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VITAL STATS: Biothera's Wellmune WGP 1,3-1,6 beta-glucan

STUDY CLAIM: Wellmune WGP, a natural carbohydrate that activates key immune cells, reduced the incidence of coldlike symptoms and improved the psychological well-being of individuals with stressful lifestyles.

PUBLISHED: Talbott S, Talbott J. Beta 1,3/1,6 glucan decreases upper respiratory tract infection symptoms and improves psychological well-being in moderate to highly-stressed subjects. *Agro Food Industry Hi-Tech* 2010;21:21-24.

ABSTRACT: A randomized, placebo-controlled, double-blind design study was conducted to evaluate the effect of b-1,3/1,6 glucan derived from baker's yeast, a dietary supplement, on symptoms associated with upper respiratory tract infections and psychological well-being. Moderate to highly stressed subjects (45 men, 105 women) ranging in age from 18–65 (mean age: 39 ± 11 years) were administered placebo, 250mg or 500mg beta-1,3/1,6 glucan during a four-week treatment period. Subjects in both treatment groups (250mg and 500mg beta-1,3/1,6 glucan per day) reported fewer upper respiratory tract infection (URTI) symptoms, better overall health and increased vigour, and decreased tension, fatigue and confusion based on the Profile of Mood States (POMS) assessment.

Specifically, after two weeks, 32 per cent of the subjects in the placebo group reported URTI symptoms, compared with only 10 per cent in the group taking 250mg Wellmune WGP. At four weeks, 28 per cent of the placebo group reported URTI symptoms, compared with eight per cent in the group taking Wellmune WGP. In addition, the Wellmune WGP group reported a 41 per cent increase in general health when compared with the placebo group over the four-week study period. In comparison with the placebo group, the Wellmune WGP group reported statistically significant increases in vigour, and reductions in fatigue (38 per cent), tension (19 per cent), and confusion (15 per cent).

The psychological health assessment was obtained with a POMS questionnaire, which measures vigour, fatigue, tension, confusion, depression and anger. The POMS profile has been used in more than 2,900 health studies.

POTENTIAL APPLICATIONS: For stress and immune health, Wellmune WGP is designed for foods, beverages and supplements.

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