

Alternative inovatoare de susținere a imunității

Dr. Corina-Aurelia Zugravu

UMF Carol Davila

Imunitatea

- Esentiala in relatia om-mediul inconjurator
- Functionarea **optima** – un deziderat catre care aspira orice individ
- A intrat in atentia publica in contextul pandemiei de coronavirus



SUPPORT YOUR IMMUNE SYSTEM WITH GOOD NUTRITION

There are times when it's essential to strengthen your immune system. Good nutrition plays a vital role by providing key nutrients for immune health support.



LOOK FOR FOODS THAT CONTAIN NUTRIENTS TO SUPPORT A HEALTHY IMMUNE SYSTEM

The infographic features a central dark blue circle with the text 'LOOK FOR FOODS THAT CONTAIN NUTRIENTS TO SUPPORT A HEALTHY IMMUNE SYSTEM'. Surrounding this circle are seven circular icons, each connected to a nutrient name and description by a thin blue line. The nutrients listed are Protein, Vitamin A, Zinc, Vitamin D, Vitamin C, and Vitamin E. Each icon depicts food sources for that nutrient: Protein (meat, egg, beans), Vitamin A (carrot), Zinc (canned beans, chicken), Vitamin D (salmon, fish oil), Vitamin C (kiwi, orange), and Vitamin E (avocado, almonds).

PROTEIN

An essential macronutrient for the creation of antibodies and immune system cells

VITAMIN A

Helps regulate the immune system and fight infections by supporting skin and tissue health

ZINC

Promotes cellular reproduction and synthesis of new immune system cells

VITAMIN D


A fat-soluble vitamin that activates and regulates immune system cells

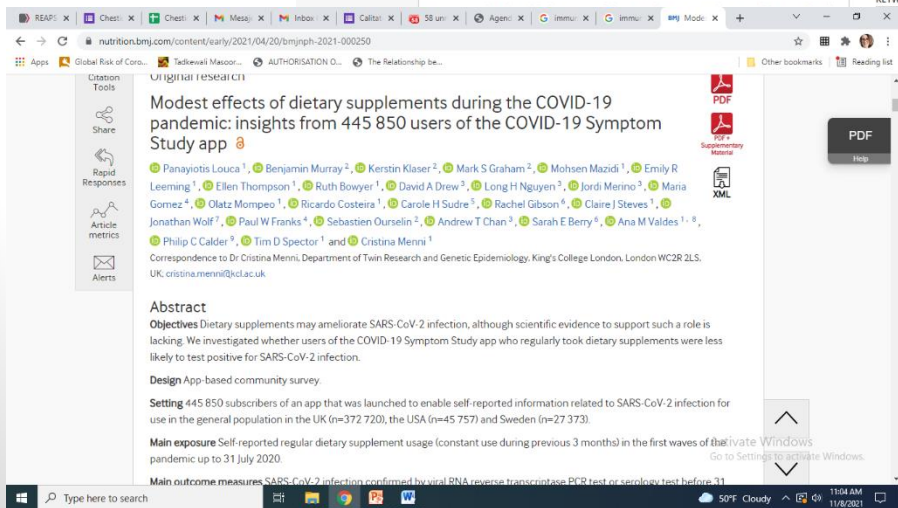
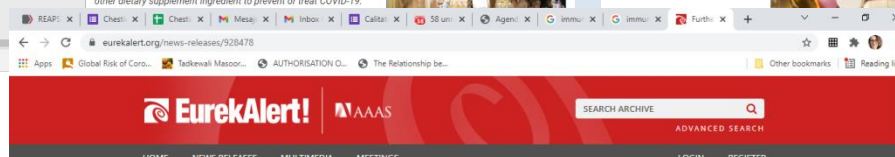
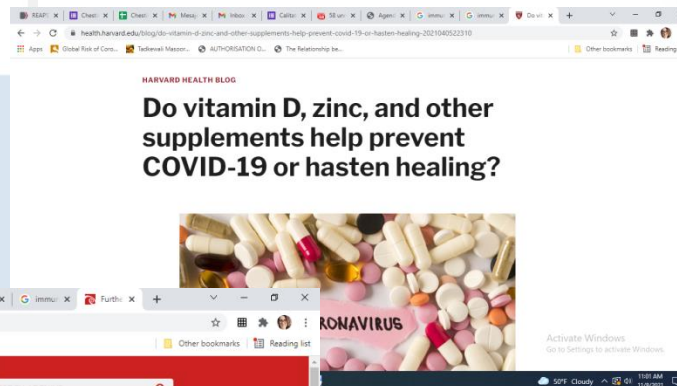
VITAMIN C

