite shakes every night (if I will be training the next day) and put it in the fridge for when I get up, the next morning. I mix 2 tablespoons with half a pint of milk.

When I wake up the next morning I will drink one shake instead of having breakfast. I will then cycle the 21 miles to work. My ride is tuff but I do not feel as though I am struggling or need extra energy boosts.

I notice that using neovite makes me less hungry during the day. I eat a small lunch and nibble on fruit throughout the afternoon. I then cycle home, again 21 miles. And feel a little tired but not as if I'm overdoing it. I will then have another shake, (2 tablespoons with half a pint of milk) when I get home. Most evenings I will then do a gym workout for approx 45 mines. I will then go home and have a large dinner.

I have been riding the Twickenham Winter Series at Hillingdon cycle circuit, which began back in December and have been able to contest, which I have not always been able to do. This I believe has been because of hard training and Neovite.

I believe that since using neovite it has improved my athletic performance and improved my muscle growth therefore has given me extra confidence to keep on training and put in extra effort.

The only thing I have not noticed a benefit from is my digestive system. One of the uses is to improve your digestive but nothing much has changed. I also notice that occasionally I do have cravings for lots of biscuits/chocolate/sweets. If I am working I can put it off but when I have nothing to do I find it hard to put off. Would this be anything to do with neovite?

All in all I would recommend the use of Neovite if you are motivated and training to reach goals. It has made me stronger and fitter. I will defiantly be ordering more in the future.

Don Tamplin

Summary

Don, 56, cycle races and trains regularly despite suffering from periods of Ulcerative Colitis (every 4 to 6 months), which can last from two to seven weeks. He suffered from this since 1987, and he is on a long-term sick leave.

His feedback is positive after couple of months on neovite. 'Bananas and Neovite in the blender together make a great drink' he says. 'All is ok at the moment. The cycling is coming along ok as well, I have knocked another second off my 500meters time lets hope I can keep it up!'

In the third month Don had a relapse of UC, which force him to use medication. But although these are immunosuppressive, Don discover that he kept free of infections while on neovite, but he is not certain if neovite helps with his UC. He says 'I want to keep on going for a few months longer if I can, and see if my performance on the track starts to take off. I have been riding and racing right through the relapse but all my cycling mates and I can see I'm not as fit as I was a few months ago. There is a good side as well. The cyclists I mingle with seem to have red and runny noses, but not me! Let's hope it stays the same'.

Before neovite

I joined Newport Phoenix CC in 1969 and have raced every year since then, mostly time trials, from 5 milers to 12 hour events (club champ at 15miles, 30miles, 50miles, 100miles + Welsh 12 hour team member winner), I only did 227 miles! The winner Dr Ron Goodfellow did 257, something to do with eating tinned rice pudding before the start I think! Have done a number of road races, but now it's the track for me, The Newport Velodrome is only four miles from my home so I can get there anytime it suits me. Training Tuesdays 12 to 2 pm, Wednesdays Club night, Fridays race with the Veterans, I do fit in a few more sessions in a month and of course out on the road most other days. I do not have IBS but do have IBD, Ulcerative Colitis, which I have suffered from since 1987.

I get a relapse about every 4 to 6 months but still cycle through it, plenty of hedges around the roads I train on, and of course when on the track I'm only 1 bend away from the u bend! But as there are no brakes on a track bike it does take a lap or so to stop, then it's clip clop to the nearest loo as there is no time to take my shoes off, have made it every time so far! I am on long-term sick, as the Doctor will not sign me off even though I tell him I'm riding and racing on the bike. My Gastroenterologist is Dr Miles Alison and he has me taking Azathioprine at the moment, and also Prednisolone which is now down to 20mg per day, so in about 5 weeks time I will be off them forever I hope! When I have an attack it normally lasts about 7 weeks, sometimes it clears up in 2 weeks.

I'm 56 years old and weigh 13 stone. Thank you for reading this and am waiting in anticipation for a win or runners up prize which could help me with my health and also perhaps knock off 6 seconds for the 500-metre time trial in the World Masters Track Meeting in Manchester next September, which I have started training for.

