

Technical White Paper: Salivary IgA in Healthy Adults is Increased by 4Life Transfer Factor®

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Objective

This study looked at how two 4Life Transfer Factor® products affected the amount of secretory immunoglobulin A present in the saliva of healthy people.*

Background

Up to 95% of all infections enter the body via a mucosal surface (e.g. mouth, nose, lungs, digestive tract, etc.). While most of these structures are inside the body, the body treats them like an exterior surface. Significant resources are expended to protect these surfaces and prohibit outside organisms from entering through these surfaces. In addition to numerous cells that patrol these surfaces, the body also produces a large amount of immunoglobulins (also known as antibodies) that coat these surfaces. Secretory immunoglobulin A (SIgA) is the most common immunoglobulin coating the body's mucosal membranes.

Evidence suggests that lower levels of SIgA may increase a person's risk of illness. Studies with athletes also show that overtraining can reduce SIgA levels and may increase the likelihood of the athlete missing an upcoming game.

Experimental Methods

For this study, we recruited 24 (79% female) healthy adults and provided them with 4Life Transfer Factor® Tri-Factor® Formula (two capsules per day) for two weeks followed by 4Life Transfer Factor® RioVida® Tri-Factor® Formula (two fluid ounces per day) for two weeks. We measured each participant's salivary SIgA weekly starting one week before supplementation for a total of five measurements. The saliva samples were tested using a commercial testing kit (Salimetrics®).

Results

There was a significant increase in salivary SIgA levels and production rate as early as three weeks into the study with significant increases between weeks starting at week 2. On average, we saw a 73% increase in overall SIgA production rate between the baseline and week 4. In addition, at week 4, none of the participants registered a decrease in SIgA secretion (see Figure 1).

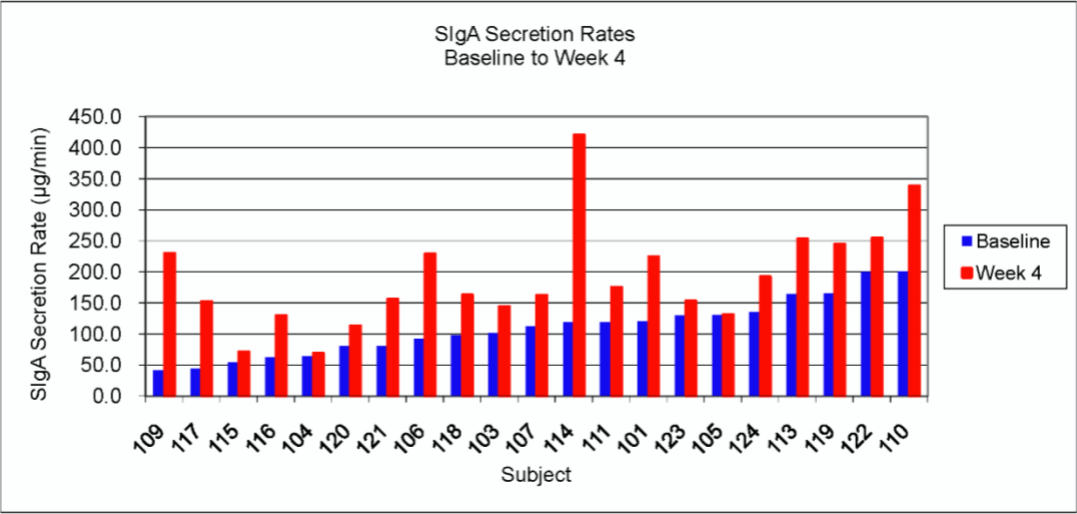


Figure 1. Salivary SlgA secretion rates for each study participant at baseline and week 4.

Conclusion

Taking 4Life Transfer Factor products can increase salivary SlgA levels and production rate within as little as three weeks. In addition, daily consumption of 4Life Transfer Factor products can also help maintain healthy SlgA production.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.