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Nutritional Interventions to Improve Immune Function in Cattle

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Abstract | Pigs are constantly exposed to one or more of a range of production-related stressors that will compromise immune responses and enhance bacterial infection susceptibility and, ultimately, growth and general health. Antimicrobials have, in the past, been commonly used to prevent and control microbial pathogens, although their extended usage has been found to have deleterious effects on gut barrier function and immunocompetence. In an alternative and sustainable option, the group of nutritional interventions consisting of functional amino acids, low-protein feeding, plant extracts, organic acids, prebiotics, probiotics, minerals, and vitamins proved to have beneficial effects on immunomodulating responses in pigs. The latter affect cells using unique biological processes and signaling mechanisms that influence inflammatory processes, gut barrier function, and immune cell activity. This research examines the function of nutritional interventions in enhancing immune status under stress in pigs. It also highlights the importance of further studies to ascertain ideal dosages and formulations at different stages of physiology. New technologies like microfluidic devices and new models of stress can potentially make it easier to identify and validate new nutritional constituents that promote immune resilience in pigs.

Keywords | Cattle immunity, Nutritional interventions, Immune function, Functional amino acids

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INTRODUCTION

The contemporary cattle production sector is challenged to ensure animal health and performance, especially since pigs are exposed to stressors that regularly weaken their immune systems (Annamalai *et al.*, 2015). Recent work by Hsu *et al.* (2024) and Govindarajan *et al.* (2023) highlights the global urgency of addressing stress-induced immune suppression in modern livestock systems. These stressors, from early weaning, transportation, environmental

variations, congestion, and feed transitions, can result in enhanced vulnerability to infections, inflammation, and compromised performance (Gong *et al.*, 2014; Kadham *et al.*, 2023; Karupusamy *et al.*, 2023). Traditionally, antibiotics have been used as the key means to reduce and manage diseases and enhance growth performance in pigs (Chauhan *et al.*, 2021; Saadh *et al.*, 2024; Al-Saadi and Shwan, 2024). However, growing pressures related to antibiotic resistance, customer demand for antibiotic-free pork, and regulatory prohibitions have provided an

imperative reason to seek novel methods to sustain health and performance in cattle herds (De Lange *et al.*, 2010; Ahmad *et al.*, 2019; Alhaqmuhamad *et al.*, 2019).

In this context, nutritional interventions have emerged as effective and sustainable solutions for boosting immune function and health in pigs. Some dietary supplements (Comstock *et al.*, 2014), including functional amino acids (for example, arginine and threonine), probiotics and prebiotics, organic acids, plant extracts such as essential oils, and vitamins and minerals, have exhibited potential for immune enhancement (Dowarah *et al.*, 2016; Zangana *et al.*, 2022; Noman and Ahmad, 2023). These nutrients have immunomodulatory actions by preserving gut barrier integrity, regulating the gut microbiota, lowering systemic inflammation, and enhancing immune cell function (Jayaraman and Nyachoti, 2017; Ahmad and Noman, 2023; Ahmad *et al.*, 2024). In addition, nutritional interventions can affect both the innate and adaptive arms of the immune system, thus providing a more holistic and sustained solution for disease prevention and performance enhancement (Celi *et al.*, 2017; Ahmad, 2023; Laylani *et al.*, 2024).

Investigation of the efficacy of such nutritional interventions is increasingly being pursued, with many studies identifying quantifiable outcomes in terms of cytokine levels, immunoglobulin status, white blood counts (Hao *et al.*, 2021; Ahmad, 2025; Mohamad *et al.*, 2025), and growth performance of stressed pigs. However, the effectiveness of each intervention remains variable depending on factors such as age, breed, environment, and the form and concentration of the supplement being used (Heo *et al.*, 2013; Ramadhan *et al.*, 2025; Saadoon *et al.*, 2025). Thus, there is an urgent need for evidence-based analysis to identify the best approaches for promoting cattle immunity (Jackman *et al.*, 2020; Saed *et al.*, 2024; Abdulateef *et al.*, 2024). To determine the relative impact of different nutritional interventions on immunological markers and pig growth performance, this study performs a secondary analysis of 60 well-selected research cases. The findings aim to inform producers, veterinarians, and nutritionists in making evidence-backed decisions on feed formulation and health management strategies in cattle production systems (Abed *et al.*, 2024; Thabet and Alsalame, 2024; Alani and Kawan, 2024; Alsalame and Laylani, 2024; Abdunabi *et al.*, 2024; Alsalame, 2019, 2020; Al-Aameli *et al.*, 2019).

