Claims

1. The use of a composition comprising arabinogalactan and polyphenols from larch trees for the manufacture of a medicament for reducing the number of upper respiratory tract infections in a subject having an increased susceptibility for an upper respiratory tract infection, wherein the composition comprises from about 1% w/w to about 4% w/w of polyphenols to be administered to the subject, wherein the subject having an increased susceptibility for an upper respiratory tract infection develops at least three (3) episodes of an upper respiratory tract infection within six (6) months in untreated status, and wherein said composition is to be administered to the subject in a daily amount equivalent to 0.5 g to 15 g per subject, or in an amount of 1.0 g to 7 g of the composition.

2. The use according to claim 1, wherein the subject is a human subject.

3. The use according to claim 1, wherein the composition is to be administered to the subject on a daily basis.

4. The use according to claim 3, wherein the composition is to be administered to the subject for at least 30 days.

5. The use according to claim 1, wherein the composition is to be administered to the subject with a food or a beverage.

6. The use according to claim 1, wherein the subject has a weakened immune system.

7. The use according to claim 1, wherein the subject has a medical condition selected from lung disease, a heart condition, a metabolic disease, a kidney problem, a blood disorder, morbid obesity, cancer, or HIV; or wherein the subject is taking a steroid medication.

8. The use according to claim 2, wherein the subject is selected from a subject being 65 years or older, and a subject aged 6 months to 23 months.

9. The use according to claim 1, wherein the upper respiratory tract infection is caused by a rhinovirus.

10. The use according to claim 1, wherein the upper respiratory tract infection is a common cold.

11. The use according to claim 1, wherein said composition to be administered reduces the number of common cold episodes in the subject when compared to subjects not being administered the composition.