**Claims**

1. A composition comprising arabinogalactan and polyphenols from larch trees for use in 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 relative to a total amount of arabinogalactan and polyphenols in the composition 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.

2. 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 relative to a total amount of arabinogalactan and polyphenols in the composition 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.

3. The composition or use according to claims 1 or 2, wherein the subject is a human subject.

4. The composition or use according to claims 1 or 2, wherein the composition is to be administered to the subject on a daily basis.

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

6. The composition or use according to claims 1 or 2, wherein the composition is to be administered to the subject in a daily amount equivalent to about 0.5 g to about 15 g of the arabinogalactan and polyphenols.

7. The composition or use according to claims 1 or 2, wherein the composition is to be administered to the subject in an amount of at least about 1.5 g per day.

8. The composition or use according to claims 1 or 2, wherein the composition is to be administered to the subject with a food or a beverage.

9. The composition or use according to claims 1 or 2, wherein the subject has a weakened immune system.

10. The composition or use according to claims 1 or 2, 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.

11. The composition or use according to claim 3, wherein the subject is selected from a subject being 65 years or older, and a subject aged six months to 4 years.

12. The composition or use according to claims 1 or 2, wherein the upper respiratory tract infection is caused by a rhinovirus.

13. The composition or use according to claims 1 or 2, wherein the upper respiratory tract infection is a common cold.

14. The composition or use according to claims 1 or 2, 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.