In contrast with the placebo group, participants taking Wellmune WGP reported:

- 58% decrease in upper respiratory tract infection symptoms
- 9.5% increase in overall well-being
- 11% increase in vigor

In a study of 122 healthy volunteers (32 men, 90 women 38 ± 12y), participants taking 250 mgs of Wellmune WGP daily for 12 weeks reported a statistically significant (p<0.05) 58% reduction in upper respiratory tract infection symptoms, compared with individuals taking a placebo. This data was presented at Experimental Biology 2010.

Using a Profile of Mood States (POMS) psychological survey to assess changes in mental and physical energy levels and overall well-being, the study demonstrated statistically significant benefits for the Wellmune WGP group. These participants rated their overall well-being and vigor 9.5% and 11% higher, respectively, compared with the placebo group. Data for both measures had p values of <0.05.

The study results were consistent with data from other clinical studies demonstrating that Wellmune WGP can naturally enhance immune responses during periods of both high physical and psychological stress.