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Detailed

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adaptive immune responses...Two independent randomized, double-blind, placebo-controlled clinical trials showed that daily oral administration of the proprietary insoluble (1,3)-1,6)-B-glucan, derived from brewers' yeast, reduced the incidence of common cold episodes during the cold season [25%] in otherwise healthy subjects. – Immune (Immunological) modulatory effects: Stier H, Ebbeskotte V, Gruenwald J, Immune-modulatory effects of dietary Yeast Beta-1,3/1,6-D-glucan. Nutr J, 13:38,PMID: 24774968 PMC40112169, Apr 28, 2014.

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