

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

EAGAN, MN — December 13, 2010 — Wellmune WGP[®], a natural food and supplement ingredient that activates the body's immune defenses, significantly reduced the duration of upper respiratory tract infection (URTI) symptoms in a healthy population of medical students during the peak of the cold-flu season. The research was presented last week at a British Society for Immunology conference in Liverpool, UK.

During the 90-day study involving 100 fourth-year medical students of the Southampton University Medical School, there were 24 medically confirmed URTI cases equally divided between the study groups. Participants taking Wellmune WGP daily reported 43 fewer days of symptoms than their classmates who received a placebo.

“Medical students working long hours in hospitals are placing tremendous stress on their immune systems,” said Dr. Richard Fuller, M.D. of The Dove Clinic for Integrated Medicine and principal investigator for the study. “Wellmune WGP activates innate immune cells, the body's first line of defense, which helped students become more resilient to health challenges.”

Dr. Fuller's poster presentation was entitled, “A randomised controlled trial to assess the ability of yeast-derived 1,3/1,6 glucopolysaccharide to reduce upper respiratory tract infection symptoms.” [Presentation Abstract](#).

Study Design

One hundred fourth-year medical students at Southampton University Medical School participated in the randomized, double-blind, placebo-controlled study for 90 days. 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

The results demonstrated that Wellmune WGP provided real immune health benefits to the students.

- 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).

- 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.

“The results are consistent with previous clinical studies that demonstrate the protective effects of Wellmune WGP for individuals during cold-flu season or periods of high physical or psychological stress,” said Don Cox, Ph.D., senior vice president of research and development at Biothera.

Biothera and its research collaborators have previously conducted clinical studies involving marathon runners, wildland firefighters, women and other individuals with high lifestyle stress. To learn more about this research, go to www.wellmune.com/clinicalresearch.html.

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 is patented and has broad regulatory approval, including GRAS in the U.S. 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.

Contact:

David Walsh
VP Communications
Biothera, the Immune Health Company
651-256-4606 (direct)
dwalsh@biothera.com