

Wellmune WGP® Clinical Study Summaries

The science behind Wellmune is backed by over \$250 million in research and development. The seven clinical studies below demonstrate the benefits of Wellmune on the immune system.

1. Effect of Wellmune WGP® Gluco Polysaccharide given per os (PO) on the Immune System of Healthy Human Volunteers

There was a significant increase in rate and extent of the destruction of foreign cells. This suggests that Wellmune WGP® naturally boosts the general immune response. It also indicates that consumption of Wellmune is safe and increases levels of cells of the innate immune system that can combat immune challenges.

2. Final Report on the Evaluation of the Efficacy of Wellmune WGP® Glucopolysaccharide for Prevention of Experimental Rhinovirus Infection (common cold) in Human Volunteers

The immune system responds to viral infections with an increase in Natural Killer cells (NK) as one of the primary defense mechanisms. This pilot study was conducted to show the activity of gluco polysaccharides on the rhinovirus infection.

The study found that there was a definite statistical trend toward higher NK cell numbers for subjects that received gluco polysaccharide supplement. This supports the hypothesis that consumption of oral Wellmune gluco polysaccharides increases levels of calls of the innate immune system that can combat viral challenges.

3. Cytokine ELISA Analysis of Serum Samples From Human Volunteers Treated with Wellmune WGP® Beta Glucan

The pilot study analyzed the safety of Wellmune by analyzing cytokine production. This is a measure of inflammation in the blood to determine if Wellmune activated inflammation.

After receiving Wellmune, none of the subjects experienced an increase in inflammatory cytokines in their blood.

4. Effects of an Immunomodulating Supplement on Upper Respiratory Tract Infection Symptoms in Wildland Firefighters

In a clinical study, wildland firefighters taking Wellmune WGP® reported better overall health and 23% fewer upper respiratory tract infections (URTI) than those receiving a placebo. The results reflect the ability of Wellmune WGP to protect individuals under demanding physical and psychological conditions from stress-related health challenges.

There was a strong statistical trend favoring the use of Wellmune WGP for the prevention of upper respiratory tract infections. Forty-eight percent of the firefighters experienced an upper respiratory tract infection while taking the placebo, but only 37 percent had an upper respiratory tract

infection while taking Wellmune WGP. Additionally, a statistically significant number of firefighters rated their overall health better while taking Wellmune WGP than those who did not.

5. Effect of Beta 1,3/1,6 Glucan on Upper Respiratory Tract Infection Symptoms and Mood State in Marathon Athletes. Research Paper Published in Journal of Sports Science and Medicine

Marathon runners taking Wellmune WGP® reported significant physical and psychological health benefits. The physical health results demonstrated a significant decrease in upper respiratory tract infection (URTI) symptoms at two and four weeks for subjects taking 250 mg of Wellmune WGP daily.

When asked how the supplement regimen was affecting their overall health, participants consuming 250 mg of Wellmune WGP reported significantly better scores on a variety of mood states, including a:

- 48% reduction in fatigue
- 38% reduction in tension
- 38% reduction in stress-related confusion

6. Beta 1,3/1,6 Glucan Decreases Upper Respiratory Tract Infection Symptoms and Improves Psychological Well-Being in Moderate to Highly-Stressed Subjects

Highly stressed individuals participating in an independent clinical study reported a significant increase in their general health after taking Wellmune WGP®.

High-stress subjects taking 250 mg of Wellmune WGP daily reported a 41% increase in general health when compared with the placebo group. The Wellmune WGP group reported a:

- 42% increase in vigor
- 38% reduction in fatigue
- 19% reduction in tension
- 15% reduction in stress-induced confusion

The Wellmune WGP group also reported fewer symptoms associated with upper respiratory tract infections, including nasal congestion, runny nose, sore throat, sneezing, cough, fatigue, headache, general malaise and body aches.

7. Randomized Phase II Clinical Trials of Wellmune WGP® for Immune Support During Cold and Flu Season

A clinical study with the general population demonstrated that Wellmune WGP reduced the incidence of fever and eliminated the need to miss work or school due to cold symptoms. The duration and severity of symptoms were alleviated in subjects receiving Wellmune WGP.

In the study results, the Wellmune WGP group reported:

- No missed work or school due to colds, compared with 1.38 days of work/school missed for the placebo group. ($p = 0.026$)

- No incidence of fever, compared with 3.50 incidences in the placebo group. ($p = 0.042$)
- An increase in quality of life, including physical energy and emotional well-being, as measured by a clinically validated health survey questionnaire (SF-36v-2). ($p = 0.042$)
- No adverse events were detected and no safety concerns were present.

References

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