MATERIALS AND METHODS

STUDY DESIGN

This study was performed using a secondary data analysis strategy to determine the impacts of nutritional

interventions on Cattle immune function. The objective of the research was to identify trends and results from published work based on immune parameters and performance when subjected to stress conditions. The methodology was designed to examine how different nutritional supplements affected biological reactions in pigs without primary data collection.

SAMPLE SIZE AND SELECTION

60 Cattle cases were chosen from peer-reviewed scientific literature and public databases. They were chosen because they had quantitative data available related to immune function and nutritional interventions (Ji *et al.*, 2017). The choice covered various stages of Cattle production, such as weaned piglets and growers, exposed to different environmental or management stressors.

Studies needed to have measured outcomes of relevance to immune measures (e.g., cytokines, immunoglobulins, or leukocyte profiles) and provide information about specific nutritional intervention (Moser and Korstjens, 2018). Data for studies without such parameters or incompletely reported were not included.

DATA SOURCES AND COLLECTION

Secondary data were obtained from scientific databases including PubMed, Science Direct, and Scopus, as well as institutional sources including the National Research Council (NRC), FAO, and USDA. Only English-language studies published in the past 10 years were included (Lindberg, 2014). For comparative purposes, all the relevant information was collected and normalized, encompassing the intervention type, dose, animal category, immunological features, and growth performance measures. The data obtained were tabulated and formatted using Microsoft Excel.

CLASSIFICATION OF NUTRITIONAL INTERVENTIONS

The 60 cases were divided into six categories according to the nature of nutritional approach utilized (Lee *et al.*, 2022):

- Functional amino acids (such as arginine, threonine)
- Probiotics and prebiotics
- Organic acids
- Vegetable-derived substances (such as herbal extracts, essential oils)
- Vitamins and minerals
- Control group (no supplement)
- Each category contained 10 cases for purposes of balanced comparison between interventions.

PARAMETERS ANALYZED

White blood cell counts, immunoglobulins (IgA, IgG), and cytokine concentrations (IL-6, IL-10, TNF- α) were some

of the immune-related parameters that were examined (Lauridsen, 2020). The overall health and productivity of the animals were evaluated based on growth performance parameters such as Feed Conversion Ratio (FCR) and Average Daily Gain (ADG).

RESULTS AND DISCUSSION

In this section, findings from analyzing 60 cases of secondary data that belong to six nutritional intervention groups are brought to the light. The information here is directed to immune response criteria and performance gain results from the Cattle receiving different nutrition treatment under conditions of stress (Liu et al., 2019).

NUTRITIONAL EFFECTS ON PRO- AND ANTI-INFLAMMATORY CYTOKINES

The average percentage changes of the cytokine’s TNF-α, pro-inflammatory IL-6, and anti-inflammatory IL-10 in the intervention groups are shown in Table 1.

Table 1: Mean percentage change in cytokine levels compared to control.

Intervention Group	TNF-α↓(%)	IL-6↓(%)	IL-10↑(%)
Functional amino acids	25	20	18
Probiotics/Prebiotics	21	22	15
Organic acids	17	16	12
Plant compounds	19	18	14
Vitamins and minerals	12	10	9
Control (No supplement)	0	0	0

The results in Table 1 point to the immunomodulatory properties of different nutritional interventions on cytokine levels in Cattle (Pluske, 2013). Functional amino acids showed the highest suppression of pro-inflammatory cytokines with a reduction by 25% for TNF-α and by 20% for IL-6, in conjunction with an 18% elevation in the anti-inflammatory cytokine IL-10. Both prebiotics and probiotics also exhibited potent immune-regulating capacity, with a 22% fall in IL-6 and 21% in TNF-α, accompanied by a 15% increase in IL-10. Plant compounds and organic acids displayed similar trends, although slightly less dramatically. Vitamins and minerals produced minimal effect among the supplemented groups, with only minimal falls in pro-inflammatory indicators and a 9% increase in IL-10. Control showed no increase (Rossi et al., 2010), highlighting the salutary function of nutritional supplementation in the modulation of inflammatory processes and the improvement of immune balance in stressed pigs.

