

### **What is Glucan 300®?**

Glucan 300® is the most highly purified beta 1,3-D glucan commercially available. (Beta 1,3-D glucan is also referred to as beta glucan, glucan, beta 1,3/1,6 glucan, and more.)

Technically, beta 1, 3-D glucan is a poly-branched, poly-glucose complex fiber-like particle, also known as a complex carbohydrate or a polysaccharide.

### **Where does it come from?**

Glucan 300® is derived from *Saccharomyces cerevisiae* (Baker's yeast.) There are many different sources for beta glucan, but Baker's yeast has repeatedly proven to be the most biologically active source.

### **What does Glucan 300® do?**

Glucan 300® supports a healthy immune response via the activation of specific immune cell receptors (more specifically: CR3, mac-1, CD11/CD18) \*(1). Learn more about [How it works](#)

### **Is Glucan 300® safe?**

Yes. Beta 1,3D glucan has been given a G.R.A.S. (Generally Recognized as Safe) rating by the USDA. There can be no known toxicity to receive this rating. [Learn more about G.R.A.S.](#)

It's safe for pets, too.

If you are pregnant or breastfeeding, under the age of four, have autoimmune issues, or have had an organ transplant, we encourage you to speak with your health care professional. We can provide research explaining the mode of action for Glucan 300® and can help your provider understand how beta 1,3d glucan interacts with immune cells.

### **What if I am allergic to yeast?**

Glucan 300® is highly purified and does not contain enough yeast proteins to cause an allergic reaction.

### **Will Glucan 300® cause a yeast infection or make one worse?**

No. Glucan 300® does not contain any live yeast and will not cause or aggravate a yeast infection.

### **Does Glucan 300® contain gluten?**

No. Glucan 300® does not contain gluten.

### **Does Glucan 300® contain purine?**

No. Glucan 300® does not contain purine.

**Does Glucan 300® contain any of the 9 major allergens? (milk, eggs, fish, shellfish, tree nuts, peanuts, wheat, soybeans, and sesame)**

No. Glucan 300® is safe for any person avoiding one or more of the 9 major allergens.

### **How much should I take?**

Research using Glucan 300® supports a dose range between 2-20 mg/kg, regardless of age.

Glucan 300® works by binding to receptor sites on immune cells. In general, the more you take, the more binding you can expect, but every immune system is different.

Whether you choose the 100 mg or 500 mg capsules, most adults will fall into the range supported by research simply following the Suggested Use for each product. If you're still not sure how much to take, we recommend the 100 mg capsules, or speaking with your health care professional. We can provide published research for your health care provider detailing the mode of action and other functions of beta 1,3d glucan.

We'd also like to point out: Glucan 300® has been compared to many popular brands of beta glucan over the years, and it's all published, peer-reviewed research. The *lowest* recommended dose of Glucan 300® has repeatedly outperformed competitor's products at the highest levels measured. \*(2, 3, 4, 5)

The main lesson here: Don't switch brands to take a higher dose. Transfer Point's Glucan 300® at the lowest dose still outperforms the competitor's highest dose.

### **Why should I care about Purity?**

Expanding on the point above: Beta 1,3D glucan performs better when it's highly purified. Glucan 300® is guaranteed to contain at least 85% Beta 1,3D glucan complex. That's the highest minimum standard available, and it's also why Transfer Point's Glucan 300® is so much better than every other brand tested. \*(2, 3, 4, 5)

It's worth repeating: Don't switch brands to take a higher dose. Transfer Point's Glucan 300® at the lowest dose still outperforms the competitor's highest dose.

### **How do you test for purity?**

The only reliable test for beta 1,3D glucan content is the GEM assay. It's published in the USP and is considered the standard for determining beta 1,3D glucan content sourced from Baker's yeast. It uses enzymes to determine the percentage of Beta 1,3D glucan complex and is a highly specialized method that requires expertise. Learn more about the GEM Assay.

Not everyone uses the GEM Assay to measure their label claims. If you've been looking into other beta glucans, make sure you ask about the method they use for determining the purity.