primary studies - published RCT

Dietary supplementation with multiple micronutrients: no beneficial effects in pediatric cystic fibrosis patients.

Code: PM16784903 **Year:** 2007 **Date:** 2007 **Author:** Oudshoorn JH

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

double-blind, randomized, placebo controlled, cross-over trial

Participants

22 CF patients (12.9+/-2.5 yrs) with predominantly mild lung disease.

Interventions

mixture of multiple micronutrients (ML1)

Outcome measures

Anthropometric measures, pulmonary function, exercise performance by bicycle ergometry, muscular strength and vitamins A and E were determined.

Main results

Analysis was performed using the paired Student t-test comparing the change in each parameter during ML1 and placebo. Plasma vitamin E and A levels increased during ML1 when compared to placebo. However, no significant difference between the effect of the ML1 or placebo was observed neither for FEV1, FVC, anthropometry, nor for the parameters for muscle performance.

Authors' conclusions

The micronutrient mixture was not superior to placebo with respect to changes in pulmonary function or muscle performance in pediatric CF patients, despite a significant increase in plasma vitamin E concentrations.

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See also

J Cyst Fibros. 2007 Jan;6(1):35-40. Epub 2006 Jun 19.

Keywords

Adolescent; Antioxidants; Child; Minerals; non pharmacological intervention - diet; pharmacological_intervention; Supplementation;