Builds healthy skin and tissue to resist entry of bacteria and other germs

VITAMIN E

An antioxidant that helps protect cell membranes from free radicals



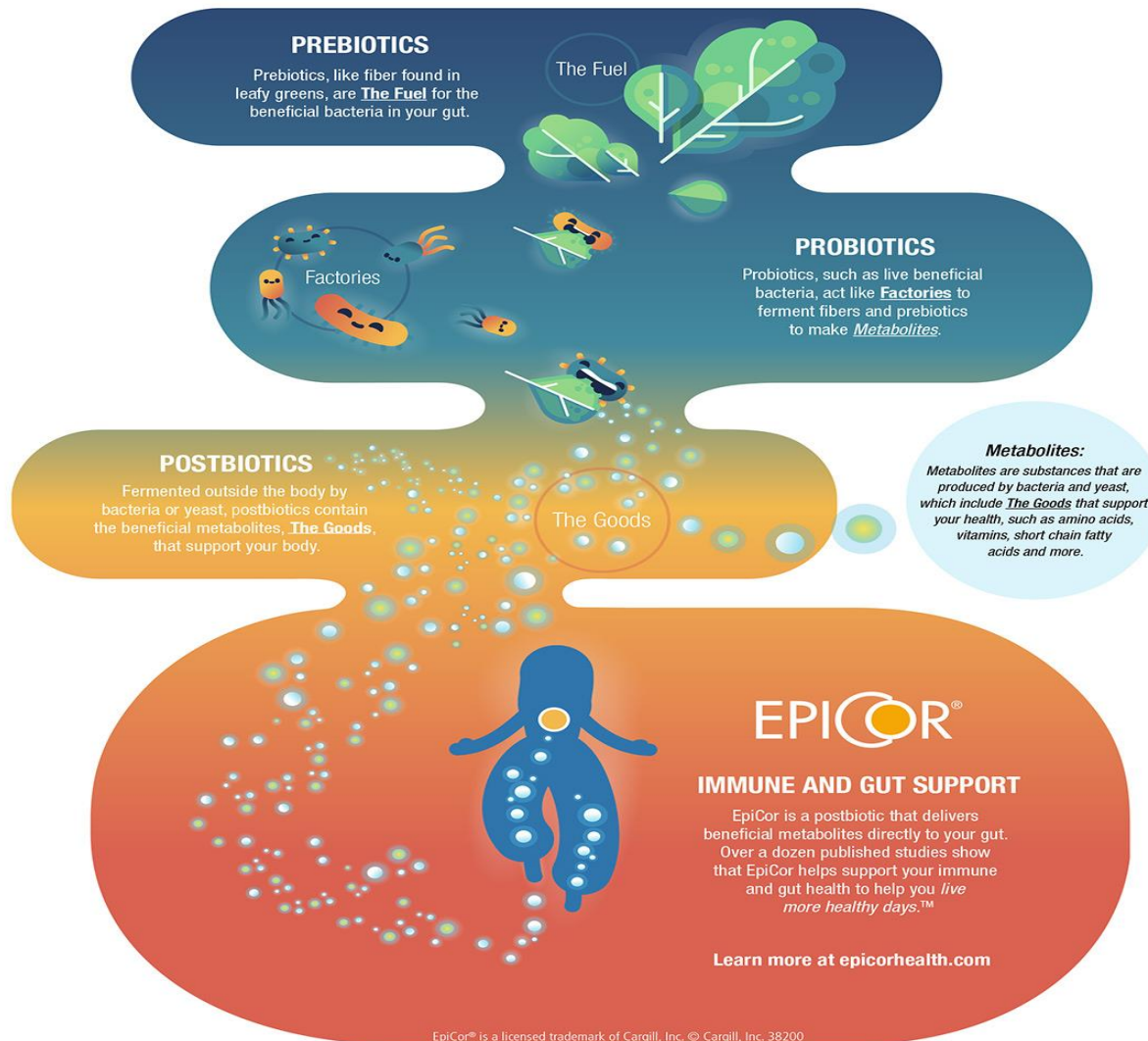


EpiCor® - ingredient functional

- Efecte descrise empiric de mai mult timp
- Confirmare prin studii
- Ce este?! Un postbiotic natural, minim procesat

What's the Difference?