1st month on neovite

I have been taking Neovite for over 3 weeks now and things are starting to look better. The first 2 weeks were a bit of a strain as I tried lots of different recipes to make Neovite to my liking. I'm using bio live yogurt, 4 dessertspoonfuls and 1 of Neovite, it is quite thick but goes down well, the only problem is I don't feel like eating food till early afternoon, this is fine if I'm going down the velodrome for the lunch hour sessions or racing in the evening. If I go out in the morning for a

training ride I now take some food with me as I don't want to end up with the bonk (cyclist term). I take Neovite at 7am every morning, of course I do start drinking from about 7-45 am so as not to dehydrate. By the way I do not drink tea, coffee, coke drinks or alcohol of any sort. My training last week and up to Tuesday this week was not up to 100% as I think I over did it on the weeks before. Went to the velodrome today for 2 hours and did some useful work and will be going out for a 40+miler in the morning, it could be more if the wind is behind me on the way back!

2nd month on neovite

All is ok at the moment. The cycling is coming along ok as well, I have knocked another second off my 500meters time lets hope I can keep it up! After Christmas I shall have a coach who will put me right on many things so I have been told! My gear size is much to low as I use 50x16, Weight training has started so in a few months time my gear size should go up and my times come down, well that's the idea! I am using the blender all the time for the Neovite. Bananas and Neovite in the blender together make a great drink. My weight is still around 13 stone, which is ok for now, but what will happen after a few months on the weights is anyone's guess.

3rd month on neovite

I have had another relapse of UC I did keep going with the Neovite for a week but I was not getting any better so I stopped taking it and started on the steroids. That was a few weeks ago and only now have things started to settle down. I should be off the steroids in about 3 weeks time if all goes well! I also take Azathioprine, which belongs to a group of medicines called Immunosuppressive. This reduces the strength of my immune system so I always seem to pick up all the colds and coughs from the people around me but not since I have been taking Neovite, There must be something in it which is doing the trick.

As far as the UC goes, is the Neovite working? I do not know. I think at the end of next week even while I'm on the steroids (Predisolone, not anabolic) I shall get back on the Neovite as there is a good 3 weeks supply left. I know that the 3 months trial must be up, but I want to keep on going for a few months longer if I can, and see if my performance on the track starts to take off. I have been riding and racing right through the relapse but all my cycling mates and I can see I'm not as fit as I was a few months ago. There is a good side as well. The cyclists I mingle with seem to have red and runny noses, but not me! Let's hope it stays the same.

This is what I have been doing before Christmas and up to now: Monday morning in the Gym weights training, afternoon 34 miler steady. Tuesday 2 hours track doing everything, sprints, intervals, standing starts and pursuits with riders half my age and I'm holding most of them. Wednesday Gym, evening club night doing everything again. Thursday 2 hours track same as Tuesday Friday morning Gym, afternoon 40 miler hard on the road. Saturday on the turbo doing intervals as I can put my head down and go for it and not have a fear of crashing, and not like all the other sessions I can get to the w.c with out getting all red in the face.

Darren Taylor

Summary

Darren was born with a life threatening under developed digestive system and bowel. Over the years he had surgery, which left him with, reconstructed digestive system and bowel with prosthetics. Although the initial condition was corrected, Darren has been suffering from a degenerative bowel disease coupled with an extreme form of IBS which in the past few years has had a detrimental effect on his health and way of life.

Darren continued to live as normal a life as possible, which included participating in a number of sports: power boat-racing (3 British champion), football, hockey, rugby (played in a locally renowned team) and mountain biking (including low level local races (Cheddar challenge), weight training and running.

Having taken his first dosage of neovite on a day suffering from moderate IBS pain, he found to his amazement that the pain subsided rapidly and he became much more comfortable.

Just three weeks into neovite, Darren discovers he cannot live without Neovite. He reports: 'since then, I have taken it daily and also returned to cross training programme (running and weights), having had a fairly intense first session, I was expecting to be barely able to move the following day. This was not the case and although I ached a bit I found that my usual muscle pain was considerably less that I am used to.

