Plain English Summary of Results of the IRFLUVA Study

The IRFLUVA study investigated whether taking a daily dietary supplement called spermidine could improve how older adults (aged 65 and over) respond to the seasonal influenza (flu) vaccine. Sixty-four participants joined the study and were randomly assigned to take either spermidine or a dummy capsule (placebo) alongside their annual flu vaccination, with 63 participants completing follow-up visits over 37 weeks.

Daily spermidine supplementation was safe and well tolerated, with no serious side effects and only a small number of mild, temporary digestive symptoms reported across both groups. Participants in both groups showed a typical initial immune antibody response following their flu vaccination that gradually declined over time, with no statistically significant difference in vaccine-specific IgG antibody responses observed between the spermidine and placebo groups. Further laboratory analyses are currently ongoing, and full scientific findings will be published in a peer-reviewed journal upon completion.