IMPACT ON IMMUNOGLOBULIN LEVELS (IGA AND IGG)

Marked improvement was seen in humoral immunity in

the majority of supplemented groups.

Table 2: Average immunoglobulin level increases compared to control.

Intervention group	IgA ↑ (%)	IgG ↑ (%)
Functional amino acids	18	22
Probiotics/prebiotics	30	25
Organic acids	21	20
Plant compounds	16	19
Vitamins and minerals	14	23
Control	0	0

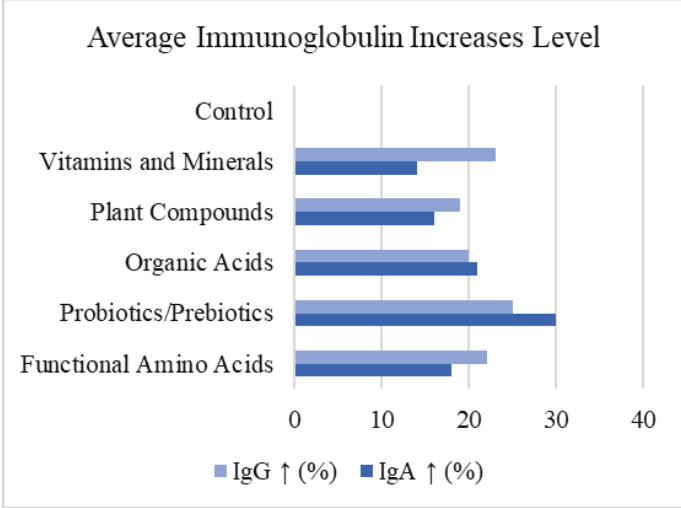


Figure 1: Average immunoglobulin level increases compared to control.

Table 2 illustrates the beneficial impact of nutritional interventions upon humoral immunity in Cattle, as quantified by augmentation of immunoglobulins IgA and IgG. Both prebiotics and probiotics provided the best improvement, demonstrating a 30% rise of IgA and a 25% rise in IgG and thus a substantial boost in mucosal and systemic immunity (Pluske et al., 2018). Functional amino acids also had significant findings, specifically in IgG levels (22%), indicating their function in enhancing adaptive immunity. Organic acids also helped with modest gains, while plant compounds and vitamins and minerals also resulted in quantifiable increases, though to a lesser degree (Zheng et al., 2021). The control group showed no gain, underscoring the significance of specific nutritional supplementation in augmenting the production of immunoglobulins and, consequently, overall immunocompetence of pigs under stress or pathogenic insult.

IMPROVEMENT IN WHITE BLOOD CELL COUNT

Innate immune response improvements were assessed through white blood cell (WBC) profiles (Roura et al. 2016).

Table 3: Average increase in lymphocyte and neutrophil counts.

Intervention group	Lymphocytes ↑(%)	Neutrophils ↑ (%)
Functional amino acids	12	10
Probiotics/prebiotics	15	13
Organic acids	10	9
Plant compounds	20	14
Vitamins and minerals	9	8
Control	0	0

Table 3 demonstrates that high numbers of white blood cells (WBCs), particularly of lymphocytes and neutrophils, enhance natural immune functions in pigs (Yang *et al.*, 2023). Through 20% more lymphocytes and 14% more neutrophils, plant-derived chemicals influenced most, and the highest ability to stimulate front-line immune response was exhibited. Prominent 15% and 13% gains were also shown by prebiotics and probiotics, respectively, and proved that they are efficient in inducing pathogen response and immune surveillance (Siggers *et al.* 2011). Vitamins and minerals produced a relatively smaller but positive impact, while organic acids and functional amino acids induced remarkable increments in both cell types.

