



## CONSUMER FAQs

# Frequently Asked Questions on EpiCor



### What is EpiCor fermentate?

EpiCor® is a whole food fermentate ingredient that can be found in dozens of dietary supplements. It's a one-of-a-kind ingredient made through a fermentation process. EpiCor has been clinically shown to support a strong immune system and may help beneficially modulate your gut microbiota. In other words, it *acts like a multivitamin for your immune system*®!

### What is the research on EpiCor?

There are eight human clinical trials, seven preclinical trials, and a series of safety trials published on EpiCor. The human clinical trials on EpiCor show that it supports the immune system all year round especially in the winter and spring, while supporting overall nasal health. Human and preclinical studies suggest that EpiCor may help modulate the gut microbiota.

### What does EpiCor do?

EpiCor supports a strong immune system that responds appropriately to daily challenges, and emerging science shows it may help beneficially modulate the gut microbiota. EpiCor supports a healthy immune system in the winter, spring and all year long to help you live more healthy days.

### How is EpiCor different from other immune products?

EpiCor is the first and only clinically tested whole food fermentate with 15 published studies. Human clinical and preclinical trials show that EpiCor supports immune health and the gut microbiota.

### What makes EpiCor a “whole food” ingredient?

EpiCor is made using the same yeast (*Saccharomyces cerevisiae*) used in making bread. The whole yeast cells go through a specialized fermentation process where *Saccharomyces cerevisiae* cells produce beneficial metabolites. This high-metabolite, nutritious broth is then gently dried down to a powder. We consider it a whole food because we use the whole fermentation broth and nothing is extracted, synthesized or purified.

### Should EpiCor be taken year-round?

Our immune systems are constantly being challenged every day, not just during specific times of the year. EpiCor is a safe and natural way to support daily immune and GI health.

### What is the recommended dosage for EpiCor?

All eight published human studies on EpiCor used a daily dosage of 500 mg for adults.

### Is EpiCor safe?

Yes, multiple published safety and human clinical studies confirm that EpiCor is safe for adults and children.

### Can children take EpiCor?

EpiCor is safe for children. The recommended dosage is 125 mg per 40 lbs of body weight.

### Will EpiCor interfere with prescription and over-the-counter drugs?

As is the case for all dietary supplements, you should consult your healthcare practitioner to learn how EpiCor may fit within your plan for wellness.

### **Does EpiCor have any side effects?**

EpiCor has been thoroughly tested for safety. In all of the tests and studies, there has not been a case of adverse side effects. As is the case for all dietary supplements, you should talk with your healthcare practitioner about how any dietary supplement may affect your health.

### **Does EpiCor cause yeast infections?**

No, the microorganism (*Saccharomyces cerevisiae*) used to make EpiCor is unrelated to the yeast species that causes infections. The yeast species *Candida albicans* is a known pathogen and causes common yeast infections in humans. EpiCor is made with a yeast that has thousands of years of remarkably safe use for many foods and ingredients.

### **Should EpiCor be taken with meals or between meals?**

EpiCor is not known to upset your stomach like some ingredients.. EpiCor can be taken with or without a meal, during any time of the day, and in multiple doses. For our human clinical studies, subjects took EpiCor first thing in the morning.

### **Can EpiCor be taken by those suffering from an autoimmune disorder?**

We recommend you consult with your healthcare provider before beginning any supplement program.

### **Does EpiCor contain any wheat gluten, barley, rye, or oats?**

EpiCor does not contain wheat gluten, barley, rye, or oats.

### **Is EpiCor considered vegan?**

EpiCor is considered vegan because it does not contain any animal or animal-derived ingredients. Please see the label of the products containing EpiCor to know the status of the products that interest you.

### **Where can I find products that contain EpiCor?**

Products containing EpiCor are sold worldwide.

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**For more information about EpiCor, go to [epicorimmune.com](https://epicorimmune.com).**

These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure, or prevent disease.

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Cargill Health Technologies | 2105 SE Creekview Dr. | Ankeny, IA 50021  
O: 877.362.7421 | [epicoringredient.com](https://epicoringredient.com) | [epicorimmune.com](https://epicorimmune.com)

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