

### Study #3: Med Students



In contrast with the placebo group, participants taking Wellmune WGP reported a significant reduction (18%) in the total number of days with self-reported URTI symptoms (198 days vs 241 days,  $p=0.039$ ).

## Wellmune WGP Reduced Duration of Cold/Flu Symptoms in Study of 100 Medical Students

Wellmune WGP significantly reduced the duration of upper respiratory tract infection (URTI) symptoms in a healthy population of 100 medical students during a 90-day study at the peak of the cold-flu season.

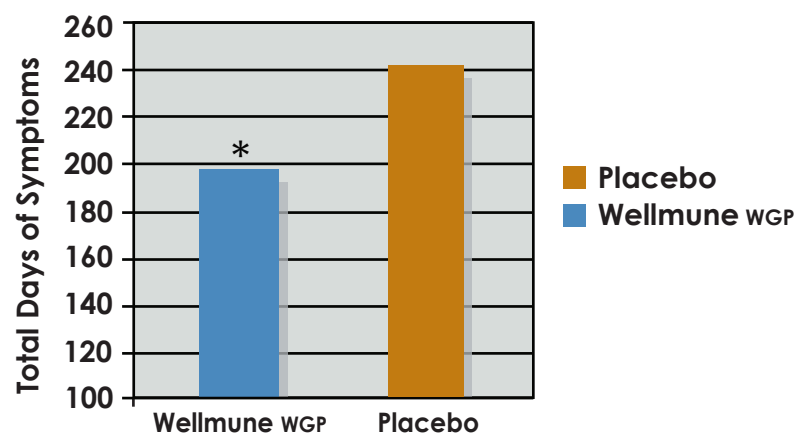
One hundred fourth-year medical students at Southampton University Medical School, United Kingdom, participated in the randomized, double-blind, placebo-controlled study. The students consumed 250 mgs of Wellmune WGP once daily or an identical placebo capsule.

Participants completed a daily health diary recording presence or absence of listed URTI symptoms. Two or more reported URTI symptoms for two consecutive days triggered medical assessment and cytokine analysis within 24 hours. A total of 97 participants completed the trial protocol (Wellmune WGP  $n=48$ , Placebo  $n=49$ ).

### Study Results

- There was a significant reduction (18%) in the total number of days with self-reported URTI symptoms in Wellmune WGP group compared to placebo (198 days versus 241 days,  $p=0.039$ /per protocol group).
- In total, 24 episodes of URTI were medically confirmed; 12 episodes in each group.
- Wellmune WGP did not induce inflammatory cytokines. No cytokine change was seen during symptomatic URTI between study groups.

**Effect of Wellmune WGP on Cold & Flu Symptoms in 4th Year Medical Students**



\*  $p<0.05$  vs. placebo



"Influence of yeast-derived 1,3/1,6 glucopolysaccharide on circulating cytokines and chemokines with respect to upper respiratory tract infections." *Nutrition* 28:665-669.