

# What's New in Sports Nutrition?



**Wellmune WGP®** is a natural immune health ingredient in more than 100 foods, beverages and supplements in over 50 countries. It is derived from a proprietary strain of baker's yeast. Wellmune activates billions of innate immune cells to respond more effectively without stimulating the immune system.<sup>2</sup>

## Powering the Immune System to Power Athletic Performance

### Why Immune Support for Athletes?

Staying healthy is critical to effective training. Protein and recovery products have long dominated the sports nutrition field to help rebuild muscle and replace nutrients. Often overlooked is the contribution that boosting immunity can make to athletic performance. And, there's a growing body of clinical evidence to support including dietary interventions to support immune health on the training table. Whether you're counseling a competitive or recreational athlete, stronger immunity can help keep them going strong.

Immune health is of particular importance to athletes because high-intensity exercise temporarily weakens the immune system<sup>1</sup>. It can create an "open window" in the body's defenses that may derail training programs and performance gains. Upper respiratory tract infection symptoms commonly afflict distance runners and other athletes.

The challenge to scientists was in finding a dietary solution that athletes could use daily to be well—whether during periods of intensive training, in the heat of competition and even during the off season.

**The novel solution:** harnessing the body's natural defenses to safely prime immune cells that keep the body healthy, with a proprietary beta 1,3/1,6 glucan called **Wellmune WGP®**.

### Why Wellmune?

Nine human clinical studies<sup>3</sup> with marathoners, cyclists and others enduring high physical and lifestyle stress demonstrate how Wellmune can strengthen immune defenses before, during and after exercise.

**Wellmune reduces the incidence of upper respiratory tract infection symptoms.** In multiple clinical studies Wellmune reduced the incidence of symptoms that commonly afflict distance runners and other athletes. In a double-blinded study involving 182 runners who completed a 2011 marathon (*figure 1*), subjects taking Wellmune for four weeks experienced a 40% reduction in URTI symptoms.

**Wellmune also enhances vigor and mental clarity while reducing fatigue.** In physical stress studies with marathoners (*figure 2*) and others, those taking Wellmune benefited psychologically based on a Profile of Mood States (POMS) psychometric test that measures six primary mood states: tension, depression, anger, fatigue, vigor and confusion.



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**The mechanism of action of Wellmune is well understood and biomarker data supports athletic performance benefits.** Clinical research involving high intensity exercise conducted at the University of Houston showed statistically significant improvement in biomarkers for athletes taking Wellmune before and after working out.

**Wellmune is safe for daily use and compliant with anti-doping requirements.** Wellmune is generally recognized as safe (GRAS) in accordance with U.S. FDA regulations and has been tested by the world-class sports anti-doping lab, HFL Sport Science.

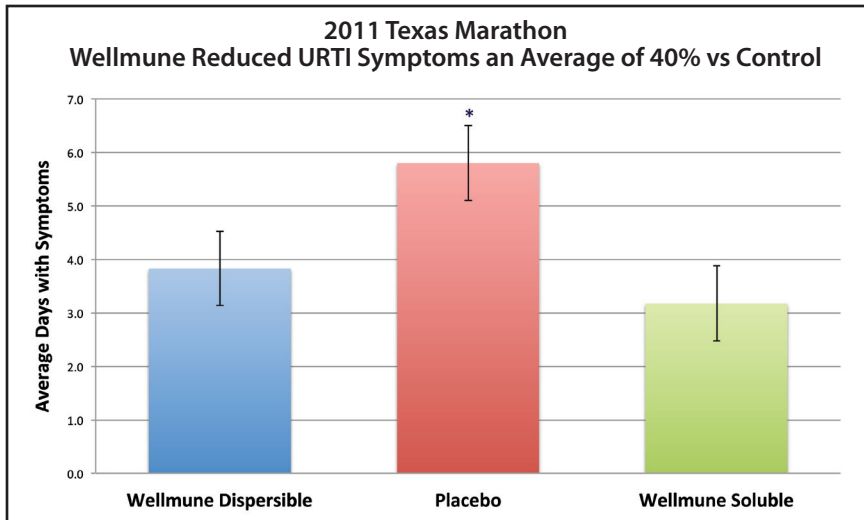


Figure 1: Research presented at the 2012 American College of Sports Medicine. Accepted for publication by the *Journal of Dietary Supplements*, 2013.

