



Thymus Extracts

Uses

Thymus extracts are extracts derived from the thymus glands usually of young calves (bovine). The thymus is one of our major [immune system \(/health-library/hn-1036001#hn-1036001-need-to-know\)](/health-library/hn-1036001#hn-1036001-need-to-know) glands. It is composed of two soft pinkish-gray lobes lying in bib-like fashion just below the thyroid gland and above the heart. To a large extent, the health of the thymus determines the health of the immune system. The thymus is responsible for many immune system functions, including the production of T lymphocytes, a type of white blood cell responsible for "cell-mediated immunity." Cell-mediated immunity refers to immune mechanisms not controlled or mediated by antibodies. Cell-mediated immunity is extremely important in the resistance to infection by certain bacteria, yeast (including *Candida albicans*), fungi, [parasites \(/health-library/hn-1243003#hn-1243003-need-to-know\)](/health-library/hn-1243003#hn-1243003-need-to-know), and viruses (including [herpes simplex \(/health-library/hn-1218009#hn-1218009-need-to-know\)](/health-library/hn-1218009#hn-1218009-need-to-know), Epstein-Barr, and the viruses that cause [hepatitis \(/health-library/hn-1027000#hn-1027000-need-to-know\)](/health-library/hn-1027000#hn-1027000-need-to-know)). Cell-mediated immunity is also critical in protecting against the development of cancer, [allergies \(/health-library/hn-1006005#hn-1006005-need-to-know\)](/health-library/hn-1006005#hn-1006005-need-to-know), and autoimmune disorders such as [rheumatoid arthritis \(/health-library/hn-1257001#hn-1257001-need-to-know\)](/health-library/hn-1257001#hn-1257001-need-to-know). The thymus gland also releases several hormones, such as thymosin, thymopoeitin, and serum thymic factor, that regulate many immune functions.

[What Are Star Ratings?](#)

This supplement has been used in connection with the following health conditions:

Used for	Why
Bronchitis 3 mg per 2.2 lbs (1 kg) body weight daily	Thymus extract from calves, known as Thymomodulin, has been found to decrease the frequency of respiratory infections in children who were prone to such infections. More
Allergies and Sensitivities 120 mg per day of thymomodulin	Thymomodulin, a special preparation of the thymus gland of calves, has been shown to prevent allergic reactions to food in a double-blind study of allergic children. More
Hay Fever 120 mg daily purified thymus polypeptides	A thymus extract known as Thymomodulin has been shown in studies to improve the symptoms of hay fever and allergic rhinitis. More
Hepatitis 200 mg of crude extracts or 40 mg purified proteins three	Proteins from the thymus gland, an important part of the immune system, may have a beneficial effect in people with chronic hepatitis B and C. More

times per day	
Immune Function 1 to 1.5 mg thymus polypeptides per 2.2 lbs body weight	The thymus gland is responsible for many immune system functions. A thymus extract known as Thymomodulin has been shown to improve immune function in some people. More
Asthma Refer to label instructions	A thymus extract known as thymomodulin has been shown to improve the symptoms and course of asthma, presumably as the result of restoration of proper immune function control. More
HIV and AIDS Support Refer to label instructions	In one trial, a thymus extract known as Thymomodulin improved several immune parameters among people with early HIV infection, including an increase in T-helper cells. More



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