

Enzyme yeast cells help with COVID regeneration Study shows positive effects on respiratory status and fatigue

Geisenheim/Rheingau, September 2023 - The regular intake of a preparation with enzyme yeast cells apparently supports the regeneration after a COVID disease. This is shown by a current study of the New Vision University Tbilisi, in which 37 people who had COVID-19 were given a preparation with enzyme yeast cells (Zell Oxygen® plus) for four weeks during the rehabilitation phase. Compared to a control group, the subjects showed a significant improvement in their respiratory status and in the fatigue often observed after COVID disease. [1]

The pilot study (Link: <https://pubmed.ncbi.nlm.nih.gov/37489070/>) was part of an outpatient rehabilitation programme conducted at New Vision University Hospital, Georgia, and approved by the hospital's ethics committee. The reason for the selection of the investigational drug was that it could be demonstrated for this drug complex in earlier studies at the University of Freiburg that it can favourably influence the immune response (expression of TNF α and the cytokine IL-6) and the redox status (concentration of free radicals). [2,3] Indeed, COVID-19 is characterised by a severe acute respiratory syndrome with oxygen starvation in the tissues following a severe immune dysfunction, sometimes referred to as a cytokine storm. The question therefore arose as to whether such an agent could alleviate respiratory distress in COVID-19 patients.

Patient questionnaires (Yorkshire Rehab Screen C19-YRS and Chalder Fatigue Scale) were used to assess the impact on respiratory status and signs of fatigue. The male and female patients (age range 18-65 years) completed the questionnaires once at the end of the acute COVID-19 infection during hospitalisation and a second time after four weeks of treatment with the test preparation Zell Oxygen® plus (30 ml/day). The control group received no treatment but completed the questionnaire in the same way as the test group.

Results: After one month of treatment with Zell Oxygen® plus, significant improvements occurred in the indices of respiratory status assessed with the C19 YRS questionnaire, especially in breathing at rest and breathing while walking. These changes were accompanied by marked and significant improvements in the indices of fatigue and anxiety. The positive effects on the fatigue index of the C19 YRS questionnaire were confirmed by the results of the Chalder Fatigue Scale. The researchers hypothesise that the administered enzyme yeast cells could trigger mitochondrial activation in the tissues.

The test preparation Zell Oxygen® plus is available in health food shops and pharmacies (250 ml and cure pack with 3x 250 ml). The preparation is gluten-free and free of lactose, colourings and preservatives.

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About Dr. Wolz

Dr. Wolz Zell GmbH, based in Geisenheim/Rheingau, has been developing and producing highly effective nutritional supplements for over 50 years. The effectiveness of the preparations is based on decades of experience combined with the use of innovative technology and has been proven by numerous scientific studies. Today, Dr. Wolz stands for a wide range of natural, demonstrably effective preparations for health maintenance and recovery, which are constantly being further developed in intensive exchange with naturopathic doctors, clinics and scientists.

[1] Saganelidze K., Bokuchava L. Zedelashvili I., Khukhuni, M.: Can a β -glucan-containing orthomolecular agent (*Saccharomyces* Sp.) containing metabolic cofactors attenuate cytokine activation and alleviate hypoxia in COVID-19 patients?. *International Journal of Clinical Pharmacology & Therapeutics* (09/2023).

[2] Berg A, Schaffner D, Stensitzky-Thielemans A, Deibert P, König D. Wirkung einer Glukan-reichen Nahrungsergänzung auf Basis von Enzym-Hefezellen auf die LPS-induzierte Cytokin-stimulation. *Sportmed präventivmed* (2011) 41/4: 21-25.

[3] Deibert P, König D, Schaffner D, Stensitzky-Thielemans A, Fink B, Berg A. Wirkung einer Nahrungsergänzung auf Basis von Enzym-Hefezellen auf den oxidativen Stress bei klinisch gesunden Personen. *Sportmed präventivmed* (2011) 41/2: 15-20.