Wellmune wgp Reduced Fatigue and Improved Health in Marathoners

Wellmune wgp increased vigor and mental clarity while reducing fatigue and upper respiratory tract infection (URTI) symptoms in marathon runners. The double-blind, placebo-controlled study included 75 marathon runners (35 men, 40 women) ages 18-53 (mean age 36 years) who were recruited at the 2007 Carlsbad Marathon in California. Subjects were treated daily with Wellmune wgp, a natural carbohydrate that activates key immune cells to more quickly recognize and kill foreign challenges, or a placebo for four weeks.

The protocol of this study was identical to the study completed with high lifestyle stress subjects (page 10).

In contrast with the placebo group, marathoners taking Wellmune wgp reported:

- 67% decrease in upper respiratory tract infection symptoms
- 22% increase in vigor
- 48% reduction in fatigue
- 38% reduction in tension
- 38% reduction in confusion

Subjects completed the Profile of Mood States (POMS) Survey Instrument. The well-validated POMS employs 65 adjective-based indicators of mood scaled for intensity (0-4); specific combinations of the adjectives define the 6 mood state factors: tension, vigor, fatigue, confusion, anger and depression.