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## Medicinal Uses, Benefits & Treatment

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## Our mission, vision & core values

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Annual report

Give to MSK

Fermented wheat germ extract (WGE) was developed by Mate Hidvegi, a Hungarian chemist, in the 1990s. It should not be confused with wheat germ oil. WGE has been used as a dietary supplement by cancer patients in Hungary to improve quality of life. However, studies in humans are quite limited, and cancer patients should consult their physicians before taking WGE.

- Cancer  
Limited data suggest WGE may improve quality of life in cancer patients, but larger well-designed studies are needed to establish its use.
- Autoimmune disorders  
Animal studies suggest WGE is beneficial, but human data are lacking.
- Immunostimulation  
Lab and observational studies suggest WGE can regulate the immune system.

Mild, infrequent: Diarrhea, nausea, and vomiting

Wheat germ extract may have estrogen receptor activity. Patients with hormone-sensitive cancers should consult with a physician before using WGE.

## What else do I need to know?

Do Not Take if:

- You are pregnant or nursing.
- You had an organ or tissue transplant.
- You have bleeding, stomach or intestinal ulcers, or severe absorption problems .
- You have sensitivity to gluten.
- You are fructose intolerant.
- You are having barium X-ray contrast tests. Discontinue 2 days before and after test.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

Wheat germ extract - Last updated on November 22, 2023

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