

Study #1:
Texas Marathon



Marathoners taking Wellmune for four weeks experienced a 40% reduction in upper respiratory tract infection symptoms in comparison to the control group.

Wellmune WGP Reduced by 40% Upper Respiratory Tract Infection Symptoms among Marathoners

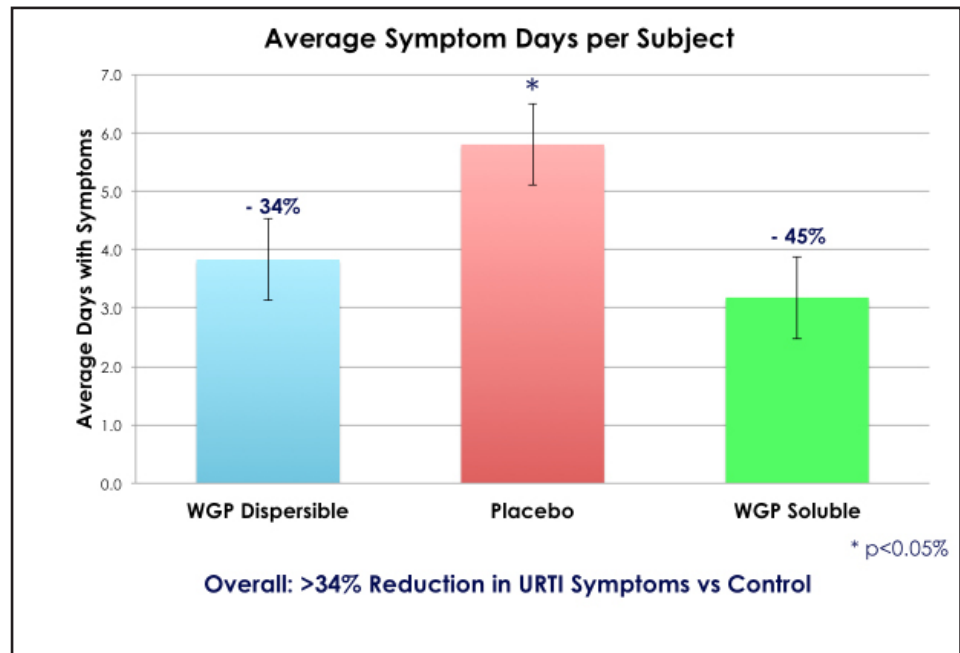
A study of 182 runners who completed the 2011 LiveStrong Marathon in Austin, Texas, confirmed previous clinical research showing that Wellmune WGP®'s support of the immune system has health benefits for individuals under real-life conditions. The study was conducted by the Health and Human Performance Lab at the University of Houston.

Study Protocol

It is common for runners to develop upper respiratory tract infections (URTI) in the days and weeks following completion of a marathon. The double-blinded study included 96 men and 86 women with an average age of 34 and an average finish time of 4:00 hours. These participants were given either 250 mg of Wellmune soluble or Wellmune dispersible daily or a placebo of rice flour to take for four weeks following the LiveStrong marathon.

Results

Wellmune WGP supplementation significantly reduced the number of days that subjects reported both general health problems as well as cold/flu symptoms. Based on previous studies conducted by the University of Houston, it is reasonable to speculate that the improvements associated with Wellmune were likely due to alterations in monocytes, plasma cytokines, and improved mucosal immunity.



"Baker's Yeast Beta Glucan Supplementation Increases Salivary IgA and Decreases Cold/Flu Symptomatic Days After Intense Exercise." *Journal of Dietary Supplements*, Early Online:1-13, 2013. Available online at www.informahealthcare.com/jds
DOI: 10.3109/19390211.2013.820248.