



SCIENCE REPORT

A RANDOMIZED, DOUBLE-BLIND, PLACEBO-CONTROLLED, PARALLEL GROUP STUDY TO EVALUATE THE EFFECT OF 500 mg ONCE A DAY EpiCor[®] ON ALLERGY SYMPTOMS

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A human clinical was carried out in the Midwest during the spring allergy season (2008).

❖ EpiCor was shown to significantly reduce several allergy symptoms during the duration of the trial.

The benefits of EpiCor were most significant on high pollen days.

Those using EpiCor used significantly less OTC rescue medication during the trial.

Allied to other published studies, this trial demonstrates the balancing effects of EpiCor on the immune system.

In a clinical trial (conducted in South Dakota during the 2008 spring allergy season), over 80 healthy subjects who tested positive for seasonal allergies were randomized to once a day 500mg EpiCor versus placebo during a 12 week time period during spring and summer when total pollen counts were high. The highest total pollen counts occurred during the first six (6) weeks of the clinical trial, and during this high pollen count period, the EpiCor group showed statistically significant reductions in several symptoms commonly associated with seasonal allergies. EpiCor demonstrated the greatest reductions in symptom severity when total pollen counts were highest, as would be expected. The largest symptomatic impact occurred with nasal congestion. Subjects were also asked to record when they used rescue medication for severe allergies, and those taking EpiCor utilized significantly less rescue medication for allergies compared to placebo during the highest pollen count period of the study. Biochemical data mirrored the effectiveness observed in the allergy diary and questionnaire. However, the body's immune system wasn't being depressed, but modulated, as reflected by the fact that subjects taking EpiCor had significantly increased levels of sIgA (showing improved defense against pathogens), with a trend towards reduced IgE.

The most significant symptom reductions were in:

Nasal Symptoms

- Reduction mean severity ($p=0.03$)
- Runny nose ($p=0.005$)
- Congestion ($p=0.04$)

Eye Symptoms

- Non significant reduction in itchiness and sneezing

Changes in biochemical parameters associated with allergies comparing EpiCor to Placebo were:

- The number of selective allergy producing lymphocytes was reduced in the nasal smears of EpiCor vs. placebo ($p<0.05$)
- Downward trend of mean eosinophil percentage in nasal smears ($p=0.056$)
- Downward trend of mean serum basophil percentage ($p=0.082$)

As shown previously, the levels of IgA (sIgA) statistically significantly increased in the EpiCor group, with a trend towards a reduction in serum IgE. This while the allergy symptoms were being alleviated by EpiCor, the natural defenses against infection were being maintained or increased.

The results, along with the reduction in colds and flu symptoms associated with EpiCor consumption already published in the Journal of Urologic Nursing in 2008, demonstrate the balancing effect of EpiCor on the human immune system. Consumption of EpiCor helps the body modulate the immune system, rather than stimulating or depressing its activities.

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