

**Women Experience Fewer Cold/Flu Symptoms,  
Higher Energy Levels with Wellmune WGP**

*Study presented at American College of Nutrition Annual Meeting*

NEW YORK, NY — October 7, 2010 — Moderately to high stress women experienced fewer cold/flu symptoms and higher energy levels while taking Wellmune WGP<sup>®</sup>, a natural food and supplement ingredient that activates the body's immune defenses, according to research presented today at the 51<sup>st</sup> Annual Meeting of the American College of Nutrition.

Several studies show that psychological stress can suppress both immune system function and mood state. Wellmune WGP, a natural ingredient derived from a proprietary strain of yeast, engages and directs neutrophils, immune cells that are the body's first line of defense, to more quickly find and kill foreign challenges.

Wellmune WGP is a product of Biothera, a Minnesota biotechnology company, and an ingredient in more than three dozen foods, beverages and supplements worldwide.

**Study Design and Results**

Seventy-seven healthy women (age 38 ± 12 yrs) pre-screened for moderate levels of psychological stress were given either a placebo or 250 mg of Wellmune WGP daily for 12 weeks. Only 10% of the Wellmune group reported upper respiratory tract infection symptoms (sore throat, stuffy or runny nose, and cough) compared with 29% for the control group (p value ≤ 0.05).

The study used the Profile of Mood States (POMS) psychological survey to assess changes in mental/physical energy levels (Vigor) and overall well-being (Global Mood State). Vigor improved 41% in women taking Wellmune WGP compared with 7% in the control group (p value <0.05). Similarly, the Global Mood State of women taking Wellmune improved 29% compared with 16% in the placebo group (p value <0.05).

“The results are consistent with previous clinical studies conducted with Wellmune WGP,” said Don Cox, Ph.D., vice president of research and development at Biothera, the manufacturer of Wellmune WGP. “Wellmune’s unique ability to engage the largest population of immune cells in the body can provide protection against life’s daily stressors.”

“These are important findings for the millions of ‘stressed’ women around the world,” said Shawn Talbott, Ph.D., research director at SupplementWatch and lead investigator on the study. “This study shows that while daily stressors can ‘wear down’ immune system function, supplementing with Wellmune WGP can bolster those natural defenses and help stressed women feel and perform at their best.”

**About Wellmune WGP®**

Wellmune WGP is a natural ingredient that is clinically proven to enhance key immune cells that are the body's first line of defense. Designed for functional foods, beverages and supplements, Wellmune WGP strengthens innate immune cells to more quickly find and kill foreign challenges. Wellmune WGP also enhances the immune system to protect against the harmful effects of physical or lifestyle stress. Wellmune WGP is patented, GRAS, TGA-approved, Kosher, Halal, non-allergenic and GMO-free. The ingredient is recipient of an IFT Innovation Award and a Frost & Sullivan Excellence in Research Award. Wellmune WGP is a product of Biothera, a U.S. biotechnology company dedicated to improving immune health. More information is available at [www.wellmune.com](http://www.wellmune.com).

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