WHOLEMUNE

ORTHO MOLECULAR PRODUCTS®
Because Efficacy Matters®

RECOMMENDED USE

- *Source of yeast beta-glucans with immunomodulating properties*

IMMUNE HEALTH

WholeMune is formulated with Wellmune®, the most well-researched, yeast beta-glucan ingredient available. Yeast beta-glucans are insoluble polysaccharides with immunomodulating properties, particularly in the activation of digestive tract immune cells.

Overview

A strong immune system is integral to overall health and well-being. Maintaining a strong immune system can often be a challenge in today's world—high stress, poor diet, lack of sleep and environmental pollutants can slow down immune response. Although the mechanism of action of yeast beta-glucans is not well-understood, a study by McFarlin et al suspects that yeast beta-glucans activate the immune system by increasing T-cell activation.[1] Once swallowed, immune cells in the gastrointestinal tract take up Wellmune® and transport it to immune organs throughout the body. Specific immune cells called macrophages digest Wellmune® into smaller fragments and slowly release them over a number of days. The fragments then bind to neutrophils (white blood cells), via complement receptor 3 (CR3). Neutrophils are the most abundant immune cells in the body, accounting for 60-70% of all immune cells.

Wellmune®

Insoluble beta-glucan has been recognized for its immune modulation properties for centuries[2] and has become the subject of over 800 human clinical studies.[3,4,5]

Recommended Dose

Adults: Take 1 capsule per day.

Medicinal Ingredients (per capsule)

Baker's yeast (*Saccharomyces cerevisiae*, Yeast cell wall)
(Wellmune®) ..... 250 mg (75% beta-1,3/1,6-Glucan)

Non-Medicinal Ingredients

Hypromellose, Arabinogalactan (Fiber Aid®), Microcrystalline cellulose, Stearic acid, Magnesium stearate, Silicon dioxide.

To be sure this product is right for you always read and follow the label.

References

1. McFarlin BK, et al. Oral supplementation with baker's yeast beta glucan is associated with altered monocytes, T cells and cytokines following a bout of strenuous exercise. Frontiers in Physiology 2017; https://doi.org/10.3389/fphys.2017.00786.

2. Tian J, Ma J, Wang S, et al. Increased expression of mGITRL on D2SC/1 cells by particulate β-glucan impairs the suppressive effect of CD4(+)CD25(+) regulatory T cells and enhances the effector T cell proliferation. Cell Immunol 2011; 270(2):183-7.

3. Senoglu N, Yuzbasioglu MF, Aral M, et al. Protective effects of N-acetylcysteine and beta-glucan pretreatment on oxidative stress in cecal ligation and puncture model of sepsis. J Invest Surg 2008; 21(5):237-43.

4. Talbott S, Talbott J. Effect of BETA 1, 3/1, 6 GLUCAN on upper respiratory tract infection symptoms and mood state in marathon athletes. J Sports Sci Med. 2009;8: 509-515.

5. K. C. Carpenter, W. L. Breslin, T. Davidson, A. Adams and B. K. McFarlin. Baker's yeast β-glucan supplementation increases monocytes and cytokines post-exercise: implications for infection risk? 21 May 2012 by Wellmune in Clinical Research, Research. British Journal of Nutrition, FirstView Article : pp 1-9.