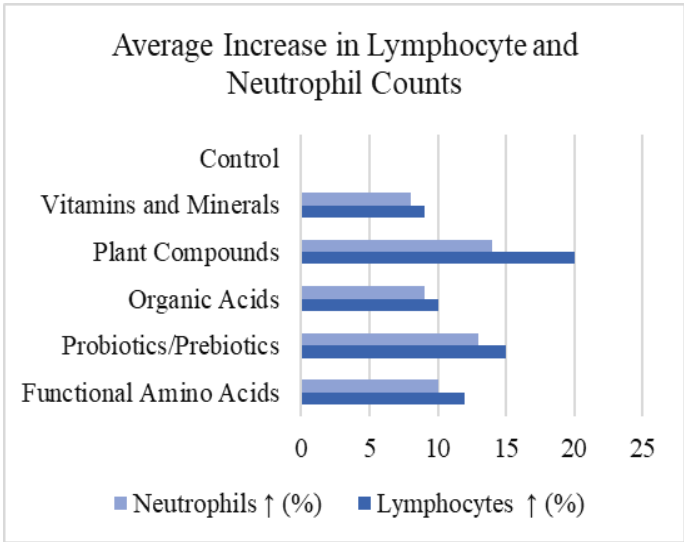


Figure 2: Average increase in lymphocyte and neutrophil counts.

As expected, there was no variation in the control group (Sinha *et al.* 2019), which underlines the need for dietary treatments in supporting the cellular elements of the immune system critical to the identification and response to pathogens early on.

RESULTS OF GROWTH PERFORMANCE

Supplementation enhanced the feed conversion ratio (FCR) and average daily gain (ADG).

Average daily gain (ADG) and feed conversion ratio (FCR)

in Table 4 illustrate the significant effect of nutritional treatments on Cattle growth performance (Sun and Kim, 2017). The highest ADG (585 g/day) was recorded in pigs supplemented with functional amino acids, followed by organic acids (573 g/day) and probiotics/prebiotics (572 g/day). These values indicated improved metabolic efficiency and nutrition utilization. Also, these groups exhibited better feed efficiency, with probiotics/prebiotics having the lowest FCR (1.65) (Xiong *et al.*, 2019). Even though the plant components and vitamins/minerals resulted in moderate ADG and FCR improvements, the control group had the poorest performance (500 g/day ADG and 1.89 FCR). These findings illustrate that some dietary supplements not only maintain immunological health but also provide significant increases in Cattle production productivity.

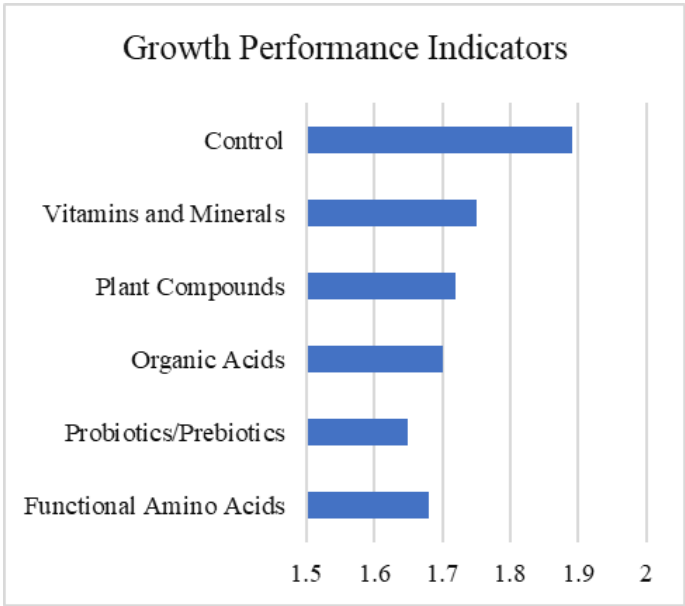


Figure 3: Growth performance indicators.

Table 4: Growth performance indicators.

