

## Study #6: Allergy Study



Allergy sufferers taking Wellmune WGP experienced a 27% reduction in average allergy symptoms and a 52% reduction in severity of symptoms.

# Wellmune WGP Provided Significant Relief to Ragweed Allergy Sufferers

A placebo-controlled, double-blinded study found that Wellmune WGP® reduced allergy symptoms and improved the quality of life of individuals who suffer from ragweed allergy. Ragweed is a leading cause of seasonal allergy symptoms and affects 36 million Americans. Typical symptoms include nasal congestion, sneezing, itchy eyes and difficulty breathing. The cause is an immune system overreaction to ragweed pollen.

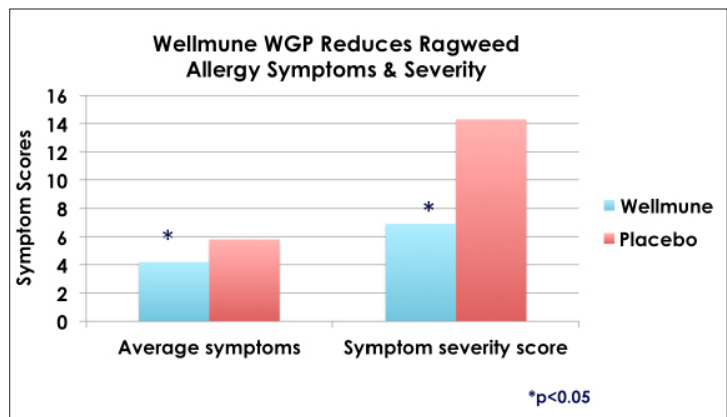
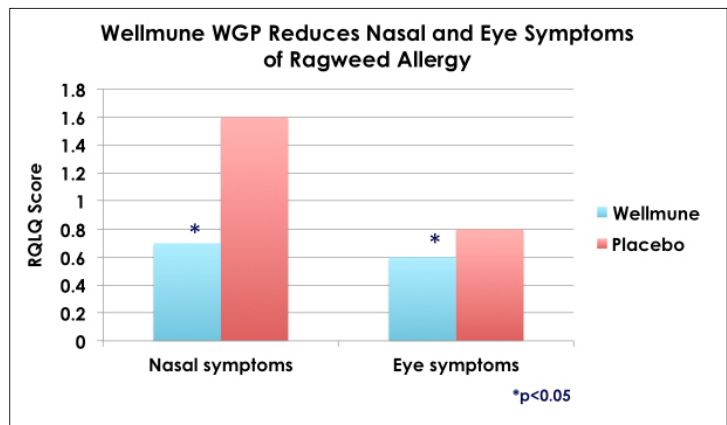
### Study Design

The study equally divided 48 healthy subjects (31 female, 17 male; 39 ± 13 years of age) into two groups. One group consumed a placebo while the other a 250 mg serving of Wellmune WGP daily for four weeks during September/October 2010 in an area of south-east Ohio where local pollen counts were high. Allergy surveys, including the validated Rhinoconjunctivitis Quality of Life Questionnaire (RQLQ), were used to assess differences in allergy symptoms.

### Study Results

Individuals consuming Wellmune WGP experienced statistically significant ( $p < 0.05$ ) relief by several measures:

- A 27% reduction in average allergy symptoms and 52% reduction in severity of symptoms.
- Reductions in key nasal and eye-related allergy symptoms.
- Overall results demonstrated a 56% improvement on the Quality of Life Index, a scientifically validated tool for measuring how participants rate their overall sense of wellness.



"β-Glucan supplementation, allergy symptoms, and quality of life in self-described ragweed allergy sufferers." *Food Science & Nutrition*. doi: 10.1002/fsn3.11