Discussion

Beta-glucan has been recognized for its support of immune system activity for centuries\(^1\); and yeast-derived beta-glucan has become the subject of over 800 scientific studies to date. ImmuFlex 3-6™ contains concentrated 1,3/1,6 beta-glucan from the yeast *Saccharomyces cerevisiae*, a source known to support immune function.\(^2,3,4\) Beta-glucan is produced by fungi, grains, seaweed, and yeast, but not by mammalian cells.\(^3,5\) While each source of beta-glucan has its own unique structure of glucose linkages, purified yeast-derived beta-glucan from *S cerevisiae* is considered the most effective source.\(^6,7\) Purity of the product is vital, since protein contaminants can cause untoward immune reactions. Creating Health™'s ImmuFlex 3-6™ 500 is refined to remove most impurities, including proteins and fats that can interfere with uptake and effectiveness. Mannan, a potential trigger of allergic reactions or bowel exacerbation, has been removed. ImmuFlex 3-6™ 250 provides 250 mg beta-glucan per capsule, while ImmuFlex 3-6™ 500 provides 500 mg beta-glucan per capsule.*

Ongoing research has unveiled a detailed mechanism of action, including activation of macrophages, neutrophils, and T-cell–mediated immunity.\(^3,8,9\) Orally administered yeast beta-glucan is processed by macrophages—the first line of defense in cellular immunity—\(^8\)—with subsequent increases in phagocytosis, selective cytokine release, and oxidative degranulation.\(^10\) Macrophages degrade beta-glucan into small fragments that are then bound to neutrophils (granulocytes), the most abundant immune cells in the body. Neutrophils then become primed and are better able to provide support against microbial challenges.\(^4\) Through a process called chemotaxis, these primed neutrophils migrate to target sites with enhanced immune actions.\(^3,11\) Prophylactic administration of beta-glucan was found to positively affect levels of the antioxidant enzymes catalase and superoxide dismutase, moderate tissue-damaging cytokines, and assist in ameliorating microbial imbalance.*\(^12\)

Research demonstrates a sustained release of soluble fragments over a multi-day period, providing a unique mechanism of action for the beta-glucan form found in ImmuFlex 3-6™ 500. Studies also indicate that the entrance of these soluble fragments into the bone marrow may affect white-blood–cell recovery, further enhancing its health effects.\(^13\) Individuals at increased risk for immune challenges, those in need of immune support, or those undergoing surgery have been found to benefit from ImmuFlex 3-6™ 500.\(^2,3,6,8,12,14\) A 12-week, randomized, phase II, double-blind, placebo controlled, parallel-group trial of 1,3/1,6 beta-glucan from *S cerevisiae* was conducted. Long-term use of beta-glucan was well tolerated and resulted in a reduction in acute immune challenge discomforts.\(^4,5\)

*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.
Directions
For ongoing immune support: Take one capsule daily, first thing in the morning or last thing at night (before or well after a meal), with a full 8 oz glass of water. For fast-acting immune support: Take up to two capsules per day, as above; or use as directed by your healthcare practitioner.*

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged.

Does Not Contain
Wheat, gluten, corn, yeast protein, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, ingredients derived from genetically modified organisms (GMOs), artificial colors, artificial sweeteners, or artificial preservatives.

References