Wellmune wgp Reduced Health Challenges in High Lifestyle Stress Subjects

Individuals with high lifestyle stress taking Wellmune wgp over four weeks reported a significant increase in their general health, compared with the placebo group. Fully 150 subjects with high lifestyle stress were randomized, double blinded and placebo controlled. Subjects were split into two groups: placebo and 250 mgs/day of Wellmune wgp. Subjects maintained a daily health log with entries tracking the occurrence and duration of URTI symptoms (cough, sore throat, sneezing, etc.). They also responded to questions regarding physical health the during course of study.

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

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.

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