

Wellmune WGP Cut Sick Days for Medical Students

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EAGAN, Minn.—**Wellmune WGP** 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 in a study presented at a British Society for Immunology conference in Liverpool, UK. Participants taking Wellmune WGP daily reported 43 fewer days of symptoms than those who received a placebo.

During the randomized, double-blind, placebo-controlled 90-day study involving 100 fourth-year medical students of the Southampton University Medical School, 24 URTI cases were equally divided between the study groups. The students consumed 250 mgs of Wellmune WGP once daily or an identical placebo capsule and 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). Twelve URTI were medically confirmed in each group.

There was an 18-percent significant reduction in the total number of days with self-reported URTI symptoms in Wellmune WGP group compared to placebo (198 days vs. 241 days, P=0.039). Wellmune WGP did not induce inflammatory cytokines. No cytokine change was seen during symptomatic URTI between study groups.

"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."

Don Cox, Ph.D., senior vice president of research and development at Biothera, added, "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."

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 United States. Wellmune WGP is a product of Biothera, a U.S. biotechnology company dedicated to improving immune health.