

FOR IMMEDIATE RELEASE

PLT Health Solutions Announces New Clinical Study on Spectramune™ Immune Defense Complex that Demonstrates Reduced Incidence of Illness and Less Severe Symptoms

Third Clinical Study Confirms Spectramune's Comprehensive Immune Health Benefits

Morristown, NJ 18 January 2025 – PLT Health Solutions, Inc announced the completion of a third clinical study on Spectramune™ Immune Defense Complex. This study showed a broad range of immune health benefits, including reduced incidence of illness, improvements in a range of immune biomarkers and an overall improvement in psychological wellbeing, with some results occurring with only a 250 mg/day dose. Spectramune is a patented, synergistic combination of Ashwagandha (*Withania somnifera*) and Haritaki (*Terminalia chebula*). Spectramune is versatile for a wide range of formulations as it is mild tasting and 70-80% water-soluble, allowing it to be used in product forms from tablets, capsules and soft gels to functional foods and beverages - and in a broad range of immune support formulations.

The latest clinical study data showed significant improvements in key biomarkers of the three pillars of the body's immune defense: support for the first line of immune defense (Innate), support for the immune response that the body mounts in response to unfamiliar pathogens (Cell-mediated) and support for the remembered/antibody response from exposure to new pathogens and vaccinations (Humoral).

According to Seth Flowerman, CEO of PLT Health Solutions, the new study validates previous work and demonstrates significant effectiveness of Spectramune in promoting upper respiratory health. "Spectramune was developed to offer a novel, clinically supported approach to promoting immune health - beyond traditional solutions that have been on the market for decades, ," he said. "This third study confirms its real-world benefits with some available , showing a significant reduction in both the onset of illness and symptom severity. For companies looking to develop next-generation immune health products, Spectramune is an exciting, scientifically backed option," he added.

Third study demonstrates broad-spectrum immune support

In a 12-week randomized, double-blind, placebo-controlled, parallel design study, 120 healthy men and women (age 30-60) took 250 mg or 500 mg of Spectramune, or a matching placebo. The primary outcome measured was upper respiratory symptom severity via the Wisconsin Upper Respiratory Symptoms Scale (WURSS-24). Testing of subjects was done at baseline, 3, 6, and 12 weeks. A range of biomarkers was measured at baseline and 12 weeks.

Some of the results of the study included:

Reduced Incidence of Acute Respiratory Illness (ARI)

Subjects taking 500 mg of Spectramune experienced 23% fewer episodes of respiratory illness AND 23% fewer days sick than those taking a placebo.

Improved Global, Symptom and Quality of Life Scores During Illness

During episodes of acute respiratory illness, subjects taking either 250 mg or 500 mg of Spectramune experienced 30% less severe nasal, throat/cough and systemic symptoms, and those symptoms had a 23% reduction in impact on their daily activities compared to placebo.

Psychological General Wellbeing Index

Subjects taking Spectramune experienced significantly improved psychological wellbeing within the first three weeks, with up to 2x improvement over baseline at 12 weeks regardless of dose

Enhanced Markers of Innate Immunity

Subjects taking Spectramune had increased white blood cell (WBC) count, which can enhance immune readiness and surveillance. Natural Killer (NK) cells, immune frontline defenders, improve the body's ability to respond to threats, were also significantly increased in the 500 mg dose group.

Enhanced Markers of Adaptive Immunity

Spectramune significantly improved Adaptive Immunity, as demonstrated both Humoral and Cell-Mediated immune biomarkers: Total IgG and CD4+ cells, respectively

According to Jennifer Murphy, Director of Innovation & Clinical Development for PLT, the results of this study offer exciting potential for immune health product developers. "Spectramune offers comprehensive support via targeted, balanced immune modulation, allowing for improvements in immune health without overstimulation. . This new study further expands our prior work on and a demonstrates the critically important aspect of feeling better and reducing the incidence and severity of upper respiratory illness in healthy subjects," she said. "Spectramune can serve as z foundation for a next wave of highly effective, successful immune health products that consumers will notice," she added.

For more information on this ingredient, visit www.plthealth.com/spectramune

About PLT Health Solutions

Headquartered in Morristown, NJ, USA, PLT Health Solutions is a trusted discoverer, developer, and marketer of high-quality, scientifically supported ingredients that enhance health and functionality. As a leading ingredients innovator, PLT's global network of strategic partnerships provides unique access to impactful solutions. By delivering an unsurpassed mix of expertise, resources, and service, PLT is committed to helping both its strategic partners and valued customers grow.

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