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primary studies - published RCT

## **Taurine decreases fecal fatty acid and sterol excretion in cystic fibrosis. A randomized double-blind trial.**

**Code:** PM1669669

**Year:** 1991 **Date:** 1991

**Author:** Smith LJ

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

randomized double-blind crossover study

### **Participants**

13 children with cystic fibrosis and a significant degree of steatorrhea (> 13 g/d) were enrolled

### **Interventions**

taurine (30 mg/kg per day) in contrast to placebo for two successive 4-month periods.

### **Outcome measures**

No difference was noted in height and weight velocity, lung function, vitamin A level, and essential fatty acid status. Twelve of the 13 patients showed a decrease in fecal fatty acid excretion (26.5 +/- 2.6 g/24 h vs 15.4 +/- 2.5 g/24 h), affecting mainly saturates and monounsaturates, and a decrease in total sterol excretion (1492.6 +/- 303 mg/24 h vs 1211.7 +/- 213.8 mg/24 h) while ingesting taurine.

### **Main results**

height and weight, lung function, vitamin A level, and essential fatty acid status, fecal fatty acid excretion

### **Authors' conclusions**

Taurine may be a useful adjunct in patients with cystic fibrosis and severe steatorrhea.

<http://www.mrw.interscience.wiley.com/cochrane/clcentral/articles/496/CN-00098496/frame.html>

### **See also**

Am J Dis Child. 1991 Dec;145(12):1401-4.

### **Keywords**

Adolescent; Adult; Child; non pharmacological intervention - diet; Supplementation; taurine; Amino Acids; Proteins;