

BWHLABS

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Beta Glucan & Immune Resilience – Clinical Protocol

Purpose: Streamlined clinician reference for supporting immune balance and resilience through Beta-1,3/1,6-glucan and foundational adjuncts. Caution: Contraindicated for patients on immunosuppressants or transplant therapy.

Assessment Essentials

Begin with a brief lifestyle assessment covering immune, gut, sleep, stress, nutrition, environmental, and activity factors—look for patterns such as recurrent infections, poor sleep, chronic stress, nutrient gaps (zinc, selenium, vitamin D), toxin or mold exposure, and inconsistent exercise routines. This quick review helps identify modifiable drivers of immune imbalance before moving to targeted lab evaluation.

Core Labs: CBC w/diff, hs-CRP, ESR, Vit D (25-OH), Ferritin/Iron, CMP.

Optional: Stool SIgA, IgA/IgG/IgE, Cortisol, HLA-B27, MTHFR, ANA, Thyroid Ab, Celiac panel.

Beta Glucan Dosing Framework

Phase Dose Duration / Intent

Immune Priming 500 mg per 55 lb body wt daily ~3 mo or until improvement, then reduce

Maintenance 100 mg daily (~100 mg per 110 lb) Long-term balance dose

Severe / Autoimmune Start 100 mg daily × 30 days → titrate up Stop if immunosuppressants added

Acute Support 500 mg per 55 lb body wt During travel, stress, exposure, early illness

Lifestyle & Foundational Layers

- Sleep 7–8 hrs; nutrient-dense diet; nasal irrigation; hand washing.
- Maintain social connection and moderate activity.
- Cold/heat exposure (sauna or cold showers).
- Photobiomodulation: ≥ 30 min sunlight or LED/LLLT if below 37° parallel.

Complementary Therapeutics

Support Typical Dose Key Notes

Zinc 25 mg daily (100 mg acute) Reduce if GI upset or on antibiotics

Vitamin C 500 mg daily (≤ 5 g acute) Avoid megadoses w/ warfarin

Quercetin 250 mg daily (1 g acute) Antioxidant / mast-cell support

Vitamin D 2,000–5,000 IU daily Adjust to labs; higher in winter

Probiotics Lactobacillus & Bifidobacterium Include fermented foods

Elderberry 1,000 mg acute Short-term immune activation

Astragalus 600 mg acute Adaptive tonic support

Seasonal & Follow-Up

- Cold/Flu Season (Oct–Apr): Maintain 100 mg daily or Glucan 100+ (Vit C, Resveratrol, Selenium).
- Re-evaluate after 3–6 months: Repeat labs, reassess gut/stress factors.
- Improved function: Continue maintenance dose year-round.

Clinical Takeaway

Beta 1,3/1,6-glucans modulate innate immunity by activating macrophages, NK cells, and neutrophils without overstimulation. Layer with nutrient repletion, stress management, and seasonal adjustments for sustained immune resilience.