1. I am having far fewer IBS bouts and in the last month I have only suffered one biggie where this is usually a weekly occurrence, this has resulted in a much more regular bowel habit (something I have never been able to maintain previously) and a noticeable reduction in abdominal swelling bouts, and gas.
2. in line with my return to fitness I have found that I am suffering considerably less muscle ache in the days following running / cross sessions, previously I would suffer for 4 days following a 50 min run.
3. cycling - I am commuting 25 miles a day all weathers, for no extra effort I have reduced the e/w journey time by 2 minutes on my winter hack, this equates to a 1.2 mph average increase in speed, this again may be as a result of cross training and comfort.
4. during this period my family have suffered from various winter/ autumn sniffles and lethargic bugs, resulting in lost school days and sick, I have found that none of these bugs have managed to take hold.
5. in summary I feel much fitter and healthy.

I do believe that neovite has played a considerable part in my new found health and capability; I also accept that there is a fair amount of PMA (positive mental attitude), with expectancy from taking colostrum, which has also helped.

I am very happy with my findings and my wife has expressed on a number of occasions how much healthier I seem to be (and LOOK?). In the last few days my family have been struck down with a winter cold, other than a bit of mucus I seem to be fine!

I was quite sceptical but now I a becoming a convert!'

Darren is very impressed with the product and feels that by taking it, he has improved his overall feeling of health and well being, and for the first time in years allowed him to maintain a good level of training.

Before neovite

I am a 33-year-old father of 3 living in the south west of England. I am presently suffering from a degenerative bowel disease coupled with an extreme form of IBS which in the past few years has had a detrimental effect on my health and way of life.

When I was born I was a number of weeks premature, and although external examinations showed no signs of abnormality it was very soon found that I was suffering from a seriously under developed digestive system and bowel, this was extremely life threatening and I within hours of birth was to undergo emergency surgery.

This was followed up with a number of pioneering surgical operations over the next few years, which has left me with reconstructed digestive system and bowel with prosthetics. Once I was a few months older and foodstuffs were introduced to my diet it was then found that I had a severe intolerance to a number of food types including gluten lactose and sucrose. This was so severe that on a couple of occasions by pure accident whilst in hospital I was given the wrong milk and later by a visitor (not mine) a piece of chocolate this had the effect of sending me into cardiac shock on both occasions. Although somehow I managed to pull through.

Over the next few years these intolerances became less severe and solids and then various food types were introduced. Once I was about 8 to 10 years old I was no longer suffering any believed side effects to and food types.

Because of my condition I continued with regular hospital reviews and examinations until I was 15 years old when I was deemed fully recovered, although at the time this came with great relief, I was still suffering with considerable bloating after meals, diarrhoea, constipation and continual fatigue, this I understood to be a bi-product of the corrective surgery and I would just have to live with it.

I continued to live as normal a life as possible which included participating in a number of sports, which included power boat-racing the family sport to which I became 3 * British champion (in my various classes), I gave this up following my fathers death whilst racing, I moved to football then hockey, then finally settling on rugby (I managed and played in a locally renowned team) and mountain biking (including low level local races (Cheddar challenge)) and weight training, this was hampered by my condition but I continued to accept it as I knew no better.

In 1999 I suffered an accident/injury, which left me with a destroyed right knee, which received a full ACL reconstruction and a number of pins and diffused bone bruising which put pay to any further involvement in contact sports. I was in a fixed leg brace and off work for over 4 months.

After a 2-year rehab period I returned to cycling and then later running, I have competed in a marathon (1h 45min) and a number of duathlons with midfield finishes. I cycle 150 miles a week 12 months of the year commuting as well as further miles for fun and serious training where possible. I wish to train to a level where I intent to enter for either the 2005 or 2006 'etape du tour' and take part in closed circuit cycle races (CAT3/4).

In the last few years have been suffering more and more with my condition which is exaggerated and accelerated by my extreme IBS condition I have suffered bouts of bloating and gas as well increasingly regularly even less pleasant effects of this condition which has impacted heavily on my ability to fulfil my current working role (I am a police officer of 11 years service) and also with my sporting exploits, this has brought on pain discomfort and other symptoms. The fatigue I

believe allowed other illnesses and infections into my system subjecting me to a constant barrage of ailments.

