primary studies - published RCT

Dietary essential amino acids are highly anabolic in pediatric patients with cystic fibrosis.

Code: PM23357545 **Year:** 2013 **Date:** 2013 **Author:** Engelen MP

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

randomized crossover design

Participants

15 pediatric CF patients

Interventions

6.7 g EAA versus mixture of total amino acids as present in whey.

Outcome measures

Whole body protein and Arginine metabolism (as EAA lack Arginine) were assessed by stable isotope methodology.

Main results

Protein synthesis (P

Authors' conclusions

CF patients are highly responsive to EAA intake independent of their nutritional status. Addition of Arginine to the EAA mixture may be warranted in CF.

http://dx.doi.org/10.1016/j.jcf.2012.12.011

See also

J Cyst Fibros. 2013 Sep;12(5):445-53. doi: 10.1016/j.jcf.2012.12.011. Epub 2013 Jan 26.

Keywords

Amino Acids; Proteins; Supplementation; non pharmacological intervention - diet;