PREBIOTICS, PROBIOTICS, AND POSTBIOTICS



Descriere- proces de fabricatie

- Este un fermentat din drojdie (*"Saccharomyces cerevisiae"*), ulterior uscat
- Rezultatul – o combinatie complexa de metaboliti (proteine, polifenoli, vitamine, minerale, aminoacizi, polizaharide, fibre-manani, betaglucani, acizi grasi cu lant scurt, etc)

Istoric

- Observatii empirice (sec XIX) – **animalele de ferma** hranite cu resturi fermentate de la masa – mai sanatoase/robuste decat cele hranite clasic
- In 1943 – sunt puse bazele productiei unui compus de fermentatie pentru septel
- In 1998 – **muncitorii** din fabricile anterioare – mai putine zile de concediu medical decat colegii din birouri (imunitate mai buna)
- Ulterior- studii

utilizare

- Initial- in furaje – stimularea imunitatii la animalele de ferma
- Empiric – a diminuat frecventa si gravitatea infectiilor respiratorii la om
- Mentiune de sanatate in Canada: *“Helps reduce incidence of cold and flu symptoms.”*

Studii

- Preclinice
- Umane – clinice – 8 (din care 6 dublu orb placebo-controlate)
- Principalele efecte –
 - Asupra simptomatologiei alergice
 - Asupra simptomelor de viroza respiratorie
 - Asupra sanatatii digestive/microbiotei

Modalitati de actiune

- Creste activarea Nkiller in vivo si in vitro
- Creste IgAs
- Creste activarea celulelor B in vitro
- Creste nivelul de **Interferon gamma (IFN- γ)**
- Reduce eozinofilia la pacientii alergici
- Reduce IgE serice fata de placebo
- Reduce substantial PGE2 si NGF
- Induce un trend de scadere a bazofilelor
- Creste nivelul AOX plasmatici la 2 ore dupa consum
- Creste proportia bifidobacteriilor si lactobacililor in microbiota
- Creste productia de butirat

Antiinflammator si stimulator al functiilor chemotactice leucocitare

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Nutrition Research 27 (2007) 327–335

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An antiinflammatory immunogen from yeast culture induces activation and alters chemokine receptor expression on human natural killer cells and B lymphocytes in vitro

Gitte S. Jensen^{a,*}, Aaron N. Hart^a, Alexander G. Schauss^b

^aNIS Labs, Klamath Falls, OR 97601, USA

^bNatural and Medicinal Products Research, AIBMR Life Sciences Inc, Puyallup, WA 98373, USA

Received 27 November 2006; revised 11 April 2007; accepted 13 April 2007

Abstract

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 Hindawi

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Published online 2012 Apr 5. doi: [10.1155/2012/973041](#)

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PMID: [22548124](#)

A Dried Yeast Fermentate Prevents and Reduces Inflammation in Two Separate Experimental Immune Models

Malkanthi Evans,¹ Stuart Reeves,² and Larry E. Robinson^{2,*}

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> J Therm Biol. 2016 Aug;60:26-32. doi: 10.1016/j.jtherbio.2016.06.002. Epub 2016 Jun 7.

Mitigation of heat stress-related complications by a yeast fermentate product

Henri Alexandre Giblot Ducray¹, Ludmila Globa¹, Oleg Pustovyy¹, Stuart Reeves², Larry Robinson², Vitaly Vodyanoy¹, Iryna Sorokulova³

Affiliations + expand
PMID: 27503713 DOI: 10.1016/j.jtherbio.2016.06.002
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Abstract

Heat stress results in a multitude of biological and physiological responses which can become lethal if

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Participants receiving the yeast-based product had significantly fewer symptoms and significantly shorter duration of symptoms when compared with subjects taking a placebo.

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Randomized Controlled Trial > Urol Nurs. 2008 Feb;28(1):50-5.

Effects of a modified yeast supplement on cold/flu symptoms

Mark A Moyad¹, Larry E Robinson, Edward T Zawada Jr, Julie M Kittelsrud, Ding-Geng Chen, Stuart G Reeves, Susan E Weaver

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PMID: 18335698

Abstract




A yeast-based product (EpiCor, a dried *Saccharomyces cerevisiae* fermentate) was compared to placebo to determine effects on the incidence and duration of cold and flu-like symptoms in healthy

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Seasonal allergies increased in the placebo group, but were not observed in the EpiCor group; this was reflected by increased serum IgE in the placebo group compared to the EpiCor group ($p < 0.13$). We conclude that consumption of EpiCor supported the health of red blood cells and mucosal immune protection.

