



# IMMUNITY: THE NEXT BIG THING IN SPORTS NUTRITION



## Clinical research demonstrates importance of immune support for sports performance

### Quick Facts About Wellmune®:

**Research.** Wellmune's® year-round protection is the culmination of more than \$300 million research that includes nine human clinical studies.

**Certifications.** Wellmune® has broad regulatory approval, including the U.S. (GRAS/FDA), EU, China and other countries around the world. This unique food, beverage and supplement ingredient is Kosher, Halal, non-allergenic and GMO-free.

**Applications.** Ideal for formulation in virtually all foods, beverages and dietary supplement product forms.

**Patents.** More than 40 U.S. patents and patents pending, plus additional filings in more than 20 countries.

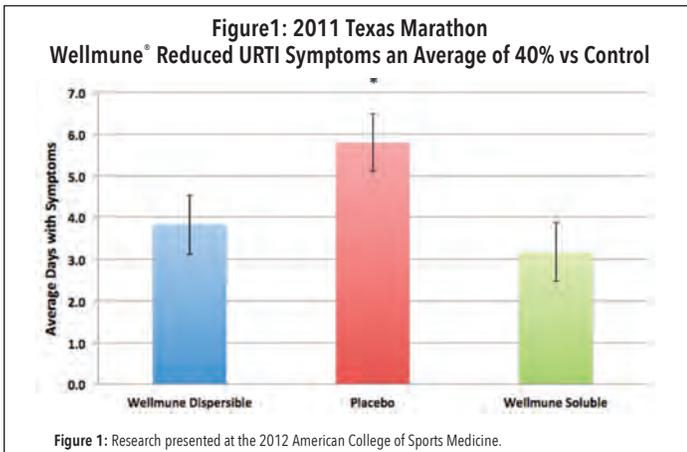
Protein, energy and recovery products have long dominated the \$23 billion U.S. sports nutrition market. But like any great athlete, the industry is looking for the next product that will improve performance – and sales. Get the edge with Wellmune®, the natural immune health ingredient from Kerry Group.

- **Staying healthy is critical to effective training.** Protein and recovery products help rebuild muscles and replace nutrients. But what about immune health? Research shows that high intensity exercise temporarily weakens the immune system. Hard workouts can create an “open window” in your body's defenses that may derail training programs and performance gains.

# WELLMUNE® STRENGTHENS THE IMMUNE SYSTEM



- **Wellmune® provides broad-based protection.** Clinical research with marathoners, cyclists and others enduring high physical stress demonstrated how Wellmune® can strengthen immune defenses before, during and after exercise.
- **Wellmune® reduces upper respiratory tract infection (URTI) symptoms.** In multiple clinical studies, Wellmune® reduced the incidence of URTI symptoms that commonly afflict distance runners and other athletes. In a double-blinded study involving 182 runners who completed the 2011 Livestrong marathon in Austin, Texas (figure 1), subjects taking Wellmune® for four weeks experienced a 40% reduction in URTI symptoms.



- **In addition to reducing the harmful physical effects of stress, Wellmune® enhances vigor and mental clarity while reducing fatigue.** In physical stress studies with marathoners (figure 2) and others, Wellmune® supplementation improved several indicators of psychological wellbeing including tension, fatigue, vigor and confusion as measured by the Profile of Mood States (POM) psychometric.

- 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 immune biomarkers for athletes taking Wellmune® before and after working out.
- Safe for daily use and fully compliant with anti-doping requirements. Wellmune® is generally recognized as safe (GRAS) in accordance with U.S. FDA regulations. Wellmune® has also been tested by the world-class sports anti-doping lab, HFL Sport Science.

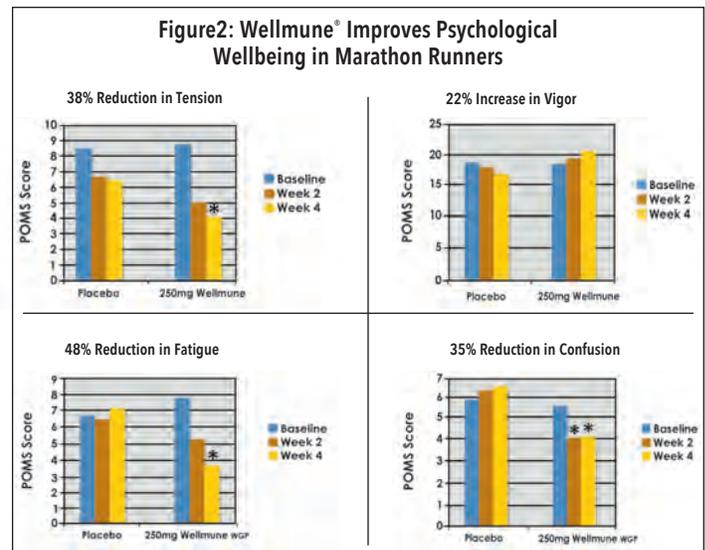


Figure 2: California Marathon. Analyzed data for specific POMS factors calculated from POMS Score Sheet. Data analysis was by paired t-test. A value of  $p < 0.05$  was considered significant (\*). Each factor was determined using answers to specific adjective-based scales as described in Profile of Mood States manual by McNair et al (28).  
 "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.



THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Contact PLT Health Solutions for samples and more information.  
**+1.844.PLTHEALTH • www.PLThealth.com**

WELLMUNE® is a registered trademark of Kerry Group. ©2016 PLT Health Solutions. All rights reserved. P-9  
 Printed on Eco-Friendly 30% Recycled Paper.

