

A ten-month study on athletes taking/not taking M-Gard[®] dietary supplement

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PURPOSE

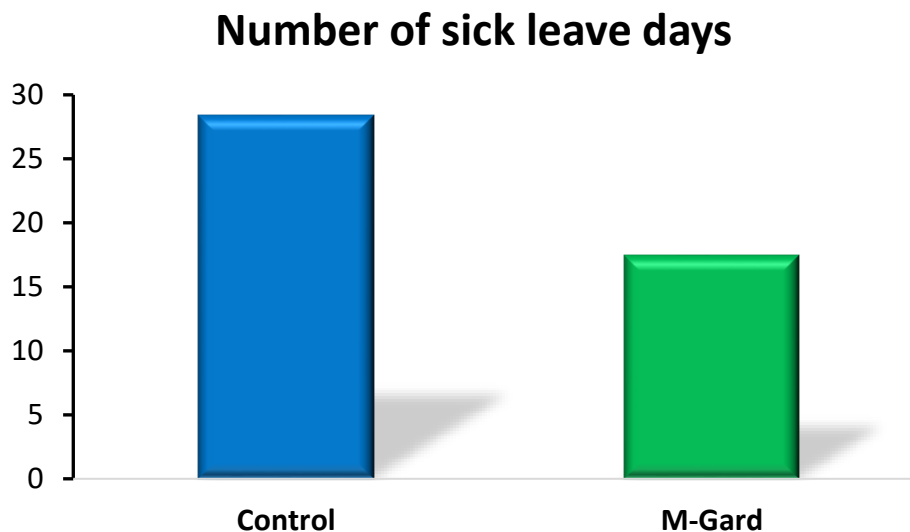
The purpose of this study was to determine the effects of a beta-1,3/1,6-glucan (M-Gard®) isolated from the yeast *Saccharomyces cerevisiae*.

METHOD

Healthy Norwegian junior cross-country skiers were randomly assigned into two groups, either beta-1,3/1,6-glucan (400 mg M-Gard) or a placebo group (cellulose). Dosing was 400 mg per day for 10 months. Subjects that became sick during the study were examined by a doctor (Dr. Gunnar Skipenes).

RESULTS

- Subjects (10) in the beta-1,3/1,6-glucan group had totally 175 sick days while the subjects (9) in the control group had totally 256 days.
- Average number of sick days among the subjects in the control group was $256:9= 28,4$ days
- Average number of sick days among the subjects in the beta-1,3/1,6-glucan group was $175:10= 17,5$ days



CONCLUSION

In the group taking beta-1,3/1,6-glucan (M-Gard®) the number of sick leave days related to symptoms like cold, flu and fever were reduced by 38,4%.

Raw data
Control group

Name	May	June	July	August	September	October	November	December	January	February	Sum
F C1	1	0	1	10	21	0	3	7	14	2	59
	diarrhoea		Nausea, fatigue	9 days nausea, headache, 1-day diarrhoea	Sore throat, sinus inf., headache		2 days headache, nausea, 1-day fever, fatigue	4 days flu like inf., 3 days nausea	Fever, sore throat, headache,	Nausea	0
M C1	0	0	0	0	0	3	0	7	1	0	11
						Cold, sore throat		4 days flu, 3 days stomach flu	Stomach flu		0
M C2	0	1	0	0	2	2	0	0	0	6	11
		diarrhoea			Flu	Stuffy nose, sore throat, fatigue				Cold, fever, sore throat	0
F C2	0	0	0	0	4	14	2	5	7	14	46
					Cold	Cold	Cold, headache	Ear Inf., sore throat	Cold	Flu	0
M C3	31	9	0	7	10	6	0	0	1	1	65
	Cold	Fever, nausea		Cold	Sick	Sore throat			Sore throat	Sore throat, stuffy nose	0
F C3	0	2	0	0	0	0	1	0	4	8	15
		Nausea, stomach pain					Headache, stomach pain		Sick	Sick	0
M C4	0	0	0	0	0	0	0	0	0	4	4
										Cold, stuffy nose	0
M C5	0	0	0	1	6	0	3	3	0	0	13
				Cold, stuffy nose	Cold, stuffy nose		Cold	Gastroenteritis			0
M C6	3	0	4	5	0	0	10	3	7	0	32
	Stuffy nose		Cold	4 days stuffy nose, 1 day upset stomach			Sore throat	Cold	Stomach flu		0
											0
Sum	35	12	5	23	43	25	19	25	34	35	256
Average sick days		256:9=28,4									

M-Gard group

Name	May	June	July	August	September	October	November	December	January	February	Sum
M M1	11	0	3	0	3	0	0	2	0	5	24
	4d+7d fever headache		Fatigue, fever		Stuffy nose, fatigue			Fever, fatigue		Fever, sore throat, headache	
F M1	0	0		1	14	0	0	0	0	0	15
				Fatigue	Cold, sinus inf., sore throat						
F M2	0	0	0	0	1	2	2	10	0	0	15
					Sore throat	Sore throat	Infection symptoms	Sore throat			
M M2	0	0	0	0	0	0	0	0	4	0	4
									Cold		
M M3	0	0	3	0	7	10	0	0	7	0	27
			Cold, sore throat		Cold, sinus inf., sore throat	Cold, sore throat			Upset stomach		
F M3	3	3	0	0	0	4	0	0	0	0	10
	Infection symptoms	Cold, flu				Cold					
M M4	0	0	0	0	0	2	0	0	0	0	2
						Flu					
M M5	14	0	0	0	0	0	0	0	0	0	14
	Stuffy nose										
M M6	7	0	0	7	9	0	0	0	0	6	29
	Mild throat infection			Cold, sinus inf.	5 days sore throat, 4 days sinus inf.					Sore throat	
M M7	2	0	0	9	0	14	3	2	0	5	35
	Sore throat			Cold		4 days fever, 6 days sore throat, 4 days sinus inf.	Stomach pain	Stomach pain		Cold	
Sum	37	3	6	17	34	32	5	14	11	16	175
Average sick days		175:10=17.5									

