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;