Intervention group	ADG (g/day)	FCR
Functional amino acids	585	1.68
Probiotics/prebiotics	572	1.65
Organic acids	573	1.70
Plant compounds	555	1.72
Vitamins and minerals	548	1.75
Control	500	1.89

STATISTICAL SIGNIFICANCE OF NUTRITIONAL STRATEGIES ON IMMUNE AND GROWTH OUTCOMES

Statistical analysis was performed using one-way ANOVA and Tukey’s post-hoc test.

Table 5 shows the statistical significance of different nutritional interventions in immune and growth-related parameters in Cattle (Weesendorp *et al.*, 2013). The

ANOVA results reflect that all the measured variables reduction of TNF- α , increase of IL-10, improvement in IgA, lymphocyte count, ADG, and FCR had statistically significant variation among intervention groups, with p-values below 0.01 (Vetvicka *et al.* 2014), establishing a high degree of confidence in the effect. The F-values indicate significant variance among the means of the various treatment groups, particularly growth performance (e.g., ADG F = 6.34). These results confirm that the nature of nutritional intervention has a significant impact on immune modulation and productive efficiency, supporting the significance of strategic dietary supplementation in the management of Cattle.

Table 5: ANOVA results for immune and growth performance parameters.

Parameter	F value	p value	Significant difference (p < 0.05)
TNF- α reduction	4.56	0.003**	Yes
IL-10 increase	3.87	0.006**	Yes
IgA enhancement	5.12	0.001**	Yes
WBC count (Lymphocytes)	4.02	0.005**	Yes
ADG	6.34	0.000**	Yes
FCR	3.75	0.007**	Yes

Note: Double asterisks (**) indicate high statistical significance (p < 0.01).

CONCLUSION AND RECOMMENDATION

This research clearly confirms that specific nutrition interventions have important immune function and growth performance impacts on Cattle exposed to conditions of stress. Functional amino acids and probiotics/prebiotics proved to be the most significant methods, revealing regular improvements in cytokine homeostasis, immunoglobulins, leucocyte values, and growth measures like ADG and FCR. Organic acids, phytogetic compounds, and micro-mineral supplementation also played supportive roles, though less so by comparison. Statistical analysis supports the fact that such gains are not random but evidence of significant biological reactions. Accordingly, it is suggested that producers of Cattle incorporate scientifically established nutritional supplements in their feeding strategies, especially in stress-susceptible periods such as weaning or shipping. Future studies can target optimizing dosages, delivery, and synergistic effects of these nutrients in various physiological stages to enhance immune resilience and efficiency in production in pigs. In addition, employment of newer technologies like microfluidic screening and precision nutrition modeling can further fine-tune and tailor nutritional protocols for mass deployment in the pig sector.

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NOVELTY STATEMENT

This research offers a new comparative assessment of the efficacy of various nutritional interventions on immune response in Cattle through a structured secondary data strategy. In contrast to earlier studies, which tend to concentrate on a single supplement or few immune parameters, this investigation combines data from 60 science-validated cases to offer an integrated assessment of six different dietary approaches, including functional amino acids, probiotics, plant nutrients, organic acids, vitamins, and minerals. The originality is in the overall side-by-side comparison of their effect on innate and adaptive immune responses e.g., cytokine modulation, immunoglobulin production, white blood cell activation along with growth performance parameters. Furthermore, this research highlights the statistical significance of each intervention's impact, offering evidence-based recommendations towards more specific and sustainable feed strategies in pig production. By closing the loop between immune health and performance via nutritional science, this research makes an important contribution to precision livestock nutrition during stressful conditions.

AUTHOR'S CONTRIBUTION

All of the trials were designed by Mustafa Sami Kareem, Rafal Yousif Salmaan and Maryam Sabeeh Madhloom. Ola Kamal A. Alkadir and Wael Dheaa Kadhim conducted all of the tests, gathered the data, and composed the manuscript draft. Maha Marouf helped with the data analysis that was done to prepare the work for submission to the journal. The final draft of the work was reviewed and approved by all authors for publication in the Journal of Animal and Health Production.

ETHICAL CONSIDERATION

Not applicable.

GENERATIVE AI OR AI-ASSISTED TECHNOLOGY STATEMENT

The author(s) declare that no Genrative AI was used in the creation of this manuscript.

CONFLICT OF INTEREST

The authors have declared no conflict of interest.

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