

Strong IMMUNITY for High Stress

Today, stress is a factor of life. If people are not stressed, they tend to perceive themselves as lazy or complacent. The attitude is to push beyond the limit, as exemplified by the Nike slogan, "Just Do It." Consider the following statistics published by the National Institute for Occupational Safety and Health (NIOSH): 40% of workers have reported that their job is very or extremely stressful; 25% view it as the number one stressor in their lives; 26% of workers say they are "often or very often burned-out or stressed by their work;" and job stress is associated more strongly with health complaints than financial or family problems.

For years, doctors and scientists have warned about the effects of stress. Stress has been linked to numerous diseases, ranging from cardiovascular disease to anxiety and depression to the common cold. Constant, low-level stress causes the release of stress hormones that can cause subtle injuries to the immune system, and which cause a longer-term cascade of events—leading to a "burn-out."

While they were stressing-out at work, the scientists at Biothera developed a natural food ingredient, Wellmune WGP[®], that activates key immune cells and helps highly stressed individuals stay healthy. Wellmune WGP is a gluco polysaccharide isolated from the cell walls of a proprietary strain of yeast and is kosher, GRAS-approved, non-allergenic and GMO-free. Two recent, clinical studies—among the more than a dozen peer-reviewed studies—confirm the effectiveness of Wellmune WGP. In one recent, double-blind, placebo-controlled study, 75 marathon runners took 250mg Wellmune WGP or placebo for four weeks. Those who took Wellmune WGP reported a 22% increase in vigor; 48% reduction in fatigue; 38% reduction in tension; a 38% reduction in stress-related confusion; and 66% fewer upper respiratory tract infection symptoms.

In a second recent study, 150 highly stressed individuals took either Wellmune WGP or a placebo for four weeks daily. Both stress-related incidences of upper respiratory tract infection (URTI) symptoms and psychological well-being were measured. The Wellmune WGP group reported a 42%

This supplier's natural, immune-enhancing and functional food and beverage ingredient significantly increased phagocytic capacity—the ability of innate immune cells to eat and destroy foreign intruders. After 10 days of treatment, the ingredient had increased the percentage of immune cells able to phagocytose one particle from 63.8% to 83.2% ($P < .05$). The number of highly phagocytic cells increased from 37.3% to more than 50% ($P < .05$). The supplement enhanced the human immune system to defend the body against a challenge.

increase in vigor, 38% reduction in fatigue, 19% reduction in tension and a 15% reduction in stress-induced confusion. Additionally, 28% of the placebo group and 8% of the Wellmune WGP group reported URTI symptoms during the time of the study.

In July 2007, Wellmune WGP received a 2007 IFT Food Expo Innovation Award at the IFT annual meeting in Chicago. According to Richard Mueller, president and chief executive officer of Biothera, "Research into the clinical benefits of Wellmune WGP is ongoing, as we have now surpassed \$250 million invested thus far in our immune technology." The supplement can be taken daily and is available as a soluble and insoluble powder for formulation into foods and beverages, including clear liquids. Additionally, Wellmune WGP's sensory attributes are characterized as being pleasant, lending versatility to formulation. *NS*

—Kerry Hughes, Contributing Editor

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References:

NIOSH (National Institute for Occupational Safety and Health) Publication No. 99-101: STRESS...At Work, www.cdc.gov/niosh/stresswk.html.

