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*Using commercial nutraceutical mixes as immune stimulants: an in vitro proliferation study using Metabolic Cell-Support™ on non-stimulated human lymphocytes*

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**Abstract:** The combining of nutraceuticals to synergistically enhance efficacy has a particular application in immune stimulation where a number of activation pathways are available. Many new products have utilised this principle to create pharmaceutical grade products using known bioactive compounds from medicinal herbs and fungi. Using the individual compounds however does remove the holistic approach to natural therapies and may lead to the exclusion of important components of the original herb that may play a role in clinical outcomes. A recently developed Australian product, Metabolic Cell-Support™ (MC-S), has been formulated based upon this principal, using a highly standardised multi polysaccharide enriched mix of medicinal mushrooms and a herb aimed at improving immune function. To demonstrate this preparation activates immune function, an *in vitro* study of peripheral blood lymphocyte proliferation was undertaken at varying doses of MC-S. **Conclusion:** This study does demonstrate that within a broad range of doses, MC-S significantly enhances white blood cell (Immune cell) activity.