

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 |