As a result of this I have been referred to a specialist in London who has diagnosed this disease as well as the IBS condition, I have been informed that the bowel disease is inoperable and I must control my condition with self-management including all aspects of my life 'lifestyle, time, fitness weight and food'.

I currently am managing this fairly well but still suffer with the IBS condition more often than not and have been able to identify all contributory food sources.

I have taken time to read up on neovite and I believe that its properties will seriously increase my quality of life, and my ability to train and work to a much higher standard. I wish to join a road club and compete more frequently.

In recent months other members of my immediate family have also been diagnosed with similar IBS conditions including my mother my sister and 2 of my 3 children, I would like to trial this product and if successful I hope to introduce it into their lives.

1st month on neovite

I have taken the first initial week at 1 tablespoons worth mixed with 1/2 pint of semi skimmed milk /water mix, my first thoughts were that it mixes very well producing a pleasant smooth texture, this also tasted totally acceptable. I found that it did not leave any form of after taste, which I have found with other similar style products.

Having taken my initial dosage on a day where I was suffering from moderate IBS pain, this did a little for the bloating, but the pain did subside rapidly and I became much more comfortable, whether it was mind over matter, as I find it hard to believe that the NEOVITE did this instantly.

Since then I have taken it daily and also returned to cross training programme (running and weights), having had a fairly intense first session, I was expecting to be barely able to move the following day. This was not the case and although I ached a bit I found that my usual muscle pain was considerably less than I am used to.

So far I have felt better, during the initial week, if this is due to the product then fantastic if it is all in the mind then "ditto". I am mid way through week 3 of my trial pack and I am finding that I can not live without Neovite, as stated previously I have started a get fitter campaign running along side the neovite test, my findings so far are:

1. I am having far fewer IBS bouts and in the last month I have only suffered one biggie where this is usually a weekly occurrence, this has resulted in a much more regular bowel habit (something I have never been able to maintain previously) and a noticeable reduction in abdominal swelling bouts, and gas.
2. in line with my return to fitness I have found that I am suffering considerably less muscle ache in the days following running / cross sessions, previously I would suffer for 4 days following a 50 min run.
3. cycling - I am commuting 25 miles a day all weathers, for no extra effort I have reduced the e/w journey time by 2 minutes on my winter hack, this equates to a 1.2 mph average increase in speed, this again may be as a result of "cross training" and comfort.

4. during this period my family have suffered from various winter/ autumn sniffles and lethargic bugs, resulting in lost school days and sick, I have found that none of these bugs have managed to take hold

5. in summary I feel much fitter and healthy.

I do believe that neovite has played a considerable part in my new found health and capability; I also accept that there is a fair amount of PMA (positive mental attitude), with expectancy from taking colostrum, which has also helped.

I have almost reached the end of my initial pack and I am very keen to continue taking and reporting on any long term effects neovite has on my well being, once it settles into my system and taking it becomes less of a novelty, and more of a required habit.

I am very happy with my findings and my wife has expressed on a number of occasions how much healthier I seem to be (and LOOK?). In the last few days my family have been struck down with a winter cold, other than a bit of mucus I seem to be fine!

I was quite sceptical but now I a becoming a convert!

2rd/3rd month on neovite

I am very impressed with the product and feel that by taking it, I have improved my overall feeling of health and well being. I initially took it with out fail daily as part of my pre commute breakfast mixed with 1/2 a pint of milk, this after a few days settled my usually violent gut, I did this for a 6 week period and found that I was able to maintain a much more active lifestyle which includes commuting 25m each and every day w/o fail throughout the winter; after this 6 week period I reduced the consumption to twice a week and after heavy training sessions, this was due to having 3 young kids and the fact that £40 /month on health products just is not available.

