

SUPPLEMENTARY MATERIAL

It is important to note that some of the tested glucans (namely Beta Right, Better Immunity, Swanson, Wellmune and Glucan #300) are manufactured by the same company, but still show significant differences in their ability to stimulate immune system. This discrepancy is most probably caused by different purity among these particular glucans, which range from over 85% in case of Glucan #300 to app. 70% in others.

Table 1. Types of Glucan Used in this Study

Glucan	Source	Solubility	Manufacturer
BetaMax	Yeast	Insoluble	Chisolm Biological Laboratores, Aiken, SC
Oat Beta Glucan	Oat	Insoluble	Health Breakthroughs, Lake Oswego, OR
Beta 1,3 Glucan	Yeast	Insoluble	Viramin World, Ronkonkoma, NY
Imuneks	Yeast	Insoluble	Mustafa Nevzat, Istanbul, Turkey
Bio-Glucan	Yeast	Insoluble	Pharma Nord, Vojens, Denmark
Beta Glucan	Yeast	Insoluble	Greenpath, Wrightsville Beach, NC
Qore Defense	Mushroom	Insoluble	Quivana, Provo, UT
Beta Glucan	Yeast	Insoluble	Our Health Co-op, Riviera Beach, FL
ImmunotiX 3,6	Yeast	Insoluble	Xymogen, Orlando, FL
Hliva ustricna	Mushroom	Insoluble	Terezia Company, Prague, Czech Republic
Betacan 500	Yeast	Insoluble	Arrowhead Healthworks, Cedarpines Park, CA
GlucanReal	Mushrooms	Soluble	QueGen Biotech, South Korea
GlucanPure	Mushrooms	Soluble	QueGen Biotech, South Korea
Hliva ustricna	Mushrooms	Insoluble	Walmart, Trinec, Czech Republic
Beta Glucan	Yeast	Insoluble	Source Naturals, Scotts Valley, CA
MC-Glucan	Mushroom	Soluble	IntaPort, East Brunswick, NJ
MC-Glucan	Mushroom	Soluble	Macrocare Tech, South Korea
Beta Glucan	Yeast	Insoluble	Biotikon, Germany
Immune Builder	Mushrooms	Insoluble	MushroomScience, Eugene, OR
Krestin	Mushrooms	Soluble	Kureha Chemical, Tokyo, Japan
Senseiro Liquid Gold	Mushrooms	Soluble	Senseiro, Osaka, Japan
Glucan	Mushrooms	Soluble	Ajinomoto, Tokyo, Japan
Beta Glucan	Mushrooms	Soluble	7Red, Ostrava, Czech Republic
Glucan Komplex	Yeast	Insoluble	NaturProdukt, Czech Republic
Mushroom Glucan	Mushroom	Soluble	Perfect Health Biotechnology, SanChung City, Taiwan
Hliva ustricna	Mushroom	Insoluble	Jedlehouby, Dolany, Czech Republic
Phycarine	Seaweed	Soluble	Goemar, St. Malo, France
PS3	Seaweed	Soluble	Goemar, St. Malo, France
Pleuran	Mushrooms	Insoluble	Pleuran, Bratislava, Slovakia
Immunoglucan	Yeast	Insoluble	Hankitatikku, Kakkila, Finland
Glucan	Yeast	Insoluble	Sigma, St. Louis, MO
Glucan	Barley	Semisoluble	Sigma, St. Louis, MO