The screenshot shows a web browser window with multiple tabs. The active tab is the Open Nutrition Journal website, specifically the abstract page for a research article. The website has a header with a logo and a navigation bar. The article title is "A Double-Blind Placebo-Controlled, Randomized Pilot Study: Consumption of a High-Metabolite Immunogen from Yeast Culture has Beneficial Effects on Erythrocyte Health and Mucosal Immune Protection in Healthy Subjects". The authors listed are Gitte S. Jensen, Kelly M. Patterson, Janelle Barnes, Alexander G. Schauss, Robert Beaman, Stuart G. Reeves, and Larry E. Robinson. The article is from 2008. On the right side, there is a "TRACK YOUR MANUSCRIPT" section with a form to enter a reference number and a "PUBLISHED CONTENTS" section listing volumes from 2016 to 2021. The Windows taskbar at the bottom shows the date as 11/8/2021 and the time as 12:07 PM.

opennutritionjournal.com/VOLUME/2/PAGE/68/ABSTRACT/

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RESEARCH ARTICLE

A Double-Blind Placebo-Controlled, Randomized Pilot Study: Consumption of a High-Metabolite Immunogen from Yeast Culture has Beneficial Effects on Erythrocyte Health and Mucosal Immune Protection in Healthy Subjects

Gitte S. Jensen^a, Kelly M. Patterson^b, Janelle Barnes^b, Alexander G. Schauss^c, Robert Beaman^d, Stuart G. Reeves^e, Larry E. Robinson^e

^a Holger NIS Inc., 601 13th Avenue NE, Calgary Alberta Canada T2E 1C7
^b NIS Labs, 1437 Esplanade, Klamath Falls OR 97601
^c Natural and Medicinal Products Division, AIBMR Life Sciences, 4117 South Meridian, Puyallup WA 98373, U.S.A.
^d Beaman's Wellness Center, 1903B Austin St., Klamath Falls OR 97603
^e Embria Health Sciences, 2105 SE Creekview Drive, Ankeny, IA 50021

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This yeast-derived product appeared to be safe and efficacious, and should receive more clinical research with and without standard medications to reduce the impact of seasonal allergies, especially AR-induced nasal congestion.

The screenshot shows the PubMed website interface. At the top, there's a navigation bar with the NIH logo and 'National Library of Medicine' text. Below that is the 'PubMed.gov' logo. A search bar is visible with the text 'Randomized Controlled Trial' entered. The search results show a single entry: 'Immunogenic yeast-based fermentation product reduces allergic rhinitis-induced nasal congestion: a randomized, double-blind, placebo-controlled trial' by Mark A Moyad et al. The entry is marked as a 'Randomized Controlled Trial' and includes the DOI: 10.1007/s12325-009-0057-y. On the right side, there are links for 'FULL TEXT LINKS' (SpringerLink) and 'ACTIONS' (Cite, Favorites). The bottom of the page shows a Windows taskbar with various application icons and the system clock.

This nutritional-based fermentate appeared to be safe and efficacious in a unique at-risk population and should receive more clinical research as a potential method to reduce the incidence of cold and flu-like symptoms, in individuals with and without a

history of influenza vaccination.

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Randomized Controlled Trial

J Altern Complement Med. 2010 Feb;16(2):213-8.
doi: 10.1089/acm.2009.0310.

Immunogenic yeast-based fermentate for cold/flu-like symptoms in nonvaccinated individuals

Mark A Moyad ¹, Larry E Robinson, Edward T Zawada, Julie Kittelsrud, Ding-Geng Chen, Stuart G Reeves, Susan Weaver

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PMID: 20180695 | PMCID: PMC6498863 | DOI: 10.1089/acm.2009.0310

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Despite the relatively low dose administered (500 mg/day), particularly when comparing to the high recommended doses for prebiotic fibers, EpiCor fermentate was able to modulate the composition of the gut microbiome, resulting in improvement of constipation-associated symptoms

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[BMC Complement Altern Med.](#) 2017; 17: 441. PMID: PMC5584023
Published online 2017 Sep 4. doi: [10.1186/s12906-017-1948-0](#) PMID: [28870194](#)

A yeast fermentate improves gastrointestinal discomfort and constipation by modulation of the gut microbiome: results from a randomized double-blind placebo-controlled pilot trial

[Iris Pinheiro](#),¹ [Larry Robinson](#),² [An Verhelst](#),¹ [Massimo Marzorati](#),³ [Björn Winkens](#),⁴ [Pieter Van den Abbeele](#),¹ and [Sam Possemiers](#)¹

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1. De ce este Epicor considerat ca un produs complet natural:
 - A) pentru ca nu sufera procese de extractie sau separare selectiva
 - B) pentru ca se porneste de la un produs existent in natura
 - C) pentru ca exista ca atare in mediul inconjurator, de unde este izolat

- 2. Printre actiunile epicor se numara:
 - A) preventia infectiilor virale respiratorii prin mai multe cai, inclusiv cresterea IgAs
 - B) preventia enteritei la copil datorita probioticelor continute
 - C) preventia ateromatozei datorita betaglucanilor