 **What are Beta glucans?**

“Beta-glucan is a soluble fiber found naturally in cereal grains, yeast, and certain mushrooms and sold as a supplement. A polysaccharide—a large molecule made up of multiple sugar molecules—beta-glucan may offer a number of health benefits, including lowering cholesterol, improving blood sugar management, and boosting the immune system.”

<https://www.verywellhealth.com/the-benefits-of-beta-glucan-89418>

**Directions:**

For best results begin by distributing the dose through the day for the first two weeks. After the initial two-week period of supplementation is complete, then the dose can be reduced to 500mg 2 times per week.

Dosage:

Adult: 500mg

Children: 250mg depending on size as compared to the adult dose (For example, an adult weight is approx. 120 lbs so a 60 lb child could have a dose of 250 mg and a 30 lb child should dose at 125 mg)

**Ordering information:**

www.bulksupplements.com

<https://www.bulksupplements.com/products/beta-glucan-1-3-1-6-powder?variant=32133378146415&currency=USD&utm_medium=product_sync&utm_source=google&utm_content=sag_organic&utm_campaign=sag_organic&gclid=CjwKCAjw7--KBhAMEiwAxfpkWJKiwTZtAD13Z2g5Smv3ziWuTfVDiS5gwDBNRjpGOE5s6fscClSvEhoCch0QAvD_BwE>

*\*Always consult your health care provider before taking any supplements. Pregnant or lactating women, people with existing medical conditions, or people taking medications should consult their health care provider/s before taking any dietary supplement. If you experience any adverse condition after taking this dietary supplement, discontinue use immediately and consult your health care provider.*

**Additional literature references:**

**Effects of beta-glucans on the immune system**

<https://pubmed.ncbi.nlm.nih.gov/17895634/>

**β-glucans: wide-spectrum immune-balancing food-supplement-based enteric (β-WIFE) vaccine adjuvant approach to COVID-19**

<https://www.tandfonline.com/doi/full/10.1080/21645515.2021.1880210?fbclid=IwAR24X73Bs01qD4hiscSqVW3gO9JBzY-A1JLa_al1XRc9M1Fudtz8qDqcOxs>