

primary studies - published RCT

## Effects of synbiotic supplementation on the pulmonary manifestations and anthropometric measurements in children with cystic fibrosis- a randomized clinical trial

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### Study design (if review, criteria of inclusion for studies)

Double-blind, parallel design randomized clinical trial

### Participants

Forty CF children

### Interventions

Children were assigned to receive either two synbiotic supplements or placebo each day for 6 months.

### Outcome measures

The number of pulmonary exacerbations, the frequency of hospitalization and BMI z-score changes over 6 months.

### Main results

There were no significant differences in the number of pulmonary exacerbation ( $P=0.92$ ), duration and number of hospitalization ( $P=0.91$  and  $P=0.98$ , respectively) between groups during the intervention. The synbiotic also did not have a significant effect on forced expiratory volume in one second (FEV1,  $P=0.22$ ) and BMI z-score ( $P=0.77$ ).

### Authors' conclusions

The synbiotic had no significant effect on pulmonary and anthropometric outcomes in children with CF. Further studies are necessary to confirm these findings.

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### See also

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### Keywords

Child; Probiotics; Supplementation; Oral; Immunoregulatory; pharmacological\_intervention; Adult; Lactobacillus; Synbiotic;