

## Beta Glucan – Foundational Clinical Protocol

Clinician reference for structured use of highly purified beta glucan as adjunctive support across immune, metabolic, and inflammatory contexts. Adjunctive only. Not a replacement for condition-specific care.

### Clinical Objective

Beta glucan is used to:

- Support immune modulation and innate readiness
- Improve resilience during physiologic stress
- Reduce inflammatory burden where immune dysregulation is present
- Enhance recovery and functional capacity over time

Clinical objective should match the structural form selected.

### Selecting the Appropriate Beta Glucan

Not all beta glucans function identically.

- Yeast-derived beta 1,3/1,6 → immune modulation via pattern-recognition receptors (e.g., Dectin-1, CR3).
- Cereal-derived beta 1,3/1,4 (oat/barley) → viscosity-mediated lipid and glycemic effects.

Use a highly purified, structurally intact beta glucan, as structure influences biological activity. Forms are not interchangeable across outcomes.

### Dosing Framework

*Immune-Modulating Protocol (Yeast-Derived 1,3/1,6)*

- Active: ~5–10 mg/kg/day (commonly approximates 500 mg per ~25 kg body weight) for 8–12 weeks
- Maintenance: ~1–2 mg/kg/day long-term
- Administration: Empty stomach preferred to optimize uptake

*Metabolic / Lipid Protocol (Cereal-Derived 1,3/1,4)*

- 3–5 g/day divided with meals (consistent with human cholesterol studies)

Reassess at 8–12 weeks. Effects are gradual, not acute.

### Foundational Clinical Layers

Beta glucan performs best when layered onto stable fundamentals:

- Sleep: 7–9 hours nightly; circadian alignment
- Nutrition: Whole-food, minimally processed pattern; adequate protein; fiber diversity
- Movement: Resistance + aerobic conditioning appropriate to patient capacity
- Stress Regulation: Structured stress-reduction practices
- Micronutrient Repletion: Vitamin D, zinc, magnesium assessed and corrected when deficient

Avoid indiscriminate supplement stacking.

### Monitoring & Safety

Expected timeline: 4–12 weeks.

Possible trends (context dependent): Reduced inflammatory markers, Improved infection frequency or recovery, Modest metabolic improvements

Avoid in patients on active immunosuppressive therapy (e.g., transplant).

Use caution in complex autoimmune cases and monitor closely.

### The Bottom Line

When matched to the correct structure and used consistently, a highly purified beta glucan can provide moderate, cumulative immune or metabolic support over 8–12 weeks. Effects are adjunctive and structure-dependent – not curative.