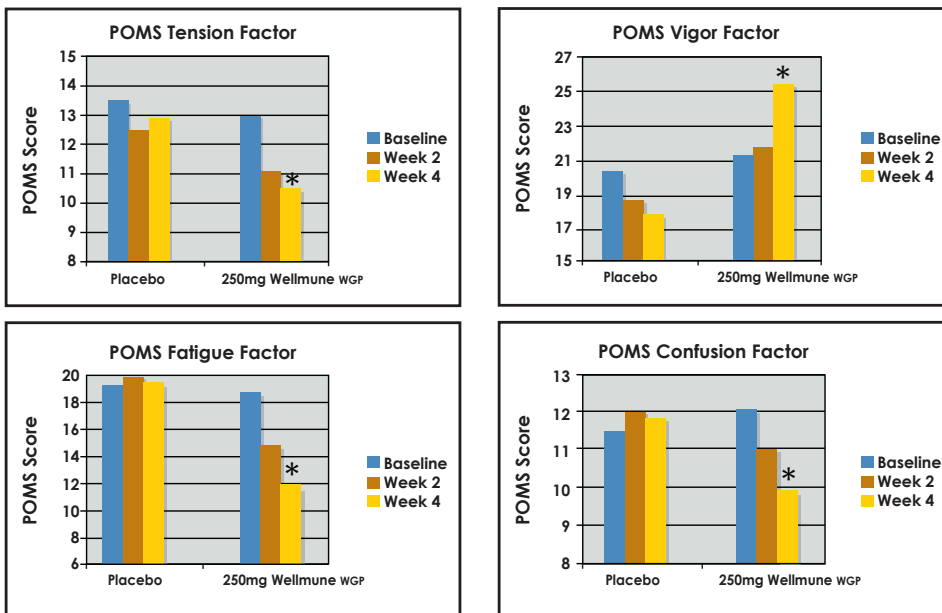


Figure 2: "Effect of Beta 1,3/1,6 Glucan on Upper Respiratory Tract Infection Symptoms and Mood State in Marathon Athletes." *Journal of Sports Science and Medicine* (2009). 8:509-515.

**References:**

- <sup>1</sup>Nieman DC, Berk LS, Simpson-Westerberg M, Arabatzis K, Youngberg S, Tan SA, et al. Effects of long-endurance running on immune system parameters and lymphocyte function in experienced marathoners. *Int J Sports Med*. 1989; 10(5):317-23.
- <sup>2</sup>Hong F, Yan J, Baran JT, et al. (2004) Mechanism by which orally administered beta-1,3-glucans enhance the tumoricidal activity of antitumor monoclonal antibodies in murine tumor models. *J Immunol*. 173, 797-806.
- <sup>3</sup>Carpenter et al. 2012. *Brit. J Nutr.* on CJO 2012; Feldman et al. 2009. *J. Appl. Res.*, 9:20-42; Fuller et al. 2012. *Nutrition* 28: 665-669; Talbott & Talbott, 2009. *J. Sports Sci. and Med.* 8:509-515; Talbott, & Talbott 2010. *Agro Food Industry Hi-Tech* 21:21-24; Talbott & Talbott, 2013. *J. Food & Nutr.*; Talbott et al., accepted 2013. *J. Am. Col. Nutr.*; Ruby et al., presented at ACSM 2008, manuscript in development; McFarlin et al., presented at ACSM 2012, manuscript in review.

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