By taking this product less frequently I have not noticed any real loss in fitness gut or general, but I have not been able to maintain a truly high level of training. I am currently running around 16 or so miles and cycling 150-160 miles per week, I have no specific training program but I believe I am on target to compete in the early season CASTLE COMBE duathlons and closed circuit cat 4 road races without being an embarrassment, I now have the motivation to enter this years Bath 1/2 marathon and some local on and off road 10 k's

I believe that the colostrum has allowed me for the first time in years to maintain a degree of health which has enable this level of training and lack of illness.

Gary Wright

Summary

Gary, a triathlete competing at Olympic distances, a frequent time-trialist and an occasional duathlete where he has competed at the World Championships for the Great Britain Age Group team, was diagnosed with Haemolytic Anaemia which led to a Splenectomy in 1976. This has left his immune system weakened and was finally diagnosed with Ulcerated Colitis in 1994.

Gary has not been able to take as much neovite as he would have liked because of his strict diet and training regime. Although not very keen on the taste, he did try it and felt strong even though he had a sore throat and runny nose.

Before neovite

I am primarily a triathlete competing at Olympic distances (1.5K swim, 40K bike and 10K run), a frequent time-trialist (10/25 miles) and occasional duathlete where I have competed at the World Championships for the Great Britain Age Group team.

I also have a stressful job, working in IT as a Senior IT project manager and designer. My 2 children (16 & 13) also swim competitively, so fitting in all the taxi-driving, working, training and (must remember) husband, leaves very little time for relaxation, so fatigue is a constant companion.

My health story begins in September 1974 when diagnosed with Haemolytic Anaemia followed by a Splenectomy in January 1976. This has left my immune system weakened and I have to be very careful in managing my training. In 1994 I was finally diagnosed with Ulcerated Colitis after many years of being poorly, and whilst the Asacol & my diet do help, there are still ongoing issues. I'd be delighted if Neovite could help here.

I have just started my winter's training again after 3 weeks off, and I hope to qualify for the Triathlon World Championships next year in Honolulu, and I would be delighted to have Neovite as my training partner to help me through the stresses of the next 12 months.

1st month on neovite

1. How did my body react regarding UC condition?

This was main worry for me with it being milk based (albeit lactose reduced). It didn't make that much difference, although I did have a few 'comfort' stops whilst out doing my longer runs, nothing that would stop me from using it. When you have had UC badly, you loose any inhibitions in this respect.

My only negative comment is that it tastes disgusting, and never got used to it. That said, I didn't mix it with yogurt as recommended as I try not to have too much milk based products, and as I have a yogurt before swimming, I didn't like to have yogurt everyday or twice / day when swimming.

2. What about my performance?

I can't say I noticed any difference. Perhaps that's because it coincided with starting training after 3 weeks recovery, so I was fairly sore and tired anyway. I have had a fairly heavy cold last 10 days (I generally get one after my flu jab - I know this is just coincidence) and started

some easy training yesterday (5/12), so it didn't help prevent that, although I did feel strong even though I had a sore throat/runny nose for a few days before the cold set in.

3. How does Neovite compare to other supplements I use?

I take REGO from about January right through the season when training intensity starts to pick up, only after really heavy sessions, and I do think this works, I experimented with this & I do notice the difference. So perhaps I'd notice the difference with Neovite if I used it during this period. One point to note, as I am constantly eating every couple of hours, I managed only one supplement per day as you needed to have an empty stomach, and when training twice per day, this is tough to fit in.

Relevant information and studies for above conditions

'Running at 80% VO₂ peak increased small intestinal permeability compared with rest, 40 and 60% VO₂ peak.'

Pals et al, J Appl Physiol, 1997

'Stress causes increased intestinal permeability, as well as the release of a pro-inflammatory neuropeptide. Stress may also reactivate previous inflammation when applied in conjunction with a luminal stimulus.'

Collins, Am J Physiol Gastrointest Liver Physiol 2001

'Colostrum contains EGF, IGF-I, IGF-II, as well as lactoferrin, all of which are involved in regulating intestinal permeability.'

McRoberts et al, Am J Physiol Cell Physiol, 1992

'Colostrum and milk-derived peptide growth factors for the treatment of gastrointestinal disorders'

Raymond J Playford et al, American Journal of Clinical Nutrition, July 2000