

Study #4: Lifestyle Stress



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

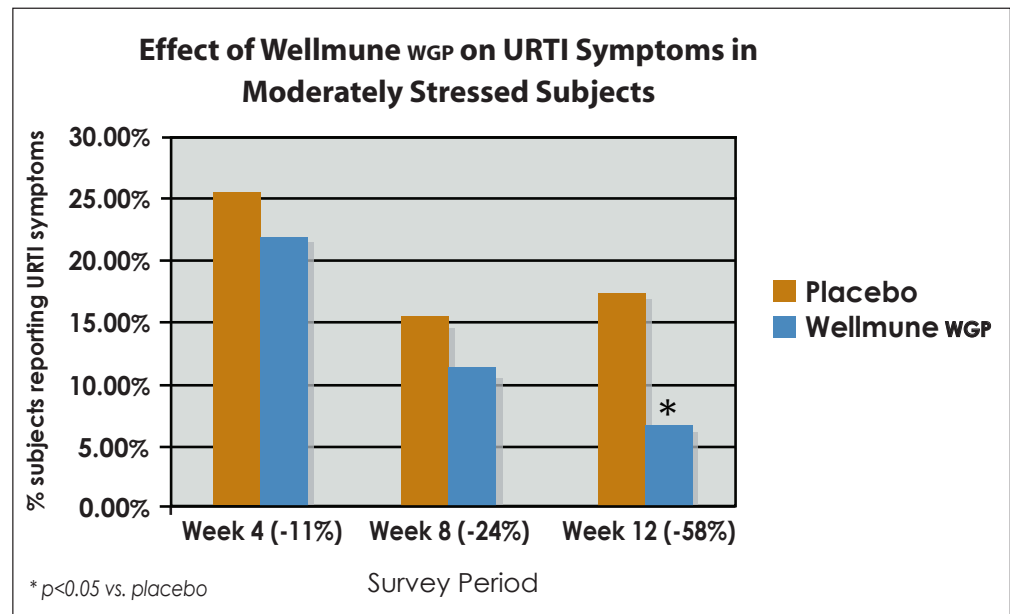
- 58% decrease in upper respiratory tract infection symptoms
- 9.5% increase in overall well-being
- 11% increase in vigor

Wellmune WGP Reduced Upper Respiratory Tract Infection Symptoms during 90-Day Lifestyle Stress Study

In a study of 122 healthy volunteers (32 men, 90 women $38 \pm 12y$), 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.



"Baker's Yeast Beta-Glucan Supplement Reduces Upper Respiratory Symptoms and Improves Mood State in Stressed Women." *Journal of the American College of Nutrition*, August 2012, vol 31